Bruining Partners.

Quick Reference Guide – Caring for Parents

Are your parents or loved ones getting older and continuing to live at home?

Are you considering how best to support their safety, independence and future care needs?

If so, the following checklist can help guide important conversations with your parent or loved one.

Legal matters:

- ☐ Is there a valid Enduring Powers of Attorney in place?
- ☐ Who is nominated?
- ☐ Is there a back-up?
- ☐ Is this document effective immediately?
- ☐ Is there a valid Enduring Powers of Guardianship in place?
- ☐ Who is nominated?
- ☐ Is there an Advance Health Directive in place?
- ☐ Are current valid wills in place?
- ☐ Where are these *original* legal documents kept?

Personal safety:

- ☐ Is the home ageing friendly and safe?
- ☐ If not, can it be made ageing friendly and safe?
- ☐ Does it need to be decluttered?
- ☐ Does the parent have cognitive capacity?
- ☐ How is this managed safely at home?
- ☐ Do they have regular social contact?
- ☐ Are they maintaining a healthy body weight?
- ☐ Are medications being taken consistently?
- ☐ Who is their GP or geriatrician?

Aged Care system:

- ☐ Does the parent have a MyGov login?
- ☐ Has an ACAT assessment been completed?
- ☐ Where is this document and when was it completed?
- ☐ What type/s of care does it entitle them to?

- ☐ Is home care being received?
- ☐ If so, is it under the Commonwealth Home Support Programme or Support at Home?
- ☐ Who is the home care provider?
- ☐ What services are being utilised and what costs are being incurred?
- ☐ Is someone set up with authority as Centrelink nominee?
- ☐ If residential care is required, do you know where they would like to go?

Carer considerations:

- ☐ Is there a carer - someone who is necessary to keep a parent safe at home?
- ☐ Is that carer eligible for the Centrelink Carer Payment or Carer Allowance?
- ☐ How is the carer managing? Consider their wellbeing.

Financial questions:

- ☐ Does the responsible person, such as the enduring attorney, understand the parent's financial position?
- ☐ Is the parent on Centrelink benefits and are their Centrelink records up to date?
- ☐ What are the parent's goals and wishes for later retirement—for example, staying at home, downsizing, moving to a retirement village or living with family? If residential care is preferred, which facilities would they consider?
- ☐ Have they considered how to achieve this and cover the costs?
- ☐ Has this been communicated to family and relevant people?
- ☐ Consider a plan to achieve the parent's goals and ensure everyone understands what is required.
- ☐ Does the parent have a financial plan? Do they need one?
- ☐ If so, does it consider their care wishes and goals?

Where to get help:

https://bruiningpartners.com.au/our_expertise/aged-care-advice/ for workshops and advice.

https://palliativecarewa.asn.au/advance-care-planning/ to prepare an advance health directive.

https://www.carerswa.asn.au/ to provide support to carers.

https://www.myagedcare.gov.au/apply-online to apply for an ACAT assessment.

https://www.servicesaustralia.gov.au/carer-allowance to apply for a Carer Allowance.

https://www.servicesaustralia.gov.au/carer-payment to apply for a Carer Payment.

https://www.servicesaustralia.gov.au/add-or-cancel-someone-to-act-for-you-with-centrelink-or-aged-care?context=21966 to nominate someone to act on your behalf with Centrelink.