



UNSW

Department of Developmental
Disability Neuropsychiatry

The health of young people in aged care

Department of Developmental Disability Neuropsychiatry,
Discipline of Psychiatry and Mental Health,
Faculty of Medicine & Health, UNSW Sydney



UNSW
SYDNEY



made with
photosymbols®

How to use this sheet



Department of
Developmental
Disability
Neuropsychiatry

3DN and the Summer Foundation
wrote this information.

3DN is short for the Department of
Developmental Disability
Neuropsychiatry.

3DN is a research group at a
university.



The **Summer Foundation** is a group
that helps young people with disability
to live where they want to live.



Department of
Developmental
Disability
Neuropsychiatry



When you see the word 'we' it means
3DN and the Summer Foundation.

Not bold

Bold

We have written some words in bold.

Bold means the letters are thicker and darker.

Stop
Hello Eat
Words
Person Day Open

We explain what the words in bold mean.

You can ask for help to read this information.



You could ask a

- Family member
- Support person
- Friend

Younger people living in residential aged care



We want to understand the health of younger people living in aged care.



Younger people are under 65 years old.



Aged care is somewhere to live when you can no longer live in your own home.

Aged care is designed for people who are older than 65 years old.

Aged care has staff who help you do things you need to do in the day.



We want to know about the health of people with

- Developmental conditions

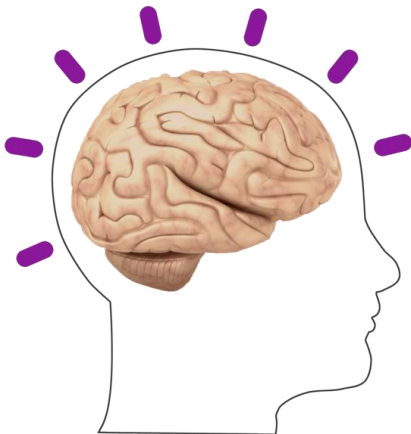
Developmental conditions start during childhood.

Intellectual disability is a developmental condition.



- Mental health conditions

Mental health conditions affect how you think and feel.



- Neurological conditions

Neurological conditions are related to the brain.



People might go to aged care after they have stayed in hospital.



We looked at the hospital information for people in NSW who went to aged care after staying in hospital.

The information was from 2001 to 2015.

What we learned from the hospital information

People who were more likely to go to aged care



People were more likely to go to aged care if they

- Were older



- Did not have a partner who lived with them

A **partner** could be a boyfriend or girlfriend or husband or wife.



- Lived in poorer areas



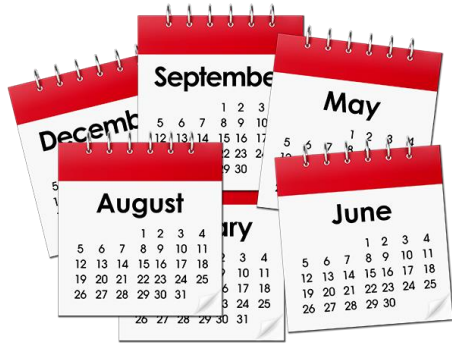
- Had problems with moving around or with personal care

Personal care is taking care of your personal needs like taking a bath or shower and going to the toilet.



- Needed care at the end of their life

What happened after people went to aged care?



We looked at health information about people 1 year after they went to aged care.



Almost half of the people went to the emergency department.

Emergency departments are part of hospitals.



About half of the people had to stay in hospital.



About 1 in every 4 people who had to stay in hospital were in hospital for a preventable reason.

Preventable reason means that the reason could have been treated before the person needed to go to hospital.



About 1 in every 4 people died.

What you can do



Here are some things you can do to make it less likely that you will have to go to aged care.

Talk to your GP about your medical conditions.



A **GP** is the doctor that you see when you

- Are sick
- Need a health check



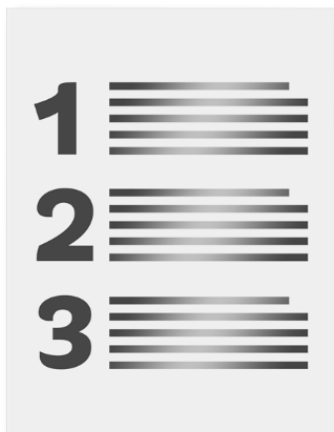
Ask the NDIS and a support person to help you understand where you can live.

NDIS is short for National Disability Insurance Scheme.



Tell the people who support you where you want to live.

Tell the people who support you how they can best support you.



Ask your hospital team to write down information about the support you need when you leave hospital.



Your **hospital team** are the people who care for you when you are in hospital.

More information for people with disability



Below are some websites where you can find more information.



The websites are not in Easy Read.

You can ask someone to support you to look at the websites.



You can choose to live in different types of housing.



For online learning about different types of housing go to

<https://www.housinghub.org.au/resources/category/housing-options-workshop>



The NDIS can pay for some home and living supports.

For more information about what the NDIS will pay for go to

<https://www.ndis.gov.au/participants/home-and-living>



To help you tell people who support you what type of housing you would like go to

<https://www.summerfoundation.org.au/resources/housing-needs-and-preferences-to-support-discharge/>



For more information about moving out of aged care go to

<https://www.housinghub.org.au/resources/category/moving-out-of-a-nursing-home>



Summer Foundation has information about how different people can work together to help a person leave aged care.

To see the information go to

<https://www.summerfoundation.org.au/resources/collaborative-support-approach-working-together-to-help-young-people-leave-aged-care/>



Summer Foundation can support you to understand and choose where, how and who you live with.

For more information go to
<https://www.summerfoundation.org.au/support/>