

# Understanding MAC: A Quick Guide



**Vision Australia**  
Blindness. Low Vision. Opportunity.

My Aged Care (MAC) helps older Australians access government-funded aged care services to live safely and independently at home or in the community.

## Key benefits

- **Access to services:** Offers home, respite, and residential care.
- **Tailored support:** Customised services to meet individual needs.
- **Independent living:** Helps people stay active and safe at home.

## Types of support available

MAC provides support with cleaning, shopping, personal care, therapy, transport, meal preparation, home modifications and social activities.

## The application process

To start, register with MAC by phone or online. An assessment of care needs will then be conducted, either in person or by phone. Based on the assessment, service recommendations are provided, and providers can be chosen that align with individual needs and goals.

## Eligibility criteria

To access MAC funding, participants will need to:

- Be aged 65 years or older (50+ for Aboriginal or Torres Strait Islander people).
- Require support to continue living independently.
- Are an Australian citizen or resident.

## Reach out for more support

The MAC team can help understand the program, resources, and application. Visit [myagedcare.gov.au](https://myagedcare.gov.au) or call 1800 200 422 to get started with aged care services.