



# Need help navigating the Aged Care Systems

## Kingston SE

Drop in and chat to locals **Liz** or **Karyn**, volunteer Aged Care Navigators who are here to support you to understand and navigate the aged care systems, including My Aged Care.

### What help is available

Do you have a question to ask, need some assistance to connect with organisations providing Aged Care support in your home, help with a form or even just how to register with My Aged Care, then Liz and Karyn will guide you. If you have a social group or club, ask them how they can also provide group talks too.

The Aged Care Navigators Trial is delivered by COTA SA as part of a consortium led by COTA Australia and funded by the Australian Government.

[www.AgedCareNavigators.org.au](http://www.AgedCareNavigators.org.au)

### Where can you chat to Liz and Karyn

Date: **Every Monday**  
Time: 10am - 11:30am  
Venue: Library in Kingston Community School

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