



# Tips for Careworkers: ACAT Assessment

**What it is:** An Aged Care Assessment Team (ACAT) assessment is used to make a recommendation for the type and level of care that will best meet the needs of older Australians with complex needs.

An ACAT assessment is also known as ACAT.

**Why it matters:** People in need of palliative care often have complex needs. Based on an ACAT assessment, an older person can access Government-funded services such as:

- home care
- residential aged care
- transition care
- respite care
- short-term restorative care.

**What I need to know:** The ACAT assessment team is multidisciplinary. The team often includes a doctor, nurse, social worker and occupational therapist.

The My Aged Care Contact Centre provides information on ACAT assessments and Regional Assessment Services (RAS).

ACATs assess clients with more complex needs so that they can access the most suitable types of care.

A RAS assessment is for clients who need low-level support to continue to live at home.

My Aged Care Contact Centre registers and screens clients over the phone using a standard form before any decision on the need for ACAT or RAS assessment is made.

## Note

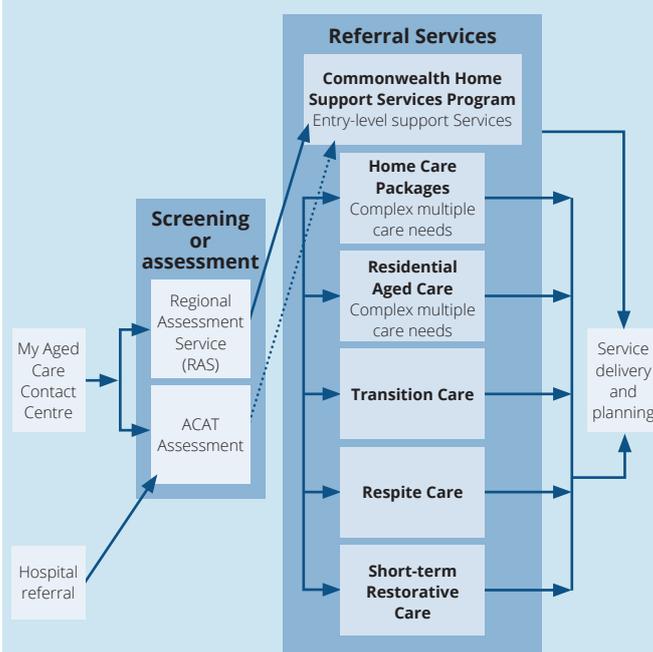
Anyone with consent can register an older person with My Aged Care contact centre for screening. They can also be referred by a health professional.

## Do

If you, clients, or families have questions or concerns about ACAT, speak with nursing/supervisory staff.

## Tool

The diagram below provides an overview of needs assessment and referral processes for older Australians.



**Name:**

---

## My reflections:

What do the letters ACAT stand for?

How can an ACAT assessment help an older person?

## My notes:

See related palliAGED Practice  
Tip Sheets:  
Advance Care Planning  
Frailty  
Palliative Care

For references and the latest version of all Tip Sheets visit  
[www.palliaged.com.au/PracticeTipSheets](http://www.palliaged.com.au/PracticeTipSheets)