

# CHOOSING THE RIGHT LEVEL OF CARE

A simple guide to long-term residential aged care in New Zealand.

As care needs change, it can feel hard to know what support someone needs next. This guide explains the four recognised levels of long-term residential care in New Zealand, and when each level may apply.

A NASC assessment helps decide the right level of care for each person.

## Levels of Care

### **1 Resthome level of care**

For older people who need 24-hour support with daily living, but do not need regular nursing care. This may include help with personal care, meals, medication and daily activities.

### **2 Hospital level care**

For people with significant health conditions or complex needs who require regular nursing care. Some people may need two staff to help with mobility or personal care.

### **3 Dementia care**

For people living with dementia who need a secure setting because they cannot safely receive care in other environments. A NASC assessment determines this need.

### **4 Psychogeriatric care**

Specialist secure hospital care for older people with complex needs that require psychiatric support and nursing care.

## SELECTING THE RIGHT CARE LEVEL

Access to publicly funded residential care usually starts with a NASC assessment.

The assessment looks at the person's health, mobility, memory, daily tasks, home situation, support network and personal wishes. The right care level can help keep the person safe while supporting comfort, dignity and quality of life.