

Nirmala and Thakor's story

Learn how Nirmala and Thakor found the aged care support they needed to continue living happily in the home they built together.

Nirmala, 76, and Thakor, 81, married in 1965 and built a life together in Australia. The aged care support they receive has made it possible for them to stay in their beloved home.

Read Nirmala and Thakor's story or [watch](#) their video story.



Holding on to a lifetime of memories at home

“We’ve lived here for 43 years. Our desire is to live here and die here.”

This is the heartfelt reflection about the home shared between Thakor, his wife, Nirmala and their family. Thakor was born in India and married Nirmala from Fiji in 1965 and they built a life together in Australia. Their home is more than just a house, it’s full of cherished memories like their children playing cricket in the backyard.

Thakor and Nirmala’s love for their home and lifestyle comes from their deep cultural belief that being surrounded by family brings true happiness.

Realising it’s okay to ask for help

Throughout their lives, Thakor and Nirmala have worked hard and always taken care of things themselves. Thakor admits:

“Our ego and pride always hold us back from saying, ‘Please give me something’.”

Their strong cultural value of self-reliance made it hard for them to ask for help, even when maintaining their home was becoming too much for them. Thakor remembers a moment in the garden:

“I was alone. My backyard is a little bit hilly and I have got this lawn mower. I pushed it up and then it rolled me back. I had a couple of goes and some falls. I didn’t tell anybody.”

He knew Nirmala would be concerned but, because of his pride, he kept his struggles to himself.

Things changed when Nirmala started having back pain, which made it hard for her to do household chores like cleaning the bathroom. Thakor tried to help but they both realised they needed more support. They had an honest talk and agreed they needed to get help. Nirmala remembers:

“I felt that it was the appropriate time. I have to recognise my constraints.”

Finding out about aged care

Nirmala and Thakor hadn't heard of My Aged Care. They were surprised by the range of services that were available that they, and others in their community, were not using. As Thakor states:

“Maybe there are lots of people like us who, because of their cultural background, may not be coming forward for any help.”

Nirmala and Thakor applied for an assessment through My Aged Care. After the assessment, they were approved to get help with cleaning their home. For them, this support means they can continue to live surrounded by their memories in the place where they have been happiest.

Their experience is a reminder that asking for help is not a sign of weakness. It's a smart choice that can help older people continue enjoying life and stay living at home for longer.

Thakor has advice for others who might be thinking about getting extra support:

“They should not be ashamed to ask for any assistance. My Aged Care is always there. Its intent and purpose is to take care of the people so that they can live happily in their own homes.”

Your aged care needs to work for you. Like Nirmala and Thakor, you have the right to aged care that is safe, meets your needs, and gives you choice in the support you receive.

For more information visit MyAgedCare.gov.au or free call 1800 200 422.