

Respite Care

Services provide carers of frail older people and people with disabilities with a break, by providing support for the person they are caring for

Chesalon in Home Respite.....	8539 7022
Commonwealth Respite and Carelink Centre.....	1800 052 222
Home Care Service of NSW ADHC.....	1800 350 792
Pole Depot Community Centre.....	9580 0688
Rockdale Community Services.....	9567 0988
Southern Sydney Trusted Care.....	9540 3011
The Benevolent Society's Revitalise Program.....	9504 6670
Wesley In-Home Respite.....	9525 1677

Social Support Services

Friendly visiting & telephone calls, letter writing, support with shopping, banking & social activities etc.

Minor gardening & home maintenance.

Gnarra Aboriginal HACC Project.....	9528 0287
Kogarah Community Services.....	9546 4811
Mortdale Neighbour Aid.....	9579 6322
Rockdale Neighbour Aid.....	9567 0988
St George Community Services.....	8558 4000
<i>For shopping outings, social lunches, frozen meals & delivered groceries</i>	
The Benevolent Society Revitalise Program.....	9504 6670

Stroke Support Group

St George Community Services Stroke Group.....	8558 4000
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Transport – Community Transport

St George Community Transport.....	9580 8911
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Transport service available to take people to activities and medical & health appointments etc. Mini buses are available for use by groups.

Volunteers

Many community services rely on the support of volunteers.

To find out how to become a volunteer contact:

Volunteer Link.....	8558 4000
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Culturally and Linguistically Diverse Services

For support, information and assistance with finding and using services

Co.As.It Italian Aged Project Officer.....	9564 0744
Kingsgrove Community Aid Centre.....	9150 7823
<i>Chinese Centre Based Day Care</i>	
Kogarah Community Services Inc.....	9546 5766
<i>Multicultural Dementia Support Service</i>	
St George Migrant Resource Centre	
CALD Community Care Program.....	9597 5455
Multilingual Hotline.....	9505 7601
<i>Monday: Italian; Tuesday: Arabic; Wednesday: Macedonian & other Languages of Former Yugoslavia; Thursday: Chinese; Friday: Greek</i>	
St George Community Services.....	8558 4000
<i>Multicultural Home Service- Social support - domestic assistance and meals. Chinese specific Outing</i>	
St George Multicultural Access Project.....	9597 5455
Translating & Interpreting Services.....	131 450

Information Services

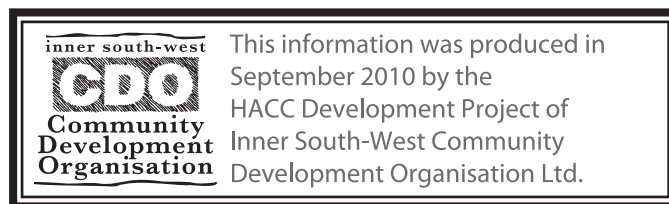
For up to date information on community services contact

Hurstville City Council.....	9330 6091
Kogarah Council.....	9330 9455
Rockdale City Council.....	9562 1862
Southern Sydney Community Care Intranet.....	www.ssccl.org.au
Ideas NSW.....	1800 029 904

Information on services, activities & products available for people with a disability, aged related disability, their families and carers.

Our Vision is:

“A Socially Just & Sustainable Region”



Contact Details - Tel: (02) 9599 2522
email: haccdo@iswcdo.org.au
www.iswcdo.org.au

Information Current as of September 2010

Live in the St. George area?

NEED HELP AT HOME?

Are you ...

- Frail aged
- A person with a disability, or
- A carer

There are “Home and Community Care” (HACC) services in your local area that may be able to help.

Hurstville, Kogarah & Rockdale

Home and Community Care (HACC) Services



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED

If you are having difficulty with the tasks of daily living, HACC services may be able to assist. Some key contacts:

Ageing, Disability and Home Care (ADHC) Referral & Assessment Centre	1800 350 792
Commonwealth Respite & Carelink Centre...	1800 052 222
Carers NSW Carer Support Line.....	1800 242 636
Translating & Interpreting Service.....	13 14 50

Aboriginal and Torres Strait Islander People

Gnarra HACC Aboriginal Project..... 9528 0287

Aged Care Assessment Team

Assessment by a team of medical, nursing and allied health professionals

Calvary Rehabilitation & Geriatric Service (CRAGS).... 9553 3000

Carer Support

Carers NSW Carer Support Line 1800 242 636

Carers NSW Older Parent Carer Program 9280 4744

CatholicCare Dementia Carer Support Service 8778 4222

Pole Depot Carers Support Service..... 9580 0688

St George Migrant Resource Centre 9597 5455

Multicultural Carers Support Program

Centre Based Day Care

Kingsgrove Community Aid Centre..... 9150 7823

St George Community Services 8558 4000

Uniting Care Oatley Caring Centre 9570 6642

Warrina Day Care 9587 4217

Centre Based Day Care – Frail Older People

Benevolent Society Greenwood Cottage 9556 2915

Chesalon St George Social Centre..... 9539 7022

Gnarra HACC Aboriginal Project 9528 0287

Greek Welfare Centre 9516 2188

Kingsgrove Community Aid Centre..... 9150 7823

Nurses on Wheels 9502 3422

Pole Depot Chinese Frail Elderly Day Care 9580 0688

St George Migrant Resource Centre 9597 5455

Multicultural Day Care

St Marks Coptic Day Care..... 9556 1849

Uniting Care Oatley Caring Centre..... 9570 6642

Community Options / Case Management

Support for people with complex care needs and their carers.

Gnarra HACC Aboriginal Project
(Case Management) 9528 0828

The Benevolent Society's Live at Home Programs.. 9504 6670

Calvary Rehabilitation & Geriatric Service (CRAGS).... 9553 3000

CRAGS is a specialised assessment team of medical, nursing and allied health professionals

Dementia - Centre Based Day Care

Pole Depot Community Centre..... 9580 0688

St George Community Services 8558 4000

Uniting Care Peakhurst Caring Centre..... 9570 6642

Warrina Day Care 9587 4217

Dementia Support Services

Information Counselling, Support & Advocacy

Dementia Advisory Service (St George & Sutherland).. 9531 1928

CatholicCare Dementia Carer Support Service 8778 4222

Kogarah Community Services 9546 5744

Multicultural Dementia Support Service 9546 5766

St George Community Services 8558 4000

Dementia Support Services In Home

Chesalon Social Monitoring 8539 7022

Home Care Service of NSW (ADHC) 1800 052 222

Community and In Home Flexible Respite

KinCare In Home Dementia Respite 1300 733 510

Kogarah Community Services Inc. 9546 5744

Mortdale Neighbour Aid..... 9579 6322

Rockdale Neighbour Aid..... 9567 0988

The Benevolent Society's Revitalise Programs 9504 6670

Food Services

Home delivered meals prepared to meet individual and dietary needs

Hurstville Community Food Services..... 9584 1286

Rockdale Meal Service..... 9502 3198

Kogarah Meals on Wheels Service..... 9584 0017

St George Frozen Meals Service..... 8558 4000

Home Modification & Maintenance

St George Home Modification and Maintenance.... 8558 4000

This service can help make your home safer to live in. Services organised include: plumbing, electrical, carpentry, bathroom and kitchen modifications, installation of ramps, hand rails etc.

Garden

St George Easy Care Gardening 9556 1822

Gardening and lawn mowing service. Trained volunteers convert gardens to low maintenance

Mortdale Community Services Lawnmowing 9579 6322

Hurstville area

Home Help & Personal Care

For help with housework and personal care

Catholic Healthcare Community Services..... 1800 225 474

Home Care Service NSW 1800 350 792

Ageing, Disability and Home Care - ADHC Referral and Assessment Centre

KinCare Community Services..... 1300 733 510

Southern Cross Community Healthcare 1800 989 000

Personal Care Services

St George Community Services 8558 4000

Multicultural Home Service - Domestic Assistance

Veterans Home Care..... 1300 550 450

Home support services for veterans and war widows/widowers

Nursing Care

St George Community Nurses 1300 427 603

Nurses on Wheels 9502 3422

Podiatry

In home and centre based services

Kingsgrove Community Aid Centre 9150 7823

Calvary Podiatry..... 9553 3043