

<p>National Alzheimer’s Dementia Help Line</p>	<p>Interpreter Service</p> <p>Provides FREE practical assistance, advice, information, education and counselling</p>	<p>Ph: 1800 100 500</p> <p>nsw.helpline@alzheimers.org.au</p> <p>For hearing or speech impairment: 13 36 77</p>
<p>Baptist Care (HAAC)</p>	<p>Provides help with respite, general housework & personal care</p>	<p>Ph: 1300 275 227</p> <p>ask@baptistcare.org.au</p> <p>BaptistCare Support Services PO Box 7626 Baulkham Hills, NSW 2153</p>
<p>Camperdown Pain Management (Sydney Uni Clinical Psychology)</p>	<p>Services: Individual allied health therapy, Group pain management programs; Inpatient beds staff: Medical, Psychology, Administration, Physiotherapy, Psychiatry, Nursing Treatment options include Diagnostic and Therapeutic Injections, Radiofrequency Lesions, Neurostimulation and Neuromodulation, Pain Management Programmes, Physiotherapy, Clinical Psychology and Occupational Rehabilitation</p>	<p>Ph: 9517 1764 Email: reception@innerwestpaincentre.com.au</p> <p>Suite 211, 100 Carillon Avenue, Newtown</p>
<p>Redfern Station Medical Centre</p>	<p>Provides Community Services, Nursing Services, Flu Vaccination, Health and HIV</p> <p>Nurses will assist with medications, incontinence problems, dressing and general medical advice</p>	<p>Ph: 8313 2999</p> <p>Level 1, 147-151 Redfern Street, Redfern, NSW 2016</p> <p>Opening Hours: Mon – Fri: 09:00 – 18:00 Wed: CLOSED</p> <p>After Hours Services: Ph: 8724 6300</p>

<p>Carers NSW</p>	<p>Provides a FREE information & referral to community services to assist the relatives and friends caring for those who are living with a disability, mental illness, drugs and/or alcohol dependency, terminal illness or are frail</p>	<p>Ph: 1800 422 737</p> <p>Opening Hours: Mon – Fri: 08:00 – 17:00</p>
<p>Community Transport</p>	<p>Provides transport to frail aged or people with a disability who cannot access public transport</p> <p>i. <u>Leichhardt Community Transport</u> Call well in advance for bookings Cost: &10.00 (one-way) / \$12.00 (return) for Marrickville/Leichhardt Area; \$14.00 (one-way) / \$16.00 (return) for outside this area</p> <p>ii. <u>Bankstown & Canterbury Community Transport</u> Booking only one week in advance Cost: \$8.00 (return) for Canterbury/Bankstown Area; \$15.00 (return) for outside this area Weekly Outings</p> <p>iii. <u>Access Sydney Community Transport</u> Provides Group and Individual support for people over the age of 65. Including Transport Services for Assisted Shopping, Health-related Transport Services (e.g. medical check-ups) and Social Services</p> <p>In areas of Marrickville Metro, Eastgardens, Surry Hills, Eastlakes, Ashfield, Broadway, Paddy’s Market, Leichhardt Market Place and Burwood Plaza</p>	<p>Ph: 9558 6800</p> <p>Opening Hours: Mon – Thurs: 07:30 - 16:00 Fri: 07:30 – 15:00 General Opening Hours: Mon – Fri: 08:00 – 16:00</p> <p>Ph: 9772 4928 Website: www.bcct.org</p> <p>Opening Hours: Mon – Fri: 08:00 – 16:00</p> <p>Ph: 8241 8000 Fax: 02 9282 9089 Website: www.accesssydney.org.au</p> <p>Head Office: Suite 2, Level 1, 579 Harris Street, Ultimo, NSW 2007</p> <p>Strathfield Office: 40-44 Augusta Street, Strathfield, NSW 2135</p> <p>Opening Hours: Mon – Fri: 09:00 – 17:00 (except for public holidays)</p>

Newtown Neighbourhood Centre

<p>Australian Unity - Home Care Service of NSW</p>	<p>Provides referral for help with general housework, meals as well as respite and personal care, domestic assistance</p>	<p>Ph: 1800 350 792 Hunter Ph: 1300 731 556 Other Regions Ph: 1300 881 144 Aboriginal Access and Assessment team: 1300 797 606</p>
<p>Canterbury City Community Centre</p>	<p>Provides Garden Care Services, including lawn maintenance and gardening service for a small charge in areas of Canterbury, Marrickville and Leichardt</p> <p>Provides Social Support Programs for people over the age of 65, including:</p> <ul style="list-style-type: none"> - English classes - Playgroup for young children, Women's group - Financial counselling - Volunteering opportunities - Emergency Relief Services (But by appointment only) 	<p>Ph: 9750 9344 Fax: 9740 6332 centre@4cs.org.au</p> <p>130 Railway Parade, Lakemba, NSW 2195</p> <p>Opening Hours: Mon – Fri: 09:30 – 16:00</p>
<p>Dementia Australia</p>	<p>Provides information about dementia care and support groups and general services and informational meetings</p>	<p>Ph (Enquiries & Helpline): 9805 0100 OR 1800 100 500 Fax: 02 8875 4665 Website: www.dementia.org.au nsw.admin@dementia.org.au</p> <p>North Ryde Office: Dementia Australia NSW, Macquaire Hospital AND Vincent Fairfax Family Resource Centre</p> <p>Building 21, Gibson-Denney Centre, on the Corner 120 Coxs & Norton Roads, North Ryde, NSW 2113</p> <p>Opening Hours: Mon – Fri: 09:00 – 17:00</p>

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Dementia Centre - HammondCare	<p>Provides information about dementia care and support groups, as well as Crisis Intervention, Behavioural Support, Education and Consultation Services</p> <p>Referral by GP or hospital</p>	<p>Ph (Enquiries & Helpline): 8437 7355 OR 1800 699 799</p> <p>97-115 River Road, Greenwich, NSW 2065, Australia</p> <p>Opening Hours: 24 hours a day</p>
Marrickville Home Library Service	<p>Provides books and music. If one has mobility problems, talking books or large-print can be delivered to people's home.</p> <p>FREE Service in Marrickville / LGA</p>	<p>Ph: 9335 2134</p> <p>hls@marrickville.nsw.gov.au</p>
Marrickville Police - Crime Prevention Officers	<p>Police will coordinate volunteers to visit and make people feel safe in their homes</p>	<p>Ph: 131 444 OR 9568 9299 Fax: 02 9568 9211</p> <p>89-101 Despointes Street, Marrickville 2204</p> <p>Opening Hours: 24 hours a day</p>
Newtown Police - Crime Prevention Officers	<p>Police will coordinate volunteers to visit and make people feel safe in their homes</p>	<p>Ph: 9550 8199 Fax: 02 9550 8132</p> <p>222 Australia Street, Newtown 2042</p> <p>Opening Hours: 24 hours a day</p>
UnitingCare Lucan Care Community Centre	<p>Respite Care for people with dementia. Must phone for suitability and costs</p> <p>Activities for the frail and aged. Must phone for suitability and costs</p> <p>Well Aged Activities for people who are over the age of 60. Must phone for lists and costs</p>	<p>Ph: 9564 2022</p> <p>infocommunity@unitingcare.swact.org.au</p> <p>158 Lilyfield Rd, Lilyfield, NSW 2040</p>

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Red Cross Telecross	Provides a FREE security check by telephoning people who are at risk of falling or becoming ill	Ph: 1300 885 698 Opening Hours: 24 hours a day / 365 days a year
Newtown Neighbourhood Centre	Provides Shopping Support for the frail aged and their carers living in areas of Marrickville, Petersham, Lewisham, Dulwich Hill, Stanmore, Enmore, St. Peters, Newtown, Camperdown and Sydenham Fortnightly bus service and car assisted service to Marrickville Metro, as well as fortnightly list shopping Cost: \$10.00	Ph: 9564 7333 Service Hours: Tues, Thurs, Fri
Tom Foster Community Care	Provides Meals on Wheels Program; Social Support Program; Senior Groups Activities; Exercise Group Activities; Transport to local Senior Groups i. <u>Exercise Group Activities</u> Cost: \$3.00 / \$7.00 (with meal) Meeting Time: Wed: 11:00 – 12:00 noon ii. <u>Home Visiting Services</u> FREE services run by volunteers who will visit frail aged and young people with a disability at your place iii. <u>Meals on Wheels Program</u> Provides nutritious meals; will deliver to your place upon request Cost: \$8.40 per meal	Ph: 9335 2153 madeleine.sarrerr@innerwest.nsw.gov 11-13 Darley Street, Newtown 2042 Opening Hours: Mon – Fri: 07:30 – 15:00
St Vincent Community Health Service	Provides Nursing Services; Dementia Care; Transitional Aged Care; Occupational therapy; Social Work Support; General Counselling; Podiatry Within the areas of City of Sydney, South Eastern Sydney LHD	Ph: 8382 1450 Opening Hours: Mon – Fri: 08:30 – 17:00

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<p>Catholic Community Care Services</p>	<p>Provides services that you can access as occasional, short-term or round-the-clock options from our caring, professional, locally-based staff. From complete Home Care Packages to a helping hand at home. Home Care Services include:</p> <ul style="list-style-type: none"> • Help at home such as house keeping, assistance with meal preparation and shopping • Personal care • Assistance with medications • Social support such as accompanied visits, outings or company at home • Dementia care • Respite and support for carers • Transport • Nursing care and Allied Health therapies 	<p>Ph: 131819</p>
<p>Uniting-Care Ageing</p>	<p>Provides services which aim to support people in their own homes or to assist them to move into more appropriate and affordable accommodation in particular the ACHA Program which helps older people in low incomes who have difficulty accessing secure affordable housing and appropriate aged care programs.</p> <p>Other services include Residential Aged Care, Home Care Services, Respite Care and Home Care Rehabilitation, including Senior's Gyms and Senior's Activities.</p>	<p>Ph: 1800 864 846</p>
<p>Aged Care Assessment Team</p> <p>Aged Care Assessment Teams (ACATs) help older people and their carers work</p>	<p>An ACAT assessment is required to access most aged care services subsidised by the Australian Government, including:</p> <ul style="list-style-type: none"> • Admission to permanent residential aged care 	<p>Ph: 1300 722276</p> <p>Anyone can contact an ACAT – you, your carer or a health professional such as a GP.</p> <p>The staff within each ACAT will vary but may include:</p>

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<p>out what kind of care will best meet their needs when they are no longer able to manage at home without assistance. They can provide information on the range of services available in the local community and can help you or your carer to access these services, through information and/or referral.</p>	<ul style="list-style-type: none"> • Respite in a residential aged care facility* • Home Care Packages (Levels 1 - 4) • Transitional Aged Care Packages • Transitional Aged Care Unit. <p>* <i>residential respite aged care can be either low-level care (previously known as hostel care) or high-level care (previously known as nursing home care).</i></p> <p>To undertake the assessment, a member of the local ACAT will visit to ask a series of questions and discuss options <u>There are no fees charged for this assessment.</u></p>	<ul style="list-style-type: none"> • Nurses; • Social workers; • Occupational therapists; and • Physiotherapists;
<p>Food Services and Home Delivered Meals</p>	<p>Provides Meals on Wheels Services:</p> <p>i. <u>In Canterbury (The Rotary Community Center)</u> Provides a wide variety of delicious meals from Anglo-style to multi cultural meals; will deliver to one's door upon request Average Cost: \$7.00 per meal</p> <p>ii. <u>In Newtown (At Tom Fosters Community Care)</u> Provides nutritious meals; will deliver to your place upon request Average Cost: \$8.40 per meal</p> <p>iii. <u>City of Sydney Meals on Wheels</u> Provides nutritious and multicultural meals.</p>	<p>Ph: 9718 3093</p> <p>Unit 2, 2 Carrington Square, Campsie 2194</p> <p>Ph: 9335 2153</p> <p>11 Darley Street, Newtown</p> <p>Ph: 8152 4230</p> <p>7/ 8 -10 Burrow Road St. Peters</p>

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<p>Australian Podiatry Association (NSW)</p> <p>INCOMPLETE</p>	<p>Referral by GP or hospital required</p>	<p>How to find a podiatrist https://www.podiatry.org.au/find-a-podiatrist</p> <p>Marrickville Ph: 9698 3751</p> <p>316 Illawarra Road, Marrickville</p> <p>Newtown Podiatry Suite 104 RPA Medical Centre 100 Carillon Avenue Newtown NSW 2042</p> <p>Ph: 02 9565 5986</p>
<p>Aged Care Assessment Team (ACAT) – Sydney Inner West</p> <p>INCOMPLETE</p>	<p>Support for people with high and complex care needs, including support for their carers</p> <p>Provides Care Connect Community Options: Housing Options</p>	<p>Ph: 1800 556 533 Fax: 02 9767 6929</p> <p>Level 7, King George V Building, Royal Prince Alfred Hospital, Missenden Road, Camperdown, NSW 2050</p> <p>Opening Hours: Mon – Fri: 09:00 – 17:00</p>
<p>My Aged Care - Respite Care</p> <p>Information and support is available to help people of all backgrounds, languages and situations to access the help they need. This includes LGBTI, Aboriginal and Torres Strait Islander</p>	<p>Access to online support services. https://www.myagedcare.gov.au/short-term-care/respice-care Services to assist carers include:</p> <ul style="list-style-type: none"> • carer support planning • in-person and phone-based counselling and peer support • targeted financial support through carer directed support packages, including supporting 	<p>Ph: 1800 200 422</p> <p>Emergency Respite Care Ph: 1800 052 222</p> <p>After Hours Emergency Respite Care Ph: 1800 059 059</p> <p>How to search for a provider.</p>

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<p>people, veterans, and more.</p>	<p>participation in employment, education, planned respite, and assistance with items such as transport or cleaning</p> <ul style="list-style-type: none"> • information and advice • access to emergency respite (available to access 24/7) • assistance with navigating relevant, local services available to carers through federal, state and local government and non-government providers, including My Aged Care, the National Disability Insurance Scheme and palliative care. <p>Access to online support services. https://www.myagedcare.gov.au/short-term-care/respite-care</p>	<p>https://www.myagedcare.gov.au/find-a-provider/</p>
<p>Centre Based Day Care Services</p> <p>INCOMPLETE</p>	<p>Canterbury City Community Centre</p> <p>Canterbury Earlwood Caring Association</p> <p>Earlwood Aged Support & Care Group</p> <p>Lucan Care Community Centre</p>	<p>Ph: 9750 9344</p> <p>130 Railway Parade, Lakemba, NSW 2195</p> <p>Ph: 9559 4013</p> <p>15 Clarke Street, Earlwood, Sydney, NSW 2206</p> <p>Ph: 9558 6144</p> <p>Ph: 9564 2022</p>

AGED Culturally and Linguistically Diverse Services

<p>Chinese Australian Services Society (CASS) Aged Day Care Centre (Korean & Chinese Packages)</p>	<p>Provision of culturally and linguistically appropriate care and services, including Residential Aged Care, Home Ageing, meals, programs and activities</p> <p>Care staff members who speak community languages (such as</p>	<p>Ph: 9789 4587</p> <p>Website: casscare.org.au (In English) cass.org.au (In Chinese)</p>
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Newtown Neighbourhood Centre

	<p>Cantonese, Mandarin, Korean) will be around 24 hours, 7 days a week;</p> <p>Connection to the community – through different community participation activities.</p>	
<p>St. Basil's Greek Day Care</p>	<p>St Basil's Homes (SA) provides aged care facilities and services under the auspices of the Greek Orthodox Church.</p> <p>Aged care services include:</p> <ul style="list-style-type: none"> • palliative care facilities; • hospice; • respite; • day care centres; and • home care support services. 	<p>Ph: 9784 3200</p> <p>130 Croydon Street, Lakemba, NSW 2196</p> <p>Opening Hours: Mon – Fri: 09:00 – 17:00</p>
<p>Tripoli & Mena Association</p>	<p>Focus is on Arabic-specific, culture, needs and ways of doing things.</p> <p>Provides Day Care Services for Aged, with various groups and activities</p> <p>Provides Arabic Language Program (Saturday School); Commonwealth Home Support Program (CHSP); Home and Community Care Packages (HCP); Lakemba Arabic Community Hub; Flexible Respite; and Personal Care.</p>	<p>Ph: 9759 3436</p> <p>Clients who need further assistance with interpreting can contact the Telephone Interpreter Service 131450.</p> <p>48-50 Taylor Street, Lakemba, NSW 2195</p> <p>Opening Hours: Mon – Fri: 07:00 – 17:00</p>
<p>Sydney Multicultural Community Services</p>	<p>Aged Care Services include Multicultural Home Care packages, Multilingual Home Care and Centre Based Day Care giving you access to clinical nursing, personal care, domestic assistance and social support.</p> <p>There are also a variety of packages:</p> <ul style="list-style-type: none"> • Multicultural Home Care Packages • Multilingual Home Care 	<p>Ph: 9663 3922</p>

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	<ul style="list-style-type: none"> • Brokered Service • CALD Centre Based Day Care • CALD Community Visitors Scheme 	
<p>Riverwood Community Centre</p>	<p>Provides Day Care Services; Language Classes, including: Arabic, Cantonese, Italian, Greek, Korean, Mandarin, Polish Spanish and Vietnamese; Social Support Groups; and in home Support Services.</p> <p>Fees are a contribution towards the cost of providing the service. All fees charged by the Aged Service are approved by the Riverwood Community Centre and are reviewed regularly. Clients will be given information regarding fees during assessment. If a client has difficulty in paying a fee, this can be discussed with the Service Coordinator.</p>	<p>Ph: 9533 0100</p> <p>9am to 5pm Monday to Friday.</p> <p>151 Belmore Rd, Riverwood</p> <p>Clients who need further assistance with interpreting can contact the Telephone Interpreter Service on 131450.</p>

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