

# SUTHERLAND SHIRE SENIORS SERVICES DIRECTORY



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# AGEING WELL IN THE SUTHERLAND SHIRE

Sutherland Shire is a unique community with a collective vision for a connected and safe community that respects people and nature, enjoying active lives in a strong local economy.

## AGEING POPULATION

The Sutherland Shire has an ageing population, with 23% of the population aged over 60 years. By 2036 this group is anticipated to increase 26% – representing a 53% increase in the 85+ year age group and 56% increase in the 70-84 year age group.

## ACTIVE AGEING

We want all people in the Sutherland Shire to live more vibrant, healthy, active and happy lives as they age by creating a local environment that supports our seniors to live longer and better than ever before.

We recognise our seniors community is constantly changing. We strive to focus on enhancing health and wellbeing by enabling seniors to come together, participate and engage with the local community supporting them to stay informed, build resilience and better navigate and negotiate change.

Facilitating active ageing through building strong connections, encouraging early life-planning, and ensuring there are facilities and services available for older residents are important factors in maintaining an engaged, inclusive, caring and supportive community.

Council understands the importance of providing information, resources, services, programs and facilities that provide for active and healthy ageing, with the aim for older residents to maintain



independence over important decisions that can affect the quality of their lives.

The Sutherland Shire 2022 Seniors Directory aligns with council's Community Strategic Plan to provide for a caring, supportive and liveable community enhancing health and wellbeing and fostering opportunities that build and strengthen community connections.

### **ACCESSING INFORMATION**

Making sure that people have current and relevant information is essential. This directory aims to provide information to ensure people can access transport, housing, care and support, and community groups, together with activities and events that will enable them to remain independent, engaged and included.

The information in this directory is not exhaustive. More information on community services, government organisations and social groups in Sutherland Shire can be found in the Community Directory on Council's website.

### **CONTACT COUNCIL**

Council hopes you find this directory useful. For any questions or concerns don't hesitate to contact Council

**P** 02 9710 0333

**E** [ssc@ssc.nsw.gov.au](mailto:ssc@ssc.nsw.gov.au)





# SUTHERLAND SHIRE COUNCIL'S

## 'ACTIVE AGEING' REPORT CARD 2020-2022'

The Sutherland Shire Active Ageing Sector Plan (2018-22) plans for the needs of an ageing population. Developed in consultation with residents, service providers and community organisations, it sets out actions that provide for an active, healthy and engaged community.

### COUNCIL'S KEY ACHIEVEMENTS (2020-2022):

- ✓ More than \$31 million worth of rate rebates for Pensioners.
- ✓ \$8.75 million in subsidies to local community organisations servicing older residents.
- ✓ Actively promoted volunteering with council and local community organisations.
- ✓ Regularly engaged with service providers and older residents to understand changing needs and ensure representation.
- ✓ Upgraded to a new accessible audio/visual system in Council Chambers enabling automatic connection for people using hearing aids, providing audio recordings of each Council meeting
- ✓ Collaborative partnerships with service providers to support healthy active ageing, early life-planning and independent choice for older people.
- ✓ More than \$1 million in grants for projects/programs involving older people.
- ✓ More than \$200,000 in grants for projects/programs involving older people
- ✓ Dedicated staff providing information, resources, referrals and support to older residents, including website and the Seniors Services Directory.
- ✓ Events and activities for more than 137,000 older residents, including; Seniors Festival, Healthy Ageing seminars, programs at leisure centres, talks and activities at libraries, and events at Sutherland Entertainment Centre
- ✓ Provided engagement and inclusive programs for people with disability and people with lived experience of dementia at Hazelhurst Arts Centre. Including Unpacking Dementia workshops in collaboration with the St George & Sutherland Shire Dementia Alliance and a Memory Café event held online for people with dementia and their carers.
- ✓ Libraries and Community Services are providing Auslan interpreter services at their key events.
- ✓ Home Library Services deliver to any community member with format and content tailored to customer preferences and assistance is provided to use technology to access content.
- ✓ More audio book options available so book groups can be more inclusive of people with low vision and introduced free usage of internet access on public computers at our Sutherland Shire Libraries.
- ✓ The 2015 Development Control Plan requires 10% liveable housing and 20% adaptable housing provision in new multi-dwelling developments and residential flat buildings.
- ✓ The Housing Strategy 2020 2014-2031 provides actions to enhance appropriate housing for an ageing population, including incentives for villa developments and promoting dual occupancy dwellings.
- ✓ Accessibility considerations have been made for the Cronulla Masterplan and the Sutherland Entertainment Centre.
- ✓ Masterplan for Cooper Street Reserve, Engadine includes an all abilities playground.
- ✓ Supported residential aged care places in Sutherland Shire to exceed Australian Government benchmarks.
- ✓ Nine new accessible drop-off zones near shopping/medical centres for private and community transport improving access for people with limited mobility.
- ✓ Information sessions and resources provided for My Aged Care, getting help at home and residential aged care including this updated Sutherland Shire Seniors Directory.
- ✓ Support programs recognising the important role of carers supporting older people in the community.
- ✓ Information sessions, training and support resources provided for those with dementia their families and carers and aged care service providers.
- ✓ More than \$2.6 million spent on footpath upgrades to enhance accessibility.
- ✓ More than \$150,000 spent on ramp and pedestrian facility upgrades to enhance accessibility around shopping centres and schools.
- ✓ Upgrades creating more accessible parks, reserves and playgrounds at Barden Ridge, Parc Menai, Casandra Crescent Reserve, Corea Street Reserve, Cronulla Park and Oak Park

Council has achieved many outcomes and is committed to providing support services, information, resources, programs and facilities that meet the changing and different needs of our older community.

- ✓ Delivered on Council's commitment to providing accessible facilities that enable everyone in our community to maintain a healthy and active lifestyle by installing outdoor gym equipment at six parks/reserves. This fixed-to-ground exercise equipment includes sit-up benches, chin-up bars and balance beams, and caters for people of all ages and abilities.
- ✓ Enhanced access to Leisure Centre pools for people with disability, including online virtual classes. Accessible beaches program included over \$30,000 of accessibility improvements for Cronulla Beach in partnership with St Vincent de Paul, including new electric and beach wheelchairs and Mobi Mat enhancing access to Cronulla Beach for people of all abilities.
- ✓ A new Toilet Program has seen upgrades of 10 public toilets including upgrading accessibility standards.
- ✓ Accessibility considerations have been made for the Cronulla Masterplan and the Sutherland Entertainment Centre
- ✓ The Cronulla Esplanade upgrade will provide a continuous graded pathway, removing mobility barriers and provide accessible seating
- ✓ Community Centres and Halls have been assessed, with many upgraded to enhance accessibility.
- ✓ 2015 Liveable Communities Workshops involving residents, community groups and government aimed to ensure our built environment, infrastructure, housing, services and social spaces are accessible by all. Workshops highlighted the need for multi-generational planning for safe walkable neighbourhoods, availability of local services, opportunities for community engagement, and affordable, appropriate housing.
- ✓ The 2022-26 Disability Inclusion Action Plan aims to support the rights of people with disabilities and enhance access and inclusion, so that people with disability can participate equally and meaningfully in the community. 2018 - 2022 Active Ageing Sector Plan includes feedback from the residents, service providers and the community to inform council's community services and promote what residents can do to provide for healthy active ageing.
- ✓ The Economic Development Strategy aims to Increase the number of local jobs by 10,000 FTE by 2030. In addition – advocate to the Central & Eastern Sydney Primary Health Network and the Greater Sydney Commission to explore opportunities for increased specialisms in health services (ie cardiac, mental health, geriatric medicine, obesity) and proactively market the Sutherland Shire as a location of choice to conduct professional, scientific and technical services and health care and social assistance services.
- ✓ Development of an Open Space and Recreation Strategy to increase participation in physical and recreation activities leading to improved health and wellbeing.
- ✓ The 2020-30 Community Development Strategy aims to facilitate healthy, connected, caring, inclusive, resilient and liveable communities. Its purpose is to provide for the social wellbeing of the community by ensuring there are services, programs and facilities that support and enable all – including promoting healthy active ageing through development of an Age-Friendly Community.



# ACCESSIBILITY: MAKING PHONE CALLS

There is help available if you are deaf, have a hearing or speech impairment, or require an interpreter.

## The National Relay Service

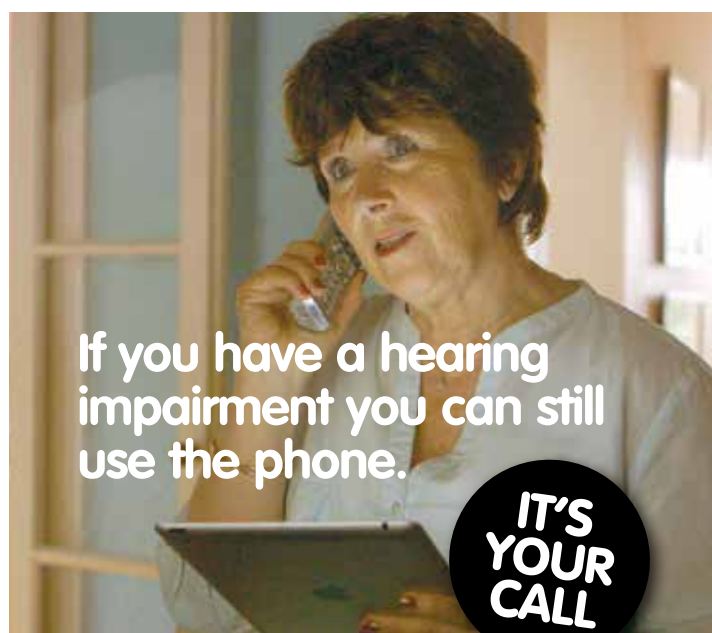
- P** Helpdesk - Voice: 1800 555 660
- P** Helpdesk - TTY: 133 677
- W** [www.communications.gov.au/what-we-do/phone/services-people-disability/accesshub/national-relay-service](http://www.communications.gov.au/what-we-do/phone/services-people-disability/accesshub/national-relay-service)

If you are deaf, hard of hearing and/or have a speech impairment, contact the National Relay Service. The NRS Helpdesk is available 8am-6pm Mon-Fri (EST). Closed on national public holidays.

## Translating and Interpreting Service

- P** 13 1450 (within Australia)
- P** +613 9268 8332 (outside Australia)
- W** [www.tisnational.gov.au](http://www.tisnational.gov.au)

The Translating and Interpreting Service (TIS) is an interpreting service provided by the Department of Home Affairs for people who do not speak English, and for agencies and businesses that need to communicate with their non-English speaking clients. The TIS immediate phone interpreting service is available 24/7.



**Visit:** [communications.gov.au/what-we-do/phone/services-people-disability/accesshub/national-relay-service](http://communications.gov.au/what-we-do/phone/services-people-disability/accesshub/national-relay-service)

**Phone:** 1800 555 660

A phone solution for people who are deaf or have a hearing or speech impairment



An Australian Government Initiative



Australian Government  
Department of Home Affairs



TRANSLATING  
AND  
INTERPRETING  
SERVICE



# CARE AND SUPPORT

Sutherland Shire has a vibrant, diverse and active community of older people. Sometimes people require care and support in order to maintain their independence, remain living in their own home and be involved and active in the community.

Family and friends can perform caring roles but sometimes need a helping hand, and that is where care and support services can assist.

My Aged Care is an Australian Government website and phone line to help find and access aged care services.

My Aged Care provides in-home and community care services to eligible older people. Help at home can include putting in rails or ramps, transport to medical appointments or social activities, support cleaning or bathing, meals, social activities, and respite for carers.

If you require additional help at home or have complex needs, then you may be eligible for a personalised Home Care Package.

Residential Aged Care Homes (nursing homes) are for those that need more help with day-to-day tasks or health care.

Active ageing well is about being prepared, having choice and flexibility. Being informed about the range of support services available can be of benefit should you ever need to access them.

Sutherland Shire is fortunate to have a range of services that can help you to maintain your independence, health and wellbeing. Getting help is just a phone call away.

## MY AGED CARE

**P** 1800 200 422

**P** TTY: 13 3677

**W** [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

My Aged Care is an Australian Government website and phone line to help you find out what aged care services may be available to help you.

If you are getting older and need help at home, or if you are caring for someone who does, My Aged Care provides information you need to know to start planning and talking about aged care.

My Aged Care provides information on services, eligibility, assessments, fees and referrals to access local services.

## CARER GATEWAY

**P** 1800 422 737

**W** [www.carergateway.gov.au](http://www.carergateway.gov.au)

If you provide unpaid care to someone with disability, long-term chronic illness, mental health condition or someone who is frail because they are older then you may be considered a carer. You may be looking after a parent or other family member, a spouse or partner, or a friend.

The Carer Gateway is a national on-line and regional service which provides practical information and resources to support carers. As a carer, you may be eligible to access a wide range of help – from counselling, coaching sessions, peer support groups, short-term services and emergency respite.

**Also see**

**Carers Gateway advert on page 10**

**Carers Support on page 23**

# NAVIGATING 'MY AGED CARE'

## LEVELS OF CARE AND SUPPORT

### BASIC HELP AT HOME

If you need some support to help you in the home you may be eligible to access basic services under the Commonwealth Home Support Programme.

### HOME CARE PACKAGES

If you require additional help at home or have complex needs you may require a personalised Home Care Package. Home Care Packages provide a coordinated package of care, services and case management to meet individual needs.

### RESIDENTIAL AGED CARE HOME

If you find you need ongoing help with day-to-day tasks or health care, a residential aged care home lets you live in a supported environment where help is available. This may be permanent or for respite care.

## HOW TO ACCESS THESE SERVICES

### BASIC HELP

1. Find out what services are available from My Aged Care :  
**P** 1800 200 422  
**W** [www.myagedcare.gov.au](http://www.myagedcare.gov.au)
2. Call and register with My Aged Care (assessment over the phone)
3. Have a face-to-face assessment at home by Regional Assessment Services (develop a Home Support Plan)
  - A. find out about services and costs
  - B. choose services
  - C. receive services

### HOME CARE PACKAGES

4. Have a comprehensive face-to-face assessment by Aged Care Assessment Team (approval for one of 4 levels of Home Care Packages)
  - A. contact providers
  - B. find out about care and services offered, requirements, fees, and conditions under your Home Care Agreement
  - C. choose package provider
  - D. receive services

### RESIDENTIAL AGED CARE

5. Have a comprehensive face-to-face assessment by Aged Care Assessment Team (approval for entry to a Government approved aged care home)
  - A. contact providers
  - B. find out about the facilities, care and services offered, requirements, fees, conditions and agreements
  - C. choose an aged care home
  - D. receive services

**More information is in the Housing section.**

## TYPES OF SERVICES

### SERVICES PROVIDED AT HOME

- Domestic help e.g. cleaning, laundry
- Transport e.g. appointments, shopping and activities
- Home modifications e.g. handrails, ramps
- Home maintenance e.g. gardening, minor repairs
- Meals e.g. delivered to your home, help making meals
- Personal care e.g. help dressing, bathing, toileting, mobility
- Equipment e.g. walking frames, shower chairs
- Social support eg. social groups, activities
- Short-term help after an accident, injury or illness; or you want to get your independence back after a setback e.g. after a hospital stay
- Respite care e.g. short-term care when you or your carer need a break
- Nursing and other care e.g. medication management, wound dressing, continence management
- Allied Health Care e.g. physiotherapy, podiatry, occupational therapy, dietician
- Assistive technology, aids or equipment e.g. to help with mobility, communication, personal safety

### SERVICES PROVIDED IN AN AGED CARE HOME

- Day-to-day tasks (e.g. cleaning, cooking and meals, laundry)
- Personal care (e.g. dressing, grooming, toileting, mobility, communication)
- 24-hour nursing care (e.g. wound care, catheter care)
- Social activities, both in-house and in the community
- Accommodation of cultural and religious beliefs
- Emergency health assistance

**‘If your care needs change significantly, you can request a new assessment through My Aged Care.’**





## SERVICE PROVIDERS

This list of providers is compiled from information available at the time of print, is not exhaustive and is subject to change.

### 3Bridges Community

**P** 1300 327 434

**W** [www.3bridges.org.au](http://www.3bridges.org.au)

Social support, shopping, home modifications and maintenance, domestic assistance, meals, respite, Home Care Packages and dementia day programs.

### Amplifon (formerly National Hearing Care)

**P** 1800 676 518

**W** [www.amplifon.com.au](http://www.amplifon.com.au)

Hearing aids and assistive listening devices.

### Anglicare

**P** 1300 111 278

**W** [www.anglicare.org.au](http://www.anglicare.org.au)

We have trained, caring care workers who will support you with most services, as well as registered nurses, physiotherapists, occupational therapists, and other health care professionals. Services include help around the home, meal support, pet care, transport services, shopping support, personal care, products and home modifications, dementia care, pastoral care, respite and social support, nursing and allied health, and cognitive programs.

### Alliance Community

**P** 1300 769 155

**W** [www.alliancecommunity.com.au](http://www.alliancecommunity.com.au)

Personal care services, domestic assistance, respite and Home Care Packages.

See Carers Gateway on page 7



## Where carers can find support

 Carer  
Gateway  
An Australian Government Initiative

 benevolent SOCIETY

Connecting carers ●●●● to support services

**[carergateway.gov.au](http://carergateway.gov.au)**  
1800 422 737 Monday-Friday 8am-5pm

## A.P.Care

**P** 9520 2966

**W** [www.apcare.com.au](http://www.apcare.com.au)

A.P. Care Services provide in home support to the frail, aged and disability sector through assisting with activities of daily living, such as domestic assistance, social support, personal care, community access, running errands and transportation. Services are tailored to individual needs and services may vary as required with improvement in the client's abilities.

## Australian Unity

**P** 1300 160 170

**W** [www.australianunity.com.au/home-services](http://www.australianunity.com.au/home-services)

Provides assistance to older people and their carers, including: personal care, respite, meals, nursing, shopping transport, domestic assistance and home maintenance.



**We provide a wide range  
of senior services.**

- Shopping Service
- Frozen Meal Delivery
- Home Shopping Service
- Social Support
- Social Groups
- Domestic Assistance
- Dementia Day Care
- Stroke Support Group
- Home Modification & Maintenance Home
- Home Care Packages

**Ask us about My Aged Care  
to access services.**

**1300 3BRIDGES - 1300 327 434**  
**WWW.3BRIDGES.ORG.AU**



AGED AD06 V1

## BaptistCare

**P** 1300 275 227

**W** [www.baptistcare.org.au](http://www.baptistcare.org.au)

Personal care services, meals, transport, nursing, domestic assistance, and respite.

## Better Connected Community Services Inc. (formerly Neighbour Aids)

**P** Caringbah: 9525 6806

**P** Cronulla: 9544 0104

**P** Miranda: 9540 2633

**P** Jannali: 9528 6299

**W** [www.betterconnected.org.au](http://www.betterconnected.org.au)

Providing aged care and children's support within the Sutherland Shire. As an approved Home Care Package Provider our service offers an extensive range of client-directed services. Better Connected Community Services also has activities for older people to maintain their social networks and connection to their community with a focus on each person's

abilities and interests. Services provided on an individual basis or in small groups including accompanied shopping, social activities, outings, exercise and healthy lifestyle groups.

## Benevolent Society

**P** 1800 236 762

**W** [www.benevolent.org.au](http://www.benevolent.org.au)

**E** [customercare@benevolent.org.au](mailto:customercare@benevolent.org.au)

The Benevolent Society provides a range of services under the Commonwealth Home Support Program (CHSP) or Home Care Packages to enable eligible people to remain living at home and in their community. These may include domestic assistance, personal care, social support individual and allied health therapy services, respite services for older people. to allow carers to take a break.



## Better Connected Community Services Inc.

Better Connected specialises in providing aged care and children's support services on an individual basis or in small groups from our team of staff and volunteers

We are a not for profit organisation and approved home care provider with over 50 years of experience providing community services

Our responsive services and activities focus on a person's abilities and individual needs, with the aim to enhance social connections and independence, as well as maintaining good health and wellbeing

To find out more go to our website or talk to us at one of our branches

**[www.betterconnected.org.au](http://www.betterconnected.org.au)**

**Caringbah**

**9525 6806**

**Cronulla**

**9544 0104**

**Jannali**

**9528 6299**

**Miranda**

**9540 2633**



## Bolton Clarke

**P** 1300 665 444

**P** [www.boltonclarke.com.au](http://www.boltonclarke.com.au)

At Home Support – Home Care Packages, retirement living and residential aged care. Be Healthy and Active program, and diverse resources. Fee for services.

## Calvary Community Care

**P** 1300 660 022

**W** [www.calvarycare.org.au](http://www.calvarycare.org.au)

Provides care and support for older people, their family, and carers after hospital or illness. Help at home, respite, and Home Care Packages.

## Calvary Health Care Sydney

**P** 9553 3111

**W** [www.calvarycare.org.au](http://www.calvarycare.org.au)

Calvary provides palliative care and geriatric rehabilitation. In-patient and

community care for patients in later stages of their illness. Support is also provided to relatives. The Rehabilitation and Geriatric Service facilitates clients' independence in both the Geriatric Rehabilitation Unit, Community Team and outpatient facilities.

## Carers

**See also:**

**Carers Gateway on page 7**

**Carers Support on page 23**

## CatholicCare

**P** 13 18 19

**W** [www.catholiccare.org](http://www.catholiccare.org)

Provides domestic assistance, personal care, nursing care, social support, respite and Home Care Packages.



**Living independently at home is important for Older Australians.**

**If you need some extra support at home call our dedicated team to find out more.**

Contact us on  
**[benevolent.org.au/agedcare](http://benevolent.org.au/agedcare)**

Or call us at  
**1800 236 762**

**benevolent** SOCIETY  
Your life. Your way.



The Benevolent Society acknowledges the Traditional Owners of Country throughout Australia and recognises Aboriginal & Torres Strait Islander continuing connection to land, waters and community. We pay our respects to Elders both past and present.

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## Civic

**P** 1300 692 484

**W** [www.civic.org.au](http://www.civic.org.au)

Temporary accommodation/respite for people who are frail or have dementia.

## Co.As.It.

**P** 9564 0744

**W** [www.coasit.org.au](http://www.coasit.org.au)

Multicultural Aged Day Care.

## The Cottage

**P** 9540 7348

**W** [www.seslhd.health.nsw.gov.au/sutherland-hospital/services-clinics](http://www.seslhd.health.nsw.gov.au/sutherland-hospital/services-clinics)

Day care centre for people with dementia. Provides social activities in a group environment and regular respite for carers.



**HAPPY, HEALTHY & ENJOYING LIFE**

Engadine Community Services (ECS) specialises in social support, utilising volunteers to provide social activities

### **For people with My Aged Care referrals:**

- Social Support Groups include social craft, men's cards, fitness classes, and bus outings
- Social Support Individual includes home visiting, friendly phone calls, community access and shopping



### **For 50 yrs & over [no referral needed]:**

- Mind and body includes Chi, volunteering
- Social includes 50+ Club, Grandparents Playgroup

**admin@ecs.org.au | [www.ecs.org.au](http://www.ecs.org.au) | 9520 7022**  
**1034-1036 Old Princes Hwy Engadine**

**We'll support you**  
*to live the way you choose*

**We offer in and out of home services as well as overnight Cottage Respite, supporting you to live independently in your own home.**



**Overnight & emergency respite**



**Support accessing the community**



**Domestic support & gardening**



**Transport, meal delivery & groceries**

**Contact our experienced Aged Care team today**

Phone: 1300 692 484 Email: [agedcare@civic.org.au](mailto:agedcare@civic.org.au)

**CIVIC**

## Engadine Community Services

**P** 9520 7022

**W** [www.ecs.org.au](http://www.ecs.org.au)

Engadine Community Services (ECS) specialises in social support, utilising volunteers to provide social activities for people with My Aged Care referrals:

- social support groups include social craft, men's cards, fitness classes and bus outings
- social support Individual includes home visiting, friendly phone calls, community access and shopping

For 50 years and over [no referral needed]:

- mind and body: includes Chi, volunteering
- social includes 50+ Club, grandparents playgroup

## Feros Care

**P** 1300 763 583

**W** [www.feroscare.com.au](http://www.feroscare.com.au)

Provides various home care services designed to ensure you stay independent in your own home for as long as possible.

## Gymea Community Aid and Information Service

**P** 9524 9559

**W** [www.gymeacommunityaid.org.au](http://www.gymeacommunityaid.org.au)

Social support groups, individual social support and multicultural support groups

## Celebrating Inclusiveness, Independence and Participation

**Gymea Community Aid and Information Service offers Shire residents a range of services, individual and group activities including:**

- Active and Social Programs
- Day Outings
- Over 10 Exercise Options
- Men's Groups
- Opal Travel Days
- Multicultural Groups
- Domestic Assistance
- Assisted Shopping and More...



**GYMEA**  
COMMUNITY AID  
& INFORMATION SERVICE

[gymeacommunityaid.org.au](http://gymeacommunityaid.org.au) | [seniors@gcais.org.au](mailto:seniors@gcais.org.au) | 95249559





## HammondCare

**P** 1800 826 166

**W** [www.hammondcareathome.com.au](http://www.hammondcareathome.com.au)

Home Care Packages, Commonwealth Home Support Programs, volunteer and pastoral care support services, aged and dementia care and care management.

## Home Instead Senior Care

**P** 1300 791 172

**W** [homeinstead.com.au](http://homeinstead.com.au)

Personalised care at home including home help, companionship, personal care, shopping, transport, meal assistance, case management, Alzheimer's and dementia care, palliative care and in home respite..

## Home Modification Solutions

**P** 9524 1100

**W** [www.homemods.org.au](http://www.homemods.org.au)

Empowers people to live independently in their home by providing home modifications and maintenance solutions eg. ramps, rails, minor repairs.

## IRT at Home (formerly Thomas Holt - Home Care)

**P** Phone: 134 478

**W** [www.irt.org.au](http://www.irt.org.au)

Provides home care services to seniors in southeast Sydney. Cleaning, gardening, shopping, social support, respite, nursing, clinical care and personal care.

## John Paul Village

See St Vincents Care Services: Page 19

# Stay home longer with personalised care

HammondCare At Home offers seniors relationship-based home care in South East Sydney, along with overnight respite care and a social club at Sinclair Cottage in Miranda.

Personalised Home Care Packages or Commonwealth Home Support Programmes.

**Call 1800 826 166**

or visit [hammondcareathome.com.au](http://hammondcareathome.com.au)

**HammondCare**  
Champion Life 





Home Modification Solutions

## OUR SERVICE IS YOUR SOLUTION

**Home Modification Solutions are your  
'Whole of Home' specialists.**

We are a not for profit organisation with over 30 years of experience empowering people to live independently at home.

- Major and minor home modifications
- Plumbing and electrical
- Handyman services and ongoing home maintenance – inside and outside the home

**Contact us to discuss your home modification and maintenance needs.**

 **(02) 9524 1100**

[www.homemods.org.au](http://www.homemods.org.au)

[admin@homemods.org.au](mailto:admin@homemods.org.au)



## Stay living independently at home, for longer.



IRT's home care team helps seniors live their best life with support services you can trust.



Personal care



Health and wellbeing support



Cleaning and household tasks



Social connection



Nursing services



Home safety and security



Getting out and about



Concierge service

**Sign up for a free consultation today! Call 134 478 or visit [irt.org.au/homecare](http://irt.org.au/homecare)**

## Karimbla Restaurant

**P** 9526 2077

**W** [www.karimblarestaurant.com.au](http://www.karimblarestaurant.com.au)

We are a unique restaurant for seniors offering low cost lunches in a relaxed, air-conditioned venue with a social atmosphere and great table service.

Our menu changes weekly and offers a choice of four mains and three desserts – bread roll, tea or coffee all inclusive.

We also offer an extensive range of frozen meals, including soups and desserts - Pick up or home delivery.

## KinCare

**P** 1300 702 319

**W** [www.kincare.com.au](http://www.kincare.com.au)

Personal care, domestic assistance, meals, and shopping assistance.

## Kogarah Community Services

**P** 9553 6506

**W** [www.kogarahcommunity.org.au](http://www.kogarahcommunity.org.au)

KCS provides Aged Care Services in the Georges River, Bayside and Sutherland LGA's including Commonwealth Home Support Program, Home Care Packages and Private Services. Our programs are designed using a wellness approach, supporting consumers to be active, connected and engaged with the community.

In Home Services: supporting consumers to remain living independently at home for as long as possible.

Higher Level Care: our specialised dementia services are delivered by qualified and experienced bilingual staff. Services are designed to support consumers individual needs."

## Kurranulla Aboriginal Corporation

**P** 9528 0287

**W** [www.kurranulla.org.au](http://www.kurranulla.org.au)

We are dedicated to providing the highest quality services, delivered in a culturally safe and appropriate way, to meet the needs of Aboriginal people and families across South East Sydney.

We are also a drop-in centre for local Aboriginal residents. The Gnarra CHSP Aboriginal Project provides domestic assistance, individual social support, group social support, assistance with care and housing and transport.

## Mable

**P** 1300 73 65 73

**W** [www.mable.com.au](http://www.mable.com.au)

A safeguarded online marketplace to choose and connect with local, independent support workers to arrange and manage support for yourself or your family member.



**KCS**  
KOGARAH COMMUNITY SERVICES

**Kogarah Community Services Inc.**  
**Approved Provider of**  
**Aged Care Services**

Our services support you to remain living independently at home for as long as you choose to.

**For all enquiries please contact:**  
☎ 02 9553 6506  
📍 49 English St, Kogarah, NSW 2217  
🌐 [www.kogarahcommunity.org.au](http://www.kogarahcommunity.org.au)

- Home Care Packages (all levels)
- Commonwealth Home Support Program
- Private services
- Social and lifestyle activities
- Services in your own home
- Specialised dementia care
- Experienced and qualified bilingual workers

 Member



## Multicultural Aged Care

**P** 9718 6199

**W** [www.multiculturalcare.com.au](http://www.multiculturalcare.com.au)

Provides domestic assistance, personal care, transport and respite day care.

## NSW Neighbourhood Aid & Social Support Association

**W** [www.nswnassa.org.au](http://www.nswnassa.org.au)

Provide support, information, advocacy and resource sharing.

## Palliative Care NSW

**P** 8076 5600

**W** [www.palliativecarensw.org.au](http://www.palliativecarensw.org.au)

Peak body promoting quality palliative care.

## Resourceful Australian Indian Network

**P** 8068 0877

**W** [rainseniors.com.au](http://rainseniors.com.au)

Social support.

## RSL Lifecare

**P** 1300 853 146

**W** [www.rsllifecareathome.org.au](http://www.rsllifecareathome.org.au)

Domestic assistance, personal care, respite services, nursing, palliative care.

## Salvation Army Aged Care Plus

**P** 9779 9411 or 1300 111 227

**W** [www.agedcareplus.salvos.org.au](http://www.agedcareplus.salvos.org.au)

In-home community support including domestic assistance, personal care, social support and Home Care Packages.

## South Eastern Sydney Local Health District (SESLHD) Southcare and The Sutherland Hospital

**P** 9540 7175 or 9540 7855

**W** [www.seslhd.health.nsw.gov.au/sutherland-hospital/services-clinics/directory/southcare-aged-and-extended-community-care](http://www.seslhd.health.nsw.gov.au/sutherland-hospital/services-clinics/directory/southcare-aged-and-extended-community-care)



Southcare is an integrated community health service providing a 'one stop shop' for the provision of quality services and care to older people and people with a disability who are residents of the Sutherland Shire. Health services at Southcare include; nursing, continence nurses, Allied health services (including Occupational Therapy, Physiotherapy, Social Work, Dieticians, Speech Therapy, Pharmacy), Sutherland health and Lung Team (SHALT), Respiratory Coordinated Care Program (RCCP), and Geriatricians. Other specialist programs also exist at Southcare such Transitional Aged Care (hospital discharge program for patients with goals) and SOS (for Clients at risk of hospital admission that need a multidisciplinary approach). Some CHSP services also exist at Southcare including Dementia Home Monitoring and Day Care Centres.

Many Southcare services require a referral through My Aged Care, although some services can be referred directly.

## Southern Cross Community Healthcare

**P** 1800 989 000

**W** [www.scch.com.au](http://www.scch.com.au)

Provides domestic assistance, nursing, and personal care.

## St Basil's Miranda

**P** 9784 3280

**W** [www.stbasils.org.au](http://www.stbasils.org.au)

Day centre social group for people with low to moderate dementia on Saturdays and monthly outings. Transport provided. Home Care Packages available.

## St Vincents Care Services (previously John Paul Village)

**P** 1800 778 767

**W** [www.svcs.org.au](http://www.svcs.org.au)

Catholic community offering retirement living, in-home care & residential aged care.

## Start Nursing Services

**P** 8883 3207

**W** [www.startnursingservices.com.au](http://www.startnursingservices.com.au)

Personal care, domestic assistance, nursing, palliative care, and Home Care Packages

## Sutherland Food Services (Meals on Wheels)

**P** 9540 7365

**W** [www.sutherlandfoods-services.com.au](http://www.sutherlandfoods-services.com.au)

Provides home delivered meals in Sutherland Shire. Special dietary requirements can be catered for. Short-term, long-term and one-off deliveries available. Hot meal service available..

## Thomas Holt - Home Care

**Now IRT at Home - see IRT at Home on Page 16.**



EAT WELL. LIVE WELL!

**The answer to all your nutritional needs delivered to your door and served with a side of company.**

- ✓ No contracts or minimum orders
- ✓ Will work with your Package Provider
- ✓ Over 60 nutritious and delicious options
- ✓ Frozen or hot lunch delivery
- ✓ Regular wellbeing checks
- ✓ Affordable and easy payments



**Call 1300 637 301**

**| [sutherlandfoods-services.com.au](http://sutherlandfoods-services.com.au)**

## Wesley Mission Home Care and Support

**P** 8522 2200

**W** [www.wesleymission.org.au](http://www.wesleymission.org.au)

Domestic assistance, personal care, social support, Home Care Packages, and carer support services.

## HOSPITALS

### The Sutherland Hospital and Community Health Service

**P** 9540 7111

**W** [www.seslhd.health.nsw.gov.au](http://www.seslhd.health.nsw.gov.au)

430 Kingsway, Caringbah

### St George Hospital and Community Health Service

**P** 9113 1111.

**P** Breast Screen 13 20 50.

**P** Cancer Care Centre: 9113 3909

**W** [www.seslhd.health.nsw.gov.au](http://www.seslhd.health.nsw.gov.au)

Gray Street, Kogarah 2217.

### Kareena Private Hospital

**P** 9717 0000

**W** [www.kareenaprivate.com.au](http://www.kareenaprivate.com.au)

86 Kareena Road, Caringbah

### President Private Hospital

**P** 9521 7788

**W** [www.presidentprivate.com.au](http://www.presidentprivate.com.au)

Cnr President Ave and Hotham Rd, Kirrawee

### St George Private Hospital

**P** 9598 5555

**W** [www.stgeorgeprivate.com.au](http://www.stgeorgeprivate.com.au)

1 South Street, Kogarah

## GOVERNMENT AGENCIES

### Department of Veterans' Affairs

**P** 1800 838 372 (1800 VETERAN)

**W** [www.dva.gov.au](http://www.dva.gov.au)

Support and information for veterans and their dependants, and war widows.

### Seniors Rights Service

**P** 9281 3600

**W** [www.seniorsrightsservice.org.au](http://www.seniorsrightsservice.org.au)

Provides free and confidential assistance with home care and aged care issues. Plus a free legal service.

## NON-GOVERNMENT AGENCIES

### Council on the Ageing (COTA NSW)

**P** 9286 3860 or 1800 449 102

**W** [www.cotansw.com.au](http://www.cotansw.com.au)

COTA NSW is a peak body providing leadership in social policy and community information and education for all older persons.

COTA NSW also provides a range of services, including the Legal Pathways program, and Living Longer, Living Stronger – a progressive strength based exercise program for older people.





# STAYING HEALTHY

Staying healthy is crucial to ageing well. It's definitely true that 'prevention is better than a cure'. There are many simple things you can do to remain healthy and reduce your risk of illness. Your regular doctor is one of the best sources of information and support for staying healthy.

There's a lot you can do to help yourself: eat a balanced diet, exercise regularly, limit alcohol consumption, quit smoking and have regular health checks.

Sutherland Shire has many beautiful natural and built recreational spaces to enable you to get out and be active. You can walk in the park or bush, cycle, play golf or swim in many locations. You can even use outdoor gym equipment and walking tracks in parks.

Exercise is a great way to stay healthy and connected with the local community. There are many local clubs and community organisations, as well as Sutherland Shire Council's Leisure Centres, that provide exercise programs designed specifically for older people.



## ARTHRITIS AND MOBILITY

Arthritis is an umbrella term for more than 100 medical conditions that affect the musculoskeletal system, specifically joints where two or more bones meet.

### Arthritis NSW

**P** 1800 011 041

**P** Direct Line 9857 8300

**W** [www.arthritisaustralia.com.au](http://www.arthritisaustralia.com.au)

Provides information and education to people with arthritic conditions.

### Healthy Bones Australia

**P** 9518 8140 or 1800 242 141

**W** [www.healthybones.org.au](http://www.healthybones.org.au)

Provides information about osteoporosis, risk factors, prevention, and living with poor bone health..

### The 'Stepping On' Program

**P** 1800 823 002

**W** [www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)

The 'Stepping On' program is a free falls prevention program facilitated by the South Eastern Sydney Local Health District (SESLHD) Health Promotion Service. Venues vary across the Sutherland Shire. 'Stepping On' is designed for people who are:

- aged 65 years and older
- living independently at home and can walk unassisted
- have fallen or are fearful of falling..

## CANCER SUPPORT

### CanCare Prostate and Breast Cancer Foundation

**P** 8058 9060

**W** [www.pbcf.org.au](http://www.pbcf.org.au)

A free support program providing people with the support they need to manage a cancer diagnosis and treatment. One-on-one support to people with any type of cancer.

### Cancer Council Support Groups

**P** 13 1120

**W** [www.cancercouncil.com.au](http://www.cancercouncil.com.au)

Call the Cancer Council to find a support group near you. Also offers telephone support groups.

### Sutherland Shire Breast Cancer Support Group

Offers an opportunity to meet other women who have been diagnosed with breast cancer at any times in their lives, in a friendly environment.

Meet on the first Wednesday of every month at Tradies, Gympsea 7pm-9pm or the third Saturday of the month 9:45am at Camellia Gardens.

**P** Glenda 0407 255 728

**P** Kristen 0409 657 768

**W** Facebook Sutherland Shire Breast Cancer Support Group.

## CARERS SUPPORT

**Also see the Care and Support section of this Directory**

### Carers NSW

**P** 02 9280 4744

**W** [www.carersnsw.org.au](http://www.carersnsw.org.au)

The peak NSW organisation for carers, providing support and advice to carers through specialised programs and services. The Carer Line provides information, emotional support and referrals, including to carer support

groups and counselling. The Older Parent Carer Support Program provides case management services for those caring for a son or daughter living with a disability or long term illness.

### 3Bridges Community

**P** 1300 327 434

**W** [www.3bridges.org.au](http://www.3bridges.org.au)

Strengthening, empowering and supporting carers.

### Carer Gateway

**See pages 7 and 10**

## COMMUNITY HEALTH SERVICES

### Orana Women's Health

**P** 9525 2058

**W** [www.oranansw.org.au](http://www.oranansw.org.au)

Offers health information, referral and education for women and girls, domestic violence support and social inclusion groups.

### Southcare (Aged and Extended Community Care)

**P** 9540 7540

**W** [www.seslhd.health.nsw.gov.au/sutherland-hospital](http://www.seslhd.health.nsw.gov.au/sutherland-hospital)

Integrated multidisciplinary health care centre offering a range of services for older people and people with a disability.

## CONTINENCE

### Continence Nurse Adviser Service

**P** 1800 200 422

(My Aged Care) for 65 and over

**P** 9540 7956 for 3 years to 64 years

**W** [www.seslhd.health.nsw.gov.au/sutherland-hospital](http://www.seslhd.health.nsw.gov.au/sutherland-hospital)

Offers advice and assistance to anyone who has experienced incontinence. All referrals to be made through My Aged Care.

## National Continence Helpline

**P** 1800 330 066

**W** [www.continence.org.au](http://www.continence.org.au)

Assists people who experience incontinence, their families and carers as well as health professionals, by providing advice, free resources and information about local specialist services and government subsidy schemes. Free service. Open 8am-8 pm Mon-Fri. Message can be left 24 hours a day 7 days a week.

## DEMENTIA

A diagnosis of dementia is life changing for the individual and their family and friends, but information and support are available.

### Dementia Australia

**P** 1800 100 500

**W** [www.dementia.org.au](http://www.dementia.org.au)

Advocates for the needs of people living with all types of dementia, and for their families and carers and provides support services, education and information.

### National Dementia Helpline

**P** 1800 100 500

**W** [www.dementia.org.au](http://www.dementia.org.au)

Free and confidential phone and email information support service which provides information, support and counselling about all forms of dementia.

## DENTAL SERVICES

### Special Needs Dental Service

**P** 9356 0621

**W** [www.seslhd.health.nsw.gov.au](http://www.seslhd.health.nsw.gov.au)

Free service, located in Surry Hills, for people with particular needs, including: homeless, drug and alcohol, and mental health.

## Sutherland Dental Clinic

**P** 1300 134 226

**W** [www.seslhd.health.nsw.gov.au](http://www.seslhd.health.nsw.gov.au)

All adults must hold a Health Care Card, Commonwealth Seniors Card or Pension Card. Located at Sutherland Hospital, Caringbah.

## DIABETES

### Diabetes Australia NSW Branch

**P** 1300 342 238

**P** 9552 9942

**W** [www.diabetesnsw.com.au](http://www.diabetesnsw.com.au)

Provides programs, services and information to help everyone affected by diabetes. Credentialed diabetes educators, dietitians, exercise physiologists and psychologist are available to answer questions.

## DOCTOR AND NURSING SERVICES

### Clever Care Now (formerly Nurses on Wheels)

**P** 1300 663 434

**W** [www.clevercarenow.org.au](http://www.clevercarenow.org.au)

Provides nursing care at home to enable people to stay in their homes and retain their independence longer.

### National Home Doctor Service

**P** 13 7425 (13 SICK)

**W** [www.homedoctor.com.au](http://www.homedoctor.com.au)

Visiting doctors, bulk billed, to your home, available weeknights, weekends and public holidays.

### Southcare Community Nurses

**P** 9540 7540

**W** [www.seslhd.health.nsw.gov.au/tsh/services/southcare](http://www.seslhd.health.nsw.gov.au/tsh/services/southcare)

Extensive health care provided in clients' homes by Registered and Enrolled



Nurses. Services include holistic general assessments, wound management, supervision of medications, injections and intravenous therapy, short-term personal care, palliative care, diabetes management, health education, and referral. We see eligible frail aged clients in their homes. Mobile clients are seen in a nurse run clinic at Southcare. Clients aged 65 and over need a GP referral. GP's need to make the referral through My Age Care.

### **Southern Cross Community Health Care**

**P** 1800 989 000

**W** [www.scch.com.au](http://www.scch.com.au)

Nursing services including: domestic and personal care, simple and complex wound dressing, urinary catheterization and care, administering and monitoring medications, monitoring oxygen levels, and attending to service users with complex care needs.

## **EXERCISE**

### **GP Exercise Referral Scheme**

**P** Cor Phys Allied Health  
0432 898 222 or 8536 9706

**W** [corphys.com.au](http://corphys.com.au)

Contact your local GP. The Scheme is specifically designed for people referred by a GP or Health Professional to prevent or manage certain medical conditions, get moving and stay well. The scheme operates at Sutherland Leisure Centre and Engadine Leisure Centre.

### **YMCA Caringbah**

**P** 9524 1800

**W** [www.ymcansw.org.au/centres/caringbah-ymca](http://www.ymcansw.org.au/centres/caringbah-ymca)

A community recreation centre and gymnasium committed to connecting people to their communities to live healthier and happier lives. Includes:



## **GP EXERCISE REFERRAL SCHEME**

A safe, supervised program that can help those with health concerns overcome the barriers to physical activity.

### **Our GPERS program comprises of:**

Initial Assessment - Health Plan and evaluation

10 Supervised Exercise Sessions

Reassessment - Future health and treatment pathway

### **GPERS can help with;**

- Exercise and Lifestyle support
- Weight Management
- Osteoporosis and arthritis management
- Diabetes, blood pressure and cholesterol control
- Cardiac or respiratory exercise prescription
- Optimise musculoskeletal function
- BMI >30 or Waist Circumference >90cm

### **APPOINTMENT AND ENQUIRIES**

Please phone Cor Phys Allied Health on

**P: 85369706 M: 0432898222 W: [corphys.com.au](http://corphys.com.au)**

Cor Phys Allied Health is located at:

**Sutherland Leisure Centre**

Rawson Avenue, Sutherland NSW 2232



**Parkincise:** Partnership project with Parkinsons Australia giving people with Parkinson's Disease free access to the facilities to stay active and moving.

**Heart Movers:** This program consists of supervised exercise classes which work to improve cardiovascular health and muscle strength.

### Sutherland Leisure Centre

**P** 8536 9777

**W** [www.sslc.com.au](http://www.sslc.com.au)

An indoor/outdoor complex operated by Council. Includes a 50m outdoor heated pool and heated outdoor program pool, a 25m indoor heated pool and heated indoor program pool.

Activities include Tai Chi, aquarobics and fitness classes. Access facilities include a hoist, aqua wheel chair, ramp access, change room facilities and hand railing support.

### Caringbah Leisure Centre

**P** 9525 6777

**W** [www.sslc.com.au](http://www.sslc.com.au)

An outdoor complex operated by Council. Mobile hoist available. The pool is heated year round and offers aquarobics classes and walking lanes.

### Engadine Leisure Centre

**P** 9548 4200

**W** [www.sslc.com.au](http://www.sslc.com.au)

Indoor fitness and outdoor pool complex operated by Council. Includes a 50m heated pool and heated outdoor program pool. Activities include aquarobics, deep water classes and gentle exercise classes.

### Menai Indoor Sports Centre

**P** 9532 0444

**W** [www.sslc.com.au](http://www.sslc.com.au)

Menai Indoor Sports Centre offers gentle exercise classes. Undercover parking with lift access to all levels.

## GET MOVING, STAY WELL

STAYING HEALTHY AND FIT IN THE  
SUTHERLAND SHIRE HAS NEVER  
BEEN EASIER

We offer a great range of aquatic and fitness programs designed specifically for seniors so you can keep active all year round.

#### COME AND VISIT US AT:

##### Sutherland Leisure Centre

Rawson Ave, Sutherland | Tel: (02) 8536 9777

##### Engadine Leisure Centre

111 Anzac Ave, Engadine | Tel: (02) 9548 4200

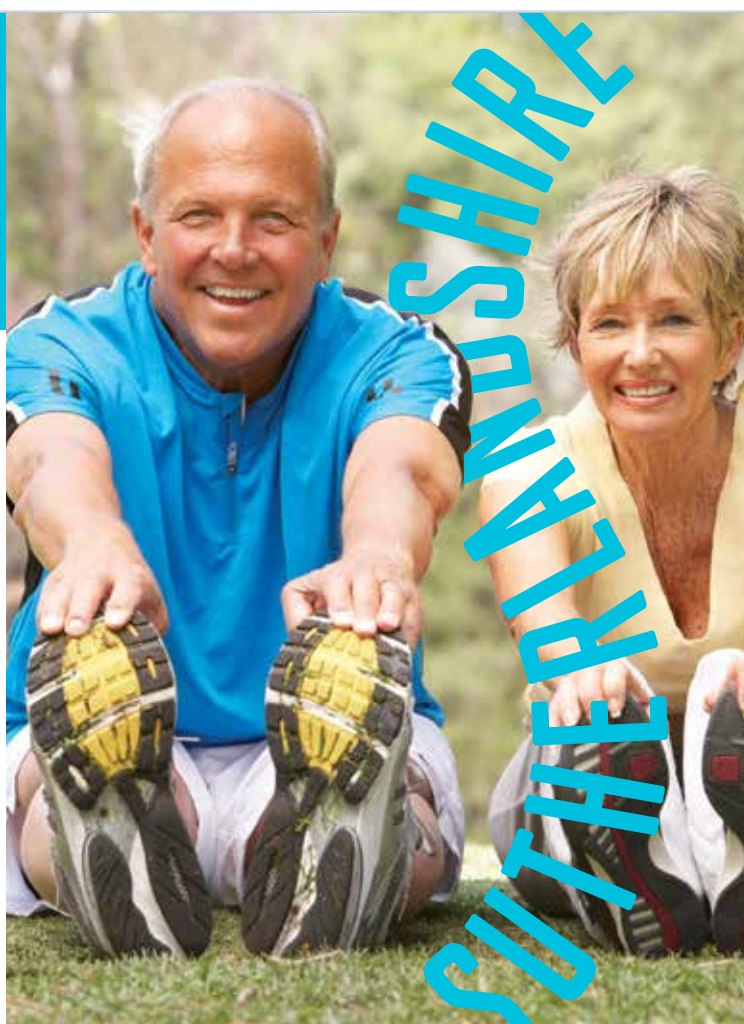
##### Caringbah Leisure Centre

5 Jacaranda Rd, Caringbah | Tel: (02) 9525 6777

##### Menai Indoor Sports Centre

98 Allison Cres, Menai | Tel: (02) 9532 0444

SUTHERLANDSHIRE  
LEISURE  
CENTRES



## SHARE

**P** 8580 0628

**W** [www.share.org.au](http://www.share.org.au)

Low-cost, gentle exercise programs for older adults including: Tai Chi, gentle stretch, and gentle aqua fitness. Classes at several venues in Sutherland Shire.

## Staying Active Program

**W** [www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)

Information to stay physically active and fit.

## Sutherland Bushwalkers

**W** [www.sutherlandbushwalkers.org.au](http://www.sutherlandbushwalkers.org.au)

Walking, cycling, kayaking, and safe bush sports activities in the company of 300 like-minded members. Membership fees apply. Meets monthly at Sutherland.

## Sutherland Shire Water Polo Association

**W** [www.waterpolo.asn.au](http://www.waterpolo.asn.au)

Water polo for all ages. Based at Sutherland Shire Leisure Centre.

## HEARING

### Amplifon

**P** 1800 676 518

**W** [www.amplifon.com.au](http://www.amplifon.com.au)

Amplifon offers a range of hearing care services and solutions including: Hearing aids & assistive listening devices.

### Australian Government Hearing Services Program

**P** 1800 500 726

**W** [www.hearingservice.gov.au](http://www.hearingservice.gov.au)

A voucher is available for eligible people for a hearing assessment, rehabilitation, selection and fitting of hearing aids free of charge; can be used at any accredited hearing services provider. Assistance from Australian Hearing available for eligible people.



### Australian Tinnitus Association

**P** 8339 1899

**W** [www.tinnitus.asn.au](http://www.tinnitus.asn.au)

Provides support, information and phone counselling to people affected by tinnitus and the associated hearing disorder, their families and the community.

### Hearing Australia

**P** 13 44 32

**W** [www.hearing.com.au](http://www.hearing.com.au)

Provides hearing assessment, hearing technology, including digital hearing aids and other listening devices, hearing aid fitting and repair, sale of accessories and hearing rehabilitation and counselling. Centres in Sutherland, Miranda, Engadine, Caringbah, and Cronulla.

## HEART HEALTH

### Heart Support Australia

**P** 6253 0097

**W** [www.heartsupport.org.au](http://www.heartsupport.org.au)

A national organisation with volunteers who provide support and information to people with a heart condition.



## National Heart Foundation of Australia

**P** 13 11 12

**W** [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

The charity exists to improve people's heart health through education, advocacy and research. Call the helpline for heart health info and resources.

## MENTAL HEALTH AND COUNSELLING

If you are experiencing mental health issues, such as anxiety or depression, contact your General Practitioner and ask for a GP Mental Health Treatment Plan and referral to see a local psychologist.

### NSW Mental Health Access Line

**P** 1800 011 511

Access to expert mental health advice, support and referrals for people dealing with a mental health problem and their families. Where appropriate they can refer you to the local mental health crisis or acute care team. 24 hours 7 days per week access line.

### Lifeline

**P** 13 1114

**W** [www.lifeline.org.au/gethelp](http://www.lifeline.org.au/gethelp)

Providing crisis support and suicide prevention services. Lifeline is staffed by trained volunteer telephone counsellors who take calls 24/7. More information on our website.

### MensLine Australia

**P** 1300 789 978

**W** [www.mensline.org.au](http://www.mensline.org.au)

For men of any age who would like support, information or referral about relationships or emotional wellbeing.

## Suicide Call Back Service

**P** 1300 659 467

**W** [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

Provides crisis counselling to people at risk of suicide, carers for someone who is suicidal and those bereaved by suicide.

## Beyondblue

**P** 1300 224 636

**W** [www.beyondblue.org.au](http://www.beyondblue.org.au)

Support service and information on anxiety, depression and suicide prevention, or talk through your concerns. Trained mental health professionals will listen, provide information and advice.

## Calvary Bereavement Counselling Services

**P** 9553 3025

**W** [www.calvarycare.org.au](http://www.calvarycare.org.au)

Free counselling service to Sutherland Shire residents or for people whose loved ones have passed away in a local hospital.





### National Association for Loss and Grief

**P** 6882 9222

**W** [www.nalag.org.au](http://www.nalag.org.au)

Confidential telephone support service operated by trained volunteers. Callers can be referred to community services and agencies.

### Solace Association

**P** 9519 2820 (24/7)

**W** [www.solace.org.au](http://www.solace.org.au)

Support group for people grieving the death of a partner. The Miranda Bereavement Group meets fortnightly.

### Sutherland Hospital - Mental Health Service

**P** 9540 7800

**P** 1800 011 511

**W** [www.seslhd.health.nsw.gov.au/older-persons-community-mental-health-service](http://www.seslhd.health.nsw.gov.au/older-persons-community-mental-health-service)

### St George - Mental Health Service

**P** 9113 2035

**P** 1800 011 511

**W** [www.seslhd.health.nsw.gov.au/older-persons-community-mental-health-service](http://www.seslhd.health.nsw.gov.au/older-persons-community-mental-health-service)

## OCCUPATIONAL THERAPY

### Occupational Therapy Service (Southcare)

**P** 9540 7540

**W** [www.seslhd.health.nsw.gov.au/sutherland-hospital/occupational-therapy-southcare](http://www.seslhd.health.nsw.gov.au/sutherland-hospital/occupational-therapy-southcare)

A home-visiting service that provides assessment of the individual at home to promote independence primarily through equipment prescription, home modification and education to client or carer. A referral should be made via My Aged Care for people over 65 years.

### 3Bridges Community

**P** 1300 327 434

Registered Occupational Therapist services and support for those requiring modification and aids to remain living in their home.

## PARKINSON'S DISEASE

### Parkinsons Fitness Group

**P** 9520 7022

**W** [www.ecs.org.au](http://www.ecs.org.au)

Gentle exercise focused on balance & strength to maintain abilities. The group is small (less than 10) and social; ideal for men.

### Parkinson's NSW

**P** 1800 644 189

**W** [www.parkinsonsnsw.org.au](http://www.parkinsonsnsw.org.au)

A non-profit community providing people with Parkinson's disease, their family, carers and friends with information, education and support.

## PERSONAL ALARM

### VitalCall

**P** 1300 360 808

**W** [www.vitalcall.com.au](http://www.vitalcall.com.au)

Provides medical response pendants worn around the neck or wrist, connected to the cellular network.

\Consumers can contact VitalCall 24/7 by activating the pendant.

### Lifelink

**P** 1300 851 771

**W** [www.lifelinkresponse.com.au](http://www.lifelinkresponse.com.au)

Feros Care's Lifelink personal alarms are connected to your home phone, and a mobile pendant. The alarm is linked to a 24/7 Response Centre.

## PODIATRY

### Podiatry Service (Southcare)

**P** 9540 8300

**W** [www.seslhd.health.nsw.gov.au/sutherland-hospital/services-clinics/directory](http://www.seslhd.health.nsw.gov.au/sutherland-hospital/services-clinics/directory)

Provides podiatry for people with a disability and older people who meet the medical criteria for high risk feet disorders, in order to maintain their independence and mobility.

## STROKE

### Stroke Foundation

**P** StrokeLine: 1800 787 653

**W** [www.strokefoundation.org.au](http://www.strokefoundation.org.au)

Offers information and support to prevent stroke, and recover after a stroke.

## VIOLENCE

### Domestic Violence Line

**P** 1800 656 463 - 24 hour line

**W** [www.domesticviolence.nsw.gov.au](http://www.domesticviolence.nsw.gov.au)

Information on domestic violence and assistance to keep safe.

### Ageing and Disability Abuse Helpline

**P** 1800 628 221

**W** [www.adc.nsw.gov.au](http://www.adc.nsw.gov.au)

For information, support or to make a report about abuse, neglect and exploitation of older people and adults with disability in their family, home or community. Anyone can call and you can be anonymous.





## Seniors Rights Service

**P** 1800 424 079

**W** [www.seniorsrightsservice.org.au](http://www.seniorsrightsservice.org.au)

A community organisation dedicated to protecting and advancing the rights of older people, particularly vulnerable and disadvantaged groups. We provide free and confidential telephone advice, aged care advocacy and support, legal advice and rights-based education forums to seniors across NSW.

## VISION

### Fred Hollows Foundation

**P** 1800 352 352

**W** [www.hollows.org.au](http://www.hollows.org.au)

**Improves the eye health and wellbeing of Aboriginal and Torres Strait Islander people.**

### Guide Dogs NSW/ACT

**P** 9412 9300

**W** [www.guidedogs.com.au](http://www.guidedogs.com.au)

A range of orientation and mobility services for people with low vision 'Pets as Therapy' project, and a weekly low vision clinic.

### Macular Disease Foundation Australia

**P** 1800 111 709

**W** [www.mdfoundation.com.au](http://www.mdfoundation.com.au)

Macular Disease Foundation is committed to reducing the incidence and impact of macular disease in Australia through education and awareness programs, research, provision of support services and representing the best interests of the macular disease community.



### Vision Australia

**P** 1300 847 466 or 8525 9085  
(Caringbah)

**P** TTY: 13 3677

**W** [www.visionaustralia.org](http://www.visionaustralia.org)

Living with sight loss can be challenging. Vision Australia is there to help. Access practical support for everyday living such as getting out and about confidently and reading your mail and newspapers. Help to remain independent, including home modifications, support to use public transport, and adaptive technology. Meet others experiencing sight loss and join a wide range of recreational interest groups. Vision Australia also offers local book clubs, walking groups and a men's group in Sutherland Shire.

# BEING INVOLVED

Being active and connected with the community brings many benefits, especially personal wellbeing. Sutherland Shire offers a variety of affordable social, recreational and leisure opportunities.

## How do I meet new people?

Join a group of like-minded people, perhaps a gardening group, learn a language or get fit together in an exercise class. Maybe you're interested in theatre or writing, but never had the time. Whatever your interests, there's something for everyone in Sutherland Shire.

## What about volunteering?

You have a lifetime of skills and experience that would be very welcome in the local community. There's always a need for people willing to lend a hand, and it's a great way to meet people. You can also get involved in local decision making groups and really 'have your say' through Join the Conversation.

## JOIN THE CONVERSATION

'Join the Conversation' is Council's community engagement platform. When you register you can participate in surveys, and lodge comments and submissions on a wide range of interesting issues open for consultation.

**W** To register go to Council's website [sutherlandshire.nsw.gov.au](http://sutherlandshire.nsw.gov.au)

At the top click 'Join the Conversation'. On the next page, at the top click 'Register' and enter your details. You can use any device: mobile phone, tablet or computer.

**E** For help to register online email: [jointheconversation@ssc.nsw.gov.au](mailto:jointheconversation@ssc.nsw.gov.au)

Council will also continue to offer focus groups and face to face opportunities for the community to discuss their views.

## ANIMALS AND PETS

### Home Ever After - RSPCA

**P** 0466 720 351

**W** [www.rspcansw.org/hea](http://www.rspcansw.org/hea)

**E** [mnatera@rspcansw.org.au](mailto:mnatera@rspcansw.org.au)

If something happens to you what happens to your pet? A future care plan that is simple to enrol your pet in, to safeguard their future should they ever lose you.

### Sutherland Shire Council's Animal Shelter

**P** 9710 0401

**P** After-hours emergencies: 9710 0333

**W** [www.sutherlandshire.nsw.gov.au](http://www.sutherlandshire.nsw.gov.au)

8 Production Road, Taren Point.

Houses dogs and cats which are strays, abandoned, or seized. If the animal cannot be returned to its owner, the shelter seeks new homes for them. The shelter always needs people willing to help. If you want to volunteer, visit our website or call us.

### WIRES

**P** 1300 094 737

**W** [www.wires.org.au](http://www.wires.org.au)

Australia's largest wildlife rescue organisation. WIRES is dedicated to actively rehabilitating and preserving Australian wildlife and to inspiring others to do the same. Training courses available online & in-person for volunteers who want to rescue or care for native Australian animals. As a volunteer, you decide on the level of activity and involvement you are comfortable with. You can choose to only be a rescuer or a carer, or both. There are also administrative roles within your local branch that help support fundraising and branch management activities.

## ARTS AND CRAFTS

### Continuum Art Society

**P** 0418 225 352

**W** [www.continuumartsociety.com](http://www.continuumartsociety.com)

A group of artists who meet in Sylvania. Regular bi-monthly members' meetings with an expert demonstrator, life drawing each Monday at Hazelhurst and an annual 'week away' painting trip.

### Hazelhurst Arts Centre, GyMEA

**P** 8536 5700

**W** [www.hazelhurst.com.au](http://www.hazelhurst.com.au)

A leading gallery and art centre, set in beautiful gardens with changing exhibitions of national significance and leading local artists presented, as well as art for sale. Vibrant arts centre with six studios offering workshops and classes in ceramics, printmaking, painting and jewellery for everyone from beginners to

the practising artist. Hazelhurst Café is a popular meeting place for breakfast and lunch..

### Friends of Hazelhurst Arts Centre

**W** [www.friendsofhazelhurst.org](http://www.friendsofhazelhurst.org)

Enjoy functions based at Hazelhurst and other social events, whilst raising funds for the gallery. Membership benefits include discounts on classes and film club, quarterly newsletters, artztalk and invitations to all openings. Fees apply.

### Moran Gallery Sylvania

**P** 9532 6222

**W** [moranarts.org.au/moran-gallery-sylvania](http://moranarts.org.au/moran-gallery-sylvania)

Hosts exhibitions and workshops to enrich the lives of residents in Sutherland Shire. Located in Sylvania. Free entry.

# HAZELHURST ARTS CENTRE

Set amid landscaped gardens, Hazelhurst Arts Centre offers a wide range of activities and events for you to enjoy.



**Exhibitions / Art classes / Weekend workshops / Art Engage: Art and Dementia Program / Guided tours / Auslan tours / Film Club / Art Reference Library / Friends of Hazelhurst / Gallery Shop / Hazelhurst Café**

Free admission Open 10am–4pm daily\*  
782 Kingsway GyMEA NSW 2227  
**T** 02 8536 5700

\*Closed Good Friday, Christmas Day, Boxing Day and New Year's Day  
[www.hazelhurst.com.au](http://www.hazelhurst.com.au)

Find us on

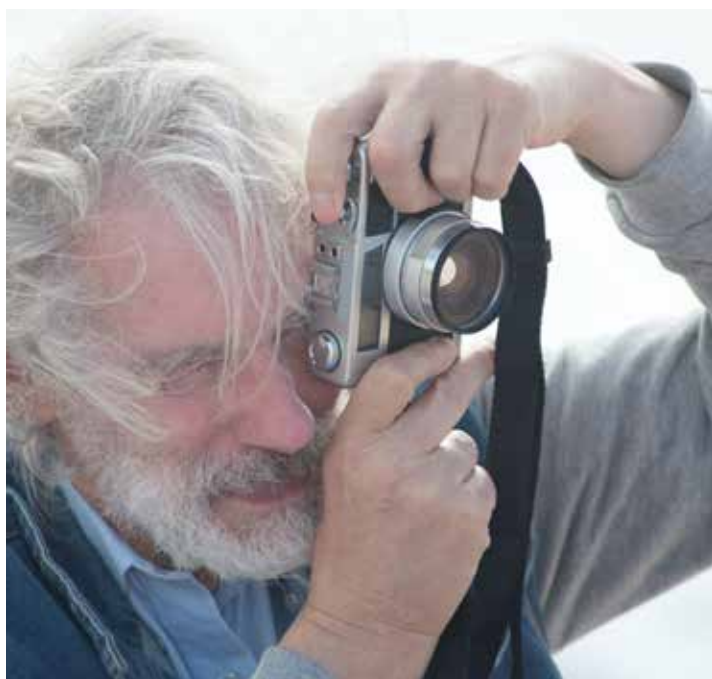


Create NSW  
Arts, Screen & Culture

# Hazelhurst

SUTHERLANDSHIRE  
ARTS  
CENTRE





### Port Hacking Camera Club

**P** 0418 429 986

**W** [sites.google.com/site/porthackingcameraclub](https://sites.google.com/site/porthackingcameraclub)

**E** [rod.foulcher@bigpond.com](mailto:rod.foulcher@bigpond.com)

The Club aims to educate and encourage amateur photographers in Sutherland Shire and surrounds. Regular meetings in Cronulla, presentations and competitions. Beginners and visitors welcome.

### Port Hacking Potters Group

**P** 0407 229 151

**W** [www.porthackingpotters.blogspot.com.au](http://www.porthackingpotters.blogspot.com.au)

**E** [pottersgroup@hotmail.com](mailto:pottersgroup@hotmail.com)

Meetings held monthly at Cronulla School of Arts include lectures and demonstrations. Membership gives access to a monthly newsletter, sales events, kiln hire and more. New members welcome.

### Shire Amateur Photographers' Society

**P** 0415 412 244

**W** [www.sutherlandshirephotography.com.au/photographic-society](http://www.sutherlandshirephotography.com.au/photographic-society)

Monthly meetings at Tradies (Gymea), on the 1st Friday night of each month. Active group with over 100 attending meetings. Keen Amateur photographers enjoying each other's company with a common

hobby & interest. Meetings, Webinars, Photographic Outings & Trips Away, together with other Social Activities..

### Southern Printmakers Association

[www.southernprintmakersassociation.com](http://www.southernprintmakersassociation.com)

**E** [southernprintmakers@gmail.com](mailto:southernprintmakers@gmail.com)

Local printmakers meet, exchange views, techniques and arrange exhibition of their works. Membership fees apply. Print making experience is necessary.

### Sutherland Astronomical Society

**W** [www.sasi.net.au](http://www.sasi.net.au)

**E** [honsecretary@sasi.net.au](mailto:honsecretary@sasi.net.au)

Members enjoy observing the night sky at the Green Point Observatory and with their own telescopes at local bush sites. Lectures are held monthly and an Introduction Course annually.

### Sutherland Shire Art Society

**P** 0447 295 527

**W** [www.shireart.com](http://www.shireart.com)

Promotes visual arts in the general community and to provide a mutually supportive environment for members to enhance their artistic skills.

## DANCE

**See also Performing Arts on page 40.**

### Social Square Dance Classes

**P** 0415 222 150

**E** [shiredancelessons@gmail.com](mailto:shiredancelessons@gmail.com)

New learners welcome March & September. Friday nights at Sutherland. RSVP required - Singles/Couples ok.

### Social Dancing/Choreographed Ballroom

**P** 0415 222 150

**E** [shiredancelessons@gmail.com](mailto:shiredancelessons@gmail.com)

New learners welcome each School term. Jive/Cha/Rumba/Waltz/Salsa & more! Monday & Tuesday nights @ Sutherland. RSVP required - Singles/Couples ok

## EDUCATION

### St George and Sutherland Community College

**P** 9528 3344

**W** [www.sgsc.edu.au](http://www.sgsc.edu.au)

**E** [enquiries@sgsc.edu.au](mailto:enquiries@sgsc.edu.au)

A wide range of leisure, hobby, literacy, computer and work skills courses, English classes, programs for people with a disability and seniors. Day, evening and weekend classes at more than 30 venues.

### Orana Adult Learning

**P** 9521 8280

**W** [www.oranansw.org.au](http://www.oranansw.org.au)

Social classes in a fun relaxed atmosphere where you can meet new people and make life-long friends. Classes include history, arts and crafts, line dancing, computer classes and much more. Small fees apply.

### University of Wollongong, Loftus

**P** 8536 2000

**W** [www.uow.edu.au](http://www.uow.edu.au)

**E** [ssyd-campus@uow.edu.au](mailto:ssyd-campus@uow.edu.au)

Thinking about going back to university? The Loftus campus of the University of Wollongong brings university education to the local community. Take advantage of a qualification from an internationally recognised institution without leaving the local area. UOW provides programs at both undergraduate and postgraduate level.

### 3Bridges Community

**P** 1300 327 434

Local training courses, registered Certificate II to Diplomas for those wanting to work in the disability and community services sectors.

## FAMILY AND GRANDCHILDREN

### Centrelink – Grandparent Advisor

**P** 1800 245 965

**W** [www.servicesaustralia.gov.au](http://www.servicesaustralia.gov.au)

Grandparent advisers provide extra support for non-parent carers, including grandparents who have ongoing care for children. Information about relevant government agencies and community organisations is also available.

### Children's Services at Sutherland Shire Libraries

**P** 9710 0351

**W** [www.sutherlandshire.nsw.gov.au/Library/Services/Kids\\_Parents](http://www.sutherlandshire.nsw.gov.au/Library/Services/Kids_Parents)

Bring your grandchild to the library: enjoy Rhymetime, Storytime, Together Time and other literacy, literary and educational activities for children 0 to 12. Contact us or visit our website for more information, including school holiday activities.

### Grandparents Playgroup

**P** 9520 7022

**W** [www.ecs.org.au](http://www.ecs.org.au)

Meet and interact with other grandparents and children at Engadine Community Services.



## Sutherland Shire Toy Library

**P** 9520 7022

**W** [www.ecs.org.au](http://www.ecs.org.au)

Over 600 toys to assist you to care for grandchildren for a small annual fee. Concessions available.

## Grandparents Support Group

**P** 9521 8280

**W** [www.oranansw.org.au](http://www.oranansw.org.au)

For grandparents caring for their grandchildren full-time or part-time. Come for a cup of tea and a relaxed chat with other grandparents in a similar situation. Guest speakers and fun activities. Meets monthly at Sutherland..

## GARDENING AND BEEKEEPING

### Australian Plants Society, Sutherland

**P** 0416 286 083

**W** [www.sutherland.austplants.com.au](http://www.sutherland.austplants.com.au)

Guest speakers, discussions, plants for sale, books to borrow, bushwalks with day trips and group tours, working bees and open days at Joseph Banks Reserve.

### Bushcare

**P** 9524 5672

**W** [www.sutherlandshire.nsw.gov.au](http://www.sutherlandshire.nsw.gov.au)

Join over 650 volunteers currently caring for 100 Shire bushland sites. The quarterly Bushcare Bulletin also details volunteer workdays, locations and community activities.

### Caringbah Garden Club

**P** 9525 9613 or 0407 106 718

**E** [wanderer7@bigpond.com](mailto:wanderer7@bigpond.com)

Daytime meetings on the third Wednesday of every month. Floral art classes on the fourth Wednesday of every month. Both held in Caringbah.

### Engadine Home Gardeners Club

**P** 9520 9524

**E** [cblo9553@bigpond.net.au](mailto:cblo9553@bigpond.net.au)

Meet on 4th Thursday of each month. Yarrawarra Community Hall. New members welcome

## Illawarra Beekeepers Association

**P** 0466 976 520

**W** [www.illawarrabeekeepers.org.au](http://www.illawarrabeekeepers.org.au)

Located at Sutherland. Beekeeping courses, information on honey extraction. Regular guest speakers and films. Field days held every month. Honey for sale.

## Menai Wildflower Group

**P** 9543 1216 or 0400 431 216

**W** [www.facebook.com/pages/Menai-Wildflower-Group](http://www.facebook.com/pages/Menai-Wildflower-Group)

**W** [menaiwildflower.austplants.com.au](http://menaiwildflower.austplants.com.au)

**E** [menaiwildflower@austplants.com.au](mailto:menaiwildflower@austplants.com.au)

Learn to appreciate, identify & grow native plants. Free propagation days open to the public, on third Saturday monthly. Visit our facebook page for more dates and times.

## Miranda Community Garden

**P** 9528 6634 or 0421 868 030

**W** [www.gm-uniting.org.au/garden](http://www.gm-uniting.org.au/garden)

A garden for everyone. Meets weekly to grow vegies, fruit, herbs and flowers. Produce and labour is shared. 'Enjoy the harvest and enjoy the company too'.

## Sutherland Shire Council Nursery

**P** 9524 5672

**W** [www.sutherlandshire.nsw.gov.au](http://www.sutherlandshire.nsw.gov.au)

Stocks a variety of plants Indigenous to Sutherland Shire at wholesale prices. Open to the public 7am-3pm weekdays, at 345 The Boulevarde, Gynea.

## GEMS AND LAPIDARY

### Port Hacking Lapidary Club

**P** 9526 1106

**W** [www.porthacklinglapidary.com.au](http://www.porthacklinglapidary.com.au)

Fully equipped workshop at Gynea for jewellery making, faceting, enamelling, and polishing stones (lapidary) work. Workshops held multiple times a week in day and night.



## GENEALOGY AND HISTORY

### Botany Bay Family History Society

**P** 9523 8948

**W** [www.botanybayfhs.org.au](http://www.botanybayfhs.org.au)

Research Centre and Library located at Port Hacking Community Centre, 184 Gannons Rd Caringbah. Assists with family history research. Resources, education classes and interest groups. Formal monthly meetings held via Zoom with international, interstate and specialist guest speakers. Additional informal mid-month Zoomn meetings also held.

### NSW Registry of Births, Deaths and Marriages - Family History

**P** 13 7788 (Service NSW)

**W** [www.nsw.gov.au/topics/family-history-searchx](http://www.nsw.gov.au/topics/family-history-searchx)

The Registry can provide family history

certificates and other documentation. It also has authorised family history transcription agents who can provide transcriptions or verification of details.

### Shire Military History Club

**P** 0424 235 885

**E** [warbookshop@bigpond.com](mailto:warbookshop@bigpond.com)

Talks and field trips in the Shire. Meets monthly at Youth Centre, Central Road, Miranda. Second Thursday of the month at 1pm. Nothing to do with firearms—we are a local history group. Members include many ladies---open to all. No charge for attending our free history talks.

### Sutherland Shire Historical Society Inc

**W** [www.shirehistory.org](http://www.shirehistory.org)

**E** [shirehistory@gmail.com](mailto:shirehistory@gmail.com)

The Society is active in promoting Sutherland Shire history and is committed to the respectful acknowledgement of Aboriginal heritage. Regular cultural

# BUSHCARE



Join Bushcare, a community based program supported by Sutherland Shire Council which offers free training and technical assistance for volunteers. Bushcare volunteers are enthusiastic people of all ages and walks of life who share a concern for the natural environment.

4-20 Eton Street,  
Sutherland NSW 2232  
T 02 9710 0333  
[sutherlandshire.nsw.gov.au](http://sutherlandshire.nsw.gov.au)

**SUTHERLANDSHIRE**



activities and local site visits. Monthly meetings with speakers in Sutherland. New members welcome..

### Sutherland Shire Museum

The Society maintains a museum of historical photographs, memorabilia and items that highlight key items of Sutherland Shire history. Museum tours, guest speakers and historical exhibits. Ideal activity for group days out. The museum is located at 88 Venetia Street, Sylvania Heights.

### Sutherland Shire Library Local History Collection

**P** Local Studies Librarian: 9710 0351  
**W** [www.sutherlandshire.nsw.gov.au/Library](http://www.sutherlandshire.nsw.gov.au/Library)

Information on history, environment and development of Sutherland Shire. Sources include histories, reports, journals and magazines. Historical photos can be seen on library website. Newspapers, loose leaf information and maps, indexed for

information on the lives of local people, places and events. Oral history recordings, Council and community archives can be used for research. Donations of historical material or loan of material for copying can be arranged.

### Sydney Tramway Museum

**P** 9542 3646  
**W** [www.sydneytramwaymuseum.com.au](http://www.sydneytramwaymuseum.com.au)

Adjacent to Loftus Railway Station. Tram rides, trams and photographs on display. Open Wednesday 10am-3pm; Sunday and most public holidays 10am-5pm.

## INTERNET AND WEB TRAINING

### Australian Seniors Computer Club Association

**P** 0434 857 222  
**W** [www.ascca.org.au](http://www.ascca.org.au)  
**E** [office@ascca.org.au](mailto:office@ascca.org.au)

Provides information on what is on offer for seniors at the many computer clubs in Sutherland Shire. Is the Peak Body for Seniors in Technology supporting computer clubs Australia wide.

## COUNCIL LIBRARY SERVICES

**W** [sutherlandshire.nsw.gov.au/library](http://sutherlandshire.nsw.gov.au/library)

Sutherland Shire Council has eight local libraries where you can borrow books, audiobooks, magazines and other materials. Activities and events including author talks, technology lectures, craft groups and book clubs. Free Wi-Fi access, access to computers, an extensive range eBooks and digital materials and a Home Library service.

### Bundeena Library

**P** 9523 0932  
Bundeena Public School, Scarborough Street, Bundeena.



**WHAT'S ON AT YOUR LIBRARY?**

Sutherland Shire Libraries host a diverse range of in-person and online activities, including author talks by bestselling writers, lifestyle workshops and technology lectures, as well as craft groups and book groups.

To hear about upcoming events subscribe to email updates



**SUTHERLANDSHIRE LIBRARIES**

[sutherlandshire.nsw.gov.au/library](http://sutherlandshire.nsw.gov.au/library)

## Caringbah Library

**P** 9524 3803

376-378 Port Hacking Road, Caringbah.

## Cronulla Library

**P** 9523 4980

Located inside Cronulla Central. Entrance via Cronulla Plaza or via Croydon Street.

## Engadine Library

**P** 9548 6003

116E Caldarra Avenue, Engadine.

## Menai Library

**P** 9543 5747

Menai Centre, Allison Crescent, Menai.

## Miranda Library

**P** 9524 8217

31 Wandella Road, Miranda.

## Sutherland Library

**P** 9710 0351

30-36 Belmont Street, Sutherland.

## Sylvania Library

**P** 9522 7544

Southgate Shopping Centre, Princes Highway, Sylvania.

## Home Library Service

**P** 9710 0459

Delivers library materials to housebound readers on a regular day each fortnight. Available with referral to eligible people who may not be able to attend a library, and residential aged care facilities.

## LIONS CLUBS

Non-profit fund-raising and community service clubs open to men and women. Check for meeting times, fees and conditions.

## Lions Club of Caringbah

**P** 0402 902 676

**E** caringbah@lions.sydney.org.au

## MEN'S SHEDS

Safe, friendly, inclusive meeting place where men gather and work on meaningful projects, with the objective to advance members' health and wellbeing.

## Bosco Men's Shed

**P** 9520 7263 or 0412 079 692

Located at 35A Waratah Rd, Engadine.

## Bundeena Men's Shed

**P** 0409 326 595

**W** [www.mensshed.bundeena.com.au](http://www.mensshed.bundeena.com.au)

Located at the far end in the Bowling and Sporting Club at Bundeena.

## Menai Men's Shed

**P** 0409 820 815

Located in Recreation Drive, Barden Ridge, open weekdays. Drop into the shed and introduce yourself. Our address is 30 Recreation Drive, Barden Ridge.





## PARENTING

### RecAbility (Parent to Parent Association)

**P** 1800 253 743

**W** [www.civic.org.au](http://www.civic.org.au)

**E** [enquiries@civic.org.au](mailto:enquiries@civic.org.au)

Supported holidays for people with a disability, and recreation activities. Opportunities for volunteers to help out in social programs, hobby groups, catering, transport and maintenance.

## PERFORMING ARTS: THEATRE, MUSIC, DANCE

See also Dance on page 34.

### 2SSR Sound of the Shire – 99.7FM: Sutherland Shire Community Radio Association Inc.

**P** 9545 1800

**W** [www.2ssr.com.au](http://www.2ssr.com.au)

**E** [info@2ssr.com.au](mailto:info@2ssr.com.au)

2SSR 99.7FM is the local community radio station for the Sutherland Shire area; 'THE SOUND OF THE SUTHERLAND SHIRE'. Streaming across the world.

### Arts Theatre Cronulla

**P** 9523 2779

**W** [www.artstheatrechronulla.com.au](http://www.artstheatrechronulla.com.au)

**E** [artstheatresecretary@gmail.com](mailto:artstheatresecretary@gmail.com)

Drama classes, writing groups, auditions, 10-minute play competition, 4 major productions per year.

### Engadine Musical Society

**P** 1300 616 063

**W** [www.engadinemusicalsociety.com.au](http://www.engadinemusicalsociety.com.au)

**E** [mail@engadinemusicalsociety.com.au](mailto:mail@engadinemusicalsociety.com.au)

Performs two shows annually. Opportunities to perform, help front of house, or support and attend as a patron. Theatre parties have book now, pay later..

### Miranda Musical Society

**P** 8814 5827

**W** [www.mirandamusicalsociety.com.au](http://www.mirandamusicalsociety.com.au)

We are a community non profit organisation who's aim is to stage high quality musical productions. Members contribute to all facets of Stage productions. We rehearse in como School of performing Arts. New Members are always welcome.

### Square Dancing

**P** 0421 133 518

**E** [kneedeepsquares@gmail.com](mailto:kneedeepsquares@gmail.com)

Introduction to square dancing classes weekly at Jannali Community Hall.

### Sutherland Brass

**P** 0408 525 848

Shire brass band rehearses Monday nights at Sutherland. Friendly group of mixed abilities who performs Anzac Day, entertainment concerts and

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competitions. Available for engagements. New members all ages most welcome. Nominal memberships fee and instrument hire available too.

### **Sutherland Shire Dance Centre**

**P** 9528 4693

**E** [shiredancelessons@gmail.com](mailto:shiredancelessons@gmail.com)

Learn a variety of dances including modern square dancing and choreographed ballroom. Classes are fun, interactive and suitable for people with no previous dance experience.

### **Sutherland Music Club**

**P** 9548 0860

**W** [www.sutherlandmusicclub.org.au](http://www.sutherlandmusicclub.org.au)

**E** [sutherlandmusicclub@outlook.com](mailto:sutherlandmusicclub@outlook.com)

Five concerts per year (various musical genres): a concert for seniors as part of Heritage Week; annual Youth Music Awards competition for performers aged 13 -18 and composers aged 13 - 21.

### **Sutherland Shire Choral Society**

**P** 0421 320 069

**W** [www.sutherlandshirechoralsociety.com](http://www.sutherlandshirechoralsociety.com)

Develops excellence and enjoyment of choral singing and promotes good choral music. Community choir, no auditions held. Performs three concerts per year.

### **Sutherland Shire Symphony Orchestra**

**W** [www.sssso.org](http://www.sssso.org)

**E** [secretary@ssso.org](mailto:secretary@ssso.org)

Quarterly symphonic concerts at the Sutherland Entertainment Centre.

### **Sutherland Theatre Company**

**P** 9150 7574

**W** [www.thesutherlandtheatrecompany.com.au](http://www.thesutherlandtheatrecompany.com.au)

Get involved on stage, or have a night out at reasonably priced performances in Sutherland.



## **PLAYGROUNDS IN SUTHERLAND SHIRE**

**W** [www.sutherlandshire.nsw.gov.au/Outdoors/Parks-and-Playgrounds](http://www.sutherlandshire.nsw.gov.au/Outdoors/Parks-and-Playgrounds)

There are approximately 150 playgrounds of all sizes throughout Sutherland Shire. They range from small playgrounds that cater for local residents and often for a specific age group, through to regional 'destination' playgrounds with multiple types of equipment and designed for longer visits. Visit Council's website to search for playgrounds near you.

### **Accessible features in upgraded playgrounds in 2020 and 2021**

The majority of our renewed playgrounds have a small bike path/scooter path around the perimeter of the playgrounds. The new play equipment was designed with enhanced access features to align with the State Government Policy, 'Everyone can Play'.



## Bonna Point Reserve

Accessible footpaths from the car park to the playground, including an accessible amenities block.

There is ample room for large gatherings to play ball sports and to picnic in the reserve with new landscaping, bench seating and other public amenities.

## Burnum Burnum Sanctuary

Accessible play equipment includes in-ground trampolines and carousel with level paths and synthetic grass softfall to facilitate wheelchairs with a walking path around the playground.

## Cassandra Crescent, Heathcote

The park and playground was upgraded in December 2020 with a focus on all-abilities play. The play equipment includes a ramp to the upper deck so less mobile children can gain access and join in the play.

The play area has synthetic grass pathways through the middle providing better access for wheelchair users. Pram ramps and new paths at the entry provide all-abilities access around the entire reserve.

## Kalang Lane Reserve, Yowie Bay

Children can ride their bikes and scooters on the path around the playground, which doubles as a walking track. Synthetic softfall provides accessibility for wheelchairs.

New static bars fitness equipment has been installed in the Reserve for a variety of ages and fitness levels. With seating, water and bottle fill station, and lots of level grass, Kalang Lane Reserve is a perfect place to run around or enjoy a picnic or family gathering.

The amenities block has been upgraded and is fully accessible.



## Sandy Point Reserve

The playground was comprehensively renewed in 2021 with new equipment and undersurfacing and updated picnic facilities and seating.

The playground features state-of-the-art play equipment with a double storey tower, a double slide and a new connecting timber “play bridge” that joins to the existing giant nest swing.

Synthetic grass runs throughout most of the playground, providing accessible play opportunities.



## PROBUS CLUBS

**P** 1300 630 488

**W** [www.probussouthpacific.org](http://www.probussouthpacific.org)

Probus is all about Fun, Friendship, Fellowship in retirement. Probus provides you with the opportunity to meet with fellow retirees on a regular basis, listen to interesting speakers and join together in activities, all in the company of new friends. There are over 1,600 Probus clubs with more than 110,000 members all over Australia. You can join a mixed Probus Club or Clubs for ladies or men, the choice is yours. Membership is open to any member of the community who is retired or semi-retired and is looking for Fun, Friendship and Fellowship.

## ROTARY CLUBS

**W** [www.rotaryaustralia.org.au](http://www.rotaryaustralia.org.au)

The purpose of Rotary is to give service to the community and promote fellowship among members through such services. Membership is open to adults who are nominated by other Rotarians.

### Rotary Club of Caringbah

**P** 0412 342 774

**W** [www.caringbahrotary.org.au](http://www.caringbahrotary.org.au)

### Rotary Club of Cronulla

**P** 0425 272 704

**W** [www.cronullarotary.org.au](http://www.cronullarotary.org.au)

**E** [secretary@cronullarotary.org.au](mailto:secretary@cronullarotary.org.au)

### Rotary Club of Engadine

**P** 0408 287 179

**W** [www.engadinerotary.org.au](http://www.engadinerotary.org.au)

**W** [www.facebook.com/EngadineRotary](https://www.facebook.com/EngadineRotary)

### Rotary Club of Sutherland

**P** 0499 160 844

**W** [www.sutherlandrotary.org.au](http://www.sutherlandrotary.org.au)

**E** [info@sutherlandrotary.org.au](mailto:info@sutherlandrotary.org.au)

### Rotary Club of Sylvania Waters

**P** 0405 716 291 - Maureen

## SENIORS CLUBS AND ASSOCIATIONS

### Cronulla RSL 55 and Over Club

**P** 9668 8089

Day tours and extended tours, theatre outings and luncheons. Bingo on Mondays, books on sale.

### Kurnell Pensioner Club

**P** 0416 340 762

Meets fortnightly at Kurnell Girl Guide Hall, 1pm Wednesday..

### Kurranulla Aboriginal Corporation

**P** 9528 0287

**W** [www.kurranulla.org.au](http://www.kurranulla.org.au)

Kurranulla are a registered NDIS approved service provider and My Aged Care approved provider, supporting Aboriginal and Torres Strait Islander people. We are also a resource and information centre for the local community. The Centre has authentic Aboriginal Arts and Crafts on display and for sale at the Kurranulla premises. Our aim is to improve social and emotional well being, promote health in a culturally appropriate, safe and comfortable environment.



## Stitch

Stitch is a social community for anyone over 50. Companionship, Activities, events, travel and more. Because everyone needs company.

**P** 8880 0371

**W** [www.stitch.net](http://www.stitch.net)

## STAMP COLLECTING/ PHILATELY

Sutherland Shire Philatelic Society

**P** 0408 383 442

**W** [www.philas.org.au/sutherland](http://www.philas.org.au/sutherland)

We have something for everyone interested in stamps or philately in general. New members welcome. Meetings at Sutherland Multipurpose centre, 2nd Tuesday of every month (except January) 7.15pm.

## TOY RESTORATION

### Sutherland Shire Toy Restoration Centre

**P** 9528 4024

Fully equipped workshop in Jannali where 40 volunteers repair and recycle donated toys, which are then given away or sold. Makes donations to services which support local women and children. Donations of old toys gratefully accepted.

## VOLUNTEERING

There are a broad range of opportunities to volunteer in Sutherland Shire. These organisations may be able to help.

### Sutherland Shire Council

**P** 9710 0333

**W** [www.sutherlandshire.nsw.gov.au](http://www.sutherlandshire.nsw.gov.au)

Council offers many opportunities for seniors to volunteer, including: events, bushcare, graffiti removal, animal shelter and Council committees.



## Volunteering websites

Volunteer doing something you love.

**W** [www.volunteering.nsw.gov.au](http://www.volunteering.nsw.gov.au)

**W** [www.govolunteer.com.au](http://www.govolunteer.com.au)

**W** [www.volunteer.com.au](http://www.volunteer.com.au)

**W** [www.dosomethingnearyou.com.au](http://www.dosomethingnearyou.com.au)

## WEAVING, KNITTING AND NEEDLEWORK

### Southern Quilters

**P** 0409 608 446

Meets on Mondays at Gympie Community Hall. Members work on their own quilts or other handwork projects and share knowledge. Morning tea provided. New members welcome.

### Sutherland Shire Spinners and Weavers

**P** 0419 273 193

**W** [www.spinnersandweavers.asn.au](http://www.spinnersandweavers.asn.au)

Spinning and weaving and allied crafts. Meets weekly at Como.

## WOMEN'S GROUPS

### Older Women's Network NSW

**P** 0431 142 079

**W** [www.ownnsw.org.au](http://www.ownnsw.org.au)

**E** [manager@ownnsw.org.au](mailto:manager@ownnsw.org.au)

Affordable physical activities, line dancing, book club and meditation. The Centre is committed to flexible drop-in attendance, learning from each other, consumer involvement and participation.

Open Mondays and Wednesdays at 749A Old Princes Highway, Sutherland.

## WRITING

### Sutherland Shire Fellowship of Australian Writers

**P** 9501 2348

**W** [www.sutherlandshirefaw.com](http://www.sutherlandshirefaw.com)

**E** [sutherlandshirefaw@gmail.com](mailto:sutherlandshirefaw@gmail.com)

Provides meetings and support for writers at all levels. Sutherland Multi-purpose Centre, 123 Flora Street, Sutherland.

Please email for further information.

## WOODWORK AND WOODTURNING

### The Cubby House Turners and Woodies

**P** 0416 090 289

**E** [cubbyhousewoodies88@gmail.com](mailto:cubbyhousewoodies88@gmail.com)

Members believe there is no greater joy than turning a blank piece of timber and finishing up with a beautifully crafted piece of art. Regular meetings in Oyster Bay. Anyone over 14 years welcome to join.



### Shire Wood Workers

**P** 9522 7674 or 0490 861 606

**W** [www.facebook.com/ShireWoodworking](http://www.facebook.com/ShireWoodworking)

Fully equipped workshop with huge range of high quality woodworking machines. Friendly men and women members who will provide you with all the support you need. The Club makes toys and other items for donation to the Randwick Children's Hospital and Shire charities or "do your own thing". No woodworking experience necessary. Located at 2B Turriell Bay Road, Lilli Pilli. Open 5 days a week 9am-3pm every Tuesday to Saturday..





# HOUSING

As people get older, housing needs can change. Some people wish to stay in their family home, others want to downsize to a smaller house, villa or unit.

There's also the option of moving to a retirement village with medical services and social opportunities on site.

People requiring greater support may consider residential aged care. There are steps involved to enter residential aged care and it is preferable for people to plan ahead and research their options to make sure their choices are met.

Deciding where to live as you get older is a major decision needing careful thought: you need to consider the costs involved, location,

closeness of family members or carers, and support services available.

## What are my options?

If you can live independently, there's a variety of in-home and community care services you can access for support so you can stay in your home (see Care and Support section).

If you need additional care and support services now, you may consider residential aged care for respite or on a more permanent basis.

## What should I know?

Whatever you decide there are important legal, social and financial issues you need to know, understand and agree to before signing an agreement, lease or contract.

## STAYING IN YOUR OWN HOME

### My Aged Care

**P** 1800 200 422

**W** [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

A Government initiative that provides information on support to stay at home provided by the Commonwealth Home Support Program. Services include:

- domestic assistance
- food services
- home modifications and maintenance
- community transport
- personal care
- community nursing
- respite
- social support

Home Care Packages are available for people who need more support or have complex needs. Packages are personalised, coordinated and ongoing.

**See Care and Support section on page 7.**

## MOVING TO A RETIREMENT VILLAGE

### Retirement Living Council

**P** 9033 1900

**W** [www.propertycouncil.com.au](http://www.propertycouncil.com.au) - look under 'Advocacy'.

Peak body that provides information about living in retirement villages.

### Aged Care Guide

**P** 1300 186 688

**W** [www.agedcareguide.com.au](http://www.agedcareguide.com.au)

This service can help you locate local retirement communities, help at home supports and aged care options. Provides information about how to access supports, what it costs, organising your finances and much more. Search online or call to ask for an Aged Care Guide be posted to you.

### Downsizing.com.au

**W** [www.downsizing.com.au](http://www.downsizing.com.au)

Provides a listing of retirement villages located in Sydney.

## PUBLIC HOUSING & LOW COST ACCOMMODATION

### Housing NSW - Department of Family and Community Services

**P** 1800 422 322

**W** [www.facs.nsw.gov.au/housing](http://www.facs.nsw.gov.au/housing)

Offers low cost accommodation for older people and services to assist existing tenants. Miranda Service Centre is located at Shop G120 at Miranda Westfield Shopping Centre. (Shop entrance on Kiora Road)

## HOW DO I MAKE COMPLAINTS?

### Aged Care Quality and Safety Commissioner

**P** 1800 951 822

**W** [www.agedcarequality.gov.au](http://www.agedcarequality.gov.au)

Whether you're concerned about quality of your care, how you're treated by staff, the

accuracy of invoices, or choice of activities provided by your aged care provider, you have the right to make a complaint.

## LEGAL HELP

### Seniors Rights Service

See listing under Legal Matters in the Financial and Legal Matters section..

### Legal Aid NSW - Sutherland

**P** 9521 3733

**W** [www.legalaid.nsw.gov.au](http://www.legalaid.nsw.gov.au)

Legal advice to eligible older persons.

## HOMELESS OR AT RISK

### Link2Home

**P** 1800 152 152

Homelessness information and referral telephone service.

**MORAN** Sylvania & Engadine

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## REGISTERED RESIDENTIAL AGED CARE FACILITIES

Registered Residential Aged Care Facilities In Sutherland Shire as listed on My Aged Care website. For more facilities visit [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

Location	Facility	Tel	Website
Bangor	BaptistCare Warena Centre	9575 3335	<a href="http://baptistcare.org.au">baptistcare.org.au</a>
Barden Ridge	Advantaged Care at Barden Lodge	9532 2800	<a href="http://advantagedcare.com.au">advantagedcare.com.au</a>
Cronulla	Pathways Cronulla Pines	8522 1000	<a href="http://pathways.com.au/cronullapines">pathways.com.au/cronullapines</a>
Cronulla	Stella Maris Aged Care	8522 1200	n/a
Engadine	Moran Aged Care	9548 7777	<a href="http://morangroup.com.au">morangroup.com.au</a>
Gymea Bay	Gymea Bay Aged Care	9524 4954	<a href="http://apexagedcare.com.au">apexagedcare.com.au</a>
Heathcote	St Vincents Care Services	1800 778 767	<a href="http://svcs.org.au">svcs.org.au</a>
Illawong	Heritage Care	9543 7333	<a href="http://heritagecare.com.au">heritagecare.com.au</a>
Jannali	Mildred Symonds House	1300 111 278	<a href="http://anglicare.org.au">anglicare.org.au</a>
Kirrawee	The Palms Nursing Home	9521 2963	<a href="http://thepalms.net.au">thepalms.net.au</a>
Kirrawee	Catholic Healthcare Percy Miles Villa	8513 0800	<a href="http://catholichealthcare.com.au">catholichealthcare.com.au</a>
Kirrawee	IRT Thomas Holt	13 44 78	<a href="http://irt.org.au">irt.org.au</a>
Miranda	Alkira Gardens	8578 1688	<a href="http://ourladyofchina.org.au">ourladyofchina.org.au</a>
Miranda	Hammondcare	1800 776 112	<a href="http://hammond.com.au">hammond.com.au</a>
Miranda	St Basil's Miranda	8543 2000	<a href="http://stbasils.org.au">stbasils.org.au</a>
Miranda	IBIS Care Miranda	9540 4799	<a href="http://ibiscare.com.au">ibiscare.com.au</a>
Miranda	Juliana Village	9541 3400	<a href="http://julianavillage.com.au">julianavillage.com.au</a>
Miranda	Miranda Aged Care	9124 9231	<a href="http://jesmondgroup.com.au">jesmondgroup.com.au</a>
Sutherland	BUPA	8536 1600	<a href="http://bupaagedcare.com.au">bupaagedcare.com.au</a>
Sutherland	Southern Cross Nagle Apartments	1800 632 314	<a href="http://sccliving.org.au">sccliving.org.au</a>
Sylvania	Carino Care at Sylvania	9522 8581	<a href="http://carino.care">carino.care</a>
Sylvania	Wesley Vickery Lodge	9522 2997	<a href="http://wesleymission.org.au">wesleymission.org.au</a>
Sylvania	Moran Aged Care	9532 6222	<a href="http://morangroup.com.au">morangroup.com.au</a>
Taren Point	Goodhew Gardens	1300 111 278	<a href="http://anglicare.org.au">anglicare.org.au</a>
Waterfall	Garrawarra Centre	8545 4700	<a href="http://seslhd.health.nsw.gov.au/garrawarra-centre">seslhd.health.nsw.gov.au/garrawarra-centre</a>





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## Our retirement villages:

**IRT Thomas Holt Stafford Court**  
Jannali

**IRT Thomas Holt Kilpatrick Court**  
Sutherland

**IRT Thomas Holt Kirrawee**  
Kirrawee

## Our aged care centres:

**IRT Thomas Holt Sans Souci Gardens**  
Sans Souci

**IRT Thomas Holt Kirrawee**  
Kirrawee

**Book a tour today! Call 02 9545 4799 or visit [irtthomasholt.org.au](http://irtthomasholt.org.au)**

# STEPS FOR MOVING TO A RESIDENTIAL AGED CARE FACILITY

Residential aged care can assist those who can no longer live at home due to illness, disability, bereavement or emergency, respite, or simply because residential aged care suits their changing needs. Facilities can help with day-to-day living, such as cleaning, cooking, laundry, personal care, medical and nursing care, and offer a range of social and recreational activities.

## ELIGIBILITY

You must undertake a free assessment of your care needs by an Aged Care Assessment Team (ACAT) to enter into an aged care home - call 1800 200 422. After the assessment you will be given a letter if you are approved as eligible for subsidised aged care services.

## FINDING AN AGED CARE HOME

My Aged Care will provide you with the contact details of aged care homes in different locations via the Aged Care Home Finder. Contact the homes you are interested in and ask for information about their fees, services and facilities. The best way to be sure a home suits your needs is to visit and compare homes yourself. Make sure you make a list of all your requirements and bring your ACAT letter. Talk to your family, or carers who may be assisting you, about your requirements and wishes for an aged care home.

## FEES AND CHARGES

The Government subsidises residential aged care, however aged care residents are expected to contribute towards the cost of their care according to their means. There are fees charged for care, accommodation and daily living costs. You will need to go to the Department of Human Services (Centrelink) to undertake

a means-tested assessment of your combined income and assets. You should ask aged care facilities to provide you with a complete list of fees in writing, along with any information on payment dates and plans they may offer. You can contact My Aged Care to help estimate the fees and charges you may have to pay towards residential aged care – this is recommended before negotiating or signing any agreements.

## APPLYING FOR AN AGED CARE HOME

You can apply for as many homes as you like and when a place is available they will contact you. After accepting a place at a home you will need to fill in an application form that will be specific to the facility. You will need to fill in an income and asset assessment form with Centrelink and will then be asked to sign an agreement with the aged care home.

## RESIDENT AGREEMENT

As each aged care home is different, each agreement will be different. Agreements are legally binding and cover services, fees, rights and responsibilities, and when you could be asked to leave. Make sure you fully understand all of the components and conditions in the agreement before signing it. You can request some advice from a lawyer, My Aged Care, Legal Aid NSW or Seniors Rights Service if something in the agreement is unclear to you.

## MORE INFORMATION

### My Aged Care

**P** 1800 200 422

**W** [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

'Five Steps to Entry into an Aged Care Home.'

# TRANSPORT

Travelling easily to the services and facilities you need and enjoy is vital to remaining independent and active as you get older.

Sutherland Shire has good public transport, including trains, ferries, buses and private taxis. All can accommodate people with limited mobility.

Activus Transport (Community Transport) is available for eligible older residents to provide individual or group transport to medical appointments, shopping, social activities, and more.

Wheelchair accessible taxis can be booked in advance and on a regular basis. Reduced travel rates for eligible people with a severe disability are available through the Taxi Transport Subsidy Scheme.

Mobility scooters are convenient for short trips. Check with the Roads and Maritime Services about regulations to help you decide if this transport will suit you.

Mobility aids such as walking sticks, walkers and wheelchairs can assist those with limited mobility to keep active.

Walking or cycling are great alternatives and have the benefit of maintaining good health and fitness. There are many cycleways, bush walking and gentle walking tracks in Sutherland Shire.



## MOTOR VEHICLES

### Can I keep driving my own car?

You can attend driver training and skills testing to help you keep up to date with road rules and retain your licence for as long as possible. Roads and Maritime Services may at times require older drivers to have regular medical or eyesight tests or sit a driving test; you can also speak to your GP about any concerns. A good resource is 'A Guide to Older Driver Licensing' at:

**W** [www.rms.nsw.gov.au](http://www.rms.nsw.gov.au)

### Calvary Driver Assessment and Training Service

**P** 9553 3000

**W** [www.calvarycare.org.au](http://www.calvarycare.org.au)

Aims to promote independence in driving for older people and can provide assessment, rehabilitation and retraining.

### NRMA - Safer Driving

**P** 1300 696 762

**W** [www.mynrma.com.au/cars-and-driving/driver-training-and-licences/resources/safe-driving-for-seniors](http://www.mynrma.com.au/cars-and-driving/driver-training-and-licences/resources/safe-driving-for-seniors)

Whether you need a confidence boost, a refresher on the road rules or are approaching your older driver driving assessment, the NRMA deliver training to suit your needs.



## Roads and Maritime Services - Unsafe Driving Report

**P** 13 2213

**W** [www.rms.nsw.gov.au/roads/licence/health/fit-to-drive.html](http://www.rms.nsw.gov.au/roads/licence/health/fit-to-drive.html)

Are you fit to drive? For more information contact the RMS. If you've been reported as an unsafe driver you may wish to seek advice from the Seniors Rights Service.

**Also see Legal and Financial section.**

### How do I get a disabled parking sticker?

Drivers with a disability or carers of a person with a disability may be eligible for a Mobility Parking Permit.

Contact the Mobility Parking Scheme at your local Miranda Service Centre for an application form.

## Mobility Parking Scheme

**P** 13 77 88

**W** [www.service.nsw.gov.au](http://www.service.nsw.gov.au)

Provides parking concessions to people with mobility disability.

## Roads and Maritime Services

**P** 13 77 88

**W** [www.service.nsw.gov.au](http://www.service.nsw.gov.au)

Provides information and services relating to drivers licences, photo cards, road rules and safety, vehicle registration, boat licences and other registrations.

## Miranda Service Centre

**P** 13 7788

**W** [www.service.nsw.gov.au](http://www.service.nsw.gov.au)

Miranda Service Centre offers many NSW Government services. You can complete transactions relating to RMS at this centre. Located at Westfield Miranda, 600 Kingsway, Miranda.

## TRAINS, BUSES, COMMUNITY TRANSPORT, TAXIS AND FERRIES

### OPAL Card for Seniors

**P** 13 6725

**W** [www.opal.com.au](http://www.opal.com.au)

Buy a reusable Gold Senior/Pensioner Opal Card (\$2.50 per day) for unlimited travel on public transport.

### Transport Infoline

**P** 13 1500

**P** TTY: 1800 637 500

**W** [www.transportnsw.info](http://www.transportnsw.info)

Transport Infoline makes it easy to get reliable and accurate timetable, route, ticket and fare information for trains, buses and ferries in the greater Sydney area.



## TRAINS

### Sutherland Shire Railway Stations

**P** 13 1500

**W** [www.transportnsw.info/routes/trains](http://www.transportnsw.info/routes/trains)

Stations at Caringbah, Como, Cronulla, Engadine, Gymea, Heathcote, Jannali, Kirrawee, Loftus, Miranda, Sutherland, Waterfall and Woollooware.

Timetables available from the Transport Infoline.

### NSW Train Link

**P** 13 2232

**P** TTY:1800 637 500

**W** [www.transportnsw.info](http://www.transportnsw.info)

For help to board the train, contact your departure station: tell staff your needs and travel plans so they are ready to assist. Arrive at the station well before your train is due and make yourself known to staff.

## BUSES

### Maianbar Bundeena Bus Service

**P** 9523 8819

**W** [www.maianbarbundeenabus.com](http://www.maianbarbundeenabus.com)

Routes include Bundeena–Maianbar, Bundeena Loop, Bundeena–Engadine, and Bundeena–Miranda.

Charter buses also available.

### Transdev

**P** 8700 0555 Mon-Fri

**W** [www.transdevnsw.com.au](http://www.transdevnsw.com.au)

Bus services for South and Southwest Sydney, including night-time services.

### Sydney Bus Service Routes

**P** 13 1500

**P** TTY 1800 637 500

**W** [www.transportnsw.info/routes/bus](http://www.transportnsw.info/routes/bus)

## FERRIES

### Cronulla Ferries

**P** 9523 2990

**W** [www.cronullaferries.com.au](http://www.cronullaferries.com.au)

Ferries to Bundeena and cruises on the Port Hacking River.

### Sydney Ferries

**P** 13 1500

**W** [www.transportnsw.info/routes/bus](http://www.transportnsw.info/routes/bus)

## COMMUNITY TRANSPORT

### Activus Transport (formerly Sutherland Shire Community Transport)

**P** 8555 0000

**W** [www.activustransport.org.au](http://www.activustransport.org.au)

Door to door transport for eligible residents to medical appointments, shopping and social activities. Bus hire to community groups and private weekend hire available.



**ACTIVUS**  
TRANSPORT

**Much more than  
just door to door.**

Stay connected with friends, family and the community  
with transport that suits *your* everyday needs.

- Medical or personal appointments
- Group outings, shopping shuttles and leisure trips
- Pet transit and vet visits
- Easy, reliable and affordable

**Wherever you  
need to go we  
can help you  
to get there.**



**8555 0000**  
[www.activustransport.org.au](http://www.activustransport.org.au)

## TAXIS

Taxi ranks are located outside most stations. Secure night taxi ranks are at Sutherland, Cronulla and Miranda.

### Taxi Transport Subsidy Scheme

**P** 1800 623 724

**W** [www.transport.nsw.gov.au/ttss](http://www.transport.nsw.gov.au/ttss)

Administered by Transport for NSW. Provides subsidised travel, allowing approved participants to travel by taxi at half fare, up to a maximum subsidy of \$60 per trip.

The scheme assists NSW residents who are unable to use public transport because of disability.

### Wheelchair Accessible Taxis

**P** 8332 0200

**W** [www.13cabs.com.au/zero200](http://www.13cabs.com.au/zero200)

The central booking office for wheelchair accessible taxis. When calling to book

you need to advise wheelchair type and number of passengers so that correct type of taxi can be booked.

### Complaints about taxi services

**P** 13 15 00

**W** [www.nswtaxi.org.au](http://www.nswtaxi.org.au)

This number is for the Taxi Customer Feedback Line of the NSW Taxi Council.

## ACTIVE TRANSPORT

Many Australians are not getting sufficient physical exercise and as a consequence are increasingly at risk of heart disease and other diseases which can shorten life expectancy.

The Heart Foundation ([www.heartfoundation.org.au/active-living/get-active](http://www.heartfoundation.org.au/active-living/get-active)) recommends that 30 - 45 minutes of moderate-intensity physical activity most days of the week.

Being active will make you feel more energetic, have stronger bones and muscles, make you feel happier and more relaxed. Sutherland Shire offers many beautiful walks and cycling routes to help you keep active.

## CYCLING

### Sutherland Shire Council: Cycling

**W** [www.sutherlandshire.nsw.gov.au/Outdoors/Sport/Cycling](http://www.sutherlandshire.nsw.gov.au/Outdoors/Sport/Cycling)

This webpage provides comprehensive information with regard to community cycling events, places to ride, clubs, videos of selected routes, maps etc. Also see Council's tourism website Visit Sutherland Shire at:

**W** [www.visitsutherlandshire.com.au/see-and-do/cycling-and-mountain-bike-trails](http://www.visitsutherlandshire.com.au/see-and-do/cycling-and-mountain-bike-trails)





## LEARN TO RIDE A BIKE

### Rideability

**W** [www.rideability.com.au/services/learn-to-ride/](http://www.rideability.com.au/services/learn-to-ride/)

Want to learn how to ride a bike or ride more confidently and safely? Rideability provides courses in Sutherland Shire.

## WALKING

### Visit Sutherland Shire

**W** [www.visitsutherlandshire.com.au/walking-trails](http://www.visitsutherlandshire.com.au/walking-trails)

Visit Sutherland Shire has a selection of great walking trails in the Sutherland Shire to be explored.

### Bushwalking Clubs

**W** [www.sutherlandbushwalkers.org.au](http://www.sutherlandbushwalkers.org.au)

### Trail Running

**W** [facebook.com/groups/BillysBushies](https://facebook.com/groups/BillysBushies)

### Accessible Walkways

#### Cronulla Esplanade – Peninsula Walkway

Sutherland Shire Council will be restoring the condition of the Cronulla Esplanade Peninsula Walkway between Cronulla RSL and Mentone Avenue. The upgrade work will ensure the Esplanade walkway is accessible for all in our community by improving the grading, handrails, lighting and landscaping. Stairs that connect South Cronulla to the Esplanade walkway will be upgraded, as well selected priority seats along the walkway and improvements to the path at Salmon Haul.

## MOBILITY SCOOTERS

### Transport for NSW

**P** 13 2213

**W** [www.roadsafety.transport.nsw.gov.au](http://www.roadsafety.transport.nsw.gov.au)  
Information about motorised wheelchairs.



## ACCESSIBLE PARKS IN SUTHERLAND SHIRE

**P** 9710 0333

**W** [www.sutherlandshire.nsw.gov.au/Outdoors/Walking-Tracks](http://www.sutherlandshire.nsw.gov.au/Outdoors/Walking-Tracks)

There are also a number of low impact or accessible walking tracks in the Shire. Parks with paved walking paths include:

- Cooper Street Reserve, Engadine
- Sutherland Shire Centenary Park, Miranda
- Karimbla Road, Miranda
- Parc Menai, Menai
- Sunnyside Reserve, Caringbah
- Ferntree Reserve, Engadine
- Don Lucas Reserve, Cronulla
- Marton Park, Kurnell
- Castlenau Street Reserve, Caringbah
- Lantana Road Reserve, Engadine.

## WHEELCHAIR ASSISTANCE

### Beach Wheelchair: Cronulla Beach

**P** 8522 2100 (Lifeguard Headquarters)

**W** [www.sutherlandshire.nsw.gov.au/Community/Community-Support-Services/Beach-Wheelchairs-and-Mobi-Mat](http://www.sutherlandshire.nsw.gov.au/Community/Community-Support-Services/Beach-Wheelchairs-and-Mobi-Mat)

Sutherland Shire Council has two beach wheelchairs available for community use. This gives access to the beach for people who use wheelchairs or who find the beachfront difficult to negotiate. The chair is available free of charge seven days a week at Cronulla Beach. Conditions apply.

### Mobi Mat

**P** 8522 2100 (Lifeguard Headquarters)

**W** [www.sutherlandshire.nsw.gov.au/Community/Community-Support-Services/Beach-Wheelchairs-and-Mobi-Mat](http://www.sutherlandshire.nsw.gov.au/Community/Community-Support-Services/Beach-Wheelchairs-and-Mobi-Mat)

In addition to the Beach Wheelchair, Council also has a Mobi Mat available for booking which allows for smooth access to the sand and waters edge. It is free of charge and is available on request seven days per week 8am-4pm in Summer, and 10am-2pm in winter. Bookings can be made online, or by contacting the Lifeguard Headquarters. A support person is required to assist with use.

### NRMA Wheelchair Assistance Scheme

**P** 13 1111

**W** [www.mynrma.com.au](http://www.mynrma.com.au)

Emergency service for all wheelchair users in NSW (even if not an NRMA member). Includes repairing flat tyres, electrical or wiring repairs, and jumpstarts. Wheelchair users are entitled to free towing for 8km in metropolitan Sydney.

## ACCESSIBLE PUBLIC TOILETS

### Master Locksmiths' Association of Australia (MLAA)

**P** 1800 810 698

**W** [www.masterlocksmiths.com.au](http://www.masterlocksmiths.com.au)

The Master Locksmiths Access Key (MLAK) is a universal lock and key to allow people with disabilities 24 hour access to accessible public toilets and Changing Places facilities fitted with the lock.

To apply for a key please download the application form from our website or contact the number above.

### National Public Toilet Map

**P** 1800 990 646 Toilet Map Hotline

**W** [www.toiletmap.gov.au](http://www.toiletmap.gov.au)

This website, maintained by the Federal Department of Health, provides toilet locations across Australia including Sutherland Shire and the location of MLAK facilities.



# FINANCIAL AND LEGAL MATTERS

There are many places you can go to for free, confidential, legal and financial help.

- Find out about discounts, subsidies and pensions to make life more affordable.
- Take the headache out of tax returns with Tax Help.
- Know where to go for free legal advice.
- Find out how to spot a scam.
- Figure out how to plan for your financial future.
- Get information on guardianship so that your wishes can be identified and followed in case of accident or illness.
- Make plans so your financial and legal affairs can be managed if you are unable to do so.

If you've got a finance or legal question, the organisations on the following pages are there to help.



## CONSUMER INFORMATION

### Companion Card

**P** 1800 893 044

**W** [www.nswcompanioncard.org.au](http://www.nswcompanioncard.org.au)

For people who always require a companion to help them to get to venues and events. The Companion Card enables free entry for a companion with the purchase of one ticket at selected venues and facilities around NSW.

### Seniors Card

**P** 13 7788

**W** [www.seniorcard.nsw.gov.au](http://www.seniorcard.nsw.gov.au)

A free discount card providing members with access to NSW Government transport concessions, travel and business discounts.

### Seniors Guide to Consumer Rights in NSW.

**P** 13 3220

**W** [www.fairtrading.nsw.gov.au](http://www.fairtrading.nsw.gov.au)

A free publication on how to deal with door-to-door sales and telemarketing, unordered goods, unsolicited services, direct marketing, internet and television shopping and scams. Download and print this information or order a free copy.

### Energy and Water Ombudsman NSW

**P** 1800 246 545

**W** [www.ewon.com.au](http://www.ewon.com.au)

A free and independent dispute resolution service for all electricity and gas customers in NSW, and some water customers.





### **Telecommunications Industry Ombudsman**

**P** 1800 062 058

**W** [www.tio.com.au](http://www.tio.com.au)

A free dispute resolution service for people who have complaints about their telephone or internet service.

### **Do Not Call Register**

**P** 1300 792 958

**W** [www.donotcall.gov.au](http://www.donotcall.gov.au)

The Federal Government has set up a 'Do Not Call' Register to prevent telemarketers from calling you. You can ask to be added to the register by phoning or registering online.

## **FINANCIAL INFORMATION**

### **Centrelink Financial Information Service**

**P** 13 2300

**W** [www.servicesaustralia.gov.au](http://www.servicesaustralia.gov.au)

A free information service provided by the federal government to help you make informed decisions about investment and financial issues. FIS does not provide financial planning, advice or counselling.

### **Centrelink Bereavement Allowance**

**P** 13 2300

**W** [www.servicesaustralia.gov.au](http://www.servicesaustralia.gov.au)

Short-term income support for someone whose partner has recently died.

### **Australian Financial Complaints Authority**

**P** 1800 931 678

**W** [www.afca.org.au](http://www.afca.org.au)

A free dispute resolution scheme, with information about what to do if you are having problems meeting credit repayments due to financial difficulty.

### **Energy Accounts Payment Assistance Scheme**

**P** 13 7788

**W** [www.service.nsw.gov.au](http://www.service.nsw.gov.au)

Helps people who are experiencing a short term financial crisis or emergency to pay their electricity or gas bill through a voucher system.

### **MoneySmart**

**P** 1300 300 630

**W** [www.moneysmart.gov.au](http://www.moneysmart.gov.au)

Information on budgeting, saving and managing debt. You can try to find lost or unclaimed money from bank accounts, life insurance policies, superannuation, company shares and other sources through MoneySmart. The government website has information about scams

involving investments, superannuation, managed funds, financial advice or insurance.

### **SCAMwatch**

**W** [www.scamwatch.gov.au](http://www.scamwatch.gov.au)

Providing information about how to recognise, avoid and report scams.

## **FINANCIAL COUNSELLING SERVICES**

### **National Debt Helpline**

**P** 1800 007 007

**W** [www.ndh.org.au](http://www.ndh.org.au)

Helps people experiencing financial problems by referring them to free financial counsellors.

### **Wesley Mission Financial Counselling**

**P** 1300 827 638 (Sutherland)

**W** [www.wesleymission.org.au](http://www.wesleymission.org.au)

Wesley Mission provides financial counselling to help with developing budgeting skills, managing debts, assessing your financial situation and negotiation/advocacy with creditors for those affected by gambling debts. This is a free face-to-face, confidential and professional financial counselling service.

### **Salvation Army**

**P** 13 7258

**W** [www.mysalvos.org.au](http://www.mysalvos.org.au)

The Salvation Army's Moneycare service provides free and confidential financial counselling. Helps clients in financial difficulty, in a financial crisis situation or who wish to avoid financial difficulties.

## **PENSIONS**

### **Aged Pensions and Allowances**

**P** 13 2300

**W** [www.servicesaustralia.gov.au](http://www.servicesaustralia.gov.au)

Find out about financial support available.

### **Department of Veterans' Affairs**

**P** 1800 VETERAN (1800 838 372)

**W** [www.dva.gov.au](http://www.dva.gov.au)

Provides income support, compensation and health care to entitled veterans and their dependents, and acts as a referral agency to other community service providers.

### **War Widows Pension – Department of Veterans Affairs**

**P** 1800 VETERAN (1800 838 372)

**W** [www.dva.gov.au](http://www.dva.gov.au)



## TAXATION ADVICE

### Australian Tax Office

- P** 13 2861 for Tax Concessions  
**P** 13 1020 for Superannuation  
**W** [www.ato.gov.au](http://www.ato.gov.au)

### Tax Help Program

- P** 13 2861  
**W** [www.ato.gov.au](http://www.ato.gov.au)

Tax Help is a network of community volunteers who provide a free and confidential service to help people complete their tax returns. Appointment required.

## LEGAL MATTERS

### Advocacy

#### NSW Elder Abuse Helpline & Resource Unit

- P** 1800 628 221  
**W** [www.elderabusehelpline.com.au](http://www.elderabusehelpline.com.au)

A free and confidential service that provides information, support and referrals relating to the abuse of older people living in the community.

#### National Aged Care Advocacy Program (NACAP)

- W** [www.health.gov.au](http://www.health.gov.au)  
**E** [nacap@health.gov.au](mailto:nacap@health.gov.au)

NACAP is funded by the Australian Government and provides free, independent and confidential advocacy support and information to older people (and their representatives) receiving, or seeking to receive, Australian Government funded aged care services.

#### Older Persons Advocacy Network (OPAN)

- P** 1800 700 600  
**W** [www.opan.com.au](http://www.opan.com.au)

The Older Persons Advocacy Network is the single national provider to deliver the

National Aged Care Advocacy Program. OPAN is a free aged care advocacy service that is independent and confidential.

### Seniors Rights Service

- P** 1800 424 079  
**W** [www.seniorsrightsservice.org.au](http://www.seniorsrightsservice.org.au)

Seniors Rights Service is a community legal centre that provides advocacy, legal advice and educational services. The advocacy service provides advocacy for recipients of all Commonwealth-funded aged-care services. The legal service provides legal advice to older people in NSW in areas such as consumer rights, human rights, elder abuse, financial exploitation, planning for later life, retirement villages, aged care, and strata collective sales.

We provide education sessions on the rights of older people and how the Seniors Rights Service can assist. The services are free and confidential.

### Strata Collective Sales and Advocacy Service

- P** 9559 2899  
**W** [www.mlc.org.au](http://www.mlc.org.au)

Provides legal advice, advocacy and educational services for strata owners including advice about the NSW collective sales process of strata buildings.

### Welfare Rights Centre

- P** 9211 5300 (Surry Hills, Sydney)  
**P** 1800 226 028 (toll-free from outside Sydney metro area)  
**P** TTY: 13 3677  
**W** [www.welfarerights.org.au](http://www.welfarerights.org.au)

An independent community legal centre specialising in social security, policy and administrative practice. They provide free information, advice and advocacy.

### Guardianship

#### Guardianship Division - NSW Civil and Administrative Tribunal

- P** 9556 7600 or 1300 006 228



**P** Toll free 1800 463 928

**W** [www.ncat.nsw.gov.au](http://www.ncat.nsw.gov.au)

The Guardianship Division is a specialist division that conducts hearings to determine applications about adults who have difficulty making decisions and who may require a legally appointed substitute decision maker.

### Office of the Public Guardian

**P** 8688 6070

**P** TTY: 1800 882 889

**W** [www.publicguardian.justice.nsw.gov.au](http://www.publicguardian.justice.nsw.gov.au)

Can be appointed as a person's guardian and may make decisions on behalf of the person in areas such as accommodation, medical treatment, dental treatment or services. The Public Guardian is a substitute decision maker, not a substitute caregiver or case manager. A decision made by a legally appointed guardian should be treated as if it were a decision made by the person under guardianship. The Public Guardian will also advocate for the services and supports needed by the person under guardianship, and provides an information and support service for private guardians.

## Legal Services

### LawAccess NSW

**P** 1300 888 529

**P** TTY: 1300 889 529

**W** [www.lawaccess.nsw.gov.au](http://www.lawaccess.nsw.gov.au)

A free government telephone service providing legal information, referrals and advice for people who have a legal problem in NSW. It can be a starting point to help with your legal problem.

### Law Society of NSW - Community Referral Service

**P** 9926 0333

**W** [www.lawsociety.com.au](http://www.lawsociety.com.au)

A telephone service that provides the names of private solicitors who are accredited specialists and prepared to receive referrals in certain areas of law.

The service also coordinates the Pro Bono Scheme which refers people ineligible for Legal Aid who are unable to pay for legal help.

### Legal Aid NSW

**P** 9521 3733 (Sutherland Office)

**W** [www.legalaid.nsw.gov.au](http://www.legalaid.nsw.gov.au)

Legal advice for criminal, family and civil law. Representation in criminal matters in Sutherland Local Court.

### Sutherland Local Court

**P** 1300 679 272

Sutherland Local Court deals with court attendance notices, traffic infringements, general list matters, apprehended violence orders, civil claims and family law.



# PLANNING TO BE PREPARED

**Don't let accidents and emergencies force hurried decision-making - take control and plan early! This checklist will guide you when planning your future needs. Add or change the questions to suit your individual circumstances.**

## CARE AND SUPPORT

- ☐ Did you know older people can get help at home with housework, cleaning, meals and personal care? (Eligibility criteria apply)
- ☐ If you are caring for someone, did you know there respite services to help give carers a break, and carer support services available?
- ☐ Do you know where to go for low cost home modifications and maintenance (e.g. installing handrails or ramps and maintaining your home)?

## STAYING HEALTHY

- ☐ Keeping healthy can be fun, social, and low-cost. There are exercise options specifically designed for seniors, such as Tai Chi, stretch classes and walking groups. Do you know what is available locally?
- ☐ Do you know Council runs free seminars on many health-related topics, such as dementia, stroke, diabetes, vision, hearing, falls prevention, financial planning in retirement and many more?
- ☐ Do you know where to find information to prevent or slow down the progression of age-related diseases? Do you get regular check ups by your GP?

## BEING INVOLVED

- ☐ Feeling blue? Social isolation can lead to poor health and depression. Do you know there are many services, groups and activities available to get involved in, and local support services available?
- ☐ Sutherland Shire needs your help! Everyone has skills and expertise they can offer through volunteering. There's something for everyone and it's a great way to keep connected. Volunteer for council or a local community group near you.
- ☐ Did you know there are many hobby and recreational groups in your local area, from gardening to woodwork, or craft to computer clubs - they are always looking for new members.

# ACTIVE AGEING CHECKLIST

## TRANSPORT

- ☐ Have you thought about how you will get around when you can no longer drive?
- ☐ Did you know there are community transport options to help eligible people get to medical appointments, shopping, or social activities?
- ☐ Do you know that Gold Senior/Pensioner Opal Card holders can go anywhere in a day for \$2.50 by train, bus and ferry? Have you thought about your next adventure?
- ☐ Walking and cycling are free, fun, and healthy transport options. Have you thought about how you could incorporate these into your weekly routine?

## HOUSING

- ☐ How suitable is your house in meeting your needs as you get older? Have you considered downsizing to a villa or unit?
- ☐ Have you considered retirement living? It could suit your needs and even improve your social life.
- ☐ Do you know what the steps are to enter residential aged care? Have you planned ahead to make sure you have choice and control?

## FINANCE AND LEGAL

- ☐ Do you know what financial advice and support is available to help you plan for the retirement you want?
- ☐ Is your will current? Have you made provisions for Enduring Guardianship and Enduring Power of Attorney? Do people know what you want and when?
- ☐ Do you know your rights and responsibilities as an older person, and where to go for independent advice, advocacy and support?
- ☐ Do you have an Emergency Plan? Complete the Emergency Plan on page 65 in this Directory and be prepared!
- ☐ Do you know who to contact if you feel financially insecure, physically unsafe or being taken advantage of? There are people who can provide you with confidential support.

**Early life-planning strategies ensure you retain independence and choice over important decisions that, inevitably, we all have to make. Be prepared and informed.**



# EMERGENCIES

## EMERGENCY CONTACTS

### EMERGENCY PHONE:

Police, Fire or Ambulance      000      Mobile phone 112

<b>Police Assistance Line</b>	For non-life threatening or critical emergencies	13 1444
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<b>SES</b>	Storms and floods	13 2500
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<b>Bushfire Information Line</b>		1800 679 737
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<b>Poisons Information Line</b>		13 1126
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<b>Sutherland Hospital</b>		9540 7111
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<b>Crime Stoppers</b>		1800 333 000
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<b>Health Direct Australia</b>		1800 022 222
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<b>Elder Abuse Helpline</b>		1800 628 221
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<b>Lifeline</b>		13 1114
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<b>2SSR - 99.7FM</b>	Local radio - for local emergency warnings and alerts	9545 1800
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## MY EMERGENCY PLAN

Do you have a plan for what to do in the case of a flood, storm, bushfire or other disaster? Take five minutes and complete this list to make sure you are prepared for an emergency. It could save your life!

- ☐ **Do you know what to do in an emergency? Are you prepared?** (First aid kit, fire extinguisher)
- ☐ **Do you know who to contact in an emergency?**
- ☐ **Do you know where to go for up to date information?** (Emergency warnings or alerts)
- ☐ **Are you prepared to leave your house quickly?** (Emergency survival kit packed and ready to go)
- ☐ **Do you know where you are going to go if you need to evacuate?**  

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- ☐ **How are you going to get there?** (What if you can't drive)
- ☐ **Who are you going to tell?** (family, carer, friend, and/or neighbours)  
Person: \_\_\_\_\_ Tel: \_\_\_\_\_
- ☐ **Do you have limited mobility or special needs and require assisted evacuation?** If yes, have you made arrangements for help to evacuate?  
Person: \_\_\_\_\_ Tel: \_\_\_\_\_
- ☐ **What is your plan for anyone you care for?**  

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- ☐ **What is your plan for your pet/s?** (Do you know there are programs to help care for your pets in the event you aren't able to?)  

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- ☐ **Know your neighbours:** (Have their contact details handy)  
Person: \_\_\_\_\_ Tel: \_\_\_\_\_
- ☐ **Do you have a back-up plan?** (Do you have contingency plans for you/your family)
- ☐ **Have you share this plan with others?** (Family, friends, carers and/or neighbours/s)

# SUTHERLAND SHIRE SENIORS SERVICES DIRECTORY



4-20 Eton Street, Sutherland NSW 2232  
T 9710 0333 F 9710 0265

**[sutherlandshire.nsw.gov.au](http://sutherlandshire.nsw.gov.au)**

