

MY AGED CARE: If you're getting older and need help at home, or caring for someone who does, My Aged Care has information you need to start planning and talking about aged care. Find out about services, eligibility, assessments, fees and referrals to access local services.

SUPPORT SERVICES TO HELP AT HOME

CARE & SUPPORT LEVELS

HOW TO ACCESS THESE SERVICES

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.

BASIC HELP: Find out what services are available from My Aged Care
Call and register with My Aged Care (assessment over the phone). 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
If you need more help at home or have complex needs you may need a personalised Home Care Package. Home Care Packages provide a coordinated package of care, services and case management to meet individual needs.

HOME CARE PACKAGES: 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 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.

RESIDENTIAL AGED CARE: 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 facilities, care and services offered, requirements, fees, conditions and agreements
C. choose an aged care home
D. receive services



Sutherland Shire has a vibrant, diverse and active community of seniors.
As we get older, sometimes we need help or support to remain independent, live our own homes and participate in the community.
Sutherland Shire is fortunate to have many care and support services that can help. My Aged Care has information and access to aged care services that can help you at home.

SUTHERLAND SHIRE

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

COMMONWEALTH HOME SUPPORT PROGRAM SERVICE PROVIDERS IN SUTHERLAND SHIRE

MY AGED CARE

You need to register & be assessed by MyAgedCare to access Government-subsidised services.

P: 1800 200 422

myagedcare.gov.au

CARER GATEWAY

Information and resources to support carers.

P: 1800 422 737

carergateway.gov.au

ELDER ABUSE HELPLINE AND

RESOURCE UNIT

Information, support & referrals relating to abuse of older people living in the community. Anonymous and confidential.

P: 1800 628 221

elderabusehelpline.com.au

Community Nursing

Medical care, including bandages and medication

Baptist Care..... 9023 2500
Clever Care Now 9502 3422
Feros Care 1300 763 583
Southcare 9540 7956
Southern Cross..... 1800 989 000

Dementia Care

Specialist services for people with dementia and their carers (including centre-based day care and respite)

Dementia Australia 9531 1928
Dementia Support Australia..... 1800 699 799
Southcare 9540 7540

Domestic Assistance

Housework & cleaning

3 Bridges Community 1300 327 434
Alliance Health.....9310 6544
Anglicare.....1300 111 278
Baptist Care..... 9023 2500
Care Connect 9830 8900
Calvary Community Care 1300 660 022
Catholic Healthcare 1800 225 474
CASS Care Ltd9789 4587
KinCare 1800 336 270
Salvation Army.....1300 111 227
Southern Cross..... 1800 989 000

Food Services

Meals for people who have difficulty

cooking

Karimbla Restaurant.....9526 2077
Sutherland Food Services
(Meals on Wheels) 9540 7365

Modifications & Maintenance

Modifications and repairs essential for safety and independence

3Bridges Community 1300 327 434
Home Modification Solutions 9524 1100

Aboriginal

Kurrulla Aboriginal Corporation.. 9528 0287

Multicultural

Advance Diversity Services 9597 5455
CASS Care Ltd.....9789 4587
Co.As.It 9564 0744
Gynea Community Aid &
Information Services.....9524 9559
Multicultural Aged Care..... 9718 6199

Occupational Therapy

Assessment & assistance with safety and independence

3Bridges Community 1300 327 434
Benevolent Society.....1800 052 222
Southcare 9540 7540

Information as available at time of print, is not exhaustive and subject to change.

INFORMATION PROVIDED BY

SUTHERLAND SHIRE COUNCIL

P: 02 9710 0333

sutherlandshire.nsw.gov.au

facebook.com/shireseniors

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Personal Care

Assistance with bathing, dressing and grooming

Alliance Health.....9310 6544
Anglicare.....1300 111 278
Australian Unity 1300 160 170
BaptistCare..... 9023 2500
Calvary Community Care 1300 660 022
Catholic HealthCare 1800 225 474
CASS Care Ltd.....9789 4587
KinCare 1800 336 270
Salvation Army.....1300 111 227
Southern Cross 1800 989 000
Wesley Mission Home Care 8522 2200

Podiatry

Assistance with nail and foot care

Anglicare.....1300 111 278
Southcare 9540 7956

Respite

A break for family members & friends with a caring role

3Bridges Community 1300 327 434
Advance Diversity Services 9597 5455
Alliance Health.....9310 6544
Anglicare.....1300 111 278
Australian Unity 1300 160 170
BaptistCare..... 9023 2500
Benevolent Society 1800 052 222
Catholic HealthCare 1800 225 474
Civic Lifestyles.....9575 1900
HammondCare 1800 826 166
Southcare 9540 7540
Wesley Mission Home Care 8522 2200

Shopping Services

Assistance with shopping

3 Bridges Community 1300 327 434
Activus Transport..... 8555 0000

Social Support

3 Bridges Community 1300 327 434
Advance Diversity Services 9597 5455
Anglicare.....1300 111 278
BeConnected Community Services..9544 0104
Catholic HealthCare 1800 225 474
Engadine Community Services 9520 7022
Gynea Community Aid &

Information Services.....9524 9559
Kurrulla Aboriginal Corporation .. 9524 1100
Southcare9540 7540
Wesley Mission Home Care 8522 2200

Transport

Activus Transport 8555 0000

Carer Support

3Bridges Community 1300 327 434
Carer Support Service 9542 6292
Dementia Australia.....9531 1928
Carers NSW 1800 242 636
Catholic HealthCare 8536 0855

SUTHERLANDSHIRE

