

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

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 (see below)
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):

- find out about services and costs
- choose services
- 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)

- contact providers
- find out about care and services offered, requirements, fees, and conditions under your Home Care Agreement
- choose package provider
- 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)

- contact providers
- find out about the facilities, care and services offered, requirements, fees, conditions and agreements
- choose an aged care home
- receive services

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

My Aged Care - P: 1800 200 422 www.myagedcare.gov.au

SUPPORT SERVICES TO HELP AT HOME



Sutherland Shire has a vibrant, diverse and active community of older people.

As we get older, sometimes people may need help or support to remain independent, live in their own home 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

COMMONWEALTH HOME SUPPORT PROGRAMME SERVICE PROVIDERS IN SUTHERLAND SHIRE

MY AGED CARE

You need to register & be assessed by My Aged Care to access Government subsidised services
P: 1800 200 422 www.myagedcare.gov.au

COMMUNITY NURSING

Medical care, including bandages & medication

Australian Unity	1300 160 170
BaptistCare	1300 275 227
Feros Care.....	1300 090 256
Nurses on Wheels	9502 3422
Southcare	9540 7175
Southern Cross	1800 989 000

DEMENTIA CARE

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

Anglicare.....	1300 111 278
CatholicCare.....	8536 0855
Dementia Australia	9531 1928
HammondCare	1300 426 666
St Basil's Miranda Day Care.....	8543 2060

DOMESTIC ASSISTANCE

Housework & cleaning

3Bridges Community	1300 327 434
Alliance Health.....	9310 6544
Anglicare.....	1300 111 278
BaptistCare.....	1300 275 227
Calvary Community Care	1300 660 022
CatholicCare.....	8536 0855
CASS Care Ltd.....	9789 4587
KinCare.....	1800 336 270
Salvation Army.....	9779 9411
Southern Cross	1800 989 000
Wesley Mission Home Care	8522 2200

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

Kurranulla	9528 0287
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MULTICULTURAL

Advance Diversity Services.....	9597 5455
CASS Care Ltd.....	9789 4587
Co.As.It.....	9564 0744
Multicultural Aged Care	9718 6199

OCCUPATIONAL THERAPY

Assessment & assistance with safety & independence

Benevolent Society.....	1800 052 222
Southcare	9540 7540

PERSONAL CARE

Assistance with bathing, dressing & grooming

Alliance Health.....	9310 6544
Anglicare.....	1300 111 278
Australian Unity	1300 160 170
BaptistCare.....	1300 275 227
Calvary Community Care	1300 660 022
CatholicCare.....	8536 0855
CASS Care Ltd.....	9789 4587
KinCare.....	1800 336 270
Salvation Army.....	9779 9411
Southern Cross	1800 989 000
Wesley Mission Home Care	8522 2200

PODIATRY

Assistance with nail & foot care

Anglicare.....	1300 111 278
Southcare	9540 7175

RESPIRE

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.....	1300 275 227
Benevolent Society.....	1800 052 222
CatholicCare.....	8536 0855

SHOPPING SERVICES

Assistance with shopping

3Bridges Community	1300 327 434
Activus Transport	8555 0000

SOCIAL SUPPORT

A range of social & centre based support services

3Bridges Community	1300 327 434
Advance Diversity Services.....	9597 5455
BeConnected Community Services.....	9544 0104
Essential Community Solutions.....	9520 7022
Gynea Community Aid & Information	9524 9559
Kurranulla	9524 1100

TRANSPORT

For medical appointments & social activities

Activus Transport	8555 0000
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CARER SUPPORT

Carer Support Service	9542 6292
Advance Diversity Services.....	9597 5455
Dementia Australia	9531 1928
Carers NSW	1800 242 636
Catholic Care.....	8536 0855

CARER GATEWAY

Information and resources to support carers
P: 1800 422 737 www.carergateway.gov.au

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

INFORMATION PROVIDED BY
SUTHERLAND SHIRE COUNCIL
P: 02 9710 0333
sutherlandshire.nsw.gov.au

