

Live in the Northern Region?

NEED HELP AT HOME?

Are you....

- Aged 65+ (50+ for Aboriginal person)
- A person with a disability, or
- A carer

There are Commonwealth Home and Community Care (HACC) services and NSW Community Care Supports Programs (CCSP) in your local area that may be able to help

Interpreting Service

Deaf and Hearing Impaired

Speak and Listen 1300 555 727
Telephone Typewriter Services (TTY) 1300 555 727
SMS Relay 0423 677 767

Translating & Interpreting Service

TIS..... 13 14 50

Lane Cove, Mosman, North Sydney and Willoughby

Aboriginal and Torres Strait Islander People

Aboriginal Access & Assessment Team1300 797 606
Community Care Northern Beaches Ltd9998 2900

Aged Care Assessment Team (ACAT)

Assessment for community aged care services and residential care

Royal North Shore Hospital9462 9333

Allied Health

Anglicare1300 768 566
Physiotherapy, speech therapy & podiatry
Australian Unity1300 160 170
Physiotherapy, occupational therapy & podiatry
Community Care Northern Beaches1300 002 262
Podiatry only
Sydney Community Services9427 6425
Royal North Shore Hospital9462 9333
Occupational therapy, speech therapy and dietician

Cultural & Linguistically Diverse Services (CALD)

For support, information & assistance with finding and using services

Armenian Community Welfare Centre9419 6394
Australian Chinese Community Association9412 3488
Community Care Northern Beaches Ltd1300 002 262
Co.As.It Italian Association9564 0744
GWC Community Services9516 2188
Multicultural Community Advisory Service 8968 3410

Centre-Based Day Care

Activities and social interactions in a group environment

French's Forest Day Centre.....8422 1000
Frail aged/Dementia/CLAD
Armenian Community Welfare Centre9419 6394
CLAD/Dementia
Australian Chinese Community Association9412 3488
CLAD
Baptist Community services (*Frail Aged*).....9346 1440
Catholic Community Services9904 8376
CALD/Frail Aged

Co.As.It Italian Association 9564 0744
CALD/Dementia
Greek Welfare Centre (*CALD*) 9516 2188
Hammond Care1800 826 166
Frail Aged/Dementia
LNS Multicultural Aged Care Program 9777 7992
CALD
St Catherine's Aged Care Services 8875 0919
Dementia
Uniting Care Ageing (*Frail Aged/Dementia*) ...1800 486 484

Community Options/ Case Management

Support for people with complex care needs and their carers

Catholic Community Services1800 225 474
Community Care Northern Beaches Ltd ... 1300 002 262
CALD only
Hammond Care1800 826 166

Dementia Services

Catholic Community Services1800 225 474
Community Care Northern Beaches Ltd ... 1300 002 262
Reginal Dementia Planner
HammondCare1800 826 166

Food Services/Meals

Home delivered meals and/or group social lunches

Crows Nest Meals on Wheels 9437 7517
Sydney Community Services 9427 6425
Mosman Council Meals on Wheels 9978 4130
Willoughby Council Meals on Wheels 9777 7830
At home with Willoughby

Gardening & Lawn Services

BaptistCare 8706 5500
Community Assist lawn mowing 9488 9390
Sydney Community Services 9427 6425

Home Maintenance & Modification

BaptistCare 8706 5500
Sydney Community Services 9427 6425

Linen Service

Crows Nest Centre	9439 5122
Sydney Community Services	9427 6425
At home with Willoughby	9777 7830

Nursing care

Sydney Community Services	9427 6425
Northern Sydney Home Nursing Service	9462 9388

Personal Care & Help

Help with personal care (bathing, dressing, toileting) and housework

Anglicare Frenchs Forest Day Care	8422 1000
ARV Homecare	8886 9485
Australian Homecare	1300 303 770
Australian Unity	1300 160 170
Australia Unity Home Care Services	1800 350 792
BaptistCare	9346 1440
Benevolent Society	1800 917 139
Catholic Community Services	1800 225 474
Calvary Community Care	9281 5444
KinCare Community Services	1300 733 510
Sydney Community Services	9427 6425
Northside Community Forum Inc.	1300 134 332

Respite Care

Provides carers with a break from their caring role

Anglicare Frenchs Forest Day Care	8422 1000
Australia Unity Home Care Services	1800 350 792
BaptistCare	9346 1440
Catholic Care (Disability only)	8968 5100
Commonwealth Respite and Carelink Centre	1800 052 222
Community Care Northern Beaches Ltd.	1300 002 262
Crows Nest Centre	9439 5122
<i>Chinese Seniors Only</i>	
HammondCare	1800 826 166
Riverlink Interchange	9638 0999
<i>Disability Respite Only</i>	
Uniting Care Ageing	1800 486 484

Shopping & social Support Services

Assistance with shopping, individual & group social activities, and some assisted transport.

Australian Unity	1300 160 170
Calvary Community Care	9281 5444
Catholic Community Services	1800 225 474
Crows Nest Centre	9439 5122

DARTS (Wheelchair Disability Only)	8405 4422
KinCare Community Services	1300 733 510
Sydney Community Services	9427 6425
Lane Cove Meeting House	9427 1841
Mosman Council	9978 4119
Northside Community Forum Inc	1300 134 332
Uniting Care Ageing	1800 486 484
Willoughby Council Aid	9777 7824
At Home with Willoughby	9777 7830

Support Services

Providing counselling/support, information & advocacy for cares & care recipients

Catholic Community Services	1800 225 474
Crows Nest Centre	9439 5122
Hammond Care	1800 826 166
Sydney Community Services	9427 6425
Multicultural Community Advisory Service	8968 3410
Seniors Rights Service	9281 3600
At Home with Willoughby	9777 7830

Transport

Transport services for medical, shopping, community access, individual & group activities

EasyLink	9919 0700
Lower North Shore Community Transport	9490 9500
Mosman Council Community Transport	9978 4120

Volunteers

Learn more about how you can volunteer for a community service

Lower North Shore Volunteer Service	9777 7815
---	-----------

Information & Referral Services

Carer Support Service North Sydney	9462 9488
Carers NSW	1800 242 636
Commonwealth My Aged Care	1800 200 422
Crows Nest Centre	9439 5122
IDEAS Disability Info Line	1800 029 904
Sydney Community Services	9427 6425
Lane Cove Council	9911 3593
Mental Health Information Service NSW	1300 794 911
Mosman Council	9978 4119/4056
North Sydney Council	9936 8195
Northern Sydney Carer Support Service	8877 5349
Northside Community Forum Inc	8405 4444
Willoughby Council	9777 7805

Are you eligible?

You may be eligible for HACC or CCSP services if you are an older person, a person with a disability, or a carer. Agencies providing services will discuss your needs and eligibility during an assessment and will then provide you with information about your choices. It is important to understand that in some circumstances there may be more people wanting services than there are services available. It is the agencies' responsibility to make sure services are allocated fairly and on the basis of need. However, if these governments subsidised services are not available when you need them, there are some commercial/private services which may be able to assist.

How much does it cost?

Each service will provide information about its fees during an initial discussion of your needs. If you are not able to pay, you cannot be denied a HACC or CCSP service.



This information was produced by KNC
St Ives Shopping Village, St Ives NSW 2075
PO Box 107, St Ives, NSW 2075
P: 02 9988 4966
E: info@knc.org.au www.knc.org.au