

RESPITE SERVICES—SUPPORT FOR CARERS

Botany	
Annabel House Dementia Day Care	9315 7726
Randwick	
The Junction Neighbourhood Centre	9349 8200
Annabel House Dementia Day Care	9315 7726
Burger Centre	8345 9147
City of Sydney	
St Vincent's Community Health	8382 1450
Waverley	
St Vincent's Community Health	8382 1450
Waverley Seniors & Community Centre	9083 8900
War Memorial Day Centre	9369 0263
Eastern Suburbs & the City of Sydney	
St Vincent's Community Health	8382 1450
City of Sydney & Eastern Suburbs	
Anglican Retirement Villages	1300 768 566
Australian Chinese Community Assn	9281 1377
Catholic Community Services	1800 225 474
Club Botany Day Centre	9666 7394
Commonwealth Respite & Carelink	1800 052 222
Creativity Inc	8347 7000
GWC Community Services	9516 2188
Holdsworth Community	9302 3600
Home Care Service NSW	1800 350 792
JewishCare	1300 133 660
Kincare	1300 733 510
The Cottage at Rushcutters Bay	8971 9012
St Lukes	9356 0305
ANHF- Stanley Hunt Chinese Day Care	9211 9838
Advance Diversity Services	9597 5455
South Eastern Community Connect	8338 8506

CARER SUPPORT—COUNSELLING & ADVICE FOR CARERS

Carers NSW Carer Support Line	1800 242 636
Carer Gateway	1800 422 737
Holdsworth Community	9302 3600

SOCIAL SUPPORT GROUP

Botany	
South Eastern Community Connect	8338 8506
Randwick	
The Junction Neighbourhood Centre	9349 8200
Burger Centre	8345 9147
City of Sydney	
Neighbour Connections	85701400
Australian Chinese Community Assn	9281 1377
City of Sydney Community Centres	9265 9489
Waverley	
Waverley Community & Seniors Centre	9386 7900
The Junction Neighbourhood Centre	9349 8200
Eastern Suburbs & the City of Sydney	
Access Sydney Community Transport	8241 8000
Anglican Retirement Villages	1300 768 566
Catholic Community Services	1800 225 474
COA Sydney	9389 0035
Holdsworth Community	9302 3600
Calvary Silver Circle	1300 735 444
Chinese Australian Services Society	9789 4587
KinCare	1300 733 510
Kings Cross Community Centre	9357 2164
Wesley Home & Carer Support	9523 7811
Advance Diversity Services	9597 5455
Eastern Sydney Multicultural Access & Support Services	9700 8872
GWC Community Services	9516 2188
ANHF- Stanley Hunt Chinese Day Care (Dementia)	9211 9838

SOCIAL SUPPORT INDIVIDUAL

Neighbour Connections	85701400
South Eastern Community Connect	8338 8506
The Junction Neighbourhood Centre	9349 8200
Holdsworth Community	9302 3600
Eastern Sydney Multicultural Access & Support Services	9700 8872
South Eastern Community Connect	8338 8506
Anglican Retirement Villages	1300 768 566
Kincare	1300 733 510
Australian Chinese Community Association	9281 1377

HOME ASSISTANCE—HELP WITH HOUSEHOLD TASKS

Eastern Suburbs & the City of Sydney	
Home Care Service NSW	1800 350 792
Catholic Community Services	1800 225 474
Benevolent Society Home Assistance	8314 9400
Alliance Health	9310 6512
Anglican Retirement Villages	1300 768 566
Calvary Silver Circle	1300 735 444
CASS Care Ltd.	9789 4587
KinCare	1300 733 510
Salvation Army Aged Care Plus	9645 3220
Advance Diversity Services	9597 5455

PERSONAL CARE—HELP WITH BATHING, TOILETING, DRESSING

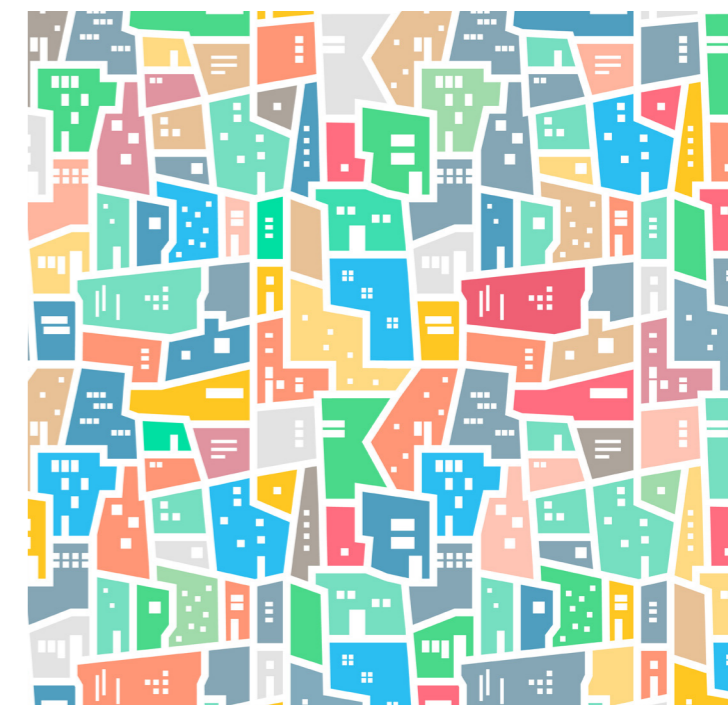
Eastern Suburbs & the City of Sydney	
Home Care Service NSW	1800 350 792
Catholic Community Services	1800 225 474
Alliance Health	93106512
Anglican Retirement Villages	1300 768 566
Calvary Silver Circle	1300 735 444
CASS Care Ltd.	9789 4587
KinCare	1300 733 510
Salvation Army Aged Care Plus	9645 3220
Wesley Home & Carer Support	9523 7811

HOME MAINTENANCE—REPAIRS & MAINTENANCE

Eastern Suburbs & the City of Sydney	
Uniting Home Modifications and Maintenance Sydney Metro	9519 5000
Randwick & Waverley	
Randwick Home Maintenance and Modification Service	9399 0629

GARDENING

Eastern Suburbs & the City of Sydney	
Uniting Home Maintenance and Modification Service	9519 5000



HOME SUPPORT SERVICES

Eastern Suburbs & the City of Sydney

Home Support Services provide support services for older people and their carers to live independently in their own home or the community, under the Commonwealth Home Support Programme

In order to access services listed here you first need to register with **My Aged Care on 1800 200 422**

If you speak a language other than English then you can call the **Translating and Interpreting Service on 131450**

Last updated May 2016

MULTICULTURAL SERVICES

ARABIC

South Eastern Community Connect	8338 8506
Sydney Multicultural Community Services	9663 3922

CHINESE

Australian Chinese Community Association	9281 1377
Stanley Hunt Centre (Chinese)	9211 9838
Access Sydney Community Transport	8241 8000

GREEK

GWC Community Services	9516 2188
Waverley Seniors & Community Centre	9083 8900
Sydney Multicultural Community Services	9663 3922
South Eastern Community Connect	8338 8506

ITALIAN

Sydney Multicultural Community Services	9663 3922
Eastern Sydney Multicultural Access & Support Services	9700 8872
Waverley Seniors & Community Centre	9083 8900
South Eastern Community Connect	8338 8506

SPANISH

Sydney Multicultural Community Services	9663 3922
South Eastern Community Connect	8338 8506

RUSSIAN

Burger Centre	8345 9221
The Junction Neighbourhood Centre	9349 8200
South Eastern Community Connect	8338 8506
Randwick Waverley Community Transport	9369 5366
Waverley Seniors & Community Centre	9083 8900
Eastern Sydney Multicultural Access & Support Services	9700 8872
South Eastern Community Connect	8338 8506

ABORIGINAL SPECIFIC SERVICE PROVIDERS

Botany/Randwick Area

Guriwal	9311 2999
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City of Sydney

Wyanga	9319 7175
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Eastern Suburbs & the City of Sydney

Aboriginal Medical Service	9319 5823
Alleena Home Care	4629 1702

TRANSPORT—INDIVIDUAL & GROUP TRANSPORT

Botany

South Eastern Community Connect	8338 8506
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Randwick/Waverley

Randwick Waverley Community Transport	9369 5366
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Eastern Suburbs & the City of Sydney

Access Sydney Community Transport	8241 8000
Holdsworth Community Transport	9302 3605
Anglican Retirement Villages	9700 7714
Randwick Waverley Community Transport	9369 5366
Calvary Silver Circle	1300 735 444

HEALTH SERVICES IN THE COMMUNITY

Botany/Randwick

Prince of Wales Community Health	9369 0400
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City of Sydney

St Vincent's Community Health	8382 1450
Redfern Community Health	9395 0444

Waverley/Woolahra

St Vincent's Community Health	8382 1450
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Eastern Suburbs & the City of Sydney

Spinal Cord Injuries Australia Emergency Day & Night Services	9661 8855; 1800 819 775
Maroubra Mobile Mental Health Service	9366 8711

EXERCISE & WELLBEING

Holdsworth Community	9302 3600
Waverley Seniors & Community Centre	9083 8900
Neighbour Connections	8241 8050
COA Sydney	9389 0035
Burger Centre	8305 9222
Prince of Wales Community Health	9369 0400
St Vincent's Community Health	8382 1450
The Junction Neighbourhood Centre	9349 8200
South Eastern Community Connect	8338 8506
Eastern Sydney Multicultural Access & Support Services	9700 8872
City of Sydney Community Centres	9265 9489
Australian Chinese Community Association	9281 1377



Funded by the Australian Government Department of Health.
Visit www.health.gov.au for more information

FOOD SERVICES—MEALS DELIVERED TO YOUR HOME

Botany Meals on Wheels	9669 5295
City of Sydney Meals on Wheels	8512 4230
Randwick Meals on Wheels	9661 3781
Holdsworth Community (Home Cuisine)	9327 2361
COA Sydney (Kosher Meals) Meals on Wheels	9389 0035
Australian Chinese Community Asn	9281 1377

FOOD SERVICES—FRESH FRUIT & VEGETABLES DELIVERED

Food Distribution Network	9316 8503
South Eastern Community Connect	8338 8506

COMMUNITY MEALS—HOT LUNCHEES IN THE COMMUNITY

Botany

Botany Aged Services Centre	9669 4640
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City of Sydney

City of Sydney Centre Based Meals	9288 5600
Cliff Noble Centre, Alexandria	8512 8000
St Helens Community Centre, Glebe	9298 3050
Ron Williams Centre, Redfern	9288 5601
Reg Murphy Centre, Kings Cross	8374 6310
Harry Jensen Centre, Millers Point	9244 3696
Ultimo Community Centre, Ultimo	9298 3103

Eastern Suburbs & the City of Sydney

Holdsworth Community (Gaden Cafe)	9302 3600
COA Sydney	9389 0035

SHOPPING—LIST, ACCOMPANIED AND UNACCOMPANIED

South Eastern Community Connect	8338 8506
The Junction Neighbourhood Centre	9349 8200
Holdsworth Community	9302 3600
Access Sydney Community Transport	8241 8000
Neighbour Connections	85701400
Randwick Waverley Community Transport	9369 5366
Randwick Meals on Wheels	9661 3781
Kings Cross Community Centre	9357 2164

ASSISTANCE WITH CARE AND HOUSING FOR THE AGED

Anglican Retirement Villages	1300 111 278
Catholic Community Services	1800 225 474

COMMUNITY BASED DAY SERVICES—DEMENTIA

IN-HOME RESPITE - DEMENTIA

Alleena-Warrambucca	
Aboriginal Home Care	4629 1702
Anglican Retirement Villages - Respite Options	9700 7714
Australian Chinese Community Association	9281 1377
Catholic Community Services	1800 225 474
Home Care Service of NSW	1800 350 792
KinCare Dementia Respite	1300 733 510
The Junction Neighbourhood Centre	9349 8200
South East Neighbourhood Centre	8338 8506
Carer Respite Centre	1800 052 222
St Luke's Dementia Carers Respite Program	9356 0466
Sydney Multicultural Community Services	9663 3922
Veteran's Home Care Program	1300 550 450

YOUNGER ONSET DEMENTIA SERVICES

The Cottage - War Memorial Hospital	9369 0400
Holdsworth Community	9302 3600

CENTRE BASED DAY CENTRES - DEMENTIA

GWC Community Services	9516 2188
The Cottage at Rushcutters Bay	8971 9012
Annabel House Dementia Day Centre	9382 8060
Anglican Retirement Village Dementia Day Centre	9700 7714
Burger Centre Dementia Day Centre	8345 9221
Sydney Multicultural Community Services	9663 3922
Botany Bay Respite Centre	9666 7394
War Memorial Dementia Day Centre	9369 0400
Stanley Hunt Dementia Day Centre	9211 9838
Holdsworth Community	9302 3600

INFORMATION AND ADVICE

Eastern Sydney & City of Sydney Dementia Advisory Service	8382 1450
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COMPACTS -SHORT TERM POST-HOSPITAL SUPPORT

Eastern Suburbs & the City of Sydney	
Care Connect	9690 3100
City of Sydney	
Camperdown ComPacks	9515 9800