

## SOCIAL SUPPORT—Individual

3Bridges	1300 327 434
Aboriginal Medical Service	9319 5823
Access Sydney	8241 8000
Advance Diversity Services	9136 4788
Anglicare At Home	1300 111 278
Australian Chinese Community Association	9281 1377
Australian Unity	1300 160 170
Benevolent Society	1800 236 762
Calvary Community Care	1300 660 022
Catholic Healthcare	1800 225 474
CASS Care	9789 4587
COA Sydney	9389 0035
Community & Cultural Connections	8507 2027
Coptic Orthodox Church of St Mark	0481 849 182
Ethnic Community Services Co-operative	9569 1288
Feros Care	1300 763 583
GWC Community Services	9516 2188
HammondCare	1800 826 166
Holdsworth Community	9302 3600
The Junction Neighbourhood Centre	9349 8200
Kincare	1300 167 471
Kings Cross Community Centre	9357 2164
Kurranulla Aboriginal Corporation	9528 0287
PAWA Community Care	9716 0036
Presbyterian Aged Care	1800 722 679
Prince of Wales Community Health	9369 0400
Prompt Care	1800 472 273
South Eastern Community Connect	8338 8506
St Basils	9784 3250
Uniting Healthy Living For Seniors*	1800 486 484
Wesley Home & Carer Support	8522 2200
Wyanga Aboriginal Aged Care	9319 7175

## SOCIAL SUPPORT—Group

3Bridges	1300 327 434
Aboriginal Medical Service	9319 5823
Access Sydney	8241 8000
Anglicare At Home Malabar Centre	1300 111 278
ANHF Stanley Hunt Seniors Wellness Centre	9211 9838
Australian Chinese Community Association	9281 1377
Australian Korean Welfare Culture Centre	0449 882 400
Australian Unity	1300 160 170
Burger Centre	8345 9223
Catholic Healthcare	1800 225 474
CASS Care	9789 4587
City of Sydney Community Centres	9265 9333
<i>Ultimo Community Centre</i>	
<i>Ron Williams Community Centre, Redfern,</i>	
<i>Cliff Noble Community Centre, Alexandria</i>	
<i>Reginald Murphy Community Centre, Potts Point</i>	
Co.As.It.	9564 0744
COA Sydney	9389 0035
Community & Cultural Connections	8507 2027
Coptic Orthodox Church of St Mark	0481 849 182
Eremea	9798 3077
Ethnic Community Services Co-operative	9569 1288
Feros Care	1300 763 583
GWC Community Services	9516 2188
HammondCare	1800 826 166
Holdsworth Community	9302 3600
The Junction Neighbourhood Centre	9349 8200
Kincare	1300 167 471
Kings Cross Community Centre	9357 2164

Kingsgrove Community Aid Centre	9150 7823
Kurranulla Aboriginal Corporation	9528 0287
Muslim Care	8011 0911
Presbyterian Aged Care	1800 722 679
Prince of Wales Community Health Annabel House	9369 0400
Prompt Care	1800 472 273
South Eastern Community Connect	8338 8506
St Basils	9784 3250
St George Community Transport	9585 3000
Sydney Multicultural Community Services	9663 3922
Uniting Healthy Living For Seniors	1800 486 484
Waverley Community & Seniors Centre	9083 8970
Wyanga Aboriginal Aged Care	9319 7175

## COTTAGE RESPITE —Overnight in the community

3Bridges	1300 327 434
Benevolent Society	1800 236 762
HammondCare	1800 826 166
St Basils	9784 3250
Uniting Healthy Living For Seniors*	1800 486 484

## CENTRE-BASED RESPITE SERVICES

Anglicare At Home Malabar Centre	1300 111 278
ANHF Stanley Hunt Seniors Wellness Centre	9211 9838
Benevolent Society	1800 236 762
Burger Centre	8345 9223
Calvary Kogarah Community Health	9553 3000
Civic Lifestyles	9575 1900
GWC Community Services	9516 2188
Prince of Wales Community Health Annabel House	9369 0400
Resourceful Australian Indian Network Inc.	0420 271 570
South Eastern Community Connect	8338 8506
Uniting Healthy Living For Seniors	1800 486 484
Uniting War Memorial Hospital Day Centre	9369 0263

## FLEXIBLE RESPITE — In-home and community access

3Bridges	1300 327 434
Advance Diversity Services	9136 4788
Anglicare At Home	1300 111 278
Australian Unity	1300 160 170
BaptistCare	1300 275 227
Benevolent Society	1800 236 762
Catholic Healthcare	1800 225 474
Civic Lifestyles	9575 1900
Eremea	9798 3077
GWC Community Services	9516 2188
Guriwal	9311 4866
HammondCare	1800 826 166
The Junction Neighbourhood Centre	9349 8200
Kincare	1300 167 471
Multicultural Care	9718 6199
Muslim Care	8011 0911
PAWA Community Care	9716 0036
Presbyterian Aged Care	1800 722 679
Rozelle Neighbourhood Centre	9556 9500
South Eastern Community Connect	8338 8506
St Luke's Home Care	9356 0305
Uniting Healthy Living For Seniors*	1800 486 484
Wesley Home & Carer Support	8522 2200
YourSide	1300 134 332

\*organisation provides this service during COVID-19 only



# Home Support Services

*Eastern Suburbs & the City of Sydney*

[www.brochure.net.au](http://www.brochure.net.au)

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

To access services listed you must register with My Aged Care on  
**1800 200 422** or visit [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

If you speak a language other than English call the  
Translating and Interpreting Service  
on 131450 or visit  
[www.myagedcare.gov.au/other-languages](http://www.myagedcare.gov.au/other-languages)

Regularly updated online at [www.brochure.net.au](http://www.brochure.net.au)  
Last printed update January 2022

### AGED CARE NAVIGATORS—help with My Aged Care

Advance Diversity Services	9136 4788
<i>Languages: Arabic, Cantonese and Mandarin</i>	
Ethnic Community Services Co-operative	9569 1288
<i>People whose first language is not English</i>	
Services Australia Aged Care Service Officer	1800 227 475

### SUPPORT FOR CARERS - Help and advice, respite, support and financial help

Carer Gateway	1800 422 737
---------------	--------------

### MULTICULTURAL SERVICES

#### SERVICES PROVIDED IN A VARIETY OF LANGUAGES

Advance Diversity Services	9136 4788
Australian Korean Welfare Culture Centre	0449 882 400
City of Sydney	9265 9333
Co.As.It.	9564 0744
COA Sydney	9389 0035
Community & Cultural Connections	8507 2027
Ethnic Community Services Co-operative	9569 1288
GWC Community Services	9516 2188
Multicultural Care	9718 6199
Resourceful Australian Indian Network Inc.	0420 271 570
Sydney Multicultural Community Services	9663 3922

#### ...AND IN SPECIFIC LANGUAGES AND CULTURES

Burger Centre	8345 9223
<i>Jewish, Russian</i>	
CASS Care	9789 4587
<i>Cantonese, Korean, Indonesian, Mandarin, Vietnamese</i>	
Ethnic Community Services Co-operative	9569 1288
<i>Greek, Italian, Portuguese, Russian, Vietnamese</i>	
Sydney Multicultural Community Services	9663 3922
<i>Arabic, Maltese, Polish, Spanish</i>	

<b>Chinese</b>	
Australian Chinese Community Association	9281 1377
Australian Nursing Home Foundation	9211 9838

<b>Eastern European languages</b>	
PAWA Community Care	9716 0036

<b>Greek</b>	
GWC Community Services	9516 2188

<b>Italian</b>	
Co.As.It.	9564 0744

<b>Jewish</b>	
COA Sydney	9389 0035

### ABORIGINAL SERVICES

Aboriginal Medical Service	9319 5823
Alleena Home Care— Australian Unity	1300 160 170
Guriwal Aged Care Service	9311 2999
Kurranulla Aboriginal Corporation	9528 0287
Wyanga Aged Care Service	9319 7175

### DEMENTIA

Anglicare At Home	1300 111 278
Dementia Australia	1800 100 500
Eastern Sydney/City of Sydney Dementia Advisory Service	8382 1988
Prince of Wales Community Health	9369 0400

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

### OLDER PEOPLE WHO ARE HOMELESS

Anglicare at Home	1300 111 278
Benevolent Society	1800 917 319
Catholic Health Care	1300 319 011
Kurranulla Aboriginal Corporation	9528 0287

### ADVICE, REFERRAL AND OTHER SERVICES

Anglicare At Home	1300 111 278
Australian Chinese Community Association	9281 1377
Australian Nursing Home Foundation	1800 882 288
Assistive Technology Australia	1300 452 679
CatholicCare Sydney	131 819
Dementia Australia	1800 100 500
Eastern Sydney/City of Sydney Dementia Advisory Service	8382 1988
Guide Dogs NSW/ACT	9412 9300
Spinal Cord Injuries Australia	1800 819 775
Uniting War Memorial Hospital	9369 0100
Vision Australia (vision related)	1300 847 466

### PERSONAL CARE—Help with bathing, toileting, dressing

Alliance Health	1300 769 155
Anglicare At Home	1300 111 278
Australian Unity	1300 160 170
BaptistCare	1300 275 227
Benevolent Society	1800 236 762
Calvary Community Care	1300 660 022
Catholic Healthcare	1800 225 474
CASS Care	9789 4587
Co.As.It.	9564 0744
HammondCare	1800 826 166
Kincare	1300 167 471
Multicultural Care	9718 6199
Prompt Care	1800 472 273
RSL LifeCare at Home	8978 4219
Salvation Army	9556 6938
Spinal Cord Injuries Australia	1800 819 775
Wesley Home & Carer Support	8522 2200

### NURSING

Feros Care	1300 763 583
Prince of Wales Community Health	9369 0400
Southern Cross NSW	1800 989 000
St Vincents Local Health Network	8382 1450
Sydney District Nursing	1300 722 276

### ALLIED HEALTH & THERAPY SERVICES

Aboriginal Medical Service	9319 5823
Australian Unity	1300 160 170
Anglicare At Home	1300 111 278
Benevolent Society	1800 236 762
Catholic Healthcare	1300 319 011
Clever Care Now	9502 3422
Co.As.It.	9564 0744
HammondCare	1800 826 166
Kingsgrove Community Aid Centre	9150 7823
Multicultural Care	9718 6199
Presbyterian Aged Care	1800 722 679
Prince of Wales Community Health	9369 0400

Spinal Cord Injuries Australia	1800 819 775
St Vincents Local Health Network	8382 1450
Sydney Local Health District	1300 722 276
Uniting Seniors Gym	1800 486 484
Vision Australia (vision related)	1300 847 466
Vitality Club	8103 2037
Wesley Home & Carer Support	8522 2200

### DOMESTIC ASSISTANCE—household tasks, inc. shopping

Advance Diversity Services	9136 4788
Alliance Health	1300 769 155
Anglicare At Home	1300 111 278
Australian Unity	1300 160 170
BaptistCare	1300 275 227
Benevolent Society	1800 236 762
Calvary Community Care	1300 660 022
Care Connect	1800 692 464
Catholic Healthcare	1800 225 474
CASS Care	9789 4587
Erema	9798 3077
GWC Community Services	9516 2188
HammondCare	1800 826 166
Kincare	1300 167 471
Kurranulla Aboriginal Corporation*	9528 0287
Multicultural Care	9718 6199
PAWA Community Care	9716 0036
Presbyterian Aged Care	1800 722 679
Randwick Meals On Wheels	9661 3781
Rozelle Neighbourhood Centre	9556 9500
Salvation Army	9556 6938
YourSide	1300 134 332

### MEALS DELIVERED TO YOUR HOME

Australian Chinese Community Association	9281 1377
City of Sydney Meals On Wheels	8512 4230
COA Sydney Kosher Meals On Wheels	9389 0035
Holdsworth Community (Home Cuisine)	0414 789 966
Randwick Meals on Wheels	9661 3781
Resourceful Australian Indian Network Inc.	0420 271 570

### MEALS AT A CENTRE

Australian Chinese Community Association	9281 1377
COA Sydney	9389 0035
Resourceful Australian Indian Network Inc.	0420 271 570

### OTHER FOOD SERVICES

Australian Chinese Community Association	9281 1377
City of Sydney Meals On Wheels	8512 4230
COA Sydney	9389 0035
Holdsworth Community	9302 3600
Kincare	1300 167 471
Randwick Meals On Wheels	9661 3781
Resourceful Australian Indian Network Inc.	0420 271 570

<b>Fresh Fruit &amp; Vegetable Deliveries</b>	
South Eastern Community Connect	8338 8506

### TRANSPORT—individual, group & community transport

3Bridges	1300 327 434
Access Sydney Community Transport	8241 8000
Australian Unity	1300 160 170

Benevolent Society	1800 236 762
Calvary Community Care	1300 660 022
Erema	9798 3077
Guriwal	9311 4866
Holdsworth Community Transport	9302 3600
Multicultural Care	9718 6199
Randwick Waverley Community Transport	9369 5366
South Eastern Community Connect	8338 8506
St George Community Transport	9585 3000
Wyanga Aboriginal Aged Care	9319 7175

### HOME MAINTENANCE

3Bridges	1300 327 434
Australian Unity	1300 160 170
Home Modification Solutions	9524 1100
Randwick Home Maintenance & Modification	9093 6629
Uniting Home Modifications & Maintenance	1800 864 846
<b>Gardening</b>	
Australian Unity	1300 160 170
BaptistCare	1300 275 227
Uniting Home Modifications & Maintenance	1800 486 484

### HOME MODIFICATIONS

3Bridges	1300 327 434
Australian Unity	1300 160 170
Erema	9798 3077
Home Modification Solutions	9524 1100
Randwick Home Maintenance & Modification	9093 6629
Uniting Home Modifications & Maintenance	1800 486 484

<b>Complex modifications</b>	
NSW Statewide Home Modification Service	4937 4555

### GOODS, EQUIPMENT, ASSISTIVE TECHNOLOGY

Australian GEAT2GO	1800 519 479
Australian Nursing Home Foundation	1800 882 288
Feros Care	1300 763 583

\*organisation provides this service during COVID-19 only

If you're concerned about the quality of your aged care services and want to speak to someone about this, an advocacy or complaints service may be able to help. These services are free, confidential and independent, providing an opportunity to raise concerns about aged care services.

**Aged Care Complaints**  
1800 951 822 [www.agedcarecomplaints.gov.au](http://www.agedcarecomplaints.gov.au)  
**Seniors Rights Service**  
9281 3600 or 1800 424 079



Availability of an individual service at any time is not guaranteed.  
Please check with the individual provider.  
This brochure is produced by Inner Sydney Voice with support from the  
Commonwealth Government Department of Health.  
02 9698 7784 [ssdo@innersydneyvoice.org.au](mailto:ssdo@innersydneyvoice.org.au)  
© 2022 Inner Sydney Voice