

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 Nursing Home Foundation	1800 882 288
Australian Unity	1300 160 170
Benevolent Society	1800 236 762
Calvary Community Care	1300 660 022
Catholic Healthcare	1800 225 474
CASS Care	9718 7305
COA Sydney	9389 0035
Coptic Orthodox Church of St Mark	0481 849 182
Ethnic Community Services Co-operative	9569 1288
Feros Care	1300 271 271
GWC Community Services	9516 2188
HammondCare	1800 826 166
Holdsworth Community	9302 3600
JNC	9349 8200
Kincare	1300 733 510
Kings Cross Community Centre	9357 2164
Muslim Care	8011 0911
PAWA Community Care	9716 0036
Presbyterian Aged Care	1800 722 679
Prompt Care	1800 472 273
South Eastern Community Connect	8338 8506
Uniting Healthy Living For Seniors	1800 864 846
Wesley Home & Carer Support	8522 2200
Wyanga Aboriginal Aged Care	9319 7175

Kings Cross Community Centre	9357 2164
Kurranulla Aboriginal Corporation	9528 0287
Muslim Care	8011 0911
Presbyterian Aged Care	1800 722 679
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 864 846
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	9522 1651
Uniting Healthy Living For Seniors	1800 864 846

CENTRE-BASED RESPITE SERVICES

3Bridges	1300 327 434
Advance Diversity Services	9136 4788
Anglicare At Home Malabar Centre	1300 111 278
ANHF Stanley Hunt Seniors Wellness Centre	9211 9838
Australian Unity	1300 160 170
Burger Centre	8345 9223
GWC Community Services	9516 2188
Resourceful Australian Indian Network Inc	0420 271 570
South Eastern Community Connect	0423 082 650
Uniting Healthy Living For Seniors	1800 864 846
Uniting War Memorial Hospital Day Centre	9369 0263

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 Unity	1300 160 170
Burger Centre	8345 9223
Catholic Healthcare	1800 225 474
CASS Care	9718 7305
City of Sydney Community Centres	9244 3696
<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
Coptic Orthodox Church of St Mark	0481 849 182
Erenea	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
JNC	9349 8200
Kincare	1300 733 510

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
Better Connected Community Services	9024 5500
CASS Care	9718 7305
Catholic Healthcare	1800 225 474
Erenea	9798 3077
GWC Community Services	9516 2188
Guriwal	9311 4866
HammondCare	1800 826 166
JNC	9349 8200
Kincare	1300 733 510
Multicultural Care	9718 6199
Muslim Care	8011 0911
PAWA Community Care	9716 0036
Pearl Home Care	0420 380 918
Presbyterian Aged Care	1800 722 679
South Eastern Community Connect	8338 8506
St Basils	9784 3250
St Luke's Home Care	9356 0305
Uniting Healthy Living For Seniors	1800 864 846
Wesley Home & Carer Support	8522 2200
YourSide	1300 134 332



Home Support Services

Eastern Suburbs & the City of Sydney

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**

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

Regularly updated online at www.brochure.net.au

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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
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ADVICE, REFERRAL AND SPECIALIST SERVICES Including advice about vision, aids, and continence

Anglicare At Home	1300 111 278
Australian Nursing Home Foundation	1800 882 288
Assistive Technology Australia	1300 452 679
BaptistCare	1300 275 227
CatholicCare Sydney	131 819
Eastern Sydney/City of Sydney Dementia Advisory Service	0416 144 100
Guide Dogs NSW/ACT	9412 9300
HammondCare	1800 826 166
Uniting War Memorial Hospital	9369 0100
Vision Australia (vision related)	1300 847 466

MULTICULTURAL SERVICES**SERVICES PROVIDED IN A VARIETY OF LANGUAGES**

Advance Diversity Services	9136 4788
City of Sydney	9244 3696
Co.As.It.	9564 0744
COA Sydney	9389 0035
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	9718 7305
<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>	
Chinese	
Australian Chinese Community Association	9281 1377
Australian Nursing Home Foundation	9211 9838
Eastern European languages	
PAWA Community Care	9716 0036
Greek	
GWC Community Services	9516 2188
Italian	
Co.As.It.	9564 0744
Jewish	
COA Sydney	9389 0035

ABORIGINAL SERVICES

Aboriginal Medical Service	9319 5823
Aboriginal Home Care— Australian Unity	1300 271 415
Guriwal Aged Care Service	9311 2999

Kurranulla Aboriginal Corporation	9528 0287
Wyanga Aged Care Service	9319 7175

DEMENTIA

3Bridges	1300 327 434
Anglicare At Home	1300 111 278
Eastern Sydney/City of Sydney Dementia Advisory Service	0416 144 100

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
HammondCare	1800 826 166
Kurranulla Aboriginal Corporation	9528 0287
Uniting Assistance with Care and Housing	1800 864 846

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
CASS Care	9718 7305
Catholic Healthcare	1800 225 474
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 6942
Spinal Cord Injuries Australia	1800 819 775
Uniting Healthy Living For Seniors	1800 864 846
Wesley Home & Carer Support	8522 2200

NURSING

Clever Care Now	1300 663 434
Feros Care	1300 763 583
Prince of Wales Community Health	9369 0400
Southern Cross NSW	1800 989 000
Spinal Cord Injuries Australia	1800 819 775
St Vincents Local Health Network	8382 1450
Sydney District Nursing	1300 722 276
Uniting Healthy Living For Seniors	1800 864 846

ALLIED HEALTH & THERAPY SERVICES

Aboriginal Medical Service	9319 5823
Anglicare At Home	1300 111 278
Australian Unity	1300 160 170
Benevolent Society	1800 236 762
Catholic Healthcare	1300 319 011
Clever Care Now	1300 663 434
Feros Care	1300 763 583
HammondCare	1800 826 166
Kingsgrove Community Aid Centre	9150 7823
McLean Care Dietetics (telehealth)	1300 791 660
Multicultural Care	9718 6199
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 864 846
Uniting War Memorial Hospital	9369 0100
Vision Australia (vision related)	1300 847 466
Vitality Club	8103 2037

DOMESTIC ASSISTANCE—household tasks, inc. shopping

Advance Diversity Services	9136 4788
Alliance Health	1300 769 155
Anglicare At Home	1300 111 278
Australian Nursing Home Foundation	1800 882 288
Australian Unity	1300 160 170
BaptistCare	1300 275 227
Calvary Community Care	1300 660 022
Care Connect	1800 692 464
CASS Care	9718 7305
Catholic Healthcare	1800 225 474
Erema	9798 3077
GWC Community Services	9516 2188
HammondCare	1800 826 166
Kincare	1300 167 471
Multicultural Care	9718 6199
PAWA Community Care	9716 0036
Presbyterian Aged Care	1800 722 679
Randwick Meals On Wheels	9661 3781
RSL LifeCare at Home	8978 4219
Salvation Army	9556 6942
Uniting Healthy Living For Seniors	1800 864 846
YourSide	1300 134 332

MEALS DELIVERED TO YOUR HOME

3Bridges	1300 327 434
Australian Chinese Community Association	9281 1377
Australian Unity	1300 160 170
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

3Bridges	1300 327 434
Australian Chinese Community Association	9281 1377
Australian Unity	1300 160 170
COA Sydney	9389 0035
Holdsworth Community	0414 789 966
Resourceful Australian Indian Network Inc	0420 271 570

OTHER FOOD SERVICES

COA Sydney	9389 0035
Fresh Fruit & Vegetable Deliveries	
South Eastern Community Connect	8338 8506

TRANSPORT—individual, group & community transport

3Bridges	1300 327 434
Access Sydney Community Transport	8241 8000
Anglicare At Home	1300 111 278
Australian Unity	1300 160 170
Benevolent Society	1800 236 762
Calvary Community Care	1300 660 022

Connect Inner West	9558 6800
Erema	9798 3077
Guriwal	9311 4866
Holdsworth Community Transport	9302 3600
Kurranulla Aboriginal Corporation	9528 0287
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
BaptistCare	1300 275 227
Home Modification Solutions	9524 1100
Randwick Home Maintenance & Modification	9093 6629
Uniting Home Modifications & Maintenance	1800 864 846

Gardening

Australian Unity	1300 160 170
BaptistCare	1300 275 227
Uniting Home Modifications & Maintenance	1800 486 484

HOME MODIFICATIONS

3Bridges	1300 327 434
BaptistCare	1300 275 227
Erema	9798 3077
Home Modification Solutions	9524 1100
Randwick Home Maintenance & Modification	9093 6629
Uniting Home Modifications & Maintenance	1800 864 846

Complex modifications

NSW Statewide Home Modification Service	4937 4555
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GOODS, EQUIPMENT, ASSISTIVE TECHNOLOGY

Assistive Technology Australia	9912 5800
Australian GEAT2GO	1800 519 479
Australian Nursing Home Foundation	1800 882 288
Feros Care	1300 271 271

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

Seniors Rights Service

9281 3600 or 1800 424 079



Availability of an individual service at any time or in a specific suburb 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.

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