

Live in the Northern Sydney 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

Manly, Warringah and Pittwater

Aboriginal and Torres Strait Islander People

Aboriginal Access & Assessment Team.....1300 797 606
Community Care Northern Beaches Ltd9998 2900
Community Connect Northern Beaches9931 7777

Aged Care Assessment Team (ACAT)

Assessment for community aged care services and residential care

Mona Vale Hospital9998 0356

Allied Health

Anglicare1300 768 566
Physiotherapy, Occupational Therapy, speech therapy & podiatry
Australian Unity1300 160 170
Physiotherapy, occupational therapy & podiatry
Community Care Northern Beaches Ltd.....1300 002 262
Podiatry care only
Sydney Community Services9427 6425
Manly Hospital Ambulatory Care9976 9622
Physiotherapy, occupational therapy, speech therapy, podiatry & social work
Mona Vale Hospital9998 0333
Physiotherapy, occupational therapy, speech therapy, podiatry, social work & Dietitian

Centre-Based Day Care

Activities and social interactions in a group environment

Anglicare8422 1000
Frail Aged/ Dementia/CALD
Armenian Community Welfare Centre9419 6394
CLAD/Dementia
Baptist Care (Frail Aged)9346 1440
Co.As.It Italian Association9564 0744
CALD/Dementia
Greek Welfare Centre (CALD)9516 2188
Hammond Care1800 826 166
Frail Aged/Dementia
Parkhill Cottage Day Centre9976 9559
Frail Aged/Dementia/CALD
RSL Lifecare (Dementia)8978 4319
St Catherine's Aged Care Services (Dementia) ...8875 0919
Uniting Care Ageing (Frail Aged)1800 486 484

Community Options/ Case Management

Support for people with complex care needs and their carers

Community Care Northern Beaches Ltd 1300 002 262
Hammond Care1800 826 166

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 Ltd.....9998 2900
Community Connect Northern Beaches1300 002 262
Co.As.It Italian Association9564 0744
GWC Community Services9516 2188
Manly Warringah Pittwater Community Aid
Services Inc9913 3244
Multicultural Community Advisory Service 8968 3406

Dementia Services

Frenchs Forest Day Care8422 1000
Catholic Community Services1800 225 474
Community Care Northern Beaches Ltd 1300 002 262
Regional Dementia Planner
Community Connect Northern Beaches9931 7777

Food Services/Meals

Home delivered meals and/or group social lunches

Manly Council Meals on Wheels9976 1469
Northern Beaches Food Services9970 8399

Gardening & Lawn Services

BaptistCare8706 5500
Community Assist lawn mowing9488 8390
Community Connect Northern Beaches9931 7777

Home Maintenance & Modification

BaptistCare8706 5500

Manly Warringah Pittwater Community Aid
Services Inc.....9913 3244

Nursing care

Northern Sydney Home Nursing Service
Manly9976 9888
Northern Sydney Home Nursing Service
Mona Vale9998 0555

Personal Care & Help

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

Anglicare Frenchs Forest Day Care8422 1000
ARV Home Care8886 9485
Australian Home Care1300 303 770
Baptist Care9346 1440
Benevolent Society8422 2300
Calvary Community Care9281 5444
Australia Unity Home Care Services1800 350 792
KinCare Community Services1300 733 510
Northside Community Forum Inc1300 134 332
Wesley Community Services.....9263 5166

Respite Care

Provides carers with a break from their caring role

Anglicare Frenchs Forest Day Care8422 1000
BaptistCare9346 1440
Catholic Care (disability only)8968 5100
Catholic Community Services1800 225 474
Commonwealth Respite and Carelink Centre 1800 052 222
Community Care Northern Beaches Ltd1300 002 262
Hammond Care1800 826 166
Australia Unity Home Care Services1800 350 792
Uniting Care Ageing1800 486 484
Wesley Community Services.....9263 5166

Shopping & social Support Services

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

Anglicare Frenchs Forest Day Care8422 1000
Australia Unity1300 160 170

Calvary Community Care9281 5444
Catholic Community Services1800 225 474
DARTS8405 4422
Wheelchair Disability Only
KinCare Community Services1300 733 510
Lane Cove Meeting House Inc9427 1841
Lifeline Northern beaches.....9949 5522
Manly Warringah Pittwater Community Aid
Services Inc.....9913 3244
Northside Community Forum Inc1300 134 332
Uniting Care Ageing1800 486 484

Support Services

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

Community Care Northern Beaches Ltd1300 002 262
Community Connect Northern Beaches9931 7777
Hammond Care.....1800 826 166
Multicultural Community Advisory Service8968 3410
Senior Rights Service.....9281 3600

Transport

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

EasyLink9919 0700

Volunteers

Learn more about how you can volunteer for a community service

Community Connect Northern Beaches.....9931 7777

Information & Referral Services

Carer Support Service North Sydney LHD9462 9488
Cares NSW1800 242 636
Commonwealth My Aged Care1800 200 422
Community Connect Northern Beaches1300 002 262
IDEAS Disability Info Line1800 029 904
Northern Beaches Council9976 1566
Mental Health Information Service NSW1300 794 911
Northern Sydney Carer Support Service8877 5349
Northside Community Forum Inc8405 4444

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 government 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.



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