

Respite services

Are you a carer?

A carer is a person who cares for a family member or friend who is a frail older person or has a disability or a chronic illness.

Do you need some time off?

Respite Care services give you, the carer, a break (time off) from your caring role.

South East Sydney Carer Respite Centre
9599 0233 or 1800 059 059

A single contact point for information needed by carers and for assistance in obtaining respite care tailored to individual situations (including residential respite).

War Memorial Hospital Day Care Centre
9369 0263

Jewish community

JewishCare
1300 133 660

JewishCare/Montefiore Burger Centre
8345 9147

Jewish Centre on Ageing
9389 0035

Provide in home services, day care and activities for frail aged, people with dementia and older people with special needs in the Jewish community. Transport available.

Home Library

Home Library Service – Waverley Library
9386 7777

Delivers books (including large print, 'audio read' and cassette), DVDs and videos to your home.

For more information

Commonwealth Carelink Centre
1800 052 222

Waverley Council Directory of Services for Older People
9386 7999

For people who speak a language other than English

Translating and Interpreting Service (TIS)
131 450

Information about HACC services is available in 16 languages on the internet at www.dadhc.nsw.gov.au

or contact

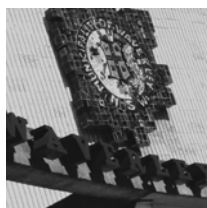
Eastern Sydney Multicultural Access Project

Suite 1 & 2 Elizabeth Ave Mascot
9700 8872

CONTACT Community Worker Older People and Access

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*This brochure was updated by
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Home and Community Care (HACC) Services



For people who live in the Waverley Council area

Home & Community Care (HACC) Services provide assistance so that you can stay in your own home and enjoy independent living.

Who is eligible?

HACC services are for frail older people or younger people with a disability, and their carers.

What does it cost?

You may have to make a contribution to the cost according to your ability to pay.





Home Care

Ageing, Disability and Home Care
1800 350 792

Eastern Sydney Service Centre
8347 6900

Assists with household tasks (cleaning, washing, ironing), personal care (bathing, toileting, dressing) and respite care.

Transport

Randwick/Waverley Community Transport
9369 5366

Provides both individual and group transport for shopping, hospital and medical appointments and social activities. The buses are wheelchair accessible. Also provide 'out of area' transport.

Meals and Shopping

Waverley Meals on Wheels and Shopping Service
9386 7977

Meals: a midday meal delivered to your home. Frozen meals and multicultural menu available.

Shopping: will take shopping orders by phone and arrange delivery to your home.

Kosher meals

Jewish Centre on Ageing
9389 0035



Home Maintenance Modification & Gardening

Inner Sydney Home Maintenance & Modification Service
8383 2290

Provides home repairs and modification, such as installing safety ramps and support rails in the bathroom, changing light globes and widening doorways. Gardening and lawn mowing for the very frail and people with dementia.

Social Support

ECHO Neighbour Aid
9387 2885

Volunteers can help you with various tasks including transport to and from appointments, shopping, gardening, letter writing, banking and home visits.

Social Activities & Outings

Waverley Community and Seniors Centre
9386 7900

Social activities and day trips for frail older people. Transport available from your home.



Assessment

Waverley Aged Care Assessment Team
9369 0225

Provides free assessment to help you to get the combination of available services that most suits you and your health needs. The team can also assess eligibility for aged care facilities (nursing homes and hostels) and for Community Aged Care Packages (CACP) and Extended Aged Care in the Home packages (EACH).

Community Health

**St Vincent's Community Health
Waverley Centre**
8382 1988

Provides assistance, support, advice and education to you and your family. Services include nursing, occupational therapy, physiotherapy, dementia care and social work.

Community Options

Benevolent Society
Eastern Suburbs Options Programs
9365 6122

Offers case management for people with high level needs who wish to remain in their own homes. The service employs a multi skilled team approach to link people into a range of services. **Home Assistance Service** also available for housework, shopping, bills.