

# Live in the Northern 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

## Hornsby and Ku-ring-gai

### Aboriginal and Torres Strait Islander People

Aboriginal Access & Assessment Team ..... 1300 797 606  
Community Care Northern Beaches Ltd ..... 9998 2900

### Aged Care Assessment Team (ACAT)

**Assessment for community aged care services and residential care**

Hornsby Ku-ring-gai Hospital ..... 9477 9711

### Allied Health

Berowra community health centre ..... 9456 3344  
*Physiotherapy, speech therapy & podiatry*  
Catholic Community Services ..... 1800 225 474  
*Physiotherapy, occupational therapy & podiatry*  
Hornsby Ku-ring-gai Hospital ..... 9477 9525  
*Physiotherapy, occupational therapy, speech therapy, podiatry, social work & dietitian*  
Sydney Community Services ..... 9427 6425

### Cultural & Linguistically Diverse Services (CALD)

**For support, information & assistance with finding and using services**

Armenian Community Welfare Centre ..... 9419 6394  
Australian Chinese Community Association ..... 9412 3488  
Christian Community Aid ..... 9858 3222  
Community Care Northern Beaches Ltd ..... 1300 002 262  
Co.As.It Italian Association ..... 9564 0744  
Greek Welfare Centre ..... 9516 2188  
Multicultural Community Advisory Service ..... 8968 3406

### Centre-Based Day Care

**Activities and social interactions in a group environment**

Armenian Community Welfare Centre ..... 9419 6394  
*CLAD/Dementia*  
Australian Chinese Community Association ..... 9412 3488  
*CLAD*  
Baptist Community services ..... 9346 1440  
*Frail Aged*  
Catholic Community Services ..... 1800 225 474  
*CALD/Frail Aged*  
Co.As.It Italian Association ..... 9564 0744  
*CALD/Dementia*

Greek Welfare Centre ..... 9516 2188  
*CALD*  
Hammond Care ..... 8437 7373  
*Frail Aged/Dementia*  
Richard Geeves Centre ..... 9101 9550  
*Dementia*  
St Catherine's Aged Care Services ..... 8875 0919  
*Dementia/Elaroo*  
Uniting Care Ageing ..... 1800 486 484

### Community Options/ Case Management

**Support for people with complex care needs and their carers**

Catholic Community Services ..... 1800 225 474  
Community Care Northern Beaches Ltd ... 1300 002 262  
Hammond Care ..... 8437 7373

### Dementia Services

Catholic Community Services ..... 1800 225 474  
Community Care Northern Beaches Ltd .... 1300 002 262  
*Reginal Dementia Planner*  
Richard Geeves Centre ..... 9101 9550

### Food Services/Meals

**Home delivered meals and/or group social lunches**

Galson Meals on Wheels ..... 9653 2313  
Hornsby Meals on wheels ..... 9482 2088  
Ku-ring-gai Meals on Wheels ..... 9144 2044

### Gardening & Lawn Services

Community Assist lawn mowing ..... 9488 9390  
Easy Care Gardening ..... 9983 1644

### Home Maintenance & Modification

Hornsby Ku-ring-gai Home Modification & maintenance Services ..... 9847 6503

## Nursing care

Northern Sydney Home Nursing Service Hornsby .....	9477 9277
Northern Sydney Home .....	9449 6677
Nursing Service Ku-ring-gai .....	9449 6677

## Personal Care & Help

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

Anglicare Frenchs Forest Day Care .....	8422 1000
Baptist Community services .....	9346 1440
Catholic Community Services .....	1800 225 474
Australia Unity Home Care Services .....	1800 350 792
KinCare Community Services .....	1300 733 510

## Respite Care

*Provides carers with a break from their caring role*

Anglicare Frenchs Forest Day Care .....	8422 1000
Baptist Community services .....	9346 1440
Catholic Care .....	8968 5100
Catholic Community Services .....	1800 225 474
Commonwealth Respite and Carelink Centre .....	1800 052 222
Australia Unity Home Care Services .....	1800 350 792
Richard Geeves Centre .....	9101 9550
Sunshine .....	1300 766 777
Uniting Care Ageing .....	1800 486 484

## Shopping & social Support Services

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

Berowra Community Centre .....	9456 3344
Catholic Community Services .....	1800 225 474
DARTS .....	8405 4422
<i>(Wheelchair Disability Only)</i>	
Ku-ring-gai Neighbourhood Centre .....	9988 4966
Lifeline Harbor to Hawkesbury .....	9498 5882
Pennant Hills Neighbour Aid .....	9484 7777
Uniting Care Ageing .....	1800 486 484

## Support Services

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

Catholic Community Services .....	1800 225 474
Hammond Care .....	1800 826 166
Hornsby Ku-ring-gai hospital .....	9477 9525
Lifeline Harbor to Hawkesbury .....	9498 5882
Multicultural Community Advisory Service .....	8968 3410

## Transport

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

EasyLink .....	1800 035 262
Hornsby Ku-ring-gai Community Transport .....	9983 1611

## Volunteers

*Learn more about how you can volunteer for a community service*

Hornsby Ku-ring-gai Volunteer Service .....	9424 0970
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## Information & Referral Services

Cares NSW .....	1800 242 636
Commonwealth My Aged Care .....	1800 200 422
Commonwealth Respite and Carelink Centre .....	1800 052 222
Hornsby Shire Council.....	9847 6611
IDEAS Disability Info Line .....	1800 029 904
Ku-ring-gai Council .....	9424 0836/0970
Ku-ring-gai Neighbourhood Centre .....	9988 4966
Mental Health Information Service NSW .....	1300 794 991
Northern Sydney Carer Support Service .....	8877 5349
Northside Community Forum Inc .....	8405 4444
Pennant Hills Neighbour Aid .....	9484 7777

### 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 governments 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.



This information was produced by KNC  
St Ives Shopping Village, St Ives NSW 2075  
PO Box 107, St Ives, NSW 2075  
P: 02 9988 4966  
E: [info@knc.org.au](mailto:info@knc.org.au) [www.knc.org.au](http://www.knc.org.au)