



# STRATHFIELD AGED AND DISABILITY DIRECTORY

Services for older people, people with  
a disability and their carers living in the  
Strathfield local government area



## PERSONAL DETAILS

My name is:

---

In case of emergency, please contact:

---

Address:

---

---

Phone number:

---

My doctor is:

Ph:

---

My current medications list is:

---

---

---

---

---

---

I am allergic to:

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市议会为老年人和残障人士提供的服务

노인과 장애인을 위한 카운슬 서비스

خدمات البلدية لكبار السن وذوي الإعاقة

वयोवृद्ध लोगों और विकलांगता से ग्रस्त लोगों  
के लिए काउंसिल की सेवाएँ



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## Aboriginal Services 25

Services specifically for those of Aboriginal or  
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土著服务——专为土著或托雷斯海峡  
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원주민 서비스 - 원주민 또는 토레스

해협 섬주민을 위한 특별 서비스

خدمات خاصة بالأبوريجينال- خدمات للذين من  
أصل أبوريجينال أو من جزر تورس ستریت علی  
وجه الخصوص.

एबोरिजनल (जनजातीय) सेवाएँ – विशिष्ट

रूप से एबोरिजनल या टोरेस स्ट्रेट द्वीपवासी  
लोगों के लिए सेवाएँ

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### Advisory Services

26

Information, advice and support for older people, their carers or people with a disability.

咨询服务——为老年人及其照顾者、或残障人士提供信息、建议和支持。

자문 서비스 - 노령층과 노인 간병인 또는 장애인을 위한 정보와 자문 및 지원 제공

خدمات استشارية- معلومات، ومشورة، ودعم لكبار السن والقائمين برعايتهم أو لذوي الإعاقة.

परामर्शी सेवाएँ – वयोवृद्ध लोगों, उनके देखभाल-कर्ताओं और विकलांगता से ग्रस्त लोगों के लिए सूचना, सलाह और समर्थन।



### Aged Care Facilities

30

Residential care and support for those no longer able to live independently.

老年人护理中心——为无法独立居住的老年人提供居住型护理和支持。

노인 요양시설 - 독립적인 생활이 불가능한 노인을 위한 주거형 간병 및 지원 서비스

مرافق رعاية كبار السن- رعاية سكنية ودعم لهؤلاء الذين لم يعد في استطاعتهم العيش بصورة مستقلة.

ऐजड केयर (वयोवृद्ध देखभाल) सुविधाएँ – उन लोगों के लिए आवासीय देखभाल और समर्थन जो अब स्वतंत्र रूप से जीवन जीने में सक्षम नहीं हैं।

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### Carer Support Groups

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Carers are people in the community who provide unpaid care/support to frail aged, those suffering with dementia or people with a disability. Carer support groups offer assistance to the carers.

照顾者支持团体——照顾者是指在社区中为身体欠佳的老年人、老年痴呆患者或残障人士提供无偿照顾/支持的人。照顾者支持团体为照顾者提供协助。

간병인 지원 그룹 - 간병인은 해당 지역사회에서 치매를 앓고 있거나 장애가 있는 노인분들께 무급으로 간병/지원 서비스를 제공합니다. 간병인 지원 그룹은 이러한 간병인들을 도와드립니다.

مجموعات دعم القائمين بالرعاية- القائمين بالرعاية هم أشخاص في المجتمع يقدمون رعاية/ دعم غير مدفوع الأجر لكبار السن الضعفاء، أو الذين يعانون من العته أو من ذوي الإعاقة. تقدم مجموعات الدعم المساعدة لمقدمي الرعاية.

देखभाल-कर्ता समर्थन समूह – देखभाल-कर्ता समुदाय के वो लोग होते हैं जो दुर्बल व वृद्ध लोगों, डिमेंशिया (मनोभ्रंश रोग) या विकलांगता से ग्रस्त लोगों को अवैतनिक देखभाल/समर्थन प्रदान करते हैं। देखभाल-कर्ता समर्थन समूह देखभाल-कर्ताओं को सहायता प्रदान करते हैं।



### Case Management/ Intensive Support

34

A single contact point where the provision of care is managed in a co-ordinated and appropriate way for individual needs.

个案管理/密集支持——以协调、适当的方式管理个人不同需求的护理服务。

사례 관리/집중 지원 - 개별 요구에 대해 협조된 적합한 방식을 통해 간병 서비스를 일괄적으로 제공하는 단일 창구

إدارة حالة/ دعم مكثف- نقطة اتصال واحدة يتم فيها إدارة تقديم الرعاية بطريقة متناسقة ومناسبة حسب الاحتياجات الفردية.

मामला प्रबंधन/गहन समर्थन – एकल संपर्क स्थान जहाँ व्यक्तिगत आवश्यकताओं के लिए देखभाल के प्रावधान का प्रबंध एक समन्वित और उचित तरीके से किया जाता है।

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### Domestic Care And Social Support

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Regular visits by services to assist with basic, routine household maintenance and some regular group social options.

居家护理与社交支持——定期上门拜访服务，协助基本的日常家务和常规的集体社交活动。

가정 간병 및 사회적 지원 - 정기적인 방문 서비스를 통해 일상적인 기본 가사와 일부 사회 단체 업무 지원

رعاية منزلية ودعم اجتماعي- زيارات منتظمة بواسطة خدمات للمساعدة في الصيانة المنزلية الأساسية والروتينية وبعض الخيارات الاجتماعية من مجموعة منتظمة.

घरेलू देखभाल और सामाजिक समर्थन – बुनियादी व सामान्य घरेलू रख-रखाव में सहायता प्रदान करने के लिए सेवाओं द्वारा नियमित दौरे और कुछ नियमित सामूहिक व सामाजिक विकल्प।



### Drug And Alcohol Counselling And Support Services

37

Advice and information for those with or supporting someone with a drug or alcohol problem.

毒品和酒精辅导及支持服务——为有毒品或酒精问题的人、或支持这些人的士提供建议和息。

약물 및 알코올 상담과 지원 서비스 - 약물이나 알코올 문제가 있는 사람이나 이들을 지원하는 사람들을 위해 자문 및 정보 제공

الارشاد النفسي الخاص بتعاطي المخدرات والكحوليات وخدمات الدعم- مشورة ومعلومات لهؤلاء الذين يعانون من مشاكل تعاطي مخدرات أو كحوليات أو الذين يقومون بدعمهم.

ड्रग (नशीले पदार्थों) और एल्कोहल से संबंधित परामर्श और समर्थन सेवाएँ – नशीले पदार्थों और एल्कोहल की समस्या से ग्रस्त किसी व्यक्ति के लिए सलाह और सूचना अथवा किसी ऐसे व्यक्ति की सहायता करना।

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### Health And Allied Health Services 38

Health & therapy services for example a dietician, physiotherapist etc.

保健及与健康相关的服务——保健及治疗服务，例如营养师、物理治疗师等等。

보건 및 건강 관련 서비스 - 영양사와 물리치료사와 같은 전문인을 위한 건강 및 치료 요법 서비스

الخدمات الصحية والخدمات الصحية الحليفة- خدمات الصحة والعلاج مثل أخصائي تغذية، أخصائي العلاج الطبيعي وغيره.

स्वास्थ्य और एलायड हेल्थ सेवाएँ स्वास्थ्य एवं थेरेपी सेवाएँ, उदाहरणतः डाइटिशिएन, फिज़ियोथेरेपिस्ट आदि।



### Home Maintenance And Technical Support 41

Assistance with minor works around your home to make it safer or easier for you to remain at home.

家居维护与技术支持——协助家庭中的小型工程，让您更安全、更便利的居住在家中。

가사 및 기술 지원 - 가정에서 더욱 안전하고 편안하게 생활할 수 있도록 가정의 소규모 수리 업무 지원

الصيانة المنزلية والدعم الفني- المساعدة في الأعمال البسيطة حول منزلك لجعله مكاناً أكثر أماناً أو يُسهّل عليك البقاء فيه.

घरेलू रखरखाव और तकनीकी सहायता – आपके घर के आसपास छोटे कार्यों में सहायता जिससे आपका घर पर रहना अधिक सुरक्षित और आसान बनता है।

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### Housing And Accommodation Assistance 42

If you need help to find somewhere to live.

住房与住宿协助——如果您需要我们帮助寻找住处。

주택 및 주거 지원 - 주거지를 구하는 데 도움이 필요한 경우

مساعدة في السكن والإقامة- إذا كنت تحتاج إلى المساعدة للبحث عن مكان تقيم فيه.

आवास और निवास संबंधी सहायता – यदि आपको कहीं रहने में सहायता की आवश्यकता हो।



### Legal And Advocacy Services 44

Assisting people to understand legal matters and supporting them when they need someone to speak for them.

法律与维权服务——协助人们理解法律事务；在他们需要代理人时，提供支持。

법률 및 변호 서비스 - 법률 문제에 대한 이해를 돕고 대리인이 필요한 경우 이를 지원

خدمات قانونية وخدمات المساندة- تساعد الأشخاص في فهم الأمور القانونية وتقوم بدعمهم عند احتياجهم لمن يُعبّر عنهم.

कानूनी और परामर्शी सेवाएँ – लोगों को कानूनी मामलों को समझने में सहायता करती हैं और उस परिस्थिति में उनकी सहायता करती हैं जब उन्हें अपनी ओर से बोलने के लिए किसी की आवश्यकता होती है



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### Leisure, Education And Other Activities 46

Things older people and people with a disability can do in a friendly, social environment.

休闲、教育及其它活动——老年人和残障人士可在友好的社交环境中参与的活动。

여가와 교육 및 기타 활동 - 노인과 장애인이 우호적이고 사교적인 환경에서 할 수 있는 활동들

تسليّة، تعليم وأنشطة أخرى- أشياء يستطيع كبار السن وذوي الإعاقة القيام بها في بيئة اجتماعية وبها مودة.

विश्राम, शिक्षा और अन्य गतिविधियाँ – वे कार्य जो वयोवृद्ध लोग और विकलांगता से ग्रस्त लोग एक मित्रवत और सामाजिक परिसर में कर सकते हैं



### Meals On Wheels 49

Nutritious meals delivered regularly to those no longer able to prepare their own meals.

送餐服务——为无法自己准备饭菜的人士定期送上营养丰富的饭菜。

순회 급식 서비스 - 식사 준비를 할 수 없는 분들에게 정기적으로 영양식을 배달하는 서비스

خدمات ميلز أون ويلز (وجبات طعام جاهزة)- توصيل وجبات طعام مغذية بصفة منتظمة إلى هؤلاء الذين لم يعد في إمكانهم إعداد وجبات طعام لأنفسهم.

मील्स ऑन वील्स – उन लोगों को नियमित तौर पर पोषक आहार पहुँचाए जाते हैं जो अपने स्वयं के लिए भोजन बनाने में अब सक्षम नहीं होते हैं।

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### Mental Health Services

50

Services that support those with a mental health problem.

心理健康服务——为有心理健康问题的人士提供的支持服务。

정신 건강 서비스 - 정신 건강 문제가 있는 분들을 지원하는 서비스

خدمات الصحة العقلية- خدمات تقدم الدعم لهؤلاء الذين يعانون من مشاكل في الصحة العقلية.

मानसिक स्वास्थ्य सेवाएँ – मानसिक स्वास्थ्य समस्याओं से ग्रस्त लोगों की सहायता करने वाली सेवाएँ।



### Multicultural Services

52

Services that provide language and culturally appropriate services for those from other cultures.

多文化服务——为来自其它文化的人士提供的语言和文化服务。

다문화 서비스 - 문화적 배경이 다양한 이용자에게 언어와 문화적으로 적합한 서비스 제공

خدمات متعددة الثقافات- خدمات تقدم خدمات ملائمة لغوياً وثقافياً لهؤلاء الذين من ثقافات أخرى.

बहुसांस्कृतिक सेवाएँ – अन्य संस्कृतियों से संबंधित लोगों को भाषा और सांस्कृतिक तौर पर उचित सेवाएँ प्रदान करने वाली सेवाएँ



### Respite Services For Older People

56

Enables carer & person cared for, to take a break.

老年人暂息服务——使照顾者和被照顾者得以休息。

노인 간병 위탁 서비스 - 간병인과 보호자가 휴식을 취할 수 있도록 지원

خدمات الاستراحة لكبار السن- تسمح للقائم بالرعاية والشخص الذي تتم رعايته، أن يأخذوا قسطاً من الراحة.

वयोवृद्ध लोगों के लिए राहत सेवाएँ – देखभाल-कर्ताओं और देखभाल किए जा रहे व्यक्ति को विराम लेने का अवसर देती हैं।



### Respite Services For People With A Disability

58

Enables carer & person cared for, to take a break.

交通——有关公共交通、出租车服

장애인 간병 위탁 서비스 - 간병인과 보호자가 휴식을 취할 수 있도록 지원

خدمات الاستراحة لذوي الإعاقة- تسمح للقائمين بالرعاية وللأشخاص الذين تتم رعايتهم بأن يأخذوا قسطاً من الراحة.

विकलांगता से ग्रस्त लोगों के लिए राहत सेवाएँ - देखभाल-कर्ताओं और देखभाल किए जा रहे व्यक्ति को विराम लेने का अवसर देती हैं।

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### Transport

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Information about public transport, taxi assistance, transport to and from medical appointments, assistance with shopping etc.

交通——有关公共交通、出租车服务、看医生的往返接送、以及协助购物的信息。

교통 서비스 - 예약 진료를 위한 대중  
교통과 택시 지원 및 교통편을  
비롯해 쇼핑 지원에 관한 정보 안내

وسائل النقل- معلومات عن وسائل النقل العامة،  
المساعدة من قِبل سيارات الأجرة، الانتقال من وإلى  
المقابلات الطبية، والمساعدة في التسوق وغيرها من  
الخدمات.

परिवहन – सार्वजनिक परिवहन के बारे में  
सूचना, टैक्सी सहायता, मेडिकल अपॉइंटमेंट्स  
तक आने-जाने के लिए परिवहन, शॉपिंग  
(खरीददारी) में सहायता आदि।



### Volunteer Services

61

For people wishing to become actively involved in the local community by offering their time and skills without any payment.

志願者服务——适合于有意积极参与  
地方社区服务的人士。方式是无偿奉  
献他们的时间和技能

자원 봉사 서비스 - 본인의 시간과  
기술을 무급으로 제공하여  
지역사회에 적극적으로 참여하려는  
봉사자를 위한 서비스

خدمات المتطوعين- لهؤلاء الذين يرغبون في  
الاشتراك بفاعلية في المجتمع المحلي عن طريق  
تقديم أوقاتهم ومهاراتهم بدون أجر.

स्वयंसेवी सेवाएँ – उन लोगों के लिए जो  
स्थानीय समुदाय में सक्रिय रूप से शामिल  
होना चाहते हैं – बिना भुगतान प्राप्त किए  
अपना समय और कौशल प्रदान करके



### Contacting Strathfield Council

9748 9999

联系史卓菲(Strathfield)市议会

스트라스필드 카운슬 연락

الاتصال ببلدية ستراتفيلد

Strathfield काउंसिल से संपर्क करना



## EMERGENCY TELEPHONE

<b>Ambulance, Police and Fire</b>	000 (Emergency only)
<b>Alcohol and Drug Information Service</b>	9361 8000
<b>Crime Stoppers</b>	1800 333 000
<b>Emergency after hours prescription service to locate your nearest chemist (Pharmacy Guild of Australia)</b>	1300 882 294
<b>Energy Australia</b>	131 535
<b>Faulty Street Lights</b>	1800 044 808
<b>NSW Fire Brigade – Burwood Station</b>	9744 8406
<b>NSW Fire Brigade – Concord Station</b>	9763 1648
<b>Poisons Information Centre</b>	131 126
<b>Police – Flemington Local Area Command</b>	9646 8699
<b>Pollution Reporting Hotline</b>	131 555
<b>RTA (Roads and Traffic Authority)</b>	1800 816 770
<b>SES (State Emergency Service)</b>	9763 2144
<b>Sydney Water</b>	132 090



## COUNCIL SERVICES FOR OLDER PEOPLE AND PEOPLE WITH A DISABILITY

### Team Leader Age and Disability

9748 9999

Provides information on services for older people, people with a disability and their carers and organises activities throughout the year.

### Community Care register

The register works by a Volunteer in Policing contacting the elderly person on a fortnightly basis to check on their welfare

### Community Facilities

Council has a number of accessible facilities available for hire by groups or individuals.

### Home Library Service

8762 0222

Council provides a Home Library Service to residents who are unable to visit the Library due to disability or lack of mobility.

## COUNCIL SERVICES FOR OLDER PEOPLE AND PEOPLE WITH A DISABILITY CONTINUED

### Smoke Alarms for Seniors

Strathfield Council can arrange the free installation of smoke alarms for seniors in partnership with Fire and Rescue NSW. Some conditions apply, contact Council for more information.

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### Strathfield Aged Day Care

9746 6746

To enhance the general health and wellbeing of frail older people in a stimulating and friendly environment. Transport available.

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### Strathfield Council Seniors Activities

Council runs a range of activities for seniors throughout the year including exercise classes, information sessions and Seniors Week celebrations.

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### Strathfield Parks

Council has many parks that are available for sports and recreational activities, including accessible parking, toilets, and pathways.

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## USEFUL NUMBERS

### Centrelink

13 23 00 Seniors Services

13 27 17 Disability, Illness and Carers Services

Web: [www.centrelink.gov.au](http://www.centrelink.gov.au)

Delivering a range of Commonwealth services to assist people in need, including family support, pensions and employment services.

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## ABORIGINAL SERVICES

**Inner West Area Aboriginal HACC Development Officer**

8754 0400

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## ADVISORY SERVICES

### **My Aged Care**

1800 200 422

[www.myagedcare.gov.au](http://www.myagedcare.gov.au)

The Australian Government's up-to-date information about Australia's aged care system and services.

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### **Ageing, Disability and Home Care (ADHC)**

9377 6000

[www.facs.nsw.gov.au](http://www.facs.nsw.gov.au)

An agency of the NSW Department of Human Services, providing support and services for older people, people with a disability and their carers.

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### **Alzheimer's Australia NSW Dementia Helpline**

1800 100 500

[www.fightdementia.org.au](http://www.fightdementia.org.au)

Providing support and advocacy for people living with dementia.

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### **Association Of Blind Citizens**

9744 1516

[www.asnblind-nsw.org.au](http://www.asnblind-nsw.org.au)

Aims to improve the quality of life for all people with a vision impairment or blindness.  
Provides support services, advocacy, promotion of recreation, educational and vocational opportunities

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### **Autism Spectrum Australia (ASPECT)**

8977 8300

[www.autismspectrum.org.au](http://www.autismspectrum.org.au)

Aspect aims to build confidence and capacity in people with an autism spectrum disorder, their families and communities by providing information, education and other services.

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### **Better Hearing**

9744 0167

[www.betterhearingsydney.org.au](http://www.betterhearingsydney.org.au)

Provides support and rehabilitation to people with hearing impairment. Conducts classes for hearing loss management, including lip-reading.

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### **Brain Injury Association**

1800 802 840

[www.biansw.org.au](http://www.biansw.org.au)

Dedicated to serving people affected by acquired brain injury, family members, friends, professionals, and the broader community.

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### **Cancer Council NSW**

13 11 20

[www.cancercouncil.com.au](http://www.cancercouncil.com.au)

Dedicated to the prevention of cancer and the support of those affected by cancer.

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## ADVISORY SERVICES CONTINUED

### Combined Pensioners and Superannuants Association

9281 3588

[www.cpsa.org.au](http://www.cpsa.org.au)

The association serves pensioners of all ages, superannuants and low income retirees.

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### Continence Foundation Australia and Help Line

1800 330 066

[www.continence.org.au](http://www.continence.org.au)

Peak body for continence promotion, management and advocacy.

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### Council on the Ageing (COTA)

1800 449 102

[www.cotansw.com.au](http://www.cotansw.com.au)

Aims to foster a society where seniors are respected, consulted, included, represented and heard.

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### Disability Care Australia

1800 800 110

[www.disabilitycareaustralia.gov.au](http://www.disabilitycareaustralia.gov.au)

Disability Care Australia is an independent statutory agency, whose role is to implement the national disability insurance scheme.

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### Guide Dogs NSW/ACT

9412 9300

[www.guidedogs.com.au](http://www.guidedogs.com.au)

Enhances independence and safe mobility of people who are blind or partially sighted.

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### Ideas

1800 029 904

[www.ideas.org.au](http://www.ideas.org.au)

Provides information on disability and education awareness services.

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### Inner West Dementia Advisory Service

9378 1285

[www.slhd.nsw.gov.au](http://www.slhd.nsw.gov.au)

Provides information, education and support, and links people to assessment and support services.

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### Inner West Disability Forum

9748 9999

[www.strathfield.nsw.gov.au](http://www.strathfield.nsw.gov.au)

Aims to address quality care, inclusion and participation for people with a disability in the Inner West. Open to anyone who is passionate about rights for people with a disability. Contact Council's Team Leader for Aged and Disability for more information.

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### Vision Australia

1300 847 466

[www.visionaustralia.org](http://www.visionaustralia.org)

Provides wide range of services to people with different levels of vision.

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## AGED CARE FACILITIES

### Goondee Aged Care

9747 4933

[www.goondee.com.au](http://www.goondee.com.au)

High care facility.

### Jesmond Nursing Home

9746 6562

General nursing home. Also provides support for people from a Hindu and Tamil background.

### Marian Court (Catholic Women's League)

9746 2978

[www.cwlsydney.org.au/marian.html](http://www.cwlsydney.org.au/marian.html)

Self care units for women aged 55 and over.

### Meredith House Aged Care Facility

9746 9767

Catering for frail older people and people with dementia.

### Strathdale Centre

9764 7800

[www.columbiaagedcare.com.au/strathdale](http://www.columbiaagedcare.com.au/strathdale)

Nursing home and respite care.

### Strathfield Gardens Retirement Village

9742 6048

Independent living facility for older people.

### The Albert

9746 2332

Self care units.

### Yaralla Cottages

9743 2339

Transitional housing scheme for single women over the age of 35.





## CARER SUPPORT GROUPS

### **Anglicare Older Parent Support**

9799 8622

[www.anglicare.org.au](http://www.anglicare.org.au)

Support and coordination program for older parent carers over the age of 65 and caring for a son or daughter with a disability.

### **Australian Foundation for Disability (AFFORD) Carer Support**

9727 9199

[www.afford.ccservices.com.au](http://www.afford.ccservices.com.au)

Support group for carers and families of people with a disability. Holds training sessions and workshops for carers.

### **Carer Assist**

9750 9744

Assistance, information and support for carers of someone with a mental illness

### **Carers NSW**

9280 4744

[www.carersnsw.org](http://www.carersnsw.org)

An association for relatives and friends caring for people with a disability, mental illness, drug and alcohol dependencies, chronic condition, terminal illness or who are frail.



### **Dementia Cafes**

9378 1258

Social groups for people with dementia, their carers, family and friends.

### **Home Care Service**

9744 3955

[www.dadhc.nsw.gov.au](http://www.dadhc.nsw.gov.au)

Support for English, Arabic and Italian speaking carers of people with a disability.

### **So Wai Lifestyle And Activity Centre**

8741 0228

Centre based day care; social group for people with dementia, their carers, family and friends. Specifically for Chinese and Vietnamese speaking groups.



## CASE MANAGEMENT/ INTENSIVE SUPPORT

### Care Connect

9310 3699

[www.careconnect.org.au](http://www.careconnect.org.au)

Case management and brokerage for people who are financially disadvantaged or at risk of homelessness.

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### Catholic Community Services

1800 225 474

Comprehensive assessment case management and care coordination for people with high and complex needs.

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### Catherine Sullivan Centre

9746 9546

An early learning centre for babies and young children who are deaf and have hearing impairment and their families.

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### Concord Community Options (COPS)

9767 7888

[www.slhd.nsw.gov.au](http://www.slhd.nsw.gov.au)

Complex case management service.

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### Wesley Community Living Program

9275 2888

The community living program provides support to the elderly and to people with intellectual disabilities who live independently or in a group type accommodation.

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## DOMESTIC CARE AND SOCIAL SUPPORT

### Auscare Multicultural Home and Community Services

9746 9546

[www.auscare.org.au](http://www.auscare.org.au)

Provides a variety of in home nursing services, personal care, housekeeping and a range of other community support services including transportation and respite care.

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### Baptist Community Services

1300 275 227

[www.bcs.org.au](http://www.bcs.org.au)

Provides assistance with house work, shopping, meal preparation and personal care.

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### Community Links - Catholic Community Services

1800 225 474

Regular phone call to support people who live alone. This program also provides a security check to those who are at risk due to social isolation.

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### Home Care Referral and Assessment Centre

1800 350 792

[www.dadhc.nsw.gov.au](http://www.dadhc.nsw.gov.au)

Provides assistance with housework, personal care and in home respite.

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## DOMESTIC CARE AND SOCIAL SUPPORT CONTINUED

### Inner West Neighbour Aid (IWNA)

9799 5099

[www.iwna.com.au](http://www.iwna.com.au)

Volunteer home visiting and social support for older people and people with a disability who are socially isolated. Also provides bus outings, gardening, lawn mowing and pets for senior people program.

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### Veterans Home Care

1300 550 450

[www.dva.gov.au](http://www.dva.gov.au)

Home support services for veterans and war widows and widowers.

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### Wesley Dementia Monitoring and In Home Support Service

9263 5555

[www.wesleymission.org.au](http://www.wesleymission.org.au)

In home support for people with dementia.

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## DRUG AND ALCOHOL COUNSELLING AND SUPPORT SERVICES

### Alcoholics Anonymous - Central Service Office

9799 1199

[www.aasydney.org.au](http://www.aasydney.org.au)

A fellowship of men and women who share their experiences of alcoholism and recovery.

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### Croydon Health Centre

9378 1100

[www.sswahs.nsw.gov.au](http://www.sswahs.nsw.gov.au)

Support and counselling for the mental health of adults.

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### Medicines Line

1300 633 424

[www.nps.org.au](http://www.nps.org.au)

A helpline from National Prescribing Service providing accurate and up to date information on medicines.

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### SMART Recovery Burwood

9373 5100

[www.smartrecoveryaustralia.com.au](http://www.smartrecoveryaustralia.com.au)

Self help group that assists people to recover from drug and alcohol abuse.

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## HEALTH AND ALLIED HEALTH SERVICES

### After Hours GP Helpline

1800 022 222

Have an urgent health concern after hours?

The Helpline gives you reassurance and practical medical advice.

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### Aged Care Assessment Team (ACAT)

9767 7888 or 1800 556 533

[www.slhd.nsw.gov.au](http://www.slhd.nsw.gov.au)

Community based assessment and case coordination. Nurses, social workers and occupational therapists available for home visit.

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### Bright Sky Australia

1300 88 66 01

[www.brightsky.com.au](http://www.brightsky.com.au)

Provider of healthcare products of various brands. Direct delivery to home provided.

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### The Centre for Healthy Ageing

9556 9012

A specialist gym for people over 60, with staff & equipment that provide exercise & movement programs for older people.

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### Com Packs

1800 266 725

A short term package of community support services aimed at helping you manage a safe return home from hospital.

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### Community Physiotherapy

9767 6931

Physiotherapy assessment and treatment at home.

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### Community Podiatry

9767 6931

Must hold pension or healthcare card.

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### Family Planning NSW

8752 4316

[www.fpnsw.org.au](http://www.fpnsw.org.au)

Sexual and reproductive health service for men and women.

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### Home Based Therapy – Physiotherapy, Occupational Therapy, Dietetics

1800 556 533

Care for adults with physical disabilities, older adults and their carers who want to live in their own house.

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### Home and Community Podiatry Service

9911 9939

[www.burwood.nsw.gov.au](http://www.burwood.nsw.gov.au)

Podiatry service for residents of the Inner West.

Home visits available.

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### Inner West Oral Health Outreach Program

1800 556 211

To improve access to dental care for residents of Aged Care Facilities in the local area.

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## HEALTH AND ALLIED HEALTH SERVICES CONTINUED

### **Metropolitan South Region Early Intervention Services**

8732 1300

Occupational therapy, physiotherapy, speech pathology, social work, psychology, community nurse and technical support services for children aged 0-7 with intellectual disability.

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### **NSW Rape Crisis Centre**

1800 424 017

[www.nswrapecrisis.com.au](http://www.nswrapecrisis.com.au)

Telephone crisis counselling service to anyone who has been impacted by sexual violence.

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### **Sydney Local Health District**

1300 722 276

9378 1100

[www.slhd.nsw.gov.au](http://www.slhd.nsw.gov.au)

Community nursing, mental health, aged care and oral health.

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### **Croydon Health Centre**

9378 1100

Services include community nursing, social work, mental health support and more.

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## HOME MAINTENANCE AND TECHNICAL SUPPORT

### **Inner West Neighbour Aid**

9799 5099

[www.iwna.com.au](http://www.iwna.com.au)

Low maintenance gardening and lawn mowing service.

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### **Technical Aid to the Disabled (TAD)**

9912 3400

[www.tadnsw.org.au](http://www.tadnsw.org.au)

Develops and modifies aids to support people in mobility and independence.

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### **Wesley Home Maintenance and Modification**

9737 8283

[www.wesleymission.org.au](http://www.wesleymission.org.au)

Home maintenance and modification to ensure safety in the home such as ramps or rails.

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## HOUSING AND ACCOMMODATION ASSISTANCE

### **Affordable Community Housing Limited**

8622 1500

[www.evolvehousing.com.au](http://www.evolvehousing.com.au)

Provides rental accommodation to individuals and families on low incomes.

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### **Assistance with Care & Housing for the Aged**

9556 9017

Provides services for financially disadvantaged older people to meet both their accommodation & support needs.

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### **Housing and Accommodation Support Initiative (HASI)**

9519 1322 Referral required.

Accommodation and support to participate in the community, for people with mental illness who require various levels of care.

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### **Housing NSW**

1300 468 746

[www.housing.nsw.gov.au](http://www.housing.nsw.gov.au)

Provides housing solutions for people in need including crisis accommodation.

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### **St George Community Housing**

9585 1499

[www.sgch.com.au](http://www.sgch.com.au)

A community-based, not-for-profit government funded community housing provider

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### **Tenants Advice and Advocacy Services**

1800 251 101

[www.tenants.org.au](http://www.tenants.org.au)

Free advice and assistance to tenants living in the Inner West.

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### **Wesley Mission**

9263 5555

[www.wesleymission.org.au](http://www.wesleymission.org.au)

Provides community housing and supported accommodation

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## LEGAL AND ADVOCACY SERVICES

### **Guardianship Tribunal NSW**

1800 463 928

[www.gt.nsw.gov.au](http://www.gt.nsw.gov.au)

Provides protection and empowerment of people living with a decision-making disability.

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### **Legal Aid Commission NSW**

9747 6155

[www.legalaid.nsw.gov.au](http://www.legalaid.nsw.gov.au)

Provides free legal advice from a public solicitor in most areas of the law. Also provides mental health advocacy.

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### **Mental Health Advocacy Service**

9745 4277

[www.legalaid.nsw.gov.au](http://www.legalaid.nsw.gov.au)

Provides legal aid in matters under the Mental Health Act, Guardianship Act and Protected Estates Act. Services include representation of people detained in psychiatric hospitals, at hearings before a magistrate or the Mental Health Review Tribunal.

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### **NSW Ombudsman**

9286 1000

[www.ombo.nsw.gov.au](http://www.ombo.nsw.gov.au)

Investigates complaints regarding community service providers in NSW.

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### **Women With Disabilities Australia (WWDA)**

03 6244 8288

[www.wwda.org.au](http://www.wwda.org.au)

The peak organisation for women with all types of disability in Australia. Provides support, information and advocacy related to various areas like protection against violence, mentoring, education, employment, housing, health and wellbeing.

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## LEISURE, EDUCATION AND OTHER ACTIVITIES

### **Accessible Arts**

9251 6499

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

The peak organisation for accessible arts and culture for people with a disability.

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### **Chalmers Road School**

9746 6202

[www.chalmersrd-s.schools.nsw.edu.au](http://www.chalmersrd-s.schools.nsw.edu.au)

The school provides educational programs for students aged 4 to 18 with moderate or severe intellectual disabilities.

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### **Companion Card Program**

1800 893 044

[www.nswcompanioncard.org.au](http://www.nswcompanioncard.org.au)

Promoting the rights of people with a disability, who require a companion, to fair ticketing at events and venues.

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### **Master Locksmith Access Key (MLAK)**

1800 810 698

[www.masterlocksmiths.com.au](http://www.masterlocksmiths.com.au)

A new system that uses a universal lock and key to allow people with a disability to access public toilets 24 hours a day. MLAK in Strathfield are located at Strathfield Square, Cooke Park, Direct Factory Outlet (DFO), and Mason Park.

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### **Open Training and Education Network (OTEN) Disability Support Unit**

1300 362 890

[www.oten.edu.au](http://www.oten.edu.au)

Provides many TAFE external study courses for people with a disability.

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### **Probus Club Of Strathfield**

9763 2060

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### **Probus Club Of South Strathfield**

9642 2334

Association of retired and semi-retired people, who have come to keep our minds active, expand our interests and enjoy the fellowship of friends.

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### **Recreation Sports and Aquatic Club**

9790 5001

[www.disabledsportsac.org.au](http://www.disabledsportsac.org.au)

Unfunded community based organisation that provides sport, recreation, social activities and opportunities for people with a disability. Unfunded, community based

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### **Rotary Club Of Strathfield**

9746 0397

[www.rotarnet.com.au/users/9/96933/INDEX.htm](http://www.rotarnet.com.au/users/9/96933/INDEX.htm)

The club meets on Wednesdays, 6.15 pm.

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## LEISURE, EDUCATION AND OTHER ACTIVITIES CONTINUED

### Rozelle Neighbourhood Centre

9555 8988

[www.rozellecentre.org.au](http://www.rozellecentre.org.au)

Provides accessible activities for aged people and people with a disability who reside in the Inner West.

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### Seniors Card

1300 364 758

[www.seniorcard.nsw.gov.au](http://www.seniorcard.nsw.gov.au)

A free discount card providing members with access to NSW Government transport concessions, travel and business discounts.

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### Strathfield Qi Gong & Tai Chi Group

Meets rain, hail or shine at Strathfield Park near the rotunda, Monday to Friday from 8.30am to 10.15am.

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### Strathfield School for Seniors

9793 3308

Activities for socialising, learning and helping others.

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### Strathfield West Senior Citizens Club

9764 1037

Meets Mondays and Fridays at Strathfield Community Centre.

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### Strathfield Mens Shed

9746 3372

[www.strathfieldmensshed.org.au](http://www.strathfieldmensshed.org.au)

Offers companionship and friendship. Encourages members to learn and share skills such as wood working and wood turning.

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## LEISURE, EDUCATION AND OTHER ACTIVITIES CONTINUED

### Tamil Senior Citizens Association

9875 4217 or 0403 021 838

[www.tamilseniors.org.au](http://www.tamilseniors.org.au)

Assists Tamil seniors through cultural, educational, benevolent social and recreational activities. Meets Thursdays at Strathfield Community Centre.

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## MEALS ON WHEELS

### Homebush-Strathfield Meals on Wheels

9642 1314

Delivers hot, chilled or frozen meals for older people and people with a disability. Volunteers are welcome.

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## MENTAL HEALTH SERVICES

### Acute Care Team

1800 636 825

Acute and crisis mental health care in people's homes and at the community health centre. The service is available 24 hours. Call your local health centre during business hours and 1800 636 825 outside business hours and ask for the local crisis team.

### Croydon Health Centre

9378 1100

### GROW

1800 558 268

Support for people recovering from a mental illness who want to work on personal growth issues.

### Mary MacKillop Outreach

9568 0247

Provides programs to people living with a mental illness and/or disability residing in licensed residential centres (boarding houses) and group homes.

### Mental Health Advocacy Service

9745 4277

A service of Legal Aid NSW which offers free legal advice on mental health matters.

### Mental Health Access Line

1800 011 511

9378 1100 Croydon Park, 9780 2777 Bankstown

Provides information related to mental health services.

### Mental Health Association NSW

1300 794 992

[www.mentalhealth.asn.au](http://www.mentalhealth.asn.au)

Provides information, support and education to people who are affected by the symptoms of mental illness.

### Personal Helpers and Mentors Program (PHaMs)

9563 8101 Aftercare

[www.aftercare.com.au](http://www.aftercare.com.au)

Increases opportunities for recovery for people who have a diagnosed (or undiagnosed) mental illness who are having difficulties with daily activities.

### The Richmond Fellowship of NSW

9393 9000

[www.rfnsw.org.au](http://www.rfnsw.org.au)

Accommodation and outreach support to people with psychiatric disability and mental health problems through promotion of mental health.

### Specialist Mental Health Services for Older People

1800 556 533 Referral and Information Centre

1800 011 511 After hours or urgent referrals

For older people aged 65 years and over who have developed, or are at risk of developing a mental health disorder such as depression or psychosis or who may have behavioural problems associated with dementia and/or mental illness.



## MULTICULTURAL SERVICES

### **Auburn Diversity Services**

9649 6955

Addresses the needs of migrants, including the aged & people with a disability.

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### **Australian-Korean Welfare Association (AKWA)**

9718 9589

[www.koreanwelfare.org.au](http://www.koreanwelfare.org.au)

Supports older people, people with a disability and their carers from Korean backgrounds.

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### **Chinese Australian Services Society (CASS)**

9789 4587

[www.cass.org.au](http://www.cass.org.au)

Supports older people, people with a disability and their carers from Chinese backgrounds.

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### **Co As It**

9564 0744

[www.coasit.org.au](http://www.coasit.org.au)

Supports older people, people with a disability and their carers from Italian backgrounds.

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### **Fraternal Society of Tripoli and Mena Districts Ltd**

9759 3436

[www.tripolimena.org.au](http://www.tripolimena.org.au)

Supports older people, people with a disability and their carers from Arabic speaking Muslim backgrounds.

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### **Greek Welfare Centre NSW**

9687 8955

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

Supports older people, people with a disability and their carers from Greek backgrounds.

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### **Inner West Multicultural Access Project**

9569 1288

[www.eccfcsc.org](http://www.eccfcsc.org)

Provides information, referral and support services for older people, people with a disability and their carers living in Inner West. Provides bilingual workers who speak Hindi, Bengali, Vietnamese, Korean and Russian.

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### **Macedonian-Australian Welfare Association of Sydney Inc**

9597 5455

[www.mawasydney.com.au](http://www.mawasydney.com.au)

Supports older people, people with a disability and their carers from Macedonian, Greek and Bulgarian backgrounds.

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### **Metro MRC – Strathfield Community Hub**

9746 8217

A 'walk in' information & community capacity building service with a particular focus on socially & financially disadvantaged people.

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## MULTICULTURAL SERVICES CONTINUED

### **Multicultural Disability Advocacy Association of NSW**

9891 6400

1800 629 072

[www.mdaa.org.au](http://www.mdaa.org.au)

Provides individual and systemic advocacy, industry development, training and education for people from culturally and linguistically diverse backgrounds.

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### **Polish Australian Welfare Association**

9716 0036

[www.polishwelfare.org.au](http://www.polishwelfare.org.au)

Supports older people, people with a disability and their carers from Croatian, Czech, Hungarian, Polish, Serbian and Slovak backgrounds.

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### **Strathfield Aged Day Care**

9746 6746

[www.strathfield.nsw.gov.au](http://www.strathfield.nsw.gov.au)

Supports frail older people through a centre based day care program, including Russian specific daycare. Transport available.

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### **Sydney Multicultural Community Services Inc**

9663 3922

[www.sydneymcs.org.au](http://www.sydneymcs.org.au)

Supports older people, people with a disability and their carers from Maltese, Portuguese, Croatian, Spanish, Tagalog, Filipino, Serbian German and Hindu Fijian Indian backgrounds.

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### **Tamil Senior Citizens Association**

9875 4217

0403 021 838

[www.tamilseniors.org.au](http://www.tamilseniors.org.au)

Assists Tamil seniors through cultural, educational, benevolent, social and recreational activities.

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### **Translating and interpreting service (TIS)**

131 450

[www.tisnational.gov.au](http://www.tisnational.gov.au)

Provides translating and interpreting assistance.

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## RESPITE SERVICES FOR OLDER PEOPLE

### **Chinese Australian Services Society (CASS)**

9789 4587

[www.cass.org.au](http://www.cass.org.au)

For frail older people from Chinese backgrounds.

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### **Co As It**

9718 4566

[www.coasit.org.au](http://www.coasit.org.au)

For frail older people from Italian backgrounds. Transport available.

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### **Commonwealth Carer Respite and Carelink Centres**

9641 7006

[www.commcarelink.health.gov.au](http://www.commcarelink.health.gov.au)

Arranges emergency and short-term respite.

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### **Elderly Australian Chinese Homes**

9680 8330

[www.each.org.au](http://www.each.org.au)

For frail older people from Chinese backgrounds.

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### **Ella Community Centre**

9798 5140

[www.ella.org.au](http://www.ella.org.au)

For frail older people and people with mild dementia.

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### **Home Care Referral and Assessment Centre**

1800 350 792

In home care for frail older people.

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### **Inner West Dementia Support Service**

9767 7888

In home respite for people with dementia.

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### **Kalparrin Dementia Day Centre**

Telephone: 9743 6549

For people with moderate to severe dementia.

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### **Kindilan Day Centre**

9767 5222

For frail older people and people with mild dementia.

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### **Lucan Care Community Centre**

9564 2022

[www.unitingcareageing.org.au](http://www.unitingcareageing.org.au)

For frail older people and people with dementia.

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### **Strathfield Aged Day Care**

9746 6746

[www.strathfield.nsw.gov.au](http://www.strathfield.nsw.gov.au)

For frail older people, including Russian specific day.

Transport available

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### **TAB (Take a Break)**

1800 556 533

Central intake for aged day care centres.

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## RESPITE SERVICES FOR PEOPLE WITH A DISABILITY

### **Commonwealth Carer Respite and Carelink Centres**

1800 052 222

[www.commcarelink.health.gov.au](http://www.commcarelink.health.gov.au)

Arranges emergency and short-term respite.

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### **The Ella Centre**

9798 5140

[www.ella.org.au](http://www.ella.org.au)

Weekend recreation and respite. Community based group activities for adults 18-35 with intellectual disability.

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### **Flexible Respite - CatholicCare**

8778 4222

Provides flexible and responsive respite to meet the needs of the client, their family and carers of a person with a disability.

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### **FRANS**

9799 4333

[www.frans.com.au](http://www.frans.com.au)

Respite for carers and activities for people with a disability aged 0-64, including individual support, group outings and children's activities.

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### **Glen Osmond House**

9560 5968

Provides carers of older people with a break from their caring role, while their loved ones are looked after in a secure and supportive environment.

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### **Inner West Respite Service (Schizophrenia Fellowship)**

9747 8616

Respite services for carers who are supporting someone with a mental illness. The service includes assessment, referral, one-to-one support, transport and support to attend medical appointments.

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### **Multicultural Respite Services**

9569 1288

[www.eccfcsc.org](http://www.eccfcsc.org)

Respite for carers and activities for people with a disability aged 0-64, including people from culturally and linguistically diverse backgrounds.

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### **O'Donovan Cottage – CatholicCare.**

9612 3444

For people with a mild to moderate intellectual disability, assisting them to learn life skills needed to enhance independence and enable independent living

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### **Recreation and Peer Support (RAPS)**

9518 8277

Community based group activities and individual recreation for adults aged 18-65 with a physical or sensory disability.

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### **Rozelle Neighbourhood Centre**

9555 8988

[www.volunteernetwork.org.au](http://www.volunteernetwork.org.au)

A volunteer program for people wishing to become actively involved in the local community through programs which assist older people and people with a disability.

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## TRANSPORT

### Inner West Community Transport

9642 9999

[www.iwct.org.au](http://www.iwct.org.au)

Regular door-to-door shopping services and outings.  
Individual transport to appointments and community  
bus hire available.

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### Taxi Booking Service

1800 043 187

[www.transport.nsw.gov.au](http://www.transport.nsw.gov.au)

To book wheelchair accessible vehicles.

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### Taxi Transport Subsidy Scheme

1800 623 724

[www.transport.nsw.gov.au](http://www.transport.nsw.gov.au)

Provides subsidised taxi travel for people who are unable to  
use public transport, due to severe and permanent disability.

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### Transport Information Line

131 500

[www.131500.com.au](http://www.131500.com.au)

For all your public transport needs.

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## VOLUNTEER SERVICES

### Community Visitors Scheme

Provides companionship to socially isolated people living  
in nursing homes. Various providers cover Strathfield local  
government area.

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### Sydney Local Health District.

9515 9871

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### Combined Pensioners & Superannuants Association

9281 3588

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### Volunteer Network

9911 9855

[www.volunteernetwork.org.au](http://www.volunteernetwork.org.au)

A volunteer program for people wishing to become actively  
involved in the local community through programs which  
assist older people and people with a disability.

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## Notes

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## Notes

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If the information provided is incorrect, or you would like your organisation to be included in future editions, please contact Council's Team Leader for Aged and Disability on 9748 9999.

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