

About COTA ACT

COTA is the peak organisation concerned with all ageing issues. It is an independent, non-party political and non-religious organisation working to protect and promote the well-being, rights and interests of all older people in the ACT irrespective of socio-economic, ethnic, religious or cultural background.

COTA ACT is a member of the Australia wide organisation COTA Australia, through which it contributes to the development of national policies and agendas.

COTA talks to Governments, the media and the community about topics concerning older people in the ACT. We make regular submissions to government on current issues affecting older people.

As a member of several ACT government standing committees, 'round tables' and departmental groups, COTA has ongoing input into the advice going to government.

COTA also provides a range of services for Canberra citizens.

Become a member of COTA ACT and Belong, Benefit and Be Heard.

COTA ACT is a people before profit organisation with over two thousand individual members. Becoming a member both increases the effectiveness of COTA and provides information and direct benefits for you. Please contact COTA for more information on membership. Call 1300 1400 50 or visit www.cotamembership.org.au.

Contact Us for Brochures or other advice

Council on the Ageing ACT
Hughes Community Centre
Wisdom Street
HUGHES ACT 2605

PHONE: 02 6282 3777
EMAIL: contact@cotaact.org.au
WEB: www.cotaact.org.au



About This Brochure

This brochure is one in a series of topic specific service listings extracted from COTA ACT's Directory of Services for the Ageing. The directory can be obtained at www.cotaact.org.au or by contacting the COTA office.

Other brochures include:

Learning Opportunities

Aged Care Facilities

Retirement and Self Care

Accommodation

Dementia Specific Accommodation

De-cluttering, Downsizing and Home Modifications

Crisis Accommodation

Respite Services

Help Lines

Transport

Services for the Ageing

Carer Services

Dementia Services

Hearing Services

Women's Groups

Senior's Groups and Activities

Keeping Active

Men's Services

Activities for Grandparent Carers

Carer Services



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ACT Disability Aged and Carer Advocacy Service (ADACAS)

Suite C104 Block C Canberra Technology Park, 49 Phillip Avenue, WATSON ACT 2602

P: 6242 5060
E: adacas@adacas.org.au
W: www.adacas.org.au

ACT Respite Links- Alzheimers Association

Providing support and respite options to families.

159 Maribyrnong Avenue, KALEEN ACT 2617

P: 6255 0722
E: act.admin@alzheimers.org.au
W: www.fightdementia.org.au

Adult Respite Services

Disability ACT, GPO Box 158, CANBERRA CITY ACT 2601

P: 6207 1086
E: disabilityact@act.gov.au
W: www.dhcs.act.gov.au

Alzheimer's Australia ACT

159 Maribyrnong Avenue, KALEEN ACT 2617

P: 6255 0722
E: act.admin@alzheimers.org.au
W: www.fightdementia.org.au

Calvary Silver Circle

173 Strickland Crescent, DEAKIN ACT 2600

P: 6285 1059
E: care@silvercircle.com.au
W: www.calvarysilvercircle.org.au

Carer Advisory Service - Carers ACT

P: 1800 242 636
W: www.carersact.org.au

Carer Support Groups

P: 1800 242 636

Carer Support Queanbeyan City Council

257 Crawford Street, QUEANBEYAN NSW 2620

P: 6298 0281

Carers ACT

2/80 Beaurepaire Crescent, HOLT ACT 2615

P: 6296 9900
E: carers@carersact.asn.au
W: www.carersact.com.au

Centrelink - Carers Allowance

P: 13 27 17

CIT Skills for Carers

Centre for Health, Community and Well Being, GPO Box 826, CANBERRA ACT 2601

P: 6207 3628
E: carerskills@cit.act.edu.au

Companion Card

Allows accompanying carer to access travel and some venues without extra cost.

P: 6205 4333
E: companioncard@act.gov.au
W: www.communityservices.act.gov.au/companion_card

Covenant Care (Palliative Care)

P: Jamison 0421 240 286 Curtin 0422 036 401
E: coventcare@palliativecare.org.au

Dementia Behaviour Management Advisory Service

159 Maribyrnong Avenue, KALEEN ACT 2617

P: 1800 699 799
E: helpline.act@alzheimers.org.au
W: www.dbmas.org.au

DUO - Support for Independent Living

25 Blaxland Crescent, GRIFFITH ACT 2603
P: 6287 2870

Home Based Palliative Care

Clare Holland House, 5 Menindee Drive, BARTON ACT 2600

P: 62647300

IRT In-Home Care

2 Joy Cummins Place, BELCONNEN ACT 2617

P: 6233 8233
E: actbelconnen@irt.org.au
W: www.irt.org.au

Kincare Canberra

17 Napier Close, DEAKIN ACT 2600

P: 1300 733 510
E: act@kincare.com.au
W: www.kincare.com.au

Mental Health Carers Network

PO Box 78, WODEN ACT 2606

P: 1800 242 636

Mercy Home and Community Care

Suite 2E, 46-50 Hibberson Street, GUNGAHLIN ACT 2912

P: 6228 9600
W: www.mercyhealth.com.au

My Aged Care Contact Centre

Information on services, eligibility and accommodation.

P: 1800 200 422
W: www.myagedcare.gov.au

National Respite for Carers Program

P: 1800 200 422

Residential Respite Co-ordination Service

2/80 Beaurepaire Crescent, HOLT ACT 2615

P: 1800 052 222
E: carers@carersact.org.au
W: www.carersact.org.au