

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

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
- Respite Accommodation
- Retirement and Self Care Accommodation
- Dementia Specific Accommodation
- Palliative Care and Accommodation
- 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
- Services at Home
- Aged Care Facilities

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De-cluttering, Downsizing and Home Modifications



Produced with assistance from ACT Health



ACT Equipment Loan Service (ACT Health)

Short term equipment loan to aid home care.

P: 6207 0658

Aged Care Assessment Team

ACT Health, PO Box 825, CANBERRA ACT 2601

P: 1800 200 422

W: www.myagedcare.com.au

Aged Care Guide

P: 1300 186 688

W: www.agedcareguide.com.au

Allsorts Organising

Reclaim space and simplify lives.

P: 0411 405 108

E: info@allsortsorganising.com.au

W: www.allsortsorganising.com.au

Aus Post

Application to redirect mail

P: 13 13 18

W: www.auspost.com.au

Bulky Waste Collection Service - Territory and Municipal Services

P: 6249 7974

E: bulkygoods@gmail.com

Canberra Organisers

Organisation for your lifestyle, home or business.

P: 0410481323

E: Jenni@canberraorganisers.com.au

W: www.canberraorganisers.com.au

Care Financial Counselling and Consumer Law Centre of the ACT

2 Akuna Street, CANBERRA CITY ACT 2600

P: 1800 007 007

E: admin@carefcs.org

W: www.carefcs.org

COORDANISED

De-cluttering, downsize, de-stress

P: 0438558368

E: enquiry@coordinised.com.au

W: www.coordinised.com.au

COTA ACT - Home Maintenance Service Contractors

All providers are licensed, experienced and police checked.

P: 1300 658 842

DUO - Support for Independent Living

25 Blaxland Crescent, GRIFFITH ACT 2603

P: 6287 2870

Easier Living Services

1/47 Tennant Street, FYSHWICK ACT 2909

P: 6280 4747 or 0412 661 199

Financial Information Service (Department of Human Services)

P: 132 300

Housing Options - COTA ACT

P: 6282 3777

W: www.cotaact.org.au

Independent Living Centre

24 Parkinson Street, WESTON ACT 2611

P: 6205 1900

E: ilcact@act.gov.au

W: www.health.act.gov.au/ilc

My Aged Care (Information Line)

Information on services, eligibility and financial advice

P: 1800 200 422

Nutrition and Linen Services

Grant Cameron Community Centre, 27 Mulley Street, HOLDER ACT 2611

P: 6234 7634

E: mowls@act.redcross.org.au

W: www.redcross.org.au/act

Paul's Gardening Landscaping and Horticulture Service

P: 0439 608 924

Removalists Canberra

Quotes from professional removalists in Canberra

W: www.removalists-canberra.com.au

Save A Bob or Two

Will remove and pay for old furniture

P: 0488 164 315

Well Sorted

Professional organiser and decluttering

P: 0422 490 131

E: virginia@getwellsorted.com.au

W: www.getwellsorted.com.au

Wheeled Bin Assistance Scheme

P: 132 281

E: nowaste@act.gov.au