

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
- Ageing in Place 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

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Dementia 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

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

Aged Care and Rehabilitation, Outpatients Clinic

Level 2, Building 1 Canberra Hospital, Yamba Drive, GARRAN ACT 2605

P: 6244 2926
E: HealthACT@act.gov.au
W: www.health.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.carersaustralia.com.au

Commonwealth Respite and Carelink Centre

2/80 Beaufort Crescent, HOLT ACT 2615

P: 1800 052 222

Dementia Alarm Service

Australian Red Cross, PO Box 610, MAWSON ACT 2607

P: 6234 7634
E: caurx@redcross.org.au
W: www.redcross.org.au/act

Driver Assessment and Rehabilitation Service

ACT Health

P: 6207 0477
W: www.health.act.gov.au

Home from Home Respite - The Cottage

Day and overnight respite

117 Denison St, DEAKIN ACT 2600

P: 6285 2082
E: carers@carersact.asn.au
W: www.carersact.asn.au

Host Family

BCS Care Centre - Canberra, 111 Carnegie Crescent, RED HILL ACT 2603

P: 6221 8100
E: ask@bcs.org.au
W: www.bcs.org.au

Just Better Care

P: 6280 4070
E: mailct@justbettercare.com.au

Memory Assessment Service

By referral from General Practitioner

The Department of Geriatric Medicine, Canberra Hospital, Yamba Drive, GARRAN ACT 2605

P: 6244 2926

Mercy Home and Community Care

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

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

Mirinjani Community Care Program

1 Minns Place, WESTON ACT 2611

P: 6288 4411

Mobile Respite Response Team - Alzheimer's ACT

Alzheimer's Australia ACT, 159 Maribyrnong Avenue, KALEEN ACT 2617

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

My Aged Care (Information Line)

Information on services, eligibility and financial advice

P: 1800 200 422

National Dementia Helpline

P: 1800 100 500
W: www.fightdementia.org.au