

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

Respite Care and Services



Produced with assistance from ACT Health



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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

Baptist Care - Red Hill Social Club

111 Carnegie Crescent, RED HILL ACT 2603

P: 6195 3130

Burrangiri Crisis, Respite and Day Care Centre for the Aged

1-7 Rivett Place, RIVETT ACT 2611

P: 6288 1488

E: robyn.bell@aue.salvationarmy.org

Calvary Silver Circle

173 Strickland Crescent, DEAKIN ACT 2600

P: 6285 1059

E: care@silvercircle.com.au

W: www.calvarysilvercircle.org.au

Carers ACT Culturally & Linguistically Diverse Carers

2/80 Beaurepaire Crescent, HOLT ACT 2615

P: 6296 9900

Community Care Services - St Ives Group

In home services.

55 Burkitt Street, PAGE ACT 2614

P: 1300 202 008

Culturally and Linguistically Diverse Occasional Respite (CALDOR)

111 Carnegie Crescent, RED HILL ACT 2603

P: 6221 8135

E: kmcglashan@bcs.org.au

Goodwin Aged Care Services (Home Care)

Respite services.

P: 6175 5192

E: info@goodwin.org.au

Just Better Care

Unit 8 41 - 45 Tennant Street, FYSHWICK ACT 2609

P: 6280 4070

E: mailct@justbettercare.com

Mercy Home and Community Care

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

P: 6228 9600

W: www.mercyhealth.com.au

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 Contact Centre

Information on services, eligibility and accommodation

P: 1800 200 422

W: www.myagedcare.gov.au

North Belconnen Day Care

Centre-based day respite.

30 Conley Drive, MELBA ACT 2614

P: 6258 5784

E: nbdc@iimetro.com.au

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

Respite Links - Community Options

Long term respite services for carers of older people with dementia.

Block E, CIT Woden Campus, Ainsworth Street, PHILLIP ACT 2606

P: 6295 8800

Supported Accommodation and Rehabilitation Program

PO Box 78, WODEN ACT 2606

P: 6247 1936

E: rod.aguilera@mhf.org.au

W: www.mhf.org.au

The Cottage

Short term respite and day care.

117 Denison St, DEAKIN ACT 2600

P: 6285 2082

E: carers@carersact.org.au

W: www.carersact.org.au

Theodora's Place Day Respite Centre - St Andrew's Village

Supporting carers by offering respite care to their loved ones.

95 Groom Street, HUGHES ACT 2606

P: 6283 4999

United Healthy Living for Seniors - Curtin

Support at home and at our welcoming centre.

Exercise and social activities.

6 Minns Place, WESTON ACT 2611

P: 1800 486 484