

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
- De-cluttering, Downsizing and Home Modifications
- 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 and Support at Home



Produced with assistance from ACT Health



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ACT Equipment Loan Service (ACT Health)

Short term equipment loan to aid home care.

P: 6207 0658

Baptist Community Services NSW and ACT

PO Box 120, RED HILL ACT 2603

P: 6112 0659

E: hfccanberra@bcs.org.au

W: www.bcs.org.au

Dial-An-Angel - Canberra

Assistance with activities of daily living.

PO Box 663, WODEN ACT 2606

P: 1300 721 111 National line

E: canberra@dialanangel.com

W: www.dialanangel.com

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

Goodwin Aged Care Services (Home Care)

P: 6175 5650 or 6175 5100

E: info@goodwin.org.au

Grey Army

Home and garden maintenance services.

1/56 Harley Cr, CONDELL PARK NSW 2200

P: 13 11 98

E: greyarmy@greyarmy.net.au

W: www.greyarmy.com.au

Home and Community Care - Northside

2 Rosevear Place, DICKSON ACT 2602

P: 6257 2255

E: reception@northside.asn.au

W: www.northside.asn.au

Home and Community Care Program - Southside

63 Boolimba Crescent, NARRABUNDAH ACT 2604

P: 6126 4717

E: admin@sscs.org.au

W: www.sscs.org.au

Home and Community Care Program - Tuggeranong and Weston

PO Box 1066, TUGGERANONG ACT 2901

P: 6126 9000

E: admin@commsatwork.org

W: www.commsatwork.org

Home and Community Service - Gungahlin Region

P: 6228 9200

E: grcs@gungahlin.org

W: www.grcs.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

IRT In-Home Care

2 Joy Cummins Place, BELCONNEN ACT 2617

P: 6233 8233

E: actbelconnen@irt.org.au

W: www.irt.org.au

Just Better Care

P: 6280 4070

E: mailct@justbettercare.com.au

Kincare Home Services

P: 1300 733 510

Meals on Wheels

Australian Red Cross, Grant Cameron Community Centre, 27

Mulley St, HOLDER ACT 2611

P: 6287 4311

W: www.mealsonwheels.org.au

Mercy Home and Community Care

Suite 2E, 46-50 Hibberson 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

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

Support at Home - Home and Community Care Services

Providing home help, social support, maintenance, transport and food services.

P: 1800 200 222

Wheeled Bin Assistance Scheme

P: 132 281

E: nowaste@act.gov.au

Woden Community Services

26 Corinna Street, PHILLIP ACT 2606

P: 6282 2644

E: wcsadmin@wcs.org.au

W: www.wcs.org.au

RSL Life Care

Home Care and Support (ACT)

P: (02) 6285 3774

E: wendy.marshall@rsllifecare.org.au