

Meals on Wheels

Australian Red Cross, Grant Cameron Community Centre,
27 Mulley St, HOLDER ACT 2611

P: 6287 4311

W: www.mealsonwheels.org.au

My Aged Care Contact Centre

Information on services, eligibility and
accommodation

P: 1800 200 422

W: www.myagedcare.gov.au

Northside Community Services - (ACHA Program)

2 Rosevear Place, DICKSON ACT 2602

P: 6257 2255

E: reception@northside.asn.au

W: www.northside.asn.au

RADAR Intervention Team Canberra Hospital

Level 1, Building 3, The Canberra Hospital, GARRAN ACT
2605

P: 6174 8293

E: healthact@act.gov.au

W: www.health.act.gov.au

Red Connect Personal Alarm - Australian Red Cross

3 Dann Close, GARRAN ACT 2605

P: 6234 7650

Senior Spectacle Scheme

\$35 rebate for Seniors not eligible for ACT Spectacle
Subsidy

ACT Department of Disability, Housing and Community
Services, GPO Box 158, CANBERRA ACT 2601

P: 6207 7753

E: actspectaclesubsidyscheme@act.gov.au

W: www.assistance.act.gov/au/

WEB: www.cotaact.org.au



Social Groups - Australian Red Cross

Varied social groups for older people.

P: 6234 7663

E: socialinclusion@redcross.org.au

W: www.redcross.org.au

Telephone Support - Australian Red Cross

Providing weekly social calls and daily
monitoring checks

P: 1300 388 620

E: socialinclusionact@redcross.org.au

W: www.redcross.org.au

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

Wheeled Bin Assistance Scheme

P: 132 281

E: nowaste@act.gov.au

Contact Us for Brochures or other advice

Council on the Ageing ACT

Hughes Community Centre

Wisdom Street

HUGHES ACT 2605

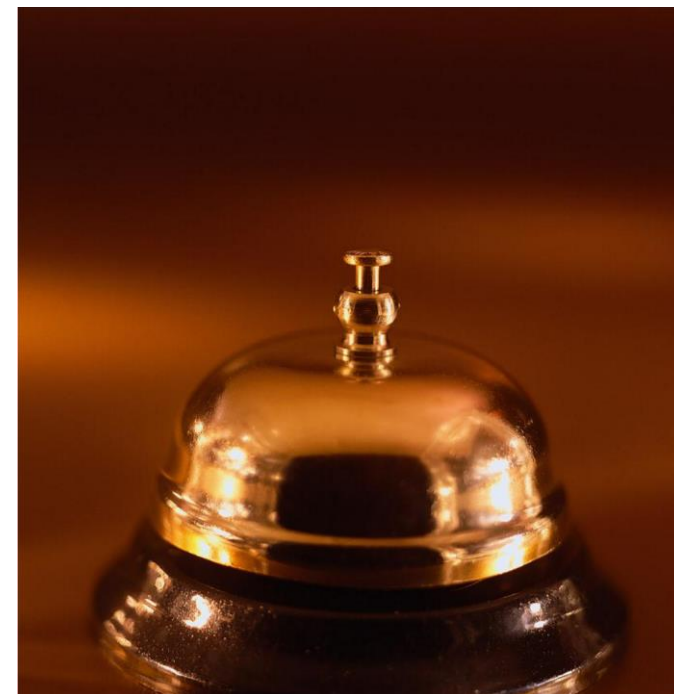
PHONE: 02 6282 3777

EMAIL: contact@cotaact.org.au

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Services for the Ageing



Produced with assistance from ACT Health



Abuse Prevention Information and Referral Line - (APRIL) ACT Government

P: 6205 3535

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 Equipment Scheme (ACTES)

Short term equipment loan to aid home care.

P: 6205 2599

ACT Government Free Flexible Bus Service

Transporting seniors to major shopping centres and hospitals and home.

P: 6205 3555

E: flexiblebusservice@act.gov.au

Australian Seniors Computer Clubs Association

P: 02 9286 3871

E: office@ascca.org.au

W: www.ascca.org.au

Backyard Bloke

Paul Jarasius. Horticulture/Landscape. Arborist, Hedging and Handiman.

P: 0439 608 924

E: backyardbloke@hotmail.com

Bulky Waste Pick Up Service

P: 6249 7974

W: www.bulkywaste.com.au

Carer Advisory Service - Carers ACT

P: 1800 242 636

W: www.carersact.org.au

Centrelink - Commonwealth Seniors Health Card

P: 13 23 00

W: www.humanservices.gov.au

Communities@Work Gungahlin and Tuggeranong

Referral from MyAgedCare 1800 200 422 is required

P: 6228 9090

Community Care Services - St Ives Group

In home services.

55 Burkitt Street, PAGE ACT 2614

P: 1300 202 008

Community Visiting - Australian Red Cross

P: 6234 7663

E: socialinclusionact@redcross.org.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

COTA ACT

Seniors Card, Information Service, Housing Advice and Senior Week events

P: 6282 3777

W: www.cotaact.org.au

Culturally and Linguistically Diverse (CALD) Women

We work to improve the health and wellbeing of all ACT women.

P: 6290 2166

E: admin@wchm.org.au

Dementia Behaviour Management Advisory Service

159 Maribrynong Avenue, KALEEN ACT 2617

P: 1800 699 799

E: helpline.act@alzheimers.org.au

W: www.dbmas.org.au

Family Relationships Online - Grandparenting

Information for carers with formal and informal grandparenting responsibilities

W: www.familyrelationships.gov.au

Financial Information Service - Department of Human Services

P: 132 300

Go Social With Belconnen Community Service

Regular Saturday transport to weekend activities.

Eligibility requirements.

P: 6278 8124

E: transport@bcsact.com.au

W: www.bcsact.com.au

Legal Aid ACT

Help Line 1300 654 314

2 Allsop Street, CANBERRA CITY ACT 2601

P: 6243 3411

E: legalaid@legalaidact.org.au

W: www.legalaidact.org.au

Linen Service - DUO

25 Blaxland Crescent, GRIFFITH ACT 2603

P: 6287 2870

E: support@duo.org.au

MATES - Australian Red Cross

Volunteers supporting socially isolated people

3 Dann Close, GARRAN ACT 2605

P: 6234 7641

E: galley@redcross.org.au

W: www.redcross.org.au