

Nedlands Community Care is funded by the Commonwealth Home Support Programme (CHSP) and the City of Nedlands.

Find the help you need at myagedcare: 1800 200 422 www.myagedcare.gov.au

## Eligibility

Seniors over 65, living in the City of Nedlands and surrounding areas, who have been assessed through My Aged Care as requiring basic support to enable them to remain living independently in their own homes.

#### **Referrals**

Referrals can be made from all sections of the community for yourself or someone you care for, contact Nedlands Community Care for more information.

## **Staying independent**

Nedlands Community Care embraces the "wellness approach" to care. We focus on the individual and encourage them to continue to do what they can for themselves to rather than focusing on what they can't do.

Our friendly staff are trained in this approach, and promote independence to enable our clients to continue living in their own homes for as long as possible. **Opening hours** Monday – Friday 8am – 4pm Phone: 9386 6170

97 Waratah Avenue, Dalkeith WA 6009 PO Box 9, Nedlands WA 6909 E: ncc@nedlands.wa.gov.au

nedlands.wa.gov.au



This document is available in alternative formats for people with disability on request

# Nedlands Community Care

Caring in the City of Nedlands

nedlands.wa.gov.au

# NEDLANDS COMMUNITY CARE



Nedlands Community Care 97 Waratah Avenue, Dalkeith Mome and Community Care Support Services Waratah Club Social Activities Positive Ageing Activities

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Providing excellence in services to seniors and carers



### **Nedlands Community Care**

A local, trusted community- based organisation, established in 1982 by residents and the City of Nedlands. Professional staff and volunteers work as a team to provide support services to allow seniors, and their carers to remain in their own home for as long as they wish.

#### Trained staff provide support with:

- Showering and dressing assistance
- Medication prompts/well-being checks
- Shopping with support staff or lists
- Light household duties and laundry
- Transport to medical appointments
- Light garden maintenance
- Shopping bus to local centres



## The Waratah Social Club

The Waratah Club provides opportunities for regular socialising and promotes wellness activities for members.



#### Nedlands COMMUNITY CARE

If you no longer drive or you are just feeling isolated, this is a great way to reconnect with your community.

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# The Waratah Social Club opportunities for members

- Morning tea, current news affairs and crosswords
- Exercise programs and games
- Hot/cold two-course lunch

The afternoon program is flexible and varied and may include:

- Guest speakers/entertainers
- Art and craft sessions
- Board/table games
- Social activities and day trips around Perth
- Afternoon teas
- Social activities with other centres
- Quiz Days and movies

Wheelchair-accessible transport is provided to and from the centre and to outings.

The Waratah Club also operates days specifically catered for supporting members with dementia.

Note: You must meet CHSP criteria to be eligible for these services.