



Pathways & Partnerships Leader contact:

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SERVICES FOR SENIORS ON THE CENTRAL COAST

COMMONWEALTH HOME SUPPORT PROGRAM

<https://www.catholiccaredbb.org.au/aged-care/chsp/>

If you are at the start of your adventure into aged care, The Commonwealth Home Support Program (CHSP) can enable you to access a range of services to assist you to live independently at home, while getting practical and social support you need. Services can be tailored to best suit your needs.

We offer:

- Personal care
- Transport to and from appointments/social events/activities
- Light domestic duties including shopping
- Meal preparation support
- In-home social interaction
- Supervision of the taking of medication, and more.

RESPIRE OPTIONS

<https://www.catholiccaredbb.org.au/aged-care/respire-options/>

Funded by the Commonwealth Home Support Program (CHSP), flexible respite aims to support carers to cope and manage relationships as they support frail and older loved ones, by providing them with a break from the intensity of care.

We offer:

- Transport to and from appointments/social events/activities
- In-home support with meals
- General everyday duties around the home
- Support with shopping
- Companionship
- Someone to talk to and laugh with
- Time for the carer to go out with friends, and more.

MEMORY INNOVATIONS CENTRE

<https://www.catholiccaredbb.org.au/aged-care/memory-innovations-centre/>

CatholicCare's Memory Innovations Centre improves quality of life, wellbeing and helps support positive brain health for seniors in our community. Our professionally run programs focus on having fun, connecting with others and stimulating your brain.

We will be running more programs on the Central Coast in coming months!

Our programs combine science and social activity and are run by experienced specialist facilitators to ensure you get the best outcomes for your health and wellness.

Programs include:

- Dance with me
- Build your brain
- Food for thought
- Let's get moving
- Arts smarts
- Navigating technology
- Mindfulness and relaxation
- Speech pathology
- Exercise



BOOKINGS CONTACT:

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