

My Aged Care

My Aged Care is your one-stop-shop for aged care services and information in Australia. It provides you with information:

- On the different types of aged care services
- About your eligibility for services and how we can help you find local services
- On assessments and referrals to the providers that can meet your needs
- About the cost of your aged care services, including fee estimators.

When you call the My Aged Care contact centre, you will be asked for your consent to create a personalised client record. Your record will include up-to-date information on your needs and the results of any assessments or any services that you receive.

Having a client record will reduce the number of times you need to retell your story. Only you, your nominated representative, your assessor and service providers will be able to access relevant information in your

record. If you are already receiving aged care services you do not have to contact My Aged Care unless your circumstances or care needs change.

Further information

To find out how you can access the right aged care services for your needs visit the My Aged Care website on myagedcare.gov.au or call the My Aged Care contact centre on 1800 200 422.*

The My Aged Care contact centre operates:
Monday to Friday – 8am to 8pm
Saturday – 10am to 2pm

The contact centre is closed on public holidays. If you have a hearing or speech impairment, we can help through the National Relay Service. Call 1800 555 677* and ask for 1800 200 422.

* Calls to 1800 numbers are generally free when made from a landline. All calls made from mobile phones are charged at the rates applicable to each telephone provider.

Home Library Service

The City of Canada Bay Home Library Service provides:

- Service to residents unable to access the library because of illness or disability
- Service to residential facilities such as hostels, nursing homes and aged care facilities
- Service to residents who are full time carers
- Service to residents convalescing.

No age restrictions apply. New clients may need to provide a doctor's certificate confirming eligibility for the service. We will select items based on your interests and deliver them to your home every four weeks. For more information please contact Council's Home Library Officer on 9911 6211.

Bay Connection — outings for over 55s

The City of Canada Bay provides a program of bus outings for people over 55 years who live in our Council area.

Bay Connection bus trips are designed for people who live at home who would like to get out of the house and enjoy the company of others from our area.

Destinations include the Blue Mountains, historical houses, botanic gardens and other locations in and around Sydney. The trips run on Tuesdays and Fridays every alternate week.

For more information, please contact Council on 9911 6555 or visit our website: canadabay.nsw.gov.au



NSWSENIORS FESTIVAL 2021

Free events in the City of Canada Bay
from 13 – 24 April



Tuesday, 13 April

Tap dancing

Concord Senior Citizens Centre
9–10am
Contact: 9798 7466

Art group

Concord Senior Citizens Centre
7–10pm
Contact: 9743 2220

Forgotten Needlework
Tools exhibition

The Embroiderers' Guild NSW.
Contact: 0414 712927

Wednesday, 14 April

What you need to know:
seniors NBN session

Concord Library
12:30–2pm.
Contact: 9121 0005

Museum of memories:
reminisce at times gone by

City of Canada Bay Museum
10am–3pm
Contact: 9743 3034

Gentle aerobics exercises

Concord Senior Citizens Centre
9–10am
Contact: 9743 0647

Yoga

Concord Senior Citizens Centre
3–4pm
Contact: 0404 032 346

Thursday, 15 April

All Aboard seniors social bus trip

Explore La Perouse and then enjoy lunch at Maroubra Seals
9am–3pm
Contact: 9121 0005

Ballet class

Concord Senior Citizens Centre
8:45–10:15am
Contact 9798 7466

Chatelaines:
graceful sewing companions talk

The Embroiderers' Guild NSW
6–6:45pm
Contact 0414 712 927

Thursday, 15 April

Toning and conditioning

Concord Senior Citizens Centre
10:30–11:30am
Contact: 9743 0647

Stitching hearts

Concord Senior Citizens Centre
11:30am–4pm
Contact: 9743 3370

Friday, 16 April

Yoga hearts

Concord Senior Citizens Centre
11:30am–4pm
Contact: 0404 032 346

Monday, 19 April

Walking group

Drummoyne Community Centre.
Contact: 9719 8102

Meet the robots morning tea

Concord Library
10am–12pm.
Contact: 9911 6211

Handicraft

Concord Senior Citizens Centre
9–11am
Contact: 9743 5093

Wednesday, 21 April

All Aboard seniors social bus trip

Explore La Perouse and then enjoy lunch at Maroubra Seals
9am–3pm
Contact: 9121 0005

Thursday, 22 April

Coffee with the Choir and CHS Chamber Ensemble

Cabarita Conservatory
10am–12pm
Contact: 9911 6244

Salsa for Seniors flash mob dance

Fred Kelly Place
10am and 11am
Contact: 0408 003 858

Sewing birds, sewing animals: our third hands talk

The Embroiderers' Guild NSW
2pm
Contact: 0414 712927

Friday, 23 April

NSW Senior's Festival bingo

Five Dock Library
10am–12pm
Contact: 9911 6318

Anxiety and loneliness as we age wellbeing session

Enjoy a talk with special guest therapist from St John of God Hospital.
Drummoyne Community Centre
10:30am–12pm
Contact: 9719 8102

Seniors learn to crochet

Strathfield Croquet Club
10am–12pm
Contact: 0407 044 042

