

Helping You Stay At Home

SERVICES IN THE COMMUNITY

For

People of any age with a long term functional disability who wish to remain in their own homes and community, and would benefit from basic support services. Carers of people receiving a HACC service may be eligible for respite and counselling services

***Brisbane Suburbs
South of the River
(Excluding Wynnum)***



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED



Queensland Government

Queensland Health

Who can use these services?

Home and Community Care (HACC) services aim to support people of any age with a long term functional disability to do normal daily activities. Services also provide some respite and counselling assistance for carers of people receiving HACC services.

HACC services are able to provide a basic level of practical assistance to help people remain in their own home and community.

This booklet lists all services funded by the HACC Program in the Brisbane Suburbs South of the River. Other related services are also included.

You can contact services directly yourself, or phone Commonwealth Respite and Carelink Brisbane South on 1800 052 222 for further advice.

Practical help available...

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Domestic Assistance, Personal Care and Social Support

Home carers provide help with shopping, housework, cleaning, cooking, other household chores and personal care such as dressing. Not all of the agencies listed provide all of these services. (See also Community Options - page 12)

Alani (Inala) - Services for Indigenous People	3278 8715
Amelia House Services	3324 0888
Burringilly Centre for Indigenous People	3208 4785
Home Care Service - Metro South District (Central Intake Line)...	3275 5411
Blue Care Brisbane - Southside	3722 1740
Cathay Community Association - (Multicultural)	3252 9066
Co-As-It - Italian Australian Access and Support Program (Multicultural).....	3352 5755
Diversicare (Croatian, Dutch, former Yugoslavia, Polish, Vietnamese and others)	3846 1099
Finncare (Scandinavian).....	3829 4800
GOC CARE - Greek Respite Centre (Multicultural).....	3844 3669
Islamic Community Home and Community Care (Multicultural) ..	3208 6333
Mt Gravatt In Home Support Services	3349 3651
Nextt Health (Bris Sth, Bayside & Logan areas)	3331 4019
Ozcare Brisbane South.....	3451 2000
RSL Home Care (for HACC eligible people)	1300 796 111
Spiritus Care Services.....	1300 785 853
Wesley Mission's Community Care	1300 552 568

Home Nursing

Professional nurses provide nursing care at home (and in clinics) including wound dressings, medication, hygiene, diabetic education, continence care and advice, and stomal therapy.

Blue Care Brisbane	3722 1740
Blue Care Mobile Continence Advisory Service.....	3722 1740
Ozcare Brisbane South Nursing	3451 2050
Spiritus (Access Line)	1300 785 853
Metro South Health Service District HACC Assessment Service (for Nursing assessment) (Central Intake Unit)	3275 5411
Wesley Mission's Community Care(Dementia Nurse only) .	1300 552 568or3277 0791

Short Term and Crisis Intervention for Complex Clients

Short term service to assist people with complex care needs where existing HACC services are unable to provide enough assistance.

Referrals can be made by any HACC service provider in the Metro South Health Service QEII District. A comprehensive nursing assessment is required.

Project 1000 (Complex Care)	3722 1700
(Brisbane South Combined Nursing Agencies Project)	

Carers

Commonwealth Respite and Carelink Brisbane South One-off, short term and emergency respite, High Care Packages, Working Carers Packages, Dementia Packages & Young Carer Packages	1800 052 222
Carers Queensland Information, counselling, support groups, carer's mentor, young carers program	1800 242 636
.....	3900 8139
Mamre - support for parents of a person with a disability	3291 5888

See also respite care services, page 6

Food Services

Meals on Wheels Services

(Meals are provided on a full cost basis and subsidised by the HACC Program.
Most Kitchens are staffed until midday weekdays only.)

Acacia Ridge Meals on Wheels	3275 1860
Bulimba Meals on Wheels	3399 8900
Carina Meals on Wheels	3398 7438
Centenary Meals on Wheels (Jindalee) Kitchen -	3279 1974
..... Secretary -	3376 4438
Holland Park & District Meals on Wheels.....	3397 9150
Inala Meals on Wheels	3372 5276
Mt Gravatt Meals on Wheels	3343 6026
Sherwood Meals on Wheels	3379 7715
Sunnybank/Salisbury Meals on Wheels	3345 3795
Yeronga Meals on Wheels	3848 9607

Other food services

Kurilpa Kitchen (West End - centre based meals).....	3255 1420
Amelia House (Coorparoo)	3324 0888
GOC CARE - Greek Respite Centre(Greek meals delivered)	3844 3669

Respite Care

A trained respite worker can look after the person needing care at home or at a day respite centre, allowing the carer to take a break while providing a social activity for the person. Casual day respite, long day respite, weekend care and short holidays are available from some centres.

Respite care in your home or community

Amelia House - Coorparoo area.....	3324 0888
Blue Care Brisbane - Southside New Referrals - Regional Intake Unit	3722 1740
Burringilly Centre for Indigenous People	3208 4785
Cathay Community Association (Chinese Culture)	3252 9066
Co-As-It - Italian Australian Access and Support Program (Multicultural).....	3352 5755
Diversicare (Croatian, Dutch, former Yugoslavia, Polish, Vietnamese and others)	3846 1099
Finnicare (Scandinavian)	3829 4800
GOC CARE - Greek Respite Centre (Multicultural)	3844 3669
Islamic Community Home and Community Care.....	3208 6333
Multicare Day Care Centre - Care Management (people from Asian communities).....	3345 7016
Metro South - Home Care Service (Central Intake Unit) (suburbs south of the river)	3275 5411
Ozcare Brisbane South	3451 2000
Spiritus (St Luke's Nursing Service).....	1300 785 853
Wesley Mission's Community Care (Dementia services).....	1300 552 568

Social Groups, Activities Groups and Day Respite Services (including occasional respite)

Acacia Ridge Respite Centre (inc Spanish Tues & Fri)	3277 8233
Alani - Activities Group & Outings (3 days per week - Inala).....	3278 8715
Amelia House Respite Centre (Coorparoo)(incl Bosnian Group) ..	3324 0888
Annerley Day Respite Centre (incl Spanish weekly)	3324 0888
Balmoral Uniting Community Centre	3399 7755
Belmont Respite Centre	3324 0888
Burringilly Centre for Indigenous People	3208 4785
Cathay Community Assoc (Chinese) (Friday dementia group)	3252 9066
Centenary Flexible Support Services (incl weekend dementia service).....	3279 0477
Co-As-It - Italian Australian Access & Support Program	3352 5755
Coopers Plains Respite Centre (dementia specific)	3277 4487
Diversicare (Croatian, Dutch, former Yugoslavia, Polish, Vietnamese and others)	3846 1099
Finncare (Scandinavian)	3829 4800
GOC CARE - Greek Respite Centre(Multicultural) (incl. dementia service)	3844 3669
Hadden Place (dementia specific)	3714 5237
Harmony Club (Coopers Plains).....	3274 3240
Inala Day Respite Centre (including Polish, Spanish and twilight dementia services)	3278 8432
Islamic Home and Community Care (twice weekly activities groups)	3208 6333
Mater Day Respite (Mon-Fri) (inc high & palliative care)	3163 8692
Mt Gravatt Respite Centre (Chinese weekly)	3849 5498
Multicare Day Care Centre (Asian background weekly)	3345 7016
Sherwood Respite Service	3379 1051
Sinamon Village Respite Service (Fridays)	3714 5141
West End Respite Centre (dementia specific).....	3844 5450

Respite care for families of people under 65

Brisbane South Flexible Holiday Program	3373 9499
Holiday respite (Dec/Jan) for school aged children with Disabilities aged 5-18 and their carers	
Carers of Disabled Adults (CODA) - Personal Time	3393 0766
For carers of people with a disability aged 18-65 years	
Centacare - Community Support Services	3420 4779
Redland Respite Services	
201 Support Services (Care, Help and Respite/Recreation Movement)	3725 7300
For children and young adults (Centenary Suburbs, Forest Lake, Corinda, Indooroopilly, Kenmore)	
Disability Support Program - Kyabra Community Association	3373 9499
For families with a member with a disability to 60 years (Runcorn, Acacia Ridge, etc)	
Family Respite Options	3898 0261
For carers of children and adults with moderate/severe intellectual disability and challenging behaviours	
Mamre	3291 5888
For families with a child with a disability aged 0-6 years	
Soubirous Place	3344 3481
Activities and skill development for younger people with a disability and challenging behaviours	
Southside Community Connections	3324 0888
Activities for younger people with a disability, including those related to a mental illness	
Teen and Young People's Social Group - 8 Mile Club	3341 6644
Friday night and/or weekend fun group for younger people with a disability	
Xavier South Carer Support	3216 8811
For children 0-16 with a disability and high support needs	

Allied Health Services

Physiotherapy, Podiatry, Occupational Therapy, Psychology, Neuropsychology, Dietetics, Social Work and Speech Pathology at home or at a centre.

Balmoral Uniting Community Centre 3399 7755
(Podiatry, Physiotherapy)

Brisbane South Allied Health Referral Line 3163 1763

Domiciliary Allied Health Team 3163 1760
(Occupational Therapy, Speech Pathology, Dietetics, Social Work, Psychology, Physiotherapy)

Blue Care Brisbane Southside Allied Health 3722 1740
(Physiotherapy, Occupational Therapy) (Day Therapy Services)

Hopetoun Allied Health Services 3710 2318
(Occupational Therapy, Physiotherapy, Podiatry, Day Therapy Services, Hydrotherapy)

Metro South Health Service District - QEII (Social Work in Mt Gravatt area)
(Central Intake Line) 3275 5411

Spiritus (St Luke's Nursing Service) (Physiotherapy) 1300 785 853

Sherwood Respite Service (Podiatry, Physiotherapy) 3379 1051

Sinnamon Village Day Therapy Centre (incl Physiotherapy) 3714 5141

South East HACC Network Podiatry Project 3422 8400

Day Therapy Centres (Non-HACC funded services)

- Centre based allied health services for older people

Harold Mann Centre - Salvin Park (Carina) 3213 7213
(off site hydrotherapy available)

Hopetoun (Corinda) (hydrotherapy available) 3710 2318

Sinnamon Village (Sinnamon Park) (hydrotherapy available) 3714 5141

Home Maintenance and Modifications

Help with small repairs, basic maintenance, eg fixing taps and replacing light bulbs; building modification; and information to improve independence and make your home safe.

Home Assist Secure and HACC Home Maintenance

Kangaroo Point to Carina..... 3420 8100
Mt Gravatt..... 3849 2131
South West Brisbane 3379 8000

Life Tec Queensland - 1300 885 886; 3552 9000

Technical Aid to the Disabled 3216 1733

Major Home Modifications

Brisbane South Home Modification Service 3338 9044

Resident Support Program

For residents of private supported accommodation, private boarding houses and aged rental accommodation.

Key Worker (Spiritus (St Luke's - Brisbane South) 3421 1594 or 1300 785 853

Community Linking (MICAH) 3029 7000

Resident Support Program - Centacare 3420 4779

Community Linking/Community Outreach

Support and contact for people who are socially isolated due to their disability or age.

Balmoral Community Life Program..... 3399 7755

St John Ambulance QLD - Silver Cord Telephone Service

Brisbane South Co-ordinator 1300 360 455

Homeless Services

For eligible people who are homeless or live in marginalised accommodation such as boarding houses and caravan parks.

LANDS Community Outreach - West End/Highgate Hill..... 3844 2533

Spiritus (St Luke's Homeless Project) (Nursing, Psychology) 3421 2800

South West Brisbane Community Options - Sth Brisbane
Homeless Project (Social Support Domestic Assistance) ... 3422 0152

Transport

The Taxi Subsidy Scheme provides assistance with the cost of taxis for eligible people. Talk to your GP.

Community Transport

LANDS - Community Services 3422 7900

Diagnosis Specific Information & Support Services

Alzheimers Australia (QLD) 3895 8200

Alzheimers Association Queensland 1800 639 331; 3857 4043

Brain Injury Association of Qld..... 3367 1049

Multiple Sclerosis Society of Qld..... 3840 0854 or 1800 177 591

National Dementia Helpline 1800 100 500

National Dementia Behaviour Advisory Service 1300 366 448

Parkinsons Queensland 3209 1588 or 1800 644 189

Vision Australia 1800 847 466

Spinal Injuries Association 3391 2044 or 1800 810 513

Community Options

Flexible packages of care and/or care co-ordination.

Cathay Community Association (Chinese) 3252 9066

Diversicare (Culturally & Linguistic diverse services)	3846 1099
Flexi Care Community Options	3422 8400
GOC CARE - Greek Respite Centre (Multicultural)	3844 3669
South West Brisbane Community Options	3279 0477

Community Dementia Services

Alzheimer's Association Queensland	3857 4043
24 hr Helpline	1800 639 331
Alzheimer's Australia (Qld).....	3895 8200
National Dementia Helpline	1800 100 500
National Dementia Behaviour Advisory Service	1300 366 448
Ozcare - Dementia Advisor & Support Service	3451 2050

ADVOCACY - Knowing and exercising your rights

An advocacy service is funded by the HACC Program to assist HACC service users, and potential HACC service users:

Queensland Aged and Disability Advocacy Inc (Includes Indigenous Advocate) 1800 818 338(outside Brisbane); 3637 6000

Volunteer Services

Blue Care Volunteer Services Program.....3722 1700

What will it cost?

Most services charge a fee or ask for a contribution. This money helps to extend the service to more people.

However, being unable to pay should not prevent you from getting help. Please discuss any financial problems with your service co-ordinator.

Other services in the Metro South Health Service District for Brisbane Suburbs South of the River, excluding Wynnum

Specialist services including nursing, social work, diabetes management, continence, dietetics and general information. Assessment for eligibility for other in home support programs such as Palliative Care and Transition Care.

Metro Health Service District -

New Referrals - Central Intake Unit	3275 5411
Inala.....	3275 5333
Eight Mile Plains	3169 9700

Aged Care Assessment Team - ACAT

Provides assessment for eligibility for, Community Aged Care Packages (CACPs), Extended Aged Care at Home (EACH) Packages, Dementia Packages, residential respite and permanent residential care. Refer only if approval will be used within 12 months.

Aged Care Assessment Team (Central Intake Unit) 3275 5411

Community Health Groups: Central Intake (see above)
Cardiac Rehab
Persistent Pain
Theraband (low impact exercise)
Healthy Eating Workshops
Pulmonary Rehab
Lighten up

Lighten up Lifestyle Modification
Mindfulness for Mood Management

Diabetes, Respiratory & Cardiac Services: Central Intake

Need more information?

- ◆ For further information about Aged and Community Services:

Commonwealth Carelink
1800 052 222
8.30 am - 5.00 pm - Monday-Friday

- ◆ For information on services for people with disabilities funded by the Department of Disability Services:

Disabilities Information and Awareness Line
3224 8444
Toll free - **1800 177 120**
TTY Brisbane - **3896 3471**
Toll free TTY - **1800 010 222**
9.00 am - 5.00 pm weekdays

- ◆ For information, support and respite for carers:

**Brisbane South Commonwealth
Carer Respite Centre**
1800 052 222
After Hours Emergency Respite
1800 052 222

**Carers Queensland Information, Support and
Counselling for Carers Line**
Freecall 1800 242 636
Monday to Friday 8.30 am - 5.00 pm

NOTES:

**Aged Care Hot Line
1800 500 853**

**Commonwealth Carelink
1800 052 222**

**Veterans Home Care Service
1300 550 450**

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Home and Community Care (HACC) Program

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Your Local Contact: