

## PERSONAL CARE

Includes help with bathing or showering, dressing, hair care and toileting.

### For further information contact:

Blue Care Gladstone: (07) 4979 3770  
Community Health Services: (07) 4976 3151  
Centacare Community Services: 1300 523 985  
Nhulundu health Service: (07) 4979 0992  
Ozcare Gladstone: (07) 4979 6200

## RESPITE CARE

Gives carers a break from their caring role. A respite worker looks after the person needing care so the carer can enjoy other activities and interests.

### For further information contact:

Blue Care Gladstone: (07) 4979 3770  
Centacare Community Services: 1300 523 985  
Community Health Services: (07) 4976 3151  
Flexi Respite Services: (07) 4972 8855  
Ozcare Gladstone: (07) 4979 6200

## SOCIAL SUPPORT

Gives clients a hand by taking them shopping, banking or to appointments, or just providing company for a chat.

### For further information contact:

Nhulundu Health Service: (07) 4979 0992  
Flexi Respite Services: (07) 4972 8855  
RSL Care Gladstone: (07) 4922 4152  
Community Health Services: (07) 4976 3151  
Centacare Community Services: 1300 523 985  
Ozcare Gladstone: (07) 4979 6200

## TRANSPORT

Helps people get out and about to a day centre, shopping or appointments.

### For further information contact:

Centacare Community Services: 1300 523 985  
RSL Care: (07) 4922 4152

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## TRANSPORT ctd

Gladstone Senior Citizen Centre: (07) 4972 4465  
Gladstone HACC Taxi Service: (07) 4976 6315  
Nhulundu Health Service: (07) 4979 0992  
Community Health Services: (07) 4976 3151

## ADVOCACY

You can contact an advocate to give you information about your rights or to act on your behalf if you have a complaint.

### For further information contact:

QLD Aged & Disability Advocacy:  
Phone Toll Free: 1800 818 338

## CARERS SUPPORT

Provides FREE Carer Support Kits, information, support, training, advocacy, FREE face to face telephone counseling, Carer Support groups, and representing Carer issues to the local community. CALD Support.

### For further information contact:

Carers Queensland: (07) 4921 4486  
Integratedliving: (07) 4932 8036  
Information & Support Line: 1800 818 338

## CENTRAL AREA OFFICE CONTACT DETAILS

### **AREA HACC MANAGER—Sharon Hill**

Supports Service Providers in the Central Area to provide high quality HACC services to clients. Monitors quality and compliance with HACC Standards, policies and procedures.

### **ADMINISTRATIVE SUPPORT—Sharon Rukavina**

Provides Administrative Support and assistance to the Area HACC Manager.

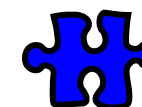
**PO Box 501**  
**ROCKHAMPTON QLD 4700**  
**Phone: 4920 6880**  
**Fax: 4920 6867**



# HOME & COMMUNITY CARE (HACC) SERVICE GUIDE Gladstone Local HACC Planning Area includes: Gladstone, Calliope, Tannum Sands, Boyne Island, Mt Larcom, Yarwun, Benaraby JULY 2011



Do you need a  
helping hand



## HOME & COMMUNITY CARE (HACC) SERVICES

The HACC Program is a key provider of Community Care Services. The overall objective is to enhance independence of people and to avoid or delay premature admission to long term residential care through the provision of basic maintenance and support Services.

### Eligibility

You may be eligible for HACC Services if you are a frail older person, a young person with a functional disability or a carer of these people. Some services require a contribution. Services can provide information if costs are involved.

## COMMUNITY CARE ACCESS POINT

There are many services available to help you live independently at home and in your community.

One phone call to Community Care Access Point will give you information about services such as help around the home, assistance with showering, support for carers and much more.

Access Point staff will also find out whether you are eligible for services, discuss your needs and put services in contact with you.

Community Care Access Point can make it easier to access care, provide information about services, determine eligibility, undertake need assessments and provide referrals to the most suitable service providers.

If you contact Access Point you still get to choose a provider of your choice to provide your service.

**For further information contact free-call  
1800 600 300**

## HACC SERVICES IN THE GLADSTONE AREA INCLUDE: ABORIGINAL & ISLANDER SERVICES

Provides flexible service options including Centre Based Day Care, Respite Care, Social Support, Domestic Assistance, Client Care Co-ordination, Home maintenance and transport services to Aboriginal and Islander people.

### For further information contact:

Nhulundu Wooribah Indigenous Health Organisation:  
(07) 4979 0992

## ALLIED HEALTH SERVICES

For people having problems with their feet or speech, for example, or needing help with ongoing problems resulting from an accident or illness. Services include physiotherapy, podiatry, speech pathology, occupational therapy and advice from a dietician and continence advisor and counselling from a social worker.

### For further information contact:

Blue Care Allied Health Services: (07) 4979 3770  
Centacare: 1300 523 985  
Gladstone Community Health: (07) 4976 3151  
Ozcare Gladstone: (07) 4979 6200

## CENTRE-BASED DAY RESPITE

Care, company and group activities in the centre, and may include short trips away from the centre.

### For further information contact:

Gladstone Aquatic Therapy Service: (07) 4972 9552  
Port Curtis Day Respite: (07) 4972 9330  
Nhulundu Health Service: (07) 4979 0992

## COMMUNITY NURSING

Provided in your home by a qualified nurse (eg wound dressing).

### For further information contact:

Blue Care Gladstone: (07) 4979 3770  
Ozcare Gladstone: (07) 4979 6200

## DOMESTIC ASSISTANCE (home help / home care)

General household jobs like cleaning, clothes washing and ironing.

### For further information contact:

Community Health Home Care: (07) 4976 3151  
Ozcare Gladstone: ((07) 4979 6200  
Centacare: 1300 523 985  
Nhulundu Health Service: (07) 4979 0992  
RSL Home Care: (07) 4922 4152

## HOME MAINTENANCE

Home maintenance is general repair and care of a clients' house or yard (e.g. changing light bulbs, fixing door locks and lawn mowing vouchers)

### For further information contact:

CQ Home Assist Secure: 1800 223 301  
Nhulundu Health Service: (07) 4979 0992  
Centacare Rockhampton: 1300 523 985

## MAJOR HOME MODIFICATION

Provides subsidized home modifications to improve physical access to and within your home.

### For further information contact:

CQ Home Assist Secure  
Home Modification Service: 1800 223 301

## MEALS & OTHER FOOD SERVICES

Drivers can deliver nutritious meals to your home.

For further information contact:

Blue Care Meals on Wheels: (07) 4131 8729  
Boyne Tannum Meals on Wheels  
(includes Calliope Area): (07) 4973 9994  
Nhulundu Health Service: (07) 4979 0992  
Centacare: 1300 523 985

## DEMENTIA ADVISORY SERVICE

Ozcare Gladstone: (07) 4934 4213