

Contacts Appendix

Australian Government

› My Aged Care

Phone: 1800 200 422 (8am–8pm Monday to Friday, 10am–2pm on Saturdays)

Website: www.MyAgedcare.gov.au

My Aged Care is a website and phone line to help you get clear and reliable information on aged care services in your local area, as well as information on how to be active and healthy. There is also information available for carers including how to get respite, counselling and how to find other aged care services. If your first language is not English and you need assistance, My Aged Care can provide you with access to interpreter services and translated materials.

› Carer Gateway

Phone: 1800 422 737 (free call)

Website: www.carergateway.gov.au/respite/how-get

You will need to talk with Carer Gateway to find out about the respite care that is available in your area and for over 65 years of age call My Aged Care.

› Department of Veteran's Affairs

Phone: 1800 (VETERAN) 1800 838 372

Email: GeneralEnquires@dva.gov.au

Website: www.dva.gov.au

This department offers support and services for veterans, their family and carers eligible for assistance.

Queensland Government

› 13 HEALTH

Phone: 13 432 584 (for the cost of a local call, 24 hours a day, seven days a week)

This is a confidential phone service, available to Queenslanders 24 hours a day, 7 days a week, for the cost of a local call. You can speak with a registered nurse who will provide health-related advice over the phone for health information and assessment of symptoms.

› Queensland Government Seniors page

Phone Seniors One Stop Enquiry line: 1300 135 500

Website: www.qld.gov.au/seniors

Information for Queensland seniors including health, housing, retirement, safety, recreation, and pensions and concessions.

› Parks and Forests, Department of Environment and Science

Phone 13 QGOV (13 74 68)

Website: <https://parks.des.qld.gov.au/>

Offers information about parks, forests, camping, things to do which may help motivate you to stay active.

- › **Department of Housing and Public Works: Home Assist Secure**
 Phone: 13 QGOV (13 74 68)
 Postal address: Department of Housing and Public Works,
 GPO Box 690, Brisbane Qld 4001
 Website: www.qld.gov.au/seniors/recreation-staying-connected
 Information about Home Assist Secure program for Queenslanders aged 60 years and over, or people of any age with a disability, which provides safety related information, referrals and subsidised assistance to eligible clients unable to undertake or pay for critical maintenance without assistance.
- › **Department of Housing and Public Works: Smart Housing: Towards Sustainable Housing: Safety and Security**
 Phone (07) 3238 3683
 Email: smarthousing@housing.qld.gov.au
 This booklet explains the benefits of safety and security in the home and how they can be achieved: www.hpw.qld.gov.au/_data/assets/pdf_file/0026/4976/smarthousingsafetysecuritybooklet.pdf
- › **60 and Better Program**
 Phone: 13 QGOV (13 74 68)
 Website: www.qld.gov.au/seniors/recreation-staying-connected/60-and-better-program
 The 60 and Better Program supports older people to develop and manage healthy ageing programs in their own communities. The program offers a mix of physical, social and intellectual activities. It is a great way to meet people and develop new interests. Activities include exercise programs, health talks, craft activities, theatre groups, card games and opportunities to explore computers and information technology.

Community Organisations

- › **Arthritis Queensland**
 Phone: 1800 011 041 (free call)
 Website: www.arthritis.org.au
 This organisation (which incorporates Osteoporosis Queensland) is a non-profit organisation which aims to help those living with the conditions of arthritis and osteoporosis.
- › **Australian Podiatry Association**
 Website: www.podiatry.org.au
 This organisation can help you find a podiatrist in your area by visiting the website.
- › **Australian Dental Association Queensland**
 Phone: (07) 3252 9866
 Website: www.adaq.com.au
 This organisation represents about 90 per cent of registered dentists and dental specialists. Find a dentist by visiting the website.
- › **Australian Physiotherapy Association**
 Phone: 1300 306 622
 Website: www.physiotherapy.asn.au
 This organisation represents over 12,000 physiotherapists across Australia. Find a physiotherapist by visiting the website.

- › **Australian Psychological Society**
 Phone: 1800 333 497
 Website: www.psychology.org.au
 This organisation is the largest professional association for psychologists in Australia. Find a psychologist by visiting the website.
- › **Contenance Foundation of Australia**
 Phone: 1800 330 066
 Website: www.contenance.org.au
 This foundation can link you with service providers to assist people with incontinence, their families, carers and health professionals in understanding and managing incontinence.
- › **Council on the Ageing Queensland**
 Phone: (07) 3316 2999
 Website: www.cotaqld.org.au
 This group is dedicated to protecting and promoting the wellbeing of all Queenslanders over the age of 50.
- › **Dietitians Australia**
 Phone: 1800 812 942
 Website: www.dietitiansaustralia.org.au
 This organisation is the peak body for dietetic and nutrition professionals. Find a dietitian by visiting the website.
- › **Exercise Physiology**
 Website: <https://ahpa.com.au/allied-health-professions/exercise-physiology/>
 Accredited exercise physiologists specialise in clinical exercise interventions for people with a broad range of health issues.
- › **Life Tec Queensland**
 Phone: 1300 LIFETEC (1300 543 383)
 Website: www.lifetec.org.au
 This organisation provides information, education, and consultation on devices, technology or designs which can improve your quality of life and help you to live independently.
- › **MedicineWise**
 Phone: 1300 MEDICINE (1300 633 424)
 Website: www.nps.org.au
 The National Prescribing Service is an independent organisation supporting the quality use of medicines. They offer consumers information about medicines through free materials and through phone advice on the Medicines Line.
- › **Medical Aids Subsidy Scheme (MASS)**
 Phone (07) 3136 3636 or 1300 443 570 (toll free)
 Website: www.health.qld.gov.au/mass
 Subsidy funding for medical aids and equipment is available to eligible Queenslanders with permanent/stable conditions or disabilities. Aids and equipment are subsidy funded either on a permanent loan basis, private ownership or through the supply of consumables.

› **Nutrition Australia**

Phone: (07) 3257 4393

Website: www.nutritionaustralia.org

Nutrition Australia is a non-government, non-profit, community based organisation with offices throughout Australia. A nutritionist will usually have completed a tertiary qualification in any number of fields, including nutrition, food science and public health. The main role of a nutritionist is to help people achieve optimal health by providing information and advice about health and food choices.

› **Occupational Therapy Australia**

Phone: 1300 682 878

Website: www.otaus.com.au

Occupational therapy is a client-centred health profession concerned with promoting health and well being through occupation. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life. Find your nearest occupational therapist by visiting the website.

› **Optometrists Association of Queensland and Northern Territory**

Phone: (07) 3839 4411

Website: www.optometry.org.au/about-us/our-organisation/optometry-qld-nt/

Optometrists Association Australia assists our members to provide accessible quality eye health and vision care for all Australians. Find your nearest optometrist by visiting the website.

› **Orthoptics Australia**

Phone: (03) 9586 6080

Website: www.orthoptics.org.au

Orthoptists are eye healthcare professionals who are trained in the assessment and treatment of patients with eye disorders.

› **Royal Australian and New Zealand College of Ophthalmologists (RANZCO)**

Phone: (02) 9690 1001

Website: www.ranzco.edu

This college provides education and training to medical specialists in the field of ophthalmology. Patient support information is also available from the website.

› **Speech Pathology Australia**

Phone: 1300 368 835

Website: www.speechpathologyaustralia.org.au

A speech pathologist can help people having trouble with speaking, communicating, swallowing food and drink. Find your nearest speech pathologist by visiting the website.

All phone numbers, email, postal and web addresses correct at time of printing (March 2021).