

## **Personal Care/Domestic Assistance**

\*Home Care Service of NSW offers personal care, housework and respite care.

Contact: 6763 0500 or Aboriginal HomeCare contact 6763 0506

\*HACC Domestic Assistance -New England Community Care

Contact : 1300 131 012

The following are private nursing services that offer nursing, personal care, housework and respite care:

\*Health Care At Home Contact: 6766 5006

\*Rural Home Nursing Service Contact: 6761 3600

\*SOS Nursing Service Contact: 6765 8433

\*Australian Home Care Services Contact: 6658 2922

## **Respite**

\*Ageing Parent Carer Respite Contact 6730 2430

\*Challenge Respite Service provides weekend, emergency respite and school holiday programs Contact: 6766 6594

\*Commonwealth Carer Respite and Carelink Centre offers information about respite options, assistance with accessing emergency or planned respite, financial assistance for short term respite. Contact: 1800 059 059

\*Health Care At Home Valentino's Respite Cottage Contact: 6766 5006

\*Northcott provides weekend and school holiday respite, coordination for ageing parent carers Contact 6766 4902

\*Northern Respite Assist Contact: 6730 2430

\*Rotary Respite Centre is a residential respite home. Contact: 6766 4954

\*See Day Centres

\*SOS Nursing and Home Care Sans Souci Respite Contact 6765 8433

## **Social Support**

\*TOCAN PAIRS outings & social support Contact: 6766 4939

\*Northcott Support Network Program Contact: 6762 4902

## **Transport**

\*Oxley Community Transport Service provides transport for frail aged, people with disabilities and their carers. This includes transport to appointments, day centre and shopping trips. Contact: 6766 3277

This information book is provided by Tamworth Community Centre as a free community service. If you require any further information please contact the Centre on 6766 4480. Printed August 2009



## **DISABILITY SERVICES – TAMWORTH**

### **Advocacy**

\*Disability Advocacy NSW provides advocacy services for people with a disability

Contact: 6766 4588

\*Multicultural Disability Advocacy Association of NSW 1800 629 072

### **Assessment**

\*Aged Care Assessment Team (ACAT), provides assessment, information and referral to community services, community packages, hostels and nursing homes.

Contact: 6767 8300

\*Department of Ageing, Disability and Home Care Contact: 6763 0500

### **Carers**

\*Tamworth Carers Support Group meets monthly (third Wednesday of the month) to provide support, information and meeting other carers. The group is open to carers who look after someone with a disability, frail aged, dementia, chronic illness or children with a disability. Contact: 6766 4480

\*Carer Assist, Support for Mental Health Carers—Carer Advocate Tamworth Contact: 6761 3222

\*Carers Resource Centre 1800 242 636 for information and support. The Carers Line operated after hours on the Freecall number.

\*Challenge Disability Carers Support Group meets monthly Contact: 6766 1288

\*Life without Barriers—Ageing Parent Carers program Contact: 6767 3300

\*Northcott—Respite for Older Carers, Support groups Contact: 6762 4902

### **Day/Activity Centres**

\*Kamilaroi Ageing and Disability Services provides day centre activities for Aboriginal people who are frail aged or have a disability. Contact: 6766 9944

\*Cockburn Cottage Kootingal provides day centre activities for people in the Moonbi/Kootingal areas. Contact: 6760 3937

\*Challenge Disability Services runs a variety of programs for people with an intellectual disability. Contact: 6766 1288

\*Sunnyfield Day Programs and Community Participation New England Contact 6762 4323

\*Newtrain Disability Services provides programs for people with a disability. Contact: 6762 2888

## **Early Intervention**

- \*Horizon Early Childhood Intervention Service for children 0-6 years with a disability or at risk of developing one Contact 6766 3587
- \*Tamworth Community Health Child Development Service Contact 6767 8100

## **Employment/Training**

- \*Billabong Clubhouse is a work focused rehabilitation centre for anyone with a mental illness Contact 6766 9960
- \*Challenge Disability Services Training and Employment Contact 6766 5450
- \*CRS Contact 6755 5555
- \*Peel Valley Training Contact: 6761 2333

## **Equipment**

- \*Acacia Medical Equipment Contact 6766 6760
- \*Lifehealthcare Contact 6765 5272
- \*Chemists—see in the Yellow Pages
- \*EPPS Engineering—Scooters and Car Modifications Contact 6765 9272
- \*PADP—Program of Appliances for people with a disability Contact 6767 8325
- \*Telstra Disability Assistance Helpline 1800 068 424 or TTY 1800 808 981

## **Financial Advice**

- \*Centrelink Contact: 132 468
- \*Isolated Patients Travel and Accommodation Assistance Scheme (IPTAAS) For people who must travel more than 100km (one way) for specialist medical treatment Contact 6767 8340
- \*Taxi Subsidy Scheme Contact: 1800 623 724

## **Health**

- \*Brain Injury Rehabilitation Program Contact 6767 8350
- \*Rural Spinal Cord Injury Service Contact 6767 8392
- \*Tamworth Community Health Centre provides Community Nursing, Continence Adviser, Dietitian, Audiometrist, Aboriginal Health, Mental Health, Respiratory Services, Palliative Care Contact: 6767 8100
- \*Tamara Private Hospital, Dean St Contact: 6766 1955
- \*Tamworth Base Hospital Contact: 6767 7700
- \*Emergency: Contact 000

## **Home Modifications and Maintenance**

- Provide financial assistance with modifications to the home following an assessment by an occupational therapist to determine need and eligibility.
- \*Home Modifications Contact: 6767 8100

## **Housing**

- \*Department of Housing, 3 White St Tamworth Contact: 6764 5555
- \*Richmond Fellowship 6 Bourke St Tamworth Contact: 6766 7827
- \*PRA Low Support Program for people with a mental illness Contact: 6761 3337

## **Information**

- \*Tamworth Community Centre has information on all types of services in Tamworth. Staff available to discuss your needs. Contact 6766 4480
- \*Commonwealth Carelink has information on aged and disability services in New England area. Contact: 1800 052 222

## **Living Skills**

- \*Billabong Clubhouse Contact 6766 9960
- \*Challenge Disability Services Contact 6766 1288
- \*Guide Dogs NSW/ACT assists with mobility concerns for people with a vision impairment Contact 6761 3152
- \*Northcott runs various programs Contact 6762 4902
- \*Sunnyfield Living Linkage program Contact 6762 4323
- \*Vision Australia For all enquiries contact 1300 134 560
- \*Newtrain Disability Services Contact: 6762 2888

## **Meals**

- Delivery of meals to the home.
- \*Tamworth Meals on Wheels Contact: 6765 8999
- \*Moonbi/Kootingal Meals on Wheels Contact: 6760 3870

## **Miscellaneous**

- \*Centacare Contact 6762 1783
- \*Challenge Schools Out Before/After School/Vacation Care Contact 6766 7238
- \*Challenge Time out Mental Health/Disability Respite Contact 6766 6594
- \*Northwest Regional Community Care provides case management for people with disabilities who have complex needs Contact 6740 2242
- \*Mental Health Team Contact 6767 7910 or 1300 669 757
- \*MS Society Contact 6766 1900
- \*Newtrain Contact 6761 2780
- \*Tamworth Family Support Service provides help to families with dependent children through difficult times and runs playgroups Contact 6766 4596