

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