

家居支援、個人護理及 社區支援服務

Domestic Assistance,
Personal Care and
Social Support Individual Service

 (02)9784 0864

服務範疇 SERVICE

- 家居支援，例如家居清潔、洗衣、購物等
- 家居探訪
- 透過電話或視像電話問候
- 外出或交誼活動
- 個人護理—洗澡、梳理、穿衣
- Domestic assistance e.g. cleaning, laundry, shopping, etc
- Friendly home visiting service
- Telephone or video conference monitoring
- Accompanied activities
- Socialising and networking
- Personal Care - showering, grooming, dressing

服務地區 SERVICE AREA

- **家居支援:** 內皮恩、北悉尼、東南悉尼和西悉尼
- **個人社交支援:** 北悉尼、東南悉尼、西南悉尼和西悉尼
- **個人護理:** 西悉尼
- **Domestic Assistance:** Nepean, Northern, South East and Western Sydney
- **Social Support Individual:** Northern, South East and Western Sydney
- **Personal Care:** Western Sydney



24小時一線牽平安鐘 Speak Your Language Call Monitoring Service

 (02) 97840859

長者只需按一個鍵，便可以聯絡24小時銀髮通支援熱線，以自己的語言尋求緊急協助。我們中心的職員可以說廣東話、普通話和英語。

By pressing one button, you can contact the 24/7 SYLCM Support Hotline to seek emergency assistance in your language.

- | | |
|------------------------------------|---------------------------------|
| 1 一鍵連接
One button call | 4 地域圍欄
Geo fencing |
| 2 雙向通話
Two-way calling | 5 定位追蹤
GPS tracking |
| 3 無線充電
Wireless charging | 6 防濺水
Water resistant |

Disclaimer: SYLCM does not provide emergency services. If the Smart Care device cannot contact SYLCM Support Hotline due to internet disruption, insufficient battery or other causes, please call 000 emergency service for help.



澳華養老 聯邦家居支援服務 讓你精彩度過每一天

ANHF Commonwealth Home Support Program elevates your everyday into extraordinary memories



www.anhf.org.au

長者活動中心 Seniors Wellness Centres



活動 ACTIVITIES

- 手工製作
- 小食及應節食品製作
- 健體運動
- 嘉賓團體文娛表演
- 節日慶祝
- 開懷齊唱
- 感官刺激活動
- 集體遊戲 (例如紙牌、拋環)
- 園藝治療
- 音樂治療
- 益智活動
- 新聞天地
- 戶外暢遊
- 懷緬活動

中心提供交通服務接送居住在鄰近地區的服務對象及提供當天烹調之中式午膳。

- art & craft
- cooking demonstration
- gentle exercise
- entertainers visits
- festive celebrations/ birthday party
- sing-along
- sensory stimulation games
- group games (e.g. cards, quoits)
- horticulture therapy
- music therapy
- mental exercise games
- news discussion
- outings & bus trips
- reminiscence activities

We also offer assistance in transport to and from the centre for people living nearby. Freshly cooked, culturally appropriate meal is provided.

如何參加 HOW TO JOIN

服務須經評估資格。請致電 1800 200 422 聯絡「我的高齡服務」(My Aged Care) 要求轉介，中心職員可協助安排評估。

To be eligible you need to have a referral. Call My Aged Care on 1800 200 422 to request for a referral. Our friendly staff can also help you in this process.

蘇懷長者活動中心 So Wai Seniors Wellness Centre

☎ (02) 8741 0228

越裔 Viet— 19 Burton St, Concord NSW 2137
逢星期四 (Thurs) 9 am -5 pm

華裔 Chin— 36 Evaline St, Campsie 2194
逢星期一至三、五 (Mon, Tue, Wed & Fri) 9 am -5 pm

綠田園長者活動中心

Greenfield Park Seniors Wellness Centre

17 Greenfield Road, Greenfield Park NSW 2176
逢星期二、四 (Tue, Thurs) 9:30 am -4 pm

翠庭山長者活動中心

Chester Hill Seniors Wellness Centre

25 Chester Hill Road, Chester Hill, NSW 2162
越裔 Viet— 逢星期三 (Wed) 9:30 am -4 pm
華裔 Chin— 逢星期五 (Fri) 9:30 am -4 pm

伴樂園長者活動中心

Bonnyrigg Heights Seniors Wellness Centre

46 Simpson Road, Bonnyrigg Heights, NSW 2177
逢星期三 (Wed) 9:30 am -4 pm

☎ (02) 9753 3400

西悉尼長者活動中心 Western Sydney Seniors Wellness Centre

☎ (02) 9784 0871

243 Clyde Street, South Granville NSW 2142
逢星期三 (Wed) 9 am -3:30 pm

沛德長者活動中心 Stanley Hunt Seniors Wellness Centre

☎ (02) 9211 9838

528 Jones Street, Ultimo NSW 2007
逢星期一至五 (Mon- Fri) 9 am -4 pm

好思維長者活動中心 Hurstville Seniors Wellness Centre

1A Amy Road, Peakhurst, NSW 2210
逢星期一、四及五 (Mon, Thurs & Fri) 9 am -3:30 pm

金匙長者康怡天地 Campsie Seniors Wellness Hub

413-425 Beamish Street, Campsie NSW 2194
逢星期二至四 (Tue to Thurs) 9 am -5 pm

依士活長者康怡天地 Eastwood Seniors Wellness Hub

16 Lakeside Road, Eastwood 2122
逢星期五 (Fri) 9 am -2:30 pm

哥頓長者活動中心 Gordon Seniors Wellness Centre

18 Cecil St, Gordon NSW 2072
逢星期一 (Mon) 9 am -4 pm

卓士活長者活動中心 Chatswood Seniors Wellness Centre

365 Victoria Ave, Chatswood NSW 2067
逢星期二 (Tue) 9 am -3 pm

☎ (02) 9784 0864