



Commonwealth Home Support Program

Funded by the Australian Government Department of Health

Visit the Department of Health website (www.health.gov.au) for more information)

Although funding for this CHSP has been provided by the Australian Government the material contained herein does not necessarily represent the views or policies of the Australian government.



Services Include

Centre Based Day Care

Date: Cantonese Group (Every Tuesday)
Mandarin Group (Every Thursday)
Time: 10:00 am – 11:30 am
Venue: St Luke Church
35 Whitmore Square Adelaide 5000
Contents: Singing, exercise information section etc

In Home Service

Our services include home cleaning, personal care, accompany, and assistance with shopping or medical appointments, all provided by qualified support worker.

Cultural Meals

Regularly cultural meals and collaborate with organizations from different ethnic groups to organize cultural luncheons.

Transportation

Assessment is required. For Senior Group, and hospital/clinics, and daily shopping.

Outing

Regularly outing, visit and explore different places.

Target Group

For older people (65+ years old), people with a disability and their carers

Our Aims

- Support at home and improve seniors' quality of life.
- Encourage social activities to enhance lifestyles.
- Care for elderly living alone with timely follow-ups.
- Build support networks and promote community help.
- Provide temporary Respite Care Service.

Carer Support Service

Carer Support Group – Regular gatherings, informational seminars, and meeting to share experiences, encourage one another, and offer mutual support.

Respite Care Service – Qualified support worker temporarily takes care of the care recipient, either at home or outside, allowing their primary carer to take a break.

Volunteer Gathering/Training

All services are provided by experienced, trained staff that has a commitment to quality. We recognize that privacy is a fundamental right. Also, clients are encouraged to provide comments and feed-back and are encouraged to bring any concerns or complaints to Chinese Welfare Services.

Address: 224 Grote Street, Adelaide, 5000

Phone: 08 8212 2988 (Kam Chiu/ Cheryl Mai)

Compliant services:

- My Aged Care 1800 200 422
- Aged Care Quality and Safety Commission 1800 951 822
- Commonwealth Ombudsman 1300 362 072

- Australian Securities and Investments Commissions 1300 300 630
- Administrative Appeals Tribunal 1800 228 333
- Older Person's Advocacy Network (OPAN)



聯邦家居支援服務 ——家居及社區護理計劃

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 **南澳華人福利會**
Chinese Welfare Services of SA Inc.
224 Grote Street Adelaide S.A. 5000
(08) 8212 2988 info@chinesewelfareservices.org.au
www.chinesewelfareservices.org.au



服務範圍

社交小組 (休閒坊)

日期: 逢星期二(粵語小組)
逢星期四(華語小組)
地點: St Luke Church
35 Whitmore Square Adelaide 5000
時間: 10:00am — 11:30am
內容: 包括歌唱、運動、講座等

在家照顾服务

服務範圍包括家居清潔、個人護理、陪伴及協助購物/醫生預約等。(服務由合資格護理員工提供)

文化特色午餐

定期舉辦人人生日宴及與其他民族機構合辦文化交流午宴

交通接送

需先行評估, 主要接載長者往返社交活動, 醫院/診所, 日常購物等

郊遊

定期舉辦郊遊日, 與一眾長者到不同的地方參觀遊覽

服務對象

六十五歲或以上之年老體弱、傷殘、老人癡呆病患者、獨居長者、與及照顧者

目的

支援居家安老, 提升長者生活質素。
鼓勵社交活動, 改善生活模式。
關懷獨居長者, 適時跟進個案。
建立支援網絡, 推動社區互助。
提供福利資訊, 助長者善用資源。
專人教授運動, 提升健康與平衡力。
暫代照顧服務, 減輕照顧者壓力。
推廣澳洲文化, 幫助長者融入社區。

照顧者支援服務

照顧者支援小組 - 定期舉行聚會、資訊講座及生活營, 讓照顧者分享經驗和心得, 彼此勉勵和支持

暫代照顧服務 - 由合資格的護理員工暫代照顧長者, 可安排在家中或外出, 讓其照顧者可以得到歇息

義工聚會/訓練

聚會有助加深義工間彼此的認識, 發揮最大的團隊精神; 訓練目的是增強義工在其崗位上的知識

地址: 224 Grote Street, Adelaide, 5000

聯繫電話: 08 8212 2988 (趙金良先生/麥美儀女士)

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