

## WHO WE ARE

Armidale Care for Seniors Inc. is Commonwealth funded by the Department of Health. We are a not-for-profit organisation that provides support services to the senior members of the Armidale and surrounding community members aged 65 years and over (50 years and over for Aboriginal and Torres Strait Islanders).

## OUR AIM

The aim of Armidale Care for Seniors Inc. is to provide quality meaningful services that meet the ongoing needs of the community and individuals wanting to maintain living independently within their own home.

## OUR GOALS

As the needs from one person to the next will always be different, we continue to work toward keeping our services flexible. This allows for clients to be able to set goals and our staff and volunteers are there to support the client to achieve these. This approach enables the clients to maintain as much independence as possible.

## OUR STAFF & VOLUNTEERS

As with many organisations, we have a wonderful team of dedicated volunteers who under the leadership of our coordinators, assist with providing care and support to our clients. A voluntary Management Committee work as 'care-takers' of the organisation, providing support to the Coordinators to ensuring the organisation remains compliant with all funding and legislative requirements.

## ACCESSING SERVICES

You are now required to register for services through My Aged Care. You can do this by calling into office, discussing your needs and then we can complete the referral to My Aged Care electronically, or you can contact My Aged Care yourself by phoning 1800 200 422 or visit [www.myagedcare.gov.au](http://www.myagedcare.gov.au)



Cnr Queen Elizabeth Drive & Elm Ave  
(PO Box 1174)  
Armidale NSW 2350

Phone:  
**6772 7087**

Email: [admin@armidalecareforseniors.org.au](mailto:admin@armidalecareforseniors.org.au)

Office Hours  
*Armidale Care for Seniors Inc. office is open*  
*Monday—Thursday*  
*9.30am—4.00pm*

## SOCIAL GROUPS

### Tuesday /Thursday Social Seniors

Meet for Social Activities (e.g., craft, trivia, board games & guest speakers) from 10am—1pm (morning tea and lunch provided) on the 2nd, 3rd & 4th Tuesday and every Thursday of the month. If a 5th Tuesday or Thursday occurs in the month, a lunch out at one of the local venues is organised.

### Seniors Gent's Group

These blokes gather in our activity room on the 1st Tuesday of each month from 10am—12pm. Generally they will have a guest speaker or head out to places of interest. On occasions, they will continue out for lunch at an arranged venue of their choice.

### Wednesday Crafters

Each Wednesday, this group meet from 10am-12pm, bringing an assortment of craft, as each person works on their own project. Lots of conversation and sharing of skills makes this group a wonderful way to work at a hobby and meet new people.

### Sunday Lunches

Sundays has always been known as a 'family' day. With more people living on their own and families being scattered or committed with their own lives, we started up a Sunday Lunch group to help get people out of the house on the weekend to share a meal amongst friends.

The group decides where they will meet and you have choice of the menu. We pre-order the meals to avoid lengthy delays and to assist the venue with catering.

### Morning of Melodies

These mornings are held every three months at the Armidale City Bowling Club. It's all about enjoying a morning of music and catching up with friends over a morning tea.

### Day / Overnight Tours

Organised tours are held throughout the year and may vary from a single day out through to 5 days. Trips will be advertised in the local media and in

prominent places around town.

Volunteers attend each of our trips, and are there to assist you.

When considering venues, we take into account wheelie walkers - so don't think you cannot go if you use a walker.

## INDIVIDUAL SUPPORT

### Individual Tailored Support

These services are designed to assist you to complete everyday tasks within the community - the key word is **ASSIST**. Our volunteers are there to help you, not do things for you.

The individual service supports are not limited to the following (if you require something else please discuss this with the Senior Coordinator);

♥ Shopping Support

♥ Transport to Appointments

♥ Coffee / Lunch Out

♥ Home Visiting

### Strength and Balance for Seniors

We have engaged Rural Fit to develop a strength and balance program that is geared to maintaining and re-gaining mobility, strength and balance—irrespective of your age or current mobility.

This program will be run by qualified physiotherapists who have a passion for keeping seniors active, regardless of a person's age.

## COMING SOON.....

### Train Your Brain

Research has shown the benefits of keeping active both physically and mentally. We are finishing off a Brain Training program that includes meeting once a week at the library as a group and activities for you to do each day at home.

**All our activities have a financial contribution we ask of each person attending. If you would like more information about the activities or support we offer, please contact our office on 6772 7087.**