

WHO WE ARE

Armidale Care for Seniors Inc. is Commonwealth funded by the Department of Social Services. It is 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 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 pool of dedicated volunteers who under the leadership of our coordinators, assist with providing care and support to our clients. A Management Committee of volunteers 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 The My Aged Care Referral Line yourself by phoning 1800 200 422



172 Rusden Street
(PO Box 1174)
Armidale NSW 2350

Phone:
6772 7087

Email: admin@armidalecareforseniors.org.au

Office Hours

Armidale Care for Seniors Inc. office is open

Monday—Thursday

9.30am—12.00pm

1.00pm—4.30pm

Social Seniors

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

Men'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 Weavers & Crafters

Each Wednesday, this group meet from 10am-1pm, bringing an assortment of craft, as each person works on their own project. Lots of conversation and some advice if asked makes this group a wonderful way to work at a hobby and meet new people. Our Weavers have also joined Wednesdays, creating beautiful raffia baskets with the support of an designated teacher. Previous experience or basic skill level is not needed - a willingness to have a go is. Once your basket is finished, you can take it home.

Splinter Woodworking Group

With a newly established workshop at the Armidale Showgrounds, Splinters Woodworking Group provides the support and equipment for people to tap into their creative talents and tinker with tools. Our Supervisor and volunteers support all levels of abilities. There are no set 'lessons' however our volunteers and Supervisor are there to support you to complete your own projects. Anything you make at Splinters is yours to take home. For some members, they chose to donate their projects to our trade table

Card Players

Every Wednesday after lunch this growing group of card players meet for a fun, non-competitive game of cards. Currently playing Samba (a variation on Canasta) or phase 10, these players are wanting to pass on the enjoyment of the game to others and are great teachers. Other card games are also welcome.

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 due to your walker.

Individual Tailored Support

This service is designed to assist you to complete everyday tasks within the community. You may need assistance with shopping, getting to and from appointments (either medical or regular) or even getting out to lunch with family and/or friends. We have our own service vehicle and our volunteers are able to assist you to complete your tasks. Discuss with the coordinator what assistance you need.

Being Planned for the Near Future...

Jog Your Memory

Using different materials and methods, this 10 week programme will give you insight into keeping your brain active and healthy. You will be able to use this information and these strategies to create lifelong habits to keep your brain fit and active.

Minor Home Maintenance

Dependent upon our funding application, we hope to be able to support the community with Minor Home Maintenance - changing tap washers, changing light bulbs, window washing, cobwebbing and other small odd jobs (as discussed with the coordinator). We are also hoping to be able to provide financial assistance with basic yard maintenance (mowing and whipper-snipping).

If you require other support to help you to remain living in your own home, please contact our Senior Coordinator to discuss them.