

Client Rights

- To be treated with dignity and without discrimination.
- To be treated and accepted as an individual.
- To have individual preferences accepted and respected.
- To choose the care & services that best meet your needs.
- To participate in making decisions that affect you.
- To privacy and confidentiality of your personal information.
- To be helped to understand the information you are given.
- To make a complaint safely and without fear of retribution.

Client Responsibilities

- To respect the rights of our staff and to treat them politely.
- To accept responsibility for your own actions and choices.
- To notify us in advance, of any changes to your appointment ,or if you will be away & your expected return.
- To tell us if you have any problems with the service.

Advocates

Clients have the right to choose an advocate to speak on their behalf.

An advocate can be a family member, friend or a staff member from an advocacy service.

We can provide you with information about advocacy services.

Help us to continue to help you.



The Kingsgrove Community Aid Centre Inc is a Registered Charity.

Any donations are welcome and all donations over \$2.00 are tax deductible.

Donations can be made in person or on our website.

Welcome Benvenuti

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IN THE COMMUNITY - FOR THE COMMUNITY - WITH THE COMMUNITY



SENIORS SOCIAL SUPPORT GROUPS & ACTIVITIES HUB

www.kcac.org.au
9150 7823

Kingsgrove Community Aid Centre Inc.

For more information:

Phone: 9150 7823 Fax: 9150 4387

Email: cbdc@kcac.org.au

Website: www.kcac.org.au

J.P Services are available

Find us on Facebook and
on Nextdoor Kingsgrove,
to stay up to date with our
latest news and events.



Kingsgrove Community Aid Centre Inc
30 Morgan St Kingsgrove 2208

Proudly supported by Georges River Council.

Living Longer, Living Better

Kingsgrove Community Aid Centre (KCAC) offers a range of day trips for people in the St George area.

Come and be part of the fun and improve your quality of life while maintaining an independent life-style.

KCAC has experienced, qualified staff who have expertise in person centred care, and are able to support older people in their quest to live safely, and to remain active and socially connected.

KCAC warmly welcomes everyone regardless of their social and cultural backgrounds and beliefs.

Social Outings and Group Activities

Spend the day with friends while exploring the sights. Recreational activities and outings for older people are designed to restore, maintain and support independent living through social interaction and stimulating activities at the Centre.

This service is available to residents of the St George area who are over the age of 65 years.

Transport

We make it easy for you by picking you up and dropping you home. Transport is provided to residents of the St George area.

Meals

The program offers morning tea and/or lunch for a small fee. Healthy and nutritious meals are encouraged as part of the program and held in new and comfortable Community Hall facility.

Fees

Fees are applicable. Please contact the Kingsgrove Community Aid Centre on 91507823 for fees and charges.



To receive our services please register with My Aged Care.

➔ Do you need help registering? ➔ We will do all the paperwork for you!

➔ We have Chinese, Arabic, Italian, Greek & Indian Interpreters available.

Hotline: 1800 200 422

www.myagedcare.gov.au



Weekly Activity Program

Monday:	Chinese Speaking Social Group
Tuesday:	General Seniors Social Group Computer Classes for Seniors
Wednesday:	General Seniors Social Group Arabic Speaking Social Group Information Sessions
Thursday:	General Seniors Social Group Gentle Exercise Classes Chair Yoga Classes
Friday:	Out and About Group Long Excursions Individual drop in activities for seniors Case Management <i>by Appointment Only</i>

We are always looking for volunteers. Please call us to find out more.

Senior's Gentle Exercise Classes

Improve your strength and mobility.

Registration is essential.

A gold coin donation is appreciated

For more information please contact the Aged Care Coordinator on **91507823** or email on: cbdc@kcac.org.au

Senior's Computer Classes

Come and join the Seniors Computer Class.

Learn how to use technology to keep in touch with family and friends. Stay independent.

Registration is essential

Please call **9150 7823** for more information.

Chair Yoga & Yoga Classes

Improve your strength and mobility.

Registration is essential.

A gold coin donation is appreciated

For more information please contact the Aged Care Coordinator on **91507823** or email on: cbdc@kcac.org.au

Out & About Program

The Out and About Program is a flexible program offered for more mobile seniors to help maintain independence and social networks. The program provides: Special shopping outings; long day trips and excursions.

Individuals may drop in for information & referral to other services.

One Call Away (Sunrise to Sunset)

A telephone support service for housebound seniors who feel lonely or isolated, provided by the Kingsgrove Community Aid Centre Inc.

Call us between 6am sunrise to 6pm sunset.

We are just one call away! 91507823

Supporting, Wellness & Re-ablement as well as Independent Living