

Important Information

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Translating information

National Relay Service for Hearing Impaired (TTY): 13 36 77 (voice calls) 1300 555 727 (speak and listen)
Translating and Interpreting Service (TIS): 13 14 50 (interpreting services)

Carer Gateway

The Carer Gateway is all about meeting your needs as a Carer. Free call: 1800 422 737 Monday through Friday 8 am to 6 pm.

Assessment: My Aged Care

My Aged Care is the entry point for the aged-care system for seniors, their families and carers. My Aged Care helps you find out about the types of aged-care services available, your eligibility for services, service providers in your area, advocacy services and how to make a complaint.

t. 1800 200 422

w. www.myagedcare.gov.au

Your local council

Your local council plays an important role in helping you remain connected to your local community and living the life you want. They provide many services for seniors and those who live with disability. Many of these services are free of charge, but some are available for a small or discounted fee. Not all councils offer all services, so you'll need to check with your council to see what's available in your area.

Contact your local council to find out how you can enjoy:

- Library book and magazine home-delivery services
- Leisure centre fitness classes
- Social clubs
- Community bus outings
- Assistance with waste and recycling collections
- Classes for pastimes and hobbies like dancing, gardening and photography
- Computer courses
- Lectures and talks
- Community walking programs at local shopping centres
- Respite care.

Benefits of getting involved with local groups and activities Joining in groups and activities is a great way to make new friends and keep up to date with what's happening around your local community. You can learn new skills, pick up old hobbies and take part in activities of your choosing. Many local councils also provide transport services, helping you to gain renewed independence in your social life.