

Volunteering Opportunities

Many of our services are provided by caring, kind-hearted volunteers who want to help older people. They selflessly donate their time to help seniors in the community. If you have time to give and would like to find out about our volunteering opportunities, call us today on **02 9888 3380**.



Presbyterian Aged Care Northern Sydney

Supported by City of Ryde, North Ryde RSL, NSW Government and the Federal Department of Health

4 Cutler Parade
North Ryde NSW 2113

Tel 02 9888 3380 or 1800 722 679

Email nrca@pcnsw.org.au

www.pacnsw.org.au

PAC Northern Sydney

Incorporating North Ryde Community Aid



Presbyterian Aged Care



**Caring for you
is at the heart of
everything we do.**

North Ryde Community Aid (NRCA) has been providing aged-care and community services to residents in the Ryde community since 1982.

Having merged with Presbyterian Aged Care in January 2020, we continue to provide these services to the greater Northern Sydney Region.

**Call our friendly team on 1800 722 679
or visit www.pacnsw.org.au**





Home Care Services

At Presbyterian Aged Care (PAC) we offer a range of services and support to help you stay living in your own home for longer. We can make your life easier and give you peace of mind knowing that you don't have to do everything yourself anymore. We can provide assistance with both Home Care Packages and the Commonwealth Home Support Programme (CHSP). We also offer Short-Term Restorative Care.

Home Care Packages

Home Care Packages can provide choice and flexibility tailored to your individual goals. There are 4 levels of Home Care Packages. Levels are determined by an assessment of your needs by a Government Aged Care Assessment Team.

Commonwealth Home Support Programme

Some of our most popular CHSP services are:

- > Transport to appointments
- > Bed linen changing service
- > Gardening
- > Light home maintenance
- > Assisted shopping
- > Unaccompanied shopping
- > Personal care
- > Social activity groups
- > Domestic assistance eg cleaning

Call our friendly team on **1800 722 679** to find out more.

Social Groups

Looking to get out more often? Social groups provide positive, active and healthy ageing through peer interaction and nutritional meals. We provide a variety of groups including an Armenian seniors group, morning teas, social outings and events. Transport is available.

Short-Term Restorative Care

STRC is an innovative program that provides intensive support from a multidisciplinary team for 8 weeks. It aims to give you a burst of support to improve your wellbeing and independence. STRC can offer allied health services (such as physiotherapy), mobility aids and much more.



How do I access these services?

Call our friendly team on **1800 722 679** to discuss which services you could be eligible for to get started.

Services are subsidised by the Australian Government and you will need to register with My Aged Care to access them.

Contact My Aged Care on 1800 200 422 or register online at www.myagedcare.gov.au/assessment to establish your care needs.

Community Programs in North Ryde

- > Emergency food relief
- > Multicultural Mother's Group
- > Community classes
- > Community library
- > Lawn mowing (Ryde LGA)

For more details on these local community programs call us on **02 9888 3380**.