

SERVICES FOR SENIORS

SENIORS RIGHTS SERVICE

A community legal centre which provide telephone advice, advocacy, legal advice and educational services older people.

Contact: 1800 424 079 or seniorsrightsservice.org.au

NSW ELDER ABUSE HELPLINE

Provides information, support and referrals relating to the abuse of older people living in the community across NSW.

Contact: 1800 628 221 or elderabusehelpline.com.au

SENIORS CARD NSW

A free discount card available to permanent residents of NSW with access to NSW Government transport concessions, travel and business discounts.

Contact: 13 77 88 or seniorscard.nsw.gov.au

GENERAL SERVICES

ENERGY AND WATER OMBUDSMAN NSW

A free and independent dispute resolution service for all electricity and gas customers in New South Wales, and some water customers.

Contact: 1800 246 545 or ewon.com.au

PENRITH SENIORS CENTRE

Run by volunteers and proudly supported by Penrith Council, it hosts a variety of activities aimed at over 55s.

Contact: 4721 0609

LOCAL NEIGHBOURHOOD FACILITIES

A range of neighbourhood facilities and event spaces run by Penrith City Council.

Contact: 4732 8021 or penrithcity.nsw.gov.au/Halls

SAFETY AND SECURITY

- **In an Emergency**, call Triple 0 (000)
Call Police, Fire or Ambulance in an emergency or life threatening situation.
- **Police Assistance Line (PAL) 131 444**
To report all non-urgent crime.
- **Crime Stoppers 1800 333 000**
To report crime anonymously.

IMMUNISATION FOR ADULTS

A healthy life includes protecting yourself and your loved ones against serious diseases. As we age our immunity against some diseases can wear off over time. You may be entitled to free vaccination.

It's important to be vaccinated as we age. The older we are, the higher the risk of having complications from diseases like influenza and pneumococcal disease.

WHAT VACCINES ARE FREE FOR OLDER PEOPLE?

50 years and over

- (Aboriginal and Torres Strait Islander people)
- Pneumococcal Vaccine
- Influenza Vaccine (free from 15 years of age)

65 years and over

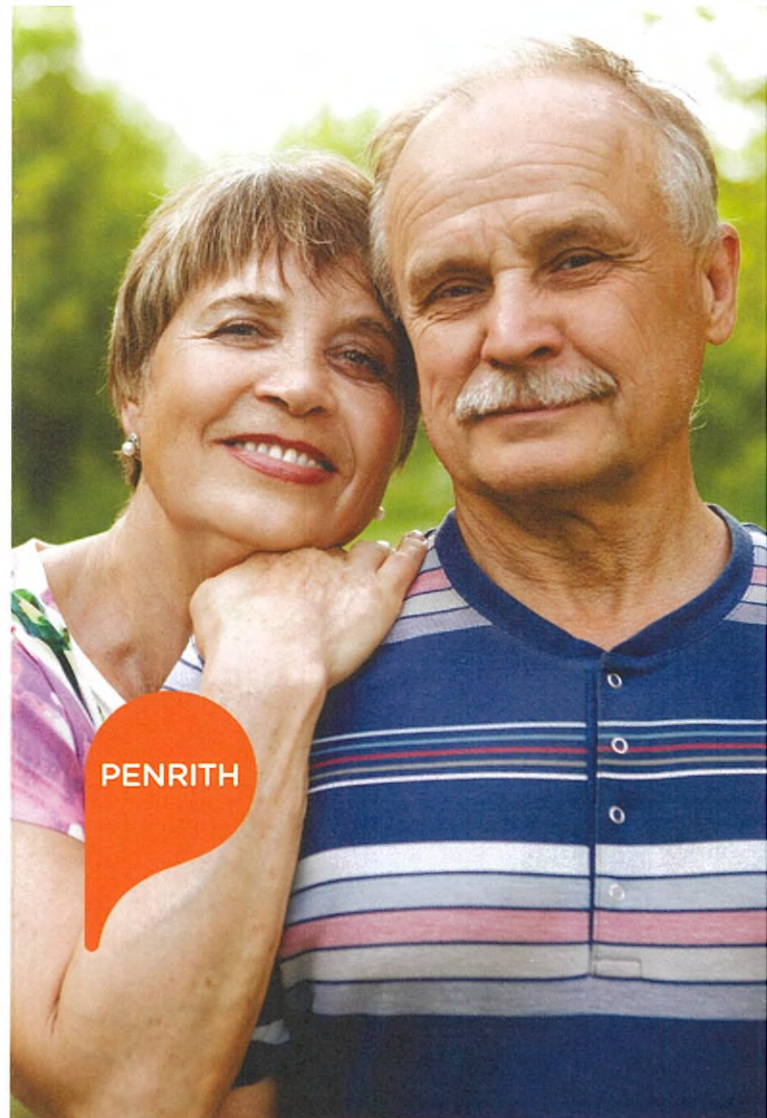
- Influenza Vaccine
- Pneumococcal Vaccine

70 years

- Herpes-Zoster (Shingles) vaccine
- A free single catch up dose is available for people aged 71-79 until October 2021

HOW CAN I FIND OUT MORE?

If you have any questions talk to your doctor or call the immunisation team at the Penrith Public Health Unit on **47342022** or visit immunise.health.gov.au



Penrith City Council
601 High street
Penrith NSW 2750
☎ 4732 7777
🌐 penrithcity.nsw.gov.au

**PENRITH
CITY COUNCIL**

**SERVICES &
INFORMATION**

FOR OVER 50s

AGED CARE SUPPORT

MY AGED CARE

My Aged Care makes it easier for people over the age of 65, their families and carers to access information and support for ageing and aged care.

Contact: 1800 200 422 or myagedcare.gov.au

If you speak a language other than English you can contact the Translating and Interpreting Service for My Aged Care free on 131 450.

OLDER PERSONS ADVOCACY NETWORK (OPAN)

Offers support you and your family to understand and exercise your aged care rights. This service will connect you with the aged care advocacy organisation in your state or territory.

Contact: 1800 700 600 or opan.com.au

AGED CARE QUALITY AND SAFETY COMMISSION

If you have a concern or feedback about the aged care you or someone else is receiving, you can talk to the Aged Care Quality and Safety Commission.

Contact: 1800 951 822 or agedcarequality.gov.au

SUPPORT FOR CARERS

CARERS GATEWAY

The Carer Gateway is a national online and phone service, providing practical information and resources to support carers.

Contact: 1800 422 737 or carergateway.gov.au

CARERS NSW

Carers NSW is the peak organisation for carers in NSW, it has an exclusive focus on supporting and advocating for all carers in the state.

Contact: 1800 242 636 (free call except from mobiles) or carersnsw.org.au

DEMENTIA SUPPORT

NATIONAL DEMENTIA HELPLINE

Free and confidential service where you can chat with caring and experienced professionals about dementia and memory loss yourself or others.

Contact: 1800 100 500 or dementia.org.au/helpline

DEMENTIA SUPPORT NURSES

Dementia Support Nurses offer short-term case management and care planning to assist staying at home.

Contact: 4759 8700 (Lawson Community Health Centre) or 4734 4800 (Lemongrove Community Health Centre)

DISABILITY AND MENTAL HEALTH SUPPORT

NATIONAL DISABILITY INSURANCE SCHEME (NDIS)

The NDIS is the new way of providing individualised support for people with permanent and significant disability, their families and carers.

Contact: 1800 800 110

MEN'S LINE AUSTRALIA

MensLine Australia is a telephone and online counselling service for men with family and relationship concerns.

Contact: 1300 789 978 or mensline.org.au

BEYOND BLUE

Support service and information on anxiety, depression and suicide. Trained mental health professionals will listen, provide information and advice.

Contact: 1300 224 636 or beyondblue.org.au

MENTAL HEALTH ACCESS LINE

Access to expert mental health advice, support and referrals for people dealing with a mental health problem and their families and carers.

Contact: 1800 011 511

CRISIS SUPPORT

LINK2HOME

Provide information, assessment and referral to specialist homelessness services, temporary accommodation and other appropriate services for people who are homeless or at risk of homelessness.

Contact: 1800 152 152

DOMESTIC VIOLENCE ASSISTANCE LINE

Provides crisis counselling and referral service for women and persons who identify as female.

Contact: 1800 656 463 (24 hours)



STAY CONNECTED

VOLUNTARY GROUPS AND ORGANISATIONS

- **Probus:** probussouthpacific.org
- **Rotary:** rotaryaustralia.org.au
- **Lions:** lionsclubs.org.au/contact/nsw
- **Zonta:** zontadistrict24.org
- **U3A:** u3apenrith.org.au
- **Australian Men's Shed Association:** mensshed.org
- **Penrith Senior Citizens Club:** users.on.net/~pvsccl/penrithseniors.html
- **CPSA:** cpsa.org.au
- **Quota:** quotainternational.org
- **Australian Red Cross:** redcross.org.au/get-involved/connect/volunteer
- **Do Something Near You:** dosomethingnearyou.com.au
- **Wrap With Love Inc:** wrapwithlove.org
- **Nepean District Historical Society:** nepeanhistoricalsociety.org.au
- **St Marys & District Historical Society:** stmaryshistoricalsociety.org
- **Conservation Volunteers:** conservationvolunteers.com.au