

Are you confused about

AGED CARE?



At the COTA NSW Information Hub, we can explain:

- how the aged care system works
- how to organise home care or residential care
- the different ways that aged care is funded

We can also help you to:

- find local services
- use the My Aged Care website
- phone the My Aged Care centre
- fill in forms

The aged care system can be complicated.

At the COTA NSW Information Hub, our friendly trained volunteers are ready to help you access services that will support you to live at home safely or find a place in an aged care home. We understand that you need time to make big decisions and won't rush you.

This help is provided free of charge. One of our volunteers is bilingual and can support people in Cantonese or Mandarin if needed.

Come and talk to us!

Family members and friends welcome too!

WHERE: Hurstville Seniors Centre,
91 Queens Rd, Hurstville

WHEN: Opens on Tuesday October 22. Then every
2nd and 4th Tuesday of the month.

HOW: It's advisable to make an appointment on
0438 431 817 or acsn@cotansw.com.au –
although you can drop in on the day.



***We also provide **SPEAKERS**
on the aged care system
for community groups***

The Information Hub is supported by Hurstville Seniors Computer Club. It is part of the Aged Care Navigators Trial, which is testing ways to help people access aged care services. COTA Australia are leading the trials, which are funded by the Australian Government.