

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.
Non discriminatory treatment.
Confidentiality and privacy.
Inquiries answered immediately.
Your rights to choose an advocate of your choice.

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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Kingsgrove Community Aid Centre Inc.

For more information: Phone: 9150 7823

Email: cbdc@kcac.org.au

Website: www.kcac.org.au

J.P Services are available

KINGSGROVE COMMUNITY AID CENTRE ACKNOWLEDGES
THE SUPPORT OF GEORGES RIVER COUNCIL FOR THE
VENUE AT 30 MORGAN ST KINGSGROVE.



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



KINGSGROVE COMMUNITY
AID CENTRE INC.

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

30 Morgan St Kingsgrove 2208

Email: admin@kcac.org.au

Living Longer, Living Better

Kingsgrove Community Aid Centre (KCAC) offers a range of social outings for seniors in the St George area.

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

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 KCAC on 91507823 for fees and charges.

Information & Referral

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



Senior's Gentle Exercise Classes

Improve your strength and mobility.

Registration through My Aged Care is essential.

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 through My Aged Care is essential.

Please call 9150 7823 for more information.

To receive our services, please register with My Aged Care on the Hotline: 1800 200 422 or at www.myagedcare.gov.au



Australian Government

Department of Health and Ageing

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

➔ We have Chinese, Arabic, Italian, Greek & Indian Interpreters available. Call us on 9150 7823.

Weekly Activity Program

Monday:	Chinese Speaking Social Group Coffee Club once a month (call us for details)
Tuesday:	General Seniors Social Group Computer Classes for Seniors
Wednesday:	Arabic Speaking Social Group Information Sessions
Thursday:	General Seniors Social Group Gentle Exercise Classes Let's Get Active Seniors Program
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 on 9150 7823.

"Let's Get Active" Seniors Program

Improve your strength and mobility.

Registration is essential.

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

Friday 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.

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

Coffee Club

First Friday of each month. Please call us for details.

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