

WHAT'S AVAILABLE?

- ◆ FRIENDLY PHONE CALLS
- ◆ HOME VISITING
- ◆ ONE-ON-ONE INDIVIDUAL SOCIAL SUPPORT
- ◆ ONE-ON-ONE INDIVIDUAL ASSISTED SHOPPING
- ◆ SOCIAL GROUP OUTINGS
- ◆ PARKINSON'S FITNESS GROUP
- ◆ SENIORS' FITNESS GROUP
- ◆ SENIORCISE
- ◆ TAI CHI
- ◆ SOCIAL CRAFT GROUP

Feedback is always welcome at Engadine Community Services

Visit the ECS website & read our policies:

<https://www.ecs.org.au/policies>

Visit the ECS office:

1034-1036 Old Princes Highway, Engadine
[appointments available on request]

Ring ECS:

9520 7022



Write to ECS:

[Post] above address NSW 2233

[Email] admin@ecs.org.au

Find ECS on the web:

www.ecs.org.au

facebook.com/ECS2233

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AGED SERVICES



Engadine Community Services can help you to age well in your own home & stay active in your community



Community Aged Care that enables individuals

ECS specialises in social support to enable people who are aged 65 years & over [50 years for Aboriginal people] to remain in their own homes & be a part of the community.

>> FRIENDLY PHONE CALLS

Stay in touch when you're housebound or unwell, on a short-term or regular basis, through a volunteer call at an agreed time.



>> HOME VISITING

Become friendly with a volunteer who visits when you can't get out & about. The frequency is dependent on your needs & volunteer availability.

>> ONE-ON-ONE INDIVIDUAL SOCIAL SUPPORT & ASSISTED SHOPPING

Accompanied support by a volunteer with shopping, banking & other social needs in your local community. [Grocery deliveries also during COVID lockdowns]



THE VISION AT ECS:

All people feel included in our community, & all abilities, cultures and strengths are recognised.

You must be registered through **My Aged Care** & assessed for eligibility for CHSP [subsidised] services.

Tel: 1800 200 422

ECS staff can help with information about Aged Care & support with the registration process.



Fun & interesting Group Outings

>> SOCIAL GROUP OUTINGS [regular]

Shopping outings with support volunteers provide door-to-door service & help with your parcels.

From your home to Southgate at Sylvania, Menai Marketplace & beyond....

>> BIG DAY OUT [occasional]

Social lunch outings to venues within the Sutherland Shire or long day outings beyond the Shire.

Talk to our Aged Services Coordinator if you have an idea or request.

Fees for entry tickets & lunch costs apply. ECS volunteers also attend to provide support. [One-on-one support may be available if requested during assessment]



Social Groups at the community centre



Small classes run by qualified instructors to support wellness & fitness for active ageing. Tailored programs to help people to improve their strength, flexibility, stability, posture & balance.

>> PARKINSON'S FITNESS GROUP

Gentle exercise, with volunteers to assist individuals. Focuses on the issues affecting people with Parkinson's Disease & similar conditions.

>> SENIORS' FITNESS GROUP

Gentle exercise for reablement & maintaining health.

>> TAI CHI

Seniors group to work on balance for body, mind & spirit.

>> SENIORCISE:

More active exercise & fun.



Peer-led activity groups to support development of skills & friendships.

>> SOCIAL CRAFT GROUP

Don't stay home alone. Bring your knitting or sewing or any other soft craft & have a chat & a cuppa.