

Other Community Care Programs

- ◆ Home Care Packages
- ◆ In-Home & Social Support
- ◆ Social Support Groups
- ◆ Transport
- ◆ Volunteer Support

Other useful contacts

Aged Care Quality & Safety Commission

Ph: 1800 951 822

Aged Rights Advocacy Service (ARAS)

Ph: (08) 8232 5377

Carers SA Australia Ph: 1800 422 737

Catalyst Foundation Ph: (08) 8168 8776

Commonwealth Respite and Carelink

Centre Ph: 1800 052 222

Dementia Australia Ph: 1800 100 500

Disability Rights Advocacy Service Inc.

Ph: (08) 8351 9500

My Aged Care Ph: 1800 200 422

SA Elder Abuse Prevention Phone Line:

Ph: 1800 372 310

Translating & Interpreting Service

Ph: 131 459

For further information contact the Limani Coordinator Community Care Services

Girls Guides, 163 Torrens Rd
cnr Homestead Blocks Place, Ridleyton

Ph: (08) 8340 7479 or 0402 020 002

or

262 Franklin St, Adelaide

Ph: (08) 7088 0500

F: (08) 70880 514

www.gocsacommunitycare.com.au

*We encourage your feedback and
welcome your comments to improve our
services.*

*To make a compliment, suggestion or
complaint contact us on the above
details.*

*If you have a concern you can also
contact the:*

Aged Care Quality & Safety Commission

Ph: 1800 951 822



GREEK ORTHODOX COMMUNITY
OF SOUTH AUSTRALIA INCORPORATED
ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΗ ΚΟΙΝΟΤΗΤΑ ΝΟΤΙΑΣ ΑΥΣΤΡΑΛΙΑΣ

LIMANI SOCIAL SUPPORT GROUP



*My Home, My little Home,
A little House of My Own*



Limani Social Support Group

The Limani Social Support Group is a stimulating, culturally and linguistically appropriate centre-based day program.

It is for people from a Greek-speaking background with memory loss and/or confusion, depression and social isolation who reside in the community.

It also assists carers to have a break from their caring role.

The program aims to:

- Provide a holistic, person centred approach based on the Montessori principles
- Maintain and promote activities of daily living, a sense of security and self-worth in a safe and caring environment that is culturally appropriate
- Enhance the quality of life, self-esteem, dignity and respect while preserving privacy and confidentiality of families
- Raise awareness within the Greek Community of the impact of cognitive deficits and issues of memory loss and confusion

- Promote a positive experience with the opportunity for social interaction whilst sharing a common ground
- Offer the carer an opportunity to take a break from their caring role
- Assist families and carers to better manage caring for someone with memory loss and/or confusion
- Provide referrals and information for carers to support their caring role



Eligibility

To access this support contact **My Aged Care** on 1800 200 422 (you can request an interpreter if you require one) or visit the **My Aged Care** website www.myagedcare.gov.au

Alternatively, you can contact the **Greek Orthodox Community of SA Inc.** (GOCSA) on 7088 0500 and we will assist you by referring and registering your details on MAC on your behalf. They may also need to do a home assessment.

My Aged Care can help you decide what level of support you need and refer you to an aged care provider. If you would like to access the Greek Orthodox Community of SA—Community Care Services, please let **My Aged Care** know. **My Aged Care** will send the referral to us and upon receiving it, we will contact you and commence our services.

Time

Tue to Thu 10.00am to 2.30pm
(closed on PH)

Cost

\$15.00 per session

Transport

to be negotiated