

ARE YOU INTERESTED OR NEED SUPPORT?

If you are not already client of the Polish Federation and you are seeking assistance to access any of the aged care services, please contact My Aged Care contact centre by calling **1800 200 422**.

The My Aged Care contact centre staff member will ask you a series of questions in order to understand your needs. During the conversation they will discuss some options with you which may include being referred for a home support assessment, a comprehensive assessment or a direct referral to services (where appropriate).

For more information please visit My Aged Care website on www.myagedcare.gov.au

If you would like more information, please contact our office.

Phone: (08) 8232 1464

SERVICE FEES

We ask you to contribute a small amount towards the cost of providing you transport. Income generated from client contribution fees is used to enhance and/or expand service provision.

Programs that are run by the Federation of Polish Organisations in South Australia:

- Home Care Packages (HCP)
- Polish Active Seniors Program (PAS)
- Carers & Seniors Information Sessions

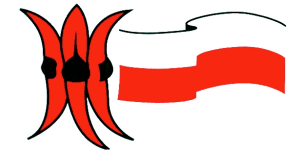
CHSP Programs:

- Polish Meals Program
- CHSP Social Support Groups
- Flexible Respite - Care Relationships and Carer Support
- Polish Social Support Services Program (PSSS) - transport and social support individual

The PSSS Program is one of the programs run by the Polish Federation in South Australia, funded by the Australian Government Department of Health. Visit the Department of Health website (www.health.gov.au) for more information.

Disclaimer:

Although funding for this service has been provided by the Australian Government, the material contained herein do not necessarily represent the views or policies of the Australian Government.



POLISH SOCIAL SUPPORT SERVICES PROGRAM

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TRANSPORT

- help getting people out and about for shopping or appointments.

Meeting the mobility needs of older people is critical to ensuring they do not become socially excluded. Adequate and appropriate transport options enable older people to continue to be active participants in their communities, to access services, and to maintain social connections. Given access to adequate transport options, older people are also better able to maintain their independence, and to remain in their own homes.

Through the Polish Social Support Services Program, Federation of Polish Organisations provides transport assistance around Adelaide for Seniors, who are not able to use their own transport any longer.

As far as we can, we will try to accommodate your transport needs to help you to get to:

- social and cultural events, like lunches organised by senior's clubs
- medical appointments
- shopping
- Polish social support groups meetings (e.g. Polish Active Seniors Program groups meetings run by the Polish Federation)

SOCIAL SUPPORT - INDIVIDUAL

- visiting, accompanied activities e.g. shopping and telephone contact.

Social support services can help you to maintain an active social life by having someone visit you in your home, or by arranging visits and outings in the community.

Federation of Polish Organisations will help you to stay active, connect with your community and socialise with new and old friends.

Our volunteer can visit you and have a cup of tea or coffee with you at your place, take you for a walk or drive you to the lunch at senior 's club.

We don't want our Seniors to feel lonely or isolated, therefore we can:

- visit you at home or take you for a walk
- help you with bills paying, attendance to appointments and other related activities
- help you with shopping or even do the shopping on your behalf
- we can also give you a call and have a chat with you

Please feel free to contact us
if you have any further questions.

HOW DOES IT WORKS?

Once you are assessed by My Aged Care and become a client of the Polish Federation, you or your representative can call us on **(08) 8232 1464** and request transport or social support.

For transport bookings, we will need a time and location of your appointment, and for social support interactions, the day and time that you would like for a volunteer to visit you. Our volunteer driver will pick you up and return you home, and if necessary, will wait with you, while you attend your appointment.

Please note that booking are essential and we require at least 24 hours notice prior to the date of your appointment/visit. It is also very important to let us know, if the date or time of your appointment changes or if you would like to cancel the visit, so we can send our volunteer to help someone else.

OUR VOLUNTEERS

At present we have a total of 36 volunteers involved in the programs run by the Polish Federation, 20 of whom is actively engaged in the Polish Social Support Services program.

Almost all our volunteers are of Polish background and Polish speaking.

All our volunteers need to undergo a police check, which is arranged by the Polish Federation.