

CARE AND RESPITE SERVICES

Geegeelup Village Inc – 9761 1366

3 Scott St, Bridgetown

Independent living units, rental units with Homes West and Apex, rental properties and residential care beds are available for seniors. Geegeelup Village residential has received funding to expand from 16 to 32 beds to cater for the increasing number of seniors in the community.

**Greenbushes Aged Community Committee
(Stinton Gardens) – Leanne Green – 9764 2617**

73 Blackwood Rd, Greenbushes

Independent Living Units for senior residents are available in conjunction with Department of Housing. Other services for residents are provided including social and craft activities. Friday Activity Club is open to all senior members of the community.

Meals on Wheels – 9761 1855 or 0488 026 299

Provided by Bridgetown Community Home Care. Flexible meal delivery service and safety/wellbeing checks. Meals available to elderly and disabled clients, at a subsidized cost for full or part disability or aged pension. Carers may also be eligible.

Silverchain – 9761 0000

Silverchain offers seniors in the community domestic assistance, home gardening services, nursing, social support for shopping and attending appointments in the local area, meal preparation, personal care and medication support. The Day Centre runs Mon/Wed/Fri, with guest speakers visiting on Fridays.

RED CROSS SERVICES

Red Cross—South West Regional Office 9726 6700

Care and Housing Assistance - 0478 321 222 or 9726 6700

This service is available to people over the age of 50 and offers access to secure and affordable housing through housing services. People over 50, people showing early signs of ageing and receiving low income are eligible. People may apply themselves or be referred by family or community members. This service is free of charge.

...RED CROSS SERVICES

Carer Support – 0427 081 400 or 9726 6700

Available to carers/care recipients assessed by the HACC Regional Assessment Service. Provides respite to enable them to attend support groups, socialise and take a short break. CS provides support, information and referral to relevant agencies, plus regular support groups with a wellness approach. Guest speakers and staff provide specialised information. Transport is available to and from support meetings or outings. The support group is free of charge.

**Commonwealth Respite and Carelink Centre
1800 052 222 (during business hours) or
1800 059 059 (emergency respite support)**

Facilitates access to information, respite care and other services appropriate to the needs and circumstances of carers and the cared for. Short-term, emergency and regular respite available, plus links to carer support, disability support and community services in the area. All carers are eligible for assistance, including those who provide voluntary care for a family member, friend or neighbour who may have a disability, a mental illness, dementia, a terminal illness or is frail aged.

Community Visitor's Scheme - 0466 365 047 or 9726 6700

CVS volunteers make regular social visits and provide companionship and friendship to residents of aged care facilities or older people living in their own homes. Elderly companion volunteers are matched one-on-one with a participant or run a group visit with residents who have common interests. To be eligible to receive CVS, participants must live in an aged care home or in their own home and be receiving a Home Care Package.

Telecross – 1800 885 698

Telecross volunteers make short early morning calls to provide support for some of Western Australia's most vulnerable people.

**Dementia Education and training for Carers
1800 052 222**

DETC provides skill enhancement activities for carers of people living with dementia, such as education about dealing with challenging behaviours and personal care.

Seniors Community Services



February 2019

HEALTH & WELLBEING

Bridgetown District Hospital – 9782 1222

Peninsula Rd, Bridgetown

Bridgetown Hospital offers 24 hour emergency consultation and ambulance to Bunbury. Other services include pathology, X-ray, physiotherapy, podiatry, occupational therapy, an incontinence nurse and a hearing specialist. All specialist services require a doctor's referral.

Bridgetown Medical Centre – 9761 1222

88 Steere St, Bridgetown

The health nurse provides health assessments in the home for over 75s and team care arrangements for chronic disease management plans. Flu vaccine free for over 65s.

Kapovich Denture Clinic – 9721 6584 or 0412 995 562

Peter Kapovich comes to Bridgetown through special arrangements, can also make emergency visits if required. Please make an appointment at his Bunbury office.

Bridgetown Dental Clinic

Offers general dental services.

Gynaecologist – 9791 1777

Dr Ben Cunningham visits Bridgetown bi-monthly to conduct consultations and procedures. For appointments, contact South West Gynaecology on 9791 1777.

Bridgetown Pharmacy – 9761 1004

127 Hampton St, Bridgetown

Free hearing checks for the elderly conducted first Wednesday of the month. National Diabetes Service Program provider, blood pressure monitoring - take home or in-store, quick health checks, cardiovascular health and respiratory health. Sleep apnoea screening and equipment rental. Screening for breathing problems associated with chronic obstructive pulmonary disease. Meds-checks review of multiple medications to identify potential problems, increase effectiveness or stage supply. Home delivery of prescription medication around Bridgetown daily, weekly deliveries to Greenbushes.

Optometrist – Geoff's Spectacles – 0418 903 957

Geoff's Spectacles visits Bridgetown CRC a few times a year. To book, contact Geoff direct.

Podiatrist – Geoff Dickson – 9752 4270

Travels to Bridgetown to consult in the Silverchain rooms every second Tuesday. Call Geoff to make an appointment or refer through a doctor.

LEISURE, SHOPPING & TRANSPORT

Bridgetown Integrated Leisure Centre – 9761 2966

Cnr Steere St and Gifford Rd, Bridgetown

Fit 50s PLUS – fitness classes for over 50s, including gentle yoga and circuit, which can be altered to suit individual participants needs. Living Longer, Living Stronger – personalised and progressive strength training for over 50s.

Bridgetown Regional Library – 9761 2503

75 Steere St, Bridgetown

Borrow books, DVDs, magazines and more. Daily papers, board games & jigsaws available. Assistance with downloading e-books and requesting from the catalogue. Local history resources and large print items available. Computers and Ancestry.com access available, free WiFi to use on your own device. Access movies for free from home using Kanopy. Groups meeting at the library include: Canasta 1.15-5pm Mondays, Book Club 1.00-2.30pm 3rd Thursday of each month, Mahjong 1pm Mondays. For assistance with any library services or groups, speak to the friendly library staff.

Bridgetown-Greenbushes Visitor Centre – 9761 1740

154 Hampton St, Bridgetown

Agent for TransWA Bus Service and South West Coach Lines tickets, booking agent for tours and accommodation.

Fortnightly Greenbushes to Bridgetown Shopping Run

Shire of Bridgetown-Greenbushes – 9761 0800

Miss Rosie the Community Bus, travels from Greenbushes to Bridgetown every second Tuesday. The bus leaves from Greenbushes Roadhouse at 9am, stopping at Mitre 10, the butcher and IGA in Bridgetown. Departs Bridgetown IGA at 11.30am to return to Greenbushes. Wheelchair access available (requires notice—contact the Shire to arrange). Fare \$8 per person. For details, ring the Shire or see the notice at Greenbushes Post Office.

Bridgetown Community Home Care

9761 1855 (Formerly BATS)

Transport service to assist Bridgetown residents in attending appointments outside of the local area, including Perth. fees are based on the WA HACC Program's Standard Fee Schedule and your level of income. For eligibility call 1300 785 415

The Stables IGA – 9761 1044, 109 Hampton St, Bridgetown

Seniors discount - 5% discount every day

Blackwood Fresh – 9761 0660, 155 Hampton St, Bridgetown

Seniors discount - 5% discount every day

CLUBS & LOCAL SERVICES

Bridgetown CRC – 9761 2712

150 Hampton St, Bridgetown

Agent for Centrelink, Department of Human Services, Medicare, ATO, No Interest Loans, Rural In Reach Programs and Department of Veteran Affairs. Facilitates courses and activities for seniors including computing, broadband, photography, iPhone & iPad assistance/training and social media training. Holds Info sessions on wills, power of attorney and health/welfare.

Greenbushes CRC – 9764 3575

46 Blackwood Rd, Greenbushes

The CRC facilitates courses for seniors including broadband, Skype and computing. Offers activities including easy yoga, croquet, community shed for men and women, book club, craft club. Services include funeral booklet preparation, CD/DVD burning to back up photos/videos and VHS conversion, and library services. Agent for Centrelink, Medicare, Dept. of Veterans Affairs, TransWA bus services, South West Coach lines and Shire of Bridgetown-Greenbushes payments. Provides access to Rural in Reach confidential health & wellbeing service.

Greenbushes Retirees League – 9764 3653

Heather Cusack, President

A group for retired people who socialize, network, organise and attend functions.

Grumpy Old Men's Shed – Terry Linz – 9761 4720

Lot 22 Campbell St, Bridgetown

Men from all walks of life are welcome to join. Members work on projects (your own, or have a look at the requests from Bridgetown people) or just have a cuppa and a yarn. The shed also supports and promotes men's health. Monday, Tuesday and Thursday mornings from 8am-noon. \$3 entry fee plus \$30/year annual insurance.

Shire Access & Inclusion Committee – 9761 0800

Council facilitates the Access and Inclusion Committee to implement Council's Age Friendly Community Plan and Disability Access and Inclusion Plan and make recommendations to council on seniors issues.

