



Seniors Information Booklets

Funded by
Queensland Government

Managed by
Fraser Coast Regional Council

Seniors in Focus

"Linking seniors, services and activities."

4194 2441



Fraser Coast
REGIONAL COUNCIL

SENIORS INFORMATION DIRECTORY

Compiled by

SENIORS IN FOCUS Project
A Fraser Coast Regional Council Program
Funded by the Department of Communities

January 2022 Edition



Assistance



If you need help to understand or to use the information in this directory please contact the Seniors in Focus Liaison Officer on

4194 2441

If you need an interpreter please call
13 14 50

The information in this directory is also available on the Seniors Website

www.halcrostreet.wixsite.com/seniors

and

Fraser Coast Regional Council's Website
www.frasercoast.qld.gov.au



Please Note

that as of 1 July 2015

Referrals to any Aged Care Service now goes through

MY AGED CARE
1800 200 422

Monday to Friday 8am—8pm
Saturday 10am—2pm



MAJOR EVENTS TO REMEMBER

- **Over 50's Lifestyle Expo** - held as a part of Senior Month activities now planned for October in line with International Day of Seniors
- **Senior Month Activities** - now planned for October in line with International Day of Seniors. Activities are various and held throughout the Fraser Coast.
- **Mobility Scooter/Wheelchair Convoy Record Attempt** - held in September during Disability Action Week.
- **Art Affair** - Exciting event showcasing local artists who have a disability. Held in September/November
- **Disability Action Week** - A variety of activities are organised throughout the Fraser Coast in September.

SENIORS IN FOCUS

Supporting all seniors in the
Hervey Bay community to

- Live productive, enjoyable lives
- Be independent and make informed choices for their own well-being
- Participate in activities and interests of their own choosing
- Access services to stay healthy, mobile and safe through the organisation of information sessions, events, activities and access to resources and information.
- Access to someone who can assist with linking you to your local community or to be a listening ear.

Resources available include the Seniors Activity Directory, Stay Safe Scooter Booklet, Emergency Medical Details Booklet, Seniors Information Directory, and a variety of pamphlets.

Seniors in Focus is located at
The Halcro Street Community Centre
30 Halcro Street, Pialba/Point Vernon

Call 4194 2441

*A Fraser Coast Regional Council Program funded by
Queensland Department of Communities*

Volunteering

**Are you looking to do some volunteer work?
Most local organisations can use your help!**

Wide Bay Volunteers Resource Association Inc.
Can help on **4151 6644**



You can also seek positions through
www.frasercoastvolunteering.com.au

Or just contact the individual services

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Emergency Numbers

All Emergencies	000
TTY for Emergencies	106
Mobile Phones	112

Council Emergency Numbers

Water Supply and Sewage	1300 808 888
All other Council matters ie: animal control & vandalism	1300 794 929

000 Emergency Procedure

When ringing ‘000’ the operator will ask you specific questions to ensure that you are connected to the right service, assess the severity of the incident and be able to locate you as quickly as possible.

The following is an example of what might be asked

Operator: Emergency—Police, Fire or Ambulance?
What town are you calling from?
What state are you calling from?

The operator will then connect you to the designated emergency service using the following phrase

“I am now connecting you to Police/Fire/Ambulance.”

Once you are connected to the appropriate service they will ask you a number of questions such as

Operator: What is the problem?
What is the address?
What is the nearest cross street or landmark?
What is the exact location of incident?
Is any person trapped or injured?

Specific questions will be asked depending on the nature of the emergency.

Most importantly—remember to stay calm and assistance will be there as soon as possible.

DON’T FORGET TO STAY ON THE LINE

Poisons

What to do in the case of poisoning

- ◆ Ring the poisons information centre on **13 11 26**.
- ◆ If you think that someone in your care may have been poisoned—**DO NOT WAIT** for symptoms to occur. Ring for help.
- ◆ Find the container of the suspected poison and contact the Poisons Information Centre who can identify the poison and suggest the best method of treatment including whether an ambulance should be called.
- ◆ **DO NOT TRY TO MAKE THE PERSON VOMIT.**
- ◆ If skin has been in contact with poison, remove clothing without touching the poison yourself and flood the area with cool running water.
- ◆ **Do not put yourself in danger or at risk.** Call for help if needed.

The Poison Information Centre can also be contacted if you have any questions and concerns about

- ◆ The disposal of poisons
- ◆ The spillage of poisons
- ◆ How to prevent poisoning from happening
- ◆ The various hazards associated with chemicals, plants, pesticides and other products

Always check if you are not sure and obtain the correct first aid advice. Remember that posters, books and pamphlets can be out of date and incorrect so it is always better to check.

Emergency Contacts

**In an emergency call 000
(Police/Fire/Ambulance)**

Other emergency contacts for easy access

Hervey Bay Hospital	4325 6666
Maryborough Base Hospital	4122 8222
St Stephens Private Hospital Hervey Bay	4120 1200
State Emergency Service (SES) National Storm and Flood	132 500
Crime Stoppers	1800 333 000
Police Link	131 444
Ambulance (non urgent)	131 233
Rural Fire Brigade	4122 0337
Volunteer Marine Rescue Call sign VMR 466	4128 9666
Coast Guard Sandy Straits	4129 8141
Mick's Snake Removal	0415 064 130
Ergon Energy	13 22 96
Emergency Respite	1800 059 059



Helplines

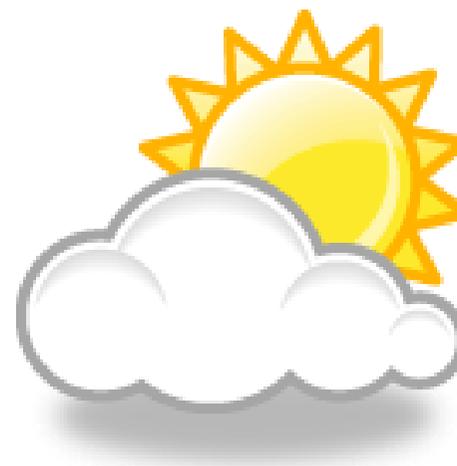
All Emergencies	000
TTY for Emergencies	106
Mobile Phones	112
My Aged Care Information Line	1800 200 422
Alcohol, Tobacco and Other Drugs Information Line AODS	4128 5424
Alcoholics Anonymous Wide Bay	0438 169 764
ARAFMI - Support for families caring for someone with mental illness.	1800 351 881
Asthma Foundation	1800 278 462
Carers Queensland—Counselling & support for carers	1300 747 636
Carer Gateway	1800 422 737
Centrelink Seniors Line	13 23 00
Centrelink Multilingual Services	13 12 02
Commonwealth Carelink Centres My Aged Care - Over 65	1800 052 222
Dementia Helpline	1800 100 500
Disability Information	1800 177 120
Dementia Behaviour Management Advisory Service	1800 699 799
Elder Abuse Helpline	1300 651 192
Seniors Enquiry Line	1300 135 500

On warning of a local evacuation

- ◆ Lock your dwelling and switch off electricity, gas, water etc. Take your evacuation kit
- ◆ Wear strong footwear and clothing to protect yourself from cuts and debris
- ◆ Heed warnings and advice given

After the storm/cyclone

- ◆ Listen to local radio for official warnings and advice
- ◆ Do not go home until advised that it is safe. Use the recommended route and stay calm
- ◆ Don't make unnecessary phone calls
- ◆ Beware of fallen power lines, damaged buildings, fallen trees and flooded water courses
- ◆ Don't go sight seeing



As the storm or cyclone approaches

- ◆ Keep tuned in to the local radio or TV station for further information
- ◆ Shelter and secure pets and animals
- ◆ Fuel vehicles and place undercover
- ◆ Fill water containers
- ◆ Disconnect all electrical appliances
- ◆ Prepare an evacuation kit (in small bags) consisting of your emergency kit, warm and tough clothing, personal essentials and valuables in plastic

When the storm/cyclone strikes

- ◆ Listen to radio/TV for updates
- ◆ Stay inside and shelter in the strongest part of the house (bathroom/cellar) well clear of the windows
- ◆ If necessary, cover yourself with a mattress, blanket, doona, or tarpaulin
- ◆ Anchor yourself to a strong fixture such as water pipes or get under a strong table or bed
- ◆ If outdoors, find emergency shelter—not under a tree
- ◆ If driving, stop clear of trees, power lines or water such as creeks, rivers and dams
- ◆ Avoid using a telephone during a storm
- ◆ Beware the 'Calm Eye'. Don't assume the cyclone is over. Violent winds may soon resume unexpectedly. Wait until you get the all clear from emergency services.



Helplines cont.

Gambling Helpline	1800 858 858
Health Helpline	134 32584
Lifeline - 24hr telephone support	13 11 14
Office of Fair Trading	13 74 68
Medicines Line	1300 633 424
Mensline Australia	1300 789 978
DV Connect - Mensline	1800 600 636
Quitnow	13 78 48
Queensland Police Link	13 14 44
The Reading Writing Hotline	1300 655 506
Salvation Army	137 258
Senior's Enquiry Line	1300 135 500
Seniors Card applications and enquiries (Smart Service)	13 74 68
State Wide Sexual Assault Helpline	1800 010 120
Veteran's Line - Open Arms Counselling Service	1800 011 046
Women's Infolink	1800 177 577
Women's line - Domestic & Family Violence Service DV Connect	1800 811 811

Complaint Helplines

Energy and Water Ombudsman	1800 662 837
Financial Ombudsman	1800 367 287
Office of Health Ombudsman for complaints regarding hospitals, GPs etc	133 646
Office of Fair Trading	13 74 68
Aged & Disability Advocacy ADA Concerns about HACC funded services & residential care	1800 700 600
Legal Services Commission - Complaints about solicitors	1300 655 754
Telecommunications Ombudsman	1800 062 058



Aged Care Facilities & Over 50s Living

To access any aged care service including assessment to enter aged care facilities a referral needs to be made to My Aged Care—Department of Health & Ageing Contact Centre - 1800 200 422 www.myagedcare.gov.au

Other sources for retirement accommodation
'It's Your Life' Retirement Village Information
www.itsyourlife.com.au

Storm and Cyclone Safety



Before the storm/cyclone season

- ◆ Check that your house and roof are in good condition
- ◆ Trim tree branches and clear property of loose material
- ◆ List emergency contact numbers and know your Community Action Plan (available from Council)
- ◆ Have masking tape (for glass), plastic sheeting and large garbage bags in case you need to carry out emergency rain protection
- ◆ Prepare an emergency kit including
 - ⇒ First aid kit
 - ⇒ Portable battery operated radio with spare batteries
 - ⇒ Torch, candles and matches
 - ⇒ Water containers, canned fruit, can opener and self contained cooking gear
 - ⇒ Prescription medications
 - ⇒ A blanket
 - ⇒ Dry/spare clothes

- ◆ Do not let strangers know that you are home alone or when you will be away from the house.
- ◆ Do not give personal information over the phone unless you know who you are talking to.
- ◆ Join your local neighbourhood watch and develop a network of people you trust and can contact for advice or assistance in an emergency. People you might consider for your network and relatives, friends, community groups, neighbours and police.
- ◆ Remember to trust your instinct. If it doesn't feel right then it probably isn't!
- ◆ Even when at home during the day remember to keep screen doors locked.



Stay alert and stay safe!

Care Facilities—Maryborough

Chelsea Bolton Clarke	1300 558 648
Fair Haven Aged Care Maryborough	4122 5600
Petrie Gardens - Tiaro	4129 2700
Prescare Groundwater - Granville	4122 6800
Prescare Yaralla Place	4120 5800



Over 50's Living Maryborough

Blue Care Harry Miller Community Housing	1800 990 446
Bolton Clarke—Chelsea	4121 9400
Fair Haven - Brisbane Head Office	1800 199 740
FCRC Aged Units Church of Christ Care	1300 794 929 4122 5615
Good Life Retirement Village (Rental)	4122 3661
Prescare Yaralla Place	4122 5615
RV Home Base	1300 391 711

Care Facilities—Hervey Bay

Anglicare Kirami	4191 2888
Bolton Clarke—Baycrest	4303 2000
Blue Care Masters Lodge	4124 2244
Fair Haven	4124 8955
Oz Care	1800 692 273
Torbay Lifestyle & Care	4125 0800
Parklands—Roshana Care	4184 1300
Tri-Care - Point Vernon Client Services	4303 2700 1300 874 273
Premier Waterford	4303 2900

Over 50s Living—Hervey Bay

Baycrest - Bolton Clarke	1300 558 648
Burrum. Aged Units Ass. (Howard/Torbanlea)	4129 0925
FCRC Aged Units	1300 794 929
Fraser Shores	4124 6246
Golden Shores	4124 6122
Good Life Lifestyle AHC	1800 258 369
Hazelmere Over 50's Village	4124 1877
Ingenia	0436 607 112
Masters Lodge	4124 2244

Safety in General

Whilst every person has the right to live without fear or restriction, it is important to acknowledge that in a world that is less than ideal, risks do exist. In most cases however, risks can be avoided by being aware of possible problems and thinking ahead about strategies to deal with them. The following hints will assist you to reduce the likelihood of your personal safety being placed at risk.

- ♦ Always be careful whom you let into your home. Have a peephole or chain installed so you can see who is at the door without fully opening it.
- ♦ Always check the credentials of service repair people and do not allow charity collectors to enter your home. Talk to strangers through a locked security door where possible. If you are unsure of a person's motive, ask for the name of the company and telephone number and check their position with the company.
- ♦ Always be careful who is present when sharing private information about yourself. Be discreet about discussing your financial or living arrangements loudly in public.
- ♦ Do not advertise the fact that you live alone through telephone listings or letterboxes.
- ♦ Do not give your telephone number or reveal any information about yourself to unknown people.

In Case of an Emergency (ICE)

How could ICE help?

Having ICE in your mobile phone may make it quicker and easier for emergency services workers or passers by to get in contact with someone you want and who can help with vital information.

How does ICE work?

Simply enter the acronym ICE - for In Case of Emergency - into your mobile's address book and list the name and number of the person you want to be contacted in an emergency. It could be a family member, close friend or even your doctor. You could also store your blood type and other relevant information under your ICE entry in some handsets that allow notes in the contacts section.

How should I choose my ICE contact?

Ideally your ICE contact should know your basic medical information, such as blood type and allergies and be able to help emergency services make decisions if needed.

When could ICE information help?

An ICE contact may be helpful not only in major accidents and emergencies, but anytime you get into difficulty, such as if you have a bad tumble or a sudden asthma attack. It could also help reassure family members of those at higher risk such as the elderly and those with an illness.

<http://www.telstra.com.au/abouttelstra/advice/mobile/ice/>

Over 50s Living—Hervey Bay cont.

New Horizons Village	4194 0769
Palm Lake Resort	1800 455 307 4194 5411
Latitude 25 RV	1800 025 025
Sapphire - Bolton Clarke	1800 727 744
Seachange Units	See Real Estate Listings
Sugar Coast Village	4125 3077
Thyme Lifestyle Resort (New)	1300 585 882

Advocacy and Mediation

Queensland Tenancy Advice and Referral Service (QSTAR)	1300 744 263
ADA Australia - Advocacy for older people receiving or eligible to receive Commonwealth funded aged care services including residential aged care or home care packages. ADA Australia is also your Aged Care Navigator in Wide Bay providing practical support to help people access aged care services.	1800 700 600 
Vietnam Veterans Association Australia - Veterans Advice and Social Centre	4128 3759 www.vaasc.com.au
Wide Bay Dispute Resolution Centre	1800 681 109 4120 6708
Community Housing Limited	4120 0900

Computer Training

Australian Pensioners & Superannuants	4124 8532
Fraser Coast Libraries - see Library section for individual contacts	
Hervey Bay & District Senior Citizens Club	4128 4837
Hervey Bay Healthy Ageing Program	4194 6781
Seniors in Focus	4194 2441

Cultural & Indigenous Services

Neighbourhood Centre	HB MB	4194 3000 4121 2141
Fraser Coast Multicultural Respite		4194 3070
Community Action for Multi Cultural Services		4194 3000
Fraser Coast Libraries - Books available in other languages		See Library Section
Korrawinga Aboriginal & Torres Strait Islander Corp.		4124 6908
QEC Aboriginal & Torres Strait Islander Legal Service		4128 2488
Dha'li Community Care -Blue Care		1300 258 322
Kal'ang Respite Care Centre		4124 7780

Other Available Resources

Seniors Activity Directory

Listing & information of local organisations who provide activities that are inclusive of people over 50 years of age. Free on-line on our website.

Seniors Information Directory

Listing of local services targeting seniors. Free from Seniors in Focus/Halcro Street Community Centre and other local services or available on our website.

Safe Scooter Booklet/DVD

A bright & colourful booklet looking at safe scooter practices and rules of operation. Free to Fraser Coast residents.

Emergency Medical Booklet

A recommended resource to keep a record of your medical history and current medications. It is suggested to keep it magnetized to the front of your fridge so that it can be easily located by emergency services. The booklet is also useful to take to medical appointments. Costs a gold coin donation. Available through the Seniors in Focus Project / Halcro Street Community Centre

Further Information

All of the above resources and a variety of pamphlets are available through the Seniors in Focus Project located at the Halcro Street Community Centre, 30 Halcro St Pialba/Point Vernon.

**<http://halcrostreet.wixsite.com/seniors>
Seniors in Focus—4194 2441**

Seniors Enquiry Line

1300 135 500

Linking Seniors with community information!

Queensland-wide information for seniors, their families, friends and carers.

For the cost of a local call you can access information on a wide variety of areas including

Accommodation

Animal Care

Citizenship/Nationality

Communication

Community Organisations

Crisis and Emergency Contacts

Environment and Conservation

Finance, Income and Business

Government Agencies

Health

Law and Justice

Leisure Activities

Material and Practical Needs

Personal and Family Support

Public Safety

Religious Organisations

Retirement

Rural Issues and Services

Transport

Fax—**(07) 3250 1929**

TTY—**(07) 3250 1928**

Website—www.seniorenquiryline.com.au

Email—info@seniorenquiryline.com.au

Crisis Relief & Food Support

Lifeline	CRISIS	13 11 14
Lifeline		4124 4944
Centrelink		13 61 50
Community Housing Limited		4120 0900
Comfort Kitchen—HBNC		4194 3000
Good Hope Men's Shelter	MB	4123 1845
Salvation Army Welfare	HB	4125 1848
	MB	4121 3643
St Vincent de Paul	M	4123 1414
We Care 2		4124 0913

Community Centre's / Halls

For more details on available halls contact council on 1300 794 929

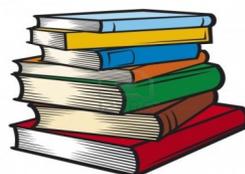
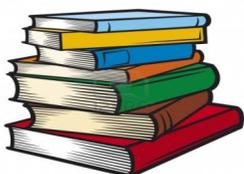
Community & Neighbourhood Support Services CANSS B/Heads	4193 4441
Dundowran Community Hall	4128 7451
Halcro Street Community Centre	4194 2441
Hervey Bay Neighbourhood Centre	4194 3000
Howard Community Centre	4129 0996
Maryborough Community Centre	4121 2141
Maryborough Senior Citizens Centre (MADCOTA)	4123 1554
PCYC—Hervey Bay	4124 5211
Riverheads Community Hall	0421 819 124
Toogoom Community Hall secretary@toogoomcommunity.net.au	4128 0511

Disability Services

For more details on local disability services try NDIS Office 1800 800 110	
Community Solutions	1300 621 499
Choice, Passion, Life	4197 3600
Community Lifestyles Agency M	4123 3552
Community Housing Ltd	4120 0900
Library-Talking Book Service	4197 4220
Life Choice Maryborough	4123 6288

Education

University of the Third Age U3A - Hervey Bay Howard District Inc. Maryborough Inc.	0431 366 264 4129 0893 0417 632 596
University of Southern Qld Student Support	1800 007 252
Wide Bay Institute of TAFE	1300 656 188



Scooter Riders **Please Note**

Safe Scooter education sessions are held throughout the year by the Hervey Bay Safe Scooter Committee. There is also a Safe Scooter Booklet & DVD available.

General Information

Further information on organisations, activities, sporting clubs, etc. can be found in the My Community—Community Services Directory, also available via the internet.

[www.mycommunitydirectory.com.au/
Queensland/Fraser_Coast](http://www.mycommunitydirectory.com.au/Queensland/Fraser_Coast)

Specific information regarding activities for people over 50 years can be found in the **Seniors Activity Directory**, available on line at our website
[www.halcrostreet.wixsite.com/
seniors](http://www.halcrostreet.wixsite.com/seniors)

Or contact

Seniors in Focus Project—4194 2441

Council also has available other directories including The Little Lime Pocket Book, The Little Black Book, Little Blue Book & Just in Case Card
Available through the
Fraser Coast Regional Council

Women's Support Services

Women's Health Centre	4125 5788
Wide Bay Sexual Assault	4194 5230
Yoorana Domestic Violence Resource Service	4122 2218
DV Connect—Womensline	1800 811 811

Youth Services

Commonwealth Respite & Carelink Centre	1800 052 222
Carinity Education Glendyne	4128 6199
Grandparents Help Line	1300 135 500
Reconnect Fraser Coast	4124 4333
Regional Housing Youth Care	4125 5798
Dept. of Youth, Women & Child Safety - Maryborough	4122 5400



Financial Information Service and Income Support

Centrelink Hervey Bay	13 28 50
Centrelink Older Australians	13 23 00
Centrelink Multilingual Services	13 12 02
Centrelink Indigenous Customer Services Officer	13 28 50
Uniting Care	1300 885 373
No Interest Loan Scheme (NILS)	4194 0861

Fitness & Exercise

Australian Pensioners & Superannuants League	41248532
Sixty & Better Gentle Exercise HB	4194 6781
Halcro Street Community Centre Indoor Walking /DIY Tai Chi	4194 2441
Hervey Bay Senior Citizens	4128 4837
Tai Chi for Health—Bill Fraser Park	4125 0624
Maryborough & District Council of the Ageing (MADCOTA)	4123 1554
Checkout Community Resources to access more choices	



General Support Services

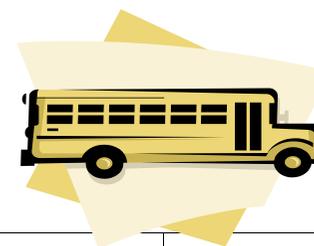
Seniors In Focus	4194 2441
Older Men Unlimited	4128 9011
Centacare	1300 236 822
Commonwealth Carelink Centres	1800 052 222

Health—General

Housecall Doctor Non Emergency & at Home	13 55 66
Please check with your GP as some surgeries do after hour calls	
Blue Care F/Coast Allied Health	4325 5797
Community Health	4122 8733
Dental Clinic	MB 4122 8236 HB 4325 6350 Emergency 1300 300 850
Veterans Men's Health	0417 728 260
Women's Health Centre	4125 5788
For Continence Assessments contact	

Health—Dementia

Add Connections	4325 4455
Dementia Care Services	1300 236 822
Dementia Advisory & Support	4191 3000
Dementia Alliance	4194 2441
National Dementia Helpline	1800 100 500



Transport

Atkinson Specialist Shuttles	0455 304 979
Blue Care METS (Escorted Transport Service)	4121 0898
Connexions	1300 930 676
Kan-Go (Point Vernon only) Mon - Sat	1800 231 248
Feros Care Qld (Existing Clients Only)	1300 558 313
Just Shuttles	0407 725 508
Patient Transport Scheme	4325 6607
Pialba Place Welcome Wheels Shopping Service - TransCom Care (Need to be registered)	4194 3080
Queensland Transport— Information on taxi subsidy card	1300 134 755
St Johns Transport Project	1800 266 575
Tramscom Care	4194 3000

Tourist Information

Visitor Information Centre	1800 811728
Fraser Coast Tourism and Events	4191 2600

Support and Counselling Services cont.

Hervey Bay Sixty & Better Healthy Ageing Project		4194 6781
Neighbourhood Centre	M HB	4121 2141 4194 3000
Lifeline—24hr telephone support		13 11 14
Older Men Unlimited		4194 0172
Ozcare		4191 3000
Relationships Australia		1300 364 277
Victims Counselling and Support Service		1300 139 703
Open Arms Veteran Counselling & Support Service		1800 011 046
Women's Health Centre		4125 5788
Wide Bay Sexual Assault Service		4194 5230
Veterans Services Hervey Bay RSL Sub-Branch		4197 7477
Yoorana Domestic Violence Resource Service		4122 2218

Health—Hearing

Ampliphon		4124 5800
Attune Hearing	HB MB	4303 4100 4120 4300
Australian Hearing Service	HB MB	4303 2600 4120 8300
AudioClinic	HB MB	4124 2082 4123 3545
Audika	HB / MB	1800 283 452
Bay Audio	HB MB	4112 3285 1800 229 283
Campbell's Hearing		4184 2044
Clayton's Hearing		4184 2043
Deaf Services QLD		07 3892 8500
Hearing Life		4194 5811
National Hearing Centre		4124 5800

Health—Palliative Care

Fraser Coast Hospice	4334 0030
Fraser Coast Palliative Care	4325 6176
Blue Care Hervey Bay Cancer Support and Palliative Care	4325 5796
Ozcare Fraser Coast	1800 692 273





Health - Mental



Bayside Transformations		4194 6621
Bridges Health & Community Care		1800 263 274
Centacare Fraser Coast Outreach Program	HB M	1300 236 822
Fraser Coast Integrated Mental Health Services (MB Hospital A/H) Community Health Centre		4122 8222 4122 8777
Headspace Fraser Coast		4303 2100
Qld Alliance for Mental Health		07 3394 8480
Stand By Suicide Response Service 24hrs/7 days a week		0407 766 961
Wide Bay Public Health Unit		4184 1800

Health—Podiatry Plus/Wigs

Advanced Foot Care		4128 2300
Family Feet		4124 7543
Blue Care Community & Allied Hlth		4325 5797
Wide Bay Podiatry	HB MB	4128 4604 4123 2705
Totally Toes		4121 7751 0439 344 142
Fraser Coast Wig Library		13 11 20

Specific Support Groups cont.

Elder Abuse Support Group (EAS)	41942441
Veteran Men's Health Peer Education	4122 4468 0417 728 260
Victims Counselling and Support	1300 139 703
Support of the Bereaved by Suicide	4325 4092 0401 311 468
The Compassionate Friends— Support for Bereaved Parents	4325 4092 0401 311 468
Widows Support Group	4194 2441

Support and Counselling Services

Blue Care Allied Health Fraser Coast (Social Worker, Occupational Therapist, Physiotherapist, Dietician)	4325 5797
Carer's Counselling and Support	1800 242 636
Carers Queensland	1800 242 636
Centacare	1300 236 822
Uniting Care Community	HB 4191 3100
Suncare - Commonwealth Respite and Carelink - National Relay	1800 052 222 TTY 1800 555 677
Community Health	4122 8733
Domestic Violence Connect	1800 811 811 1800 737 732

Specific Support Groups

Al-Anon Family Help Group	1300 252 666
Alcoholics Anonymous Wide Bay Margaret	0438 169 764 0423459089
Dementia Australia	4123 5611
National Dementia Helpline	1800 100 500
Alzheimer's Association QLD	1800 639 331
Australian Aphasia Association	1800 274 274
Suncare	1800 052 222
Dementia and Memory Community Centre	1800 639 331
Hervey Bay Vision Impaired Social Group	4194 3000
Deaf Services Qld	07 3892 8500
Motor Neurone Disease Association Support Group	4122 4468 0417 728 260
Multiple Sclerosis Support Group	4128 2692
Parkinson's Queensland Inc.	1800 644 189
Partners of Veterans Association Queensland Branch	1300 553 835



Health—Vision



Community Health Spectacle Supply Service - Pension Card	137 468 (Smart Centre)
Vision Australia	1300 847 466
Vision Impairment Support Group	4194 3000

Hospitals

Hervey Bay Public	4325 6666
Hervey Bay Surgical	4194 4000
Maryborough Base Public	4122 8222
St Stephens Private HB	4120 1200



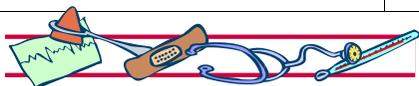
Housing



Centacare Hervey Bay—Homestay Support Program	1300 236 822
Centacare Emergency Housing	1300 236 822
Dept. of Communities, Housing and Homelessness Services MB	1800 623 242
Community Housing Ltd.	4120 0900
Good Hope Men's Service	4123 1845
Maryborough Aboriginal Corporation for Housing	4122 4382
Regional Housing Ltd	1300 642 123 4153 1239
Residential Tenancies Authority	1300 366 311
Yoorana Women's Domestic Violence & Resource Service M18	4122 2218

Home Maintenance & Security

Anglicare	1300 610 610
Hervey Bay Home Assist Secure Regional Housing	1300 642 123 4197 4722
Home ESSA	4123 2234
Maryborough Aboriginal Corporation for Housing	4122 4382
Veteran's Home Care	1300 550 450 133 254



In-Home Support Services including Aged Care Package Suppliers

AngliCare:	1300 610 610
Aspire for Life	0428 789 469
Blue Care	1300 849 513
Bolton Clarke— RSL Care	1300 796 111
Caninity Home Care	1300 109 109
Care Connect	07 3867 2200
Centacare	1300 236 822
Churches of Christ	4124 8985
Coordinated Support Services	4152 7404
Excel Care	1300 787 581
Feros Care	1300 763 583



Special Interest Groups



Australian Pensioners and Superannuants League		4124 8532
Community & Neighbourhood Support Services CANSS		4193 4441
Croquet Club	 HB	4124 4157
Croquet Club	 MB	4123 3511
Ex-Service and Legacy Groups RSL Sub Branch		4197 7477
Fraser Coast Artslink		0408 827 917
Halcro Street Community Centre		4194 2441
Halcro Street Community Garden		4194 2441
Hervey Bay Senior Citizens Club		4128 4837
Hervey Bay Sixty & Better		4194 6781
Kondari Social Group		0401 311 468
Lupton Park Community Garden Maryborough		luptonparkcommunitygarden@gmail.com
Older Men Unlimited		4128 9011
MADCOTA—Maryborough		4123 1554
The Mixed Probus Club of HB City		4125 1671
U3A Hervey Bay U3A Howard U3A Maryborough		0431 366 264 4129 0893 0417 632 596
Vietnam Veterans Association Australia - Veterans Advice and Social Centre - Urgent Calls		4153 4599 0428378497 www.vaasc.com.au

Respite: Home or Centre-Based

Blue Care Respite Services	HB	4325 5797
Centre-Based/Social Support	HB	4125 3796
	MB	4120 2700
Burrum District Respite Centre		4129 0995
Suncare		1800 052 222
Feros Care		1300 763 583
Fraser Coast Multicultural Respite Service*		4194 3070
Hervey Bay Day Care & Respite Lonsdale House		4124 1400
Kal'ang Respite Care Centre*		4124 7780
Ozcare		4191 3000
Veteran Home Care		1300 550 450

Mobility Aids

Aida Care		4194 5019
Bay Mobility Scooters		4124 1570
The Friendlies	HB	4128 3899
	MB	4122 1455
Scooters & Mobility		4124 6433
Scooter Tech		0426 124 213
Totally Mobile		4124 7117

In—Home Support Services Cont. including Aged Care Package Suppliers

Five Good Friends	1300 787 581
Fraser Coast Community Care & Dah'li Community Care	4325 5797
Home Care Assistance	07 5491 6888
Integrated Living	1300782 896
Institute for Urban Indigenous Health	1300 852 598
Just Better Care	1300 587 823
Kincare	1300 733 510
Mable	1300 736 573
My Homecare	1300 203 903
OZCare	4191 3000
Prescare	4194 3500
Suncare	1800 786 227
Veteran Home Care	1300 550 450
Wesley Mission	1300 552 568

Personal Medical/Security Alarms

A number of services plus private companies offer Personal Security Devices that also include a falls protection component so please check with your provider, google on line or call 4194 2441—Seniors in Focus who can assist you to find out more details

Legal Support



Public Guardian	1300 653 187
Legal Aid Office	1300 651 188
Public Trustee Office	1300 360 044
Seniors Legal & Support Service	4124 6863
Wide Bay Burnett Community Legal Service Formerly Known as	4194 2663
Welfare Rights Centre	1800 358 511



Library Services

Burrum Heads		4129 5237
Howard Library		4129 4144
Hervey Bay/USC		4197 4220
Maryborough		4190 5788
Tiaro		4129 2453
Housebound Service	HB	4197 4220
	MB	4190 5788

Men's Support Services

Older Men Unlimited	4128 9011
Mensline Australia	1300 789 978
DV Connect—Mensline	1800 600 636
Hervey Bay Men's Shed Burrum District Men's Shed	4325 3471 0480 100 678
Veteran Men's Health Veteran Partners and Families Department of Veterans Affairs	0417 728 260 1300 553 835 1800 838 372

Other In-home Support

Centacare	1300 236 822
Commonwealth Community Visitor Scheme	4194 3000
Contented Chefs	1300 645 665
Feros Care—Bus Trips	1300 763 583
Fraser Coast Multicultural Respite	4194 3070
Meals on Wheels	MB 4121 4297
Fraser Coast	HB 4128 1334
Red Cross Telecross	1300 885 698
Suncare Community Services	1800 052 222
Village Caterers	4125 0666

A number of small businesses throughout the Fraser Coast now also offer pre-prepared healthy meals to take home and heat.

