

## Who can receive these services?

Anyone who lives in the area and is:

- 65 years and over;
- a carer;
- a younger person with a disability

You can request the services yourself, or alternatively referrals can be made by family members, friends, neighbours, doctors, or social workers.

You are welcome to use the services on a short or long term basis.



**Christian Community Aid strengthens the life of the people in the communities it serves through effective and relevant programs based on its Christian heritage of reaching out to all who are in need.**



The HACC programs are an initiative of Ageing, Disability and Home Care (ADHC).

HACC programs are funded by the Commonwealth and State Governments.

The aim of HACC programs is to prevent inappropriate institutionalisation and to assist people remain in their homes for as long as possible.

### MISSION STATEMENT

Christian Community Aid strengthens the life of the people in the communities it serves through effective and relevant programs based on its Christian heritage of reaching out to all who are in need.

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## Food Services

- Home Delivered Meals
- Lunch Groups
- Shopping

**EASTWOOD, RYDE & EPPING AREAS**



## About our Service

Food services come under the Home and Community Care Programs (HACC). In Food Services clients are provided with wrap around services, so that needs are met and people are able to stay in their own homes for as long as possible.

## Home Delivered Meals

The Home Delivered Meals program is a flexible food service. The aim of the service is to provide nutritious meals every day.

Home Delivered Meals are delivered around midday, each day, including Saturday and Sunday. There is a choice of hot, chilled or frozen meals.

Asian, Indian and Italian meals are available as is Fish on Fridays.

There is a cost.

## Lunch Groups

Lunch groups meet regularly and provide social interaction and mental stimulation. Lunches are offered to the English, Cantonese and Armenian speaking communities.

At the lunches, care is taken to provide a variety of social, educational and craft activities.

Lunch groups are about:

- Older people and younger people with a disability meeting others in a relaxed and safe environment;
- Experiencing friendships with others who speak your language and share your culture;
- Listening to other people sharing joys and sorrows, achievements and disappointments, hopes and aspirations;
- A place where you may share knowledge and experiences on a variety of subjects.

Door to door transport is available.

A cost is involved.

## Shopping Service

The shopping service is co-ordinated and managed by Food Services staff at CCA.

## Bus Shopping

You may join the bus shopping program to Eastwood or Carlingford shops on Tuesdays and Fridays fortnightly.

Door to door transport on the CCA mini bus is provided.

## Individual Shopping

You may have your shopping done for you by a volunteer.

## Internet Shopping

You may have your shopping done for you through Internet Woolworths Home Shop.

A cost is involved.

Contact Food Services staff at CCA.