

Supporting people with special needs

We facilitate access to services for people with special needs by:

- Providing information to people from non-English speaking backgrounds, using the Translating & Interpreting Service (TIS) and where possible sourcing resources in the relevant language
- Providing information to people with a hearing impairment using the National Relay Service
- Connecting people to specialist services and providing referrals
- Assisting people to understand and assess options open to them using plain language.

Opportunities to contribute

We welcome the contribution of volunteers in the areas of Information technology, digital literacy, administration, events preparation and attendance, consumer consultations and peer education. Please contact our Volunteer Co-ordinator on (08) 8168 8776 for further information.

Connecting you to government services

Seniors Information Service works in collaboration with government departments, community and other services providers to deliver accurate, relevant and timely information to consumers and the broader community, referrals to other agencies.



Catalyst Foundation is an inclusive, independent and charitable organisation seeking to improve the lives of all South Australians in the areas of Ageing, Disability, Lifestyle, Employment, Business and Learning.



Helpline: (08) 8168 8776
Country SA: 1800 636 368
149 Currie Street, Adelaide SA 5000
GPO Box 1645, Adelaide SA 5001
information@catalystfoundation.com.au
www.catalystfoundation.com.au



Seniors Information Service People helping people

Helpline: (08) 8168 8776
Country SA: 1800 636 368
149 Currie Street, Adelaide SA 5000
Email: information@catalystfoundation.com.au
Website: www.catalystfoundation.com.au

Seniors Information Service

We provide information, support and advice to older South Australians, to those who are living with a disability, and to families and carers.

Our service supports South Australians to:

- make informed decisions about lifestyle choices and independence
- maximise opportunities to actively participate in the community and to learn new skills
- promote an active lifestyle
- keep up to date with changes in technology.

Services we offer

We can assist you to understand and access a wide range of services, supports and resources, including:

- Help to live independently at home
- Respite care
- Post-hospital and short-term supports
- Housing and accommodation options
- Aged care services
- Social and recreational programs
- Health and well-being programs
- Understanding Enduring Powers of Attorney and Advance Care Directives
- Downsizing
- Financial planning supports
- Consumer protections and legal matters
- Your rights and responsibilities when accessing services
- Concessions and income support systems.
- Specific resources and programs for Aboriginal and Torres Strait Islander Communities Culturally and Linguistically Diverse Communities and Lesbian, Gay, Bisexual, Transgender and Intersex Communities.

We can also help you connect to services, family and friends through technology.

Resources

The resources we provide include:

- Facts sheets, brochures, lists and booklets which can be accessed online or in hardcopy
- Information seminars on 'accessing help at home' retirement housing, downsizing, aged care fees and charges, digital literacy, financial planning and estate planning
- Presentations to community groups, organisations and service providers
- Internet lounge and individual IT tuition for seniors with the support and advice of friendly volunteers to help you get online.

Housing information

We maintain up-to-date, comprehensive information on housing options for seniors, including:

- An easily searchable online Housing Directory listing retirement villages (independent living units and serviced apartments) and rental units for seniors on low income
- A Rental & Community Housing Directory available on the website and in print
- A list of retirement housing with aged care on site or adjacent
- A list of residential parks in South Australia
- Information sheets that can act as a guide when making decisions on housing options
- A home safety and accessibility checklist
- Monthly retirement village and downsizing seminars.

Our staff can also help you work your way through these options and other specialised programs, eg. National Rental Affordability Scheme.

Home support and respite

If you wish to remain living in your own home but need some help we can provide information on and support with:

- Referral to My Aged Care
- The role of Regional Assessment Services (RAS) and the Aged Care Assessment Team (ACAT)
- Government-funded services, such as the Commonwealth Home Support Program (CHSP) or Home Care Packages (HCP)
- In-home and centre-based day or overnight respite services
- Personal alarm systems, aids and equipment
- Private 'fee for service' options.

Residential aged care

If you are seeking a permanent placement in an aged care facility we can help you search the My Aged Care system for information on aged care facilities.

We also provide information on and support with:

- Eligibility and approval (My Aged Care, ACAT)
- The steps to take to find a facility
- Understanding the costs involved
- Aged care vacancies (permanent and respite).

We can also connect you to Ageing SA, our aged care placement and support service.

Connecting to the world

There is an increasing need to be connected to the Internet to access services and to communicate with government departments and agencies.

Being connected also opens a wider range of options in terms of shopping, finding out about entitlements, being informed and making the most of social entertainment opportunities. We can assist by:

- Providing information on IT options available
- Helping you to build skills and confidence to access the internet
- Providing information on protecting your privacy.