

The programmes provide Social Support Groups and Centre Based Respite for the Frail Aged and Carers as well as for people living with dementia.

The programmes aim to enable elderly people to remain independent at home and to support families and/or their carers in their caring role.

Services are provided in the regions of Eastern Sydney, Illawarra, Northern Sydney, St George, South West Sydney and Western Sydney.

Services include:





Recreational Activities



Transport to and from the Venue



Excursions

For Further Information Free Call 1800 77 66 42 e: referrals@gwccs.org.au