



Seniors Service Directory

An overview of activities, services and programs currently available to seniors in Central Australia.

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Alice Springs Aged Care Assessment Team

- The Department of Health Aged Care Assessment Team (ACAT), in consultation with the client, can assess an individual's eligibility for home care and determine the level of home care package required.
- Contact:
 - Address: Ground floor, Eurilpa House, Todd Mall, Alice Springs
 - Phone: 08 8951 6744

Alice Springs Prostate Cancer Support Group

- The Support Group meets on the second Thursday of the month, 6:30 – 8:00pm at the General Practice Network NT conference room.
- Contact:
 - Address: 5 Skinner St, Alice Springs
 - Phone: 08 8952 3550

Alice Springs RSL Sub Branch, Club and War Museum

- The mission of the RSL is to care for the health and wellbeing of the service and ex-service community. RSL services include:
 - DVA entitlement advice and assistance
 - Rehabilitation and transition through programs
 - Financial assistance
 - Education programs
 - Legal advice
 - Links to respite care programs
 - Community engagement programs.
- The RSL Club of Alice Springs is home to a display of military memorabilia.
- The club serves reasonably priced meals and refreshment.
- Contact:
 - Address: Schwarz Cres, Alice Springs
 - Phone: 08 8952 2868
 - Email: info@alicespringsrsl.com.au
 - Website: <http://alicesprings.rslsa.org.au>

Alice Springs Senior Citizens' Association

- Provides a wide range of recreational and educational activities for seniors in Alice Springs including bingo, card games, computer classes, exercise classes, carpet bowls, woodworking, a men's shed, snooker, plus bus trips and a monthly lunch.
- Contact:
 - Address: 11 Wills Terrace, Alice Springs
 - Postal: PO Box 693 Alice Springs
 - Phone: 08 8952 4072
 - Email: assca@bigpond.com

Alzheimer's Australia NT

Carers' Social Group

- A social group for carers of the aged and younger people with dementia that provides education, sharing of information and caring skills.

Dementia Care Training

- Nationally accredited training in dementia care is available for health practitioners.

Dementia Help Line

- A 24 hour dementia help line is available for the aged and others with dementia and for their families or carers.

Family Carer Education

- Carer education courses and dementia education courses are available for families or carers of the aged and other people with dementia.

Information, Support, Counselling & Advocacy

- Counselling, support, health information and advocacy are available for families or carers of the aged and other people with dementia.

Library

- A resource library including books, videos and fact sheets provides information and educational resources relating to dementia.
- Contact:
 - Address: Shop 5 Cinema Complex, Todd Mall, Alice Springs
 - Postal: PO Box 4648, Alice Springs
 - Phone: 08 8952 9799
 - Phone: 1800 100 500 (help line)
 - Email: nt.admin.as@alzheimers.org.au
 - Website: <https://nt.fightdementia.org.au/>

Anglicare NT

Community Visitors Scheme

- A social group for carers of the aged and younger people with dementia provides education, sharing of information and caring skills.

Delivered Meals (Meals on Wheels)

- A hot or ready-to-eat midday meal is delivered at low cost to those who would otherwise be nutritionally at risk, including the frail aged and people with disabilities.

Home & Community Care Program (HACC)

- Home care services are available for frail elderly, incapacitated or ill residents and those with disabilities, to help with household duties including cleaning, laundry, meal preparation, and transport to appointments and shopping.
- Contact:
 - Address: Shop 10 Cinema Complex, Leichardt Tce, Alice Springs
 - Postal: PO Box 2579, Alice Springs
 - Phone: 08 8951 8000
 - Website: www.anglicare-nt.org.au

Australian Red Cross

Financial Counselling

- Information and support for individuals, families and groups of consumers who are experiencing debt problems.

Delivered Meals (HACC) (Meals on Wheels)

- A hot or ready-to-eat midday meal is delivered at low cost to those who would otherwise be nutritionally at risk, including the frail aged and people with disabilities.

Home & Community Care Program (HACC)

- Home care services are available for frail elderly, incapacitated or ill residents and those with disabilities, to help with household duties including cleaning, laundry, meal preparation, and transport to appointments and shopping.
- Contact:
 - Address: 2 Milner Rd, Alice Springs
 - Postal: PO Box 299, Alice Springs
 - Phone: 08 8952 1399
 - Website: www.redcross.org.au

Australian Regional & Remote Community Services (ARRCS)

Community Respite Centre

- Provides carer respite services at a respite house in the grounds of Old Timers.
- Contact:
 - Address: 446 South Stuart Highway, Alice Springs
 - Phone: 08 8953 2899

Community Care Central

- Services include assessment, case management, client care coordination, counselling services, delivery of meals, home care packages, home maintenance, housework, personal care, respite care, social support and activities, transport, and home and community care.
- Contact:
 - Address: 446 South Stuart Highway, Alice Springs
 - Phone: 08 8952 5969

Flynn Lodge

- Residential aged care.
- Contact:
 - Address: 446 South Stuart Highway, Alice Springs
 - Phone: 08 8921 4941

Fred McKay Day Therapy Centre

- Day therapy centres provide various types of therapies to help you maintain your independence and mobility.
- Contact:
 - Address: 446 South Stuart Highway, Alice Springs
 - Phone: 08 8921 4903

Hetti Perkins Home for the Aged

- Residential care for elderly Indigenous people, operated by ARRCS on behalf of Frontier Services.
- Contact:
 - Address: 9 Percy Court, Alice Springs
 - Phone: 08 8952 5811

Mutitjulu Community Centre

- Provides home care packages, respite care, and home and community care.
- Contact:
 - Address: Petermann Rd, Mutitjulu
 - Phone: 08 8956 2651

Old Timers Village

- Residential care and aged care cottage accommodation.
- Contact:
 - Address: 446 Stuart Highway, Alice Springs
 - Phone: 08 8952 2844

Respite Options for Senior Territorians – McNair House

- Services include assessment, case management, client care coordination, counselling services, meal services, social support and activities, transport, centre based respite care.
- Contact:
 - Address: 18 Griffiths Place, Alice Springs
 - Phone: 08 8953 3386

Respite Options for Senior Territorians – St Vincent Welch Cottage, Old Timers Village

- Services include assessment, case management, client care coordination, counselling services, meal services, social support and activities, transport, centre based respite care.
- Contact:
 - Address: 446 Stuart Highway, Alice Springs
 - Phone: 08 8953 1944

Breast Screen NT

- Free breast screening mammograms for women aged 50 years and over.
- Contact:
 - Address: Ground floor, Eurilpa House, Todd Mall, Alice Springs
 - Phone: 08 8951 6744
 - Website: www.health.nt.gov.au/womens_health/breast_screen_nt

Calvary Community Care

Community Aged Care Packages (CACP) Level 2 Home Care

- A support service for frail aged people who require care services in their own home. Care provision is developed and monitored through case management to ensure support for those at risk of admission to residential care.

Extended Aged Care at Home (EACH) Level 4 Home Care

- Extended care case management services for people who are frail aged or have disabilities or dementia and who have high support needs. In order that they may remain in their own home, the service provides home help, advocacy, emotional support, social activities, emergency assistance and nursing services

Home Care Services

- Private home care services are available for people who are aged, frail or have disabilities in order that they may remain in their own home. Services include home help, advocacy, emotional support, social activities, emergency assistance, nursing services, respite care and transport services.

Personal Support Services

- Trained staff provide support for older people and adults with disabilities, family carers, and people coping at home after hospital, injury or illness, or anyone who requires short or long term help in the home. Services include home help, assistance with personal care and social support.

Veterans' Home Care

- Assists veterans, war widows and widowers with low care needs to remain in their own housing by offering Home and Community Care (HACC) services as an extension of the home support services already provided by Veterans' Affairs.

Department of Veterans' Affairs Community Nursing

- Assists veterans, war widows and widowers with medical needs to remain in their own home by offering nursing services as an extension of the home support services already provided by Veterans' Affairs.
- Contact:
 - Address: Suite 9, 82 Todd St, Alice Springs
 - Postal: PO Box 5365, Alice Springs
 - Phone: 08 8953 2077
 - Email: alice.springs@silvercircle.com.au
 - Website: www.calvarysilvercircle.org.au

Cancer Council NT

Cancer Support Services

- Provides information and support for anyone affected by cancer and provides public education to increase awareness and prevention of cancer.
- Contact:
 - Address: Shop 3, Anangu House, Bath St, Alice Springs
 - Postal: PO Box 9215 Alice Springs
 - Phone: 08 8953 5920
 - Email: support.alice@cancernt.org.au
 - Website: www.cancercouncilnt.com.au

Carers NT

Carers' Support

- Provides support in the form of peer support, support groups and referral to counselling for carers of people who are frail aged, chronically ill or have disabilities.
- Contact:
 - Address: Suite 2A, 40 Bath St, Alice Springs
 - Postal: PO Box 4929 Alice Springs
 - Phone: 08 8953 1669
 - Email: fiona.betteridge@carersnt.asn.au
 - Website: www.carersnt.asn.au

CatholicCare NT

Aged Care Advocacy

- Provides support in the form of peer support, support groups and referral to counselling for carers of people who are frail aged, chronically ill or have disabilities.
- Contact:
 - Address: 6 Hartley St, Alice Springs
 - Postal: PO Box 1821 Alice Springs
 - Phone: 08 8958 2400
 - Email: alicesprings@catholiccarent.org.au
 - Website: www.catholiccarent.org.au

Community Care Services: Assistance with Care and Housing for the Aged

Aged Care Advocacy

- Community Care Services (CCS) offers a range of in-home services and programs of support to assist older Australians to continue living in their own homes. CCS in the NT offers a range of Government subsidised customised packaged home care services to older people living in Alice Springs.
- Contact:
 - Address: 6 Hartley St, Alice Springs
 - Postal: PO Box 1821 Alice Springs
 - Phone: 08 8953 8300
 - Email: ccsnt@stivesgroup.com.au
 - Website: www.stivesgroup.com.au

Community Support Incorporated

- Community Support Incorporated provides quality HASS services to aged and disabled people in Alice Springs, including basic maintenance and domestic assistance, social support including shopping assistance, personal care, respite care, mobile social support, transport to medical appointments and basic meal preparation.
- Contact:
 - Address: Shop 10 Springs Plaza, 33 Todd Mall, Alice Springs
 - Phone: 08 8952 5754
 - Email: csialice@csint.org.au
 - Website: www.csisa.org.au

Council of the Ageing NT (COTA NT)

- A peak body specialising in advocacy, policy development and information services to promote the interests of people aged over 50 years and indigenous people over 45 years living in the Northern Territory. COTA also organises activities and forums on topics such as future planning for people in those age groups.
- Contact:
 - Address: 65 Smith St, Darwin
 - Postal: GPO Box 852, Darwin
 - Phone: 08 8941 1004
 - Email: admin@cotant.org
 - Website: www.cotant.org

Healthy Living NT

- Healthy Living NT is the trading name of the Diabetes Association of the NT. It is a member based organisation for people with diabetes and related conditions, and are committed to the well-being of all people with diabetes, heart disease and related chronic conditions.
- Healthy Living NT seeks to make a positive difference to the lives of people diagnosed with diabetes, heart disease and related conditions through prevention, early detection and management. They provide support, education and products to all people living with diabetes and heart disease in the NT.
- Contact:
 - Address: 7/16 Hartley St (Jock Nelson Building), Alice Springs
 - Phone: 08 8952 8000
 - Website: <http://www.healthylivingnt.org.au/>

National Seniors Australia

- National Seniors Australia Alice Springs Branch provides an opportunity for people over 50 to be involved in discussing community issues, participate in social events, listen to guest speakers and meet like-minded people. Members can ensure their voice is heard on issues affecting Australians over 50.
- Contact:
 - Email: zone120@nationalseniors.com.au
 - Website: www.nationalseniors.com.au

National Aged Care Advocacy Program

- The National Aged Care Advocacy Program (NACAP) is run by the Department of Health and Ageing (DoHA) and delivered in Central Australia by CatholicCare NT.
- The advocacy service is twofold, and is a free service to the community, by providing a 'speak up' person for older people, and by providing information sessions around the rights and responsibilities of those receiving care and support of both community care services and residential facilities within Central Australia.
- Contact:
 - Address: 6 Hartley St, Alice Springs
 - Phone: 08 8958 2400
 - Email: alicesprings@catholiccarent.org.au
 - Website: <http://www.catholiccarent.org.au/>

NT Dementia Behaviour Management Advisory Service (DBMAS)

- DBMAS services include assessment of the person with dementia, clinical support, information and advice, care planning, case conferences and short term case management, mentoring for care providers and clinical supervision, education and training for care providers. They also assist people with dementia to live on their own where possible.
- Contact:
 - Phone: 1800 699 799 (24 hour helpline)
 - Email: darwin.dbmas@arrcs.org.au

Office of Senior Territorians (Department of the Chief Minister)

- The NT Office of Senior Territorians engages with the community and government agencies to ensure a coordinated approach to the implementation of government's policy priorities for Territory seniors.
- Territory Seniors Month is held in August each year to promote greater awareness of the positive aspects of ageing, to increase participation by older people in social and recreational activities and to acknowledge the valuable contribution that seniors make to the community.
- The Seniors Card provides access to a range of goods and services for senior Territorians.
- Contact:
 - Address: Level 9, NT House, 22 Mitchell St, Darwin
 - Postal: GPO Box 4396, Darwin
 - Phone: 08 8999 3894
 - Email: ost@nt.gov.au
 - Website: http://www.dcm.nt.gov.au/strong_community/seniors

Probus Club of Stuart

- Probus is a community service activity of Rotary clubs. It is an association for active members of the community, and for those no longer working full time, to join together. Its basic purpose is to advance intellectual and cultural interests and to provide regular opportunities for social interaction, activities, expand interests and enjoy the fellowship of new friends.
- Contact:
 - Website: www.probussouthpacific.org
 - Meetings: second Wednesday of the month at 10am.
 - Location: RSL Club, Wills Terrace, Alice Springs

Recreational Activities for Older Persons

Active in Alice

- A Healthy Communities Initiative – A program for adults with, or at risk of, acute or chronic conditions. The program aims to provide access at reduced cost to physical activities and lifestyle education opportunities including Heartmoves classes, Lift for Life and aqua exercise. Contact the Healthy Communities Coordinator on 8950 0533.

Active Oldies Aqua Aerobics

- At the Alice Springs Aquatic and Leisure Centre — phone 8953 4633

Alice Springs Bridge Club

- www.alice-springs.bridge-club.org

Alice Springs Ladies Bowling Club

- 57 Gap Rd, phone 8952 2875.

Alice Springs Library

- Monthly reading group. For information visit www.alicesprings.nt.gov.au/services/library/news-and-events

Alice Springs Masters Games

- Visit www.alicespringsmasters.com.au phone 1800 658 951.

Alice Springs Running and Walking Club

- visit www.asrwc.com.au

Aqua Exercise Class

- Alice Springs Aquatic and Leisure Centre – phone Wendy Collits 8953 2862.

Chi Kung

- Sunday mornings at Anzac Oval. Taught by Jim Gibbons phone 8951 7242.

Get Physical Gym

- Exercises classes including Get Balanced, Get Active. 127 Todd St, phone 8952 3233.

Heart Foundation Walking Groups

- For details of the Alice Springs group phone 1300 362 787 or visit www.heartfoundation.org.au/sites/walking

Hydrotherapy, Old Timers Day Centre

- Requires a GP referral to the physiotherapist. Phone 8952 2844

Men's Shed

- www.facebook.com/groups/mensshedalicesprings

YMCA of Central Australia

- Exercise classes for seniors including Prime Movers, Living Stronger, Body Balance, Heartmoves, Strong Movers and yoga. Phone 8952 5666.

U3A (University of the Third Age)

- U3A (University of the Third Age) is an international organisation for anyone over 50. U3A Alice Springs is a learning cooperative which encourages healthy ageing by enabling members to share educational, creative and leisure activities.
- U3A Online Inc is Australia's virtual online U3A for seniors who are isolated or housebound or cannot access a local U3A. Courses can be done online for a small annual fee.
- Contact:
 - Phone: 08 8952 3908
 - Address: Alice Springs Baptist Church
 - Website: www.u3aonline.org.au