

AGED SERVICES

		PHONE	FAX	EMAIL/WEB	DETAILS
<u>Hostels</u>					
Bethany Lodge – Salvation Army	2-6 Gray Street, PO 2016 Port Macquarie 2444	6584 1127	6584 1045		
Bundaleer Gardens	142a Cameron Street, PO Box 272, Wauchope 2446	6585 2811	6585 1740		
Catholic Hostel Care		6583 1744			
Laurieton Haven	57 Peach Grove, Laurieton 2443	6559 9999	6559 8981		
Lourdes House	Morton Street, PO Box 507, Port Macquarie 2444	6583 4273	6583 5045		
Maryknoll Hostel	Lochinvar Place, PO Box 507, Port Macquarie 2444	6584 1996			
Mount Carmel House	Lochinvar Place, PO Box 507, Port Macquarie 2444	6584 3449	6583 2118		
St. Agnes Hostel	Lochinvar Place, PO Box 507, Port Macquarie 2444	6583 3811	6583 3864		
<u>Nursing Homes</u>					
Bethany Nursing Home – Salvation Army	2-6 Gray Street, PO Box 2016 Port Macquarie 2444	6584 1127	6584 1045		
Bundaleer	Johnstone Street, PO Box 272, Wauchope 2446	6585 2344	6585 2809		
Garden Village	7 Garden Crescent, Port Macquarie 2444	6582 8928	6583 7428		
Lourdes	38 Clifton Drive, PO Box 507, Port Macquarie 2444	6583 1744	6583 3716		
Port Macquarie Gardens Nursing Centre	10 Sherwood Rd, Port Macquarie 2444	6581 2377	6581 5477		50 high care beds + extra services. 50 low care beds. Respite bed available.
<u>Retirement Villages</u>					
Bellevue Gardens Retirement Village	Port Macquarie 2444	6584 1400			
Bundaleer Gardens Village	142a Cameron Street, Wauchope 2446	6585 2811	6585 2539	bundaleer@midcoast.com.au	
Garden Village	7 Garden Crescent, PO Box 272 Port Macquarie 2444	6582 8928	6584 5062		
Governor's Retirement Resort	166 River Park Road, Port Macquarie 2444	6583 4400	6583 4949	retire@govsresort.com.au	Self care units serviced apartments retirement village
Hastings Court Home for Aged	101 High Street, Wauchope 2446	6585 2163			
Hastings Valley Parkland Village	Hindman Street Port Macquarie 2444	6581 1377	6581 0742		
Laurieton Haven Village	Tunis Street Laurieton 2446	6559 8188			

Lincoln Gardens Retirement Village	Marian Drv Port Macquarie 2444	6581 3370			
Lourdes Village	Boronia Street Port Macquarie 2444	6583 4273	65843871		
Oxley Gardens	12 Sheriff Way Port Macquarie 2444	6581 5223	07 3514 6499		Rental accommodation for seniors with 3 meals daily.
Queens Lake Village	349 Ocean Drv Laurieton 2446	6559 7089			
Riverside Palms Retirement Village	Cnr Boundary St & Hastings River Drv Port Macquarie 2444	6584 1258			
R.S.L. Retirement Village	Cnr. Boundary Port Macquarie 2444	6584 1258			
St. Agnes Village	Lochinvar Place Port Macquarie 2444	6583 6200	65843871		
General					
Active and Older Program		6585 1275	1285 1275		Various social & physical activity classes for people over 55 includes walking Yoga Golf aqua aerobics tai chi & more.
Aged Care Assessment Team (ACAT)	PM Health Centre Morton St, PO Box 126 Port Macquarie 2444	6588 2875	6588 2881		For frail aged who need assistance to remain independent. Provides: Thorough assessment of care needs. Advice on availability of suitable care options. Information and advice regarding suitable residential care facilities (hostels & nursing homes). Counselling and support for families & carers. Services Laurieton Wauchope Kempsey and PM.
Aged Care Rights Service				tars@tars.com.au	Advice when moving into an aged care facility.
Aged Person's Care Association		6559 9275			
Alzheimer's Association	PO Box 126 Port Macquarie	6588 2875			Carers, families & sufferers of Alzheimers
Alzheimer's Australia NSW Dementia & Memory Community Centre	Shop 2,148 Gordon St Port Macquarie 2444	6584 7444	6584 7144		Support & education for carers of and those with dementia.
Association of Independent Retirees Ltd.	PO Box 2251 Port Macquarie 2444	6585 3986		airpmq@yahoo.com.au www.independentretirees.com.au/portmacquarie/	Meets last Friday each month 2pm-4pm at Senior Citizens Centre Munster St Port Macquarie (except December) Non political advocacy group for retirees on a vast array of items. Improve lifestyle for older Australians.
Catholic Care of the Aged Director of Care	38 Clifton Drv Port Macquarie 2444	6583 1744	6583 3716		
Mid North Coast Commonwealth and Carelink Respite Centre	2/9 River St, P.O Box 514 Macksville 2447		6568 3728	general@comcarelink.org	Provides free information regarding community care services. Aged care. disability services and other support services.
Community Care Packages / Housing Linked	Community Health Building Morton St Port Macquarie 2444	6588 2957		comcarepack@midcoast.com.au	Older people living in Public Housing or disadvantaged older people living in private rental. Mon - Fri 8.30am - 5.00pm
Commonwealth Dept of Health/Aged Care Information Line	Peachtree Walk Arcade Port Macquarie 2444	1800 500 853			
Commonwealth Dept of Health/Aged Care	Peachtree Walk Arcade Port Macquarie 2444	6584 9530			Matches and trains volunteer visitors to isolated residents in nursing homes and hostels.

Ageing Disabilities & Home Care (DADHC)	1 st Floor 116 Gordon St. Port Macquarie 2444	1300 364 563			Referral or intake for assistance for people 0-65 with a disability of any type who are frail & ageing and or the carers of both groups.
Department of Complaints re Nursing Homes		1800 550 552			
Department of Health & Ageing		1800 048 998			
PM Hastings Legacy	Suite 9, 1st floor, Bourne House, 10-12 Short St Port Macquarie 2444	6583 3570 6583 5672			Dependents of deceased War Veterans
Hastings Macleay Community Transport	26 Lord Street Port Macquarie 2444	6583 8644	6583 8166	lmct@tsn.cc	Provides a range of transport services for people with difficulty using public transport. For the frail aged isolated and disabled in the Hastings Macleay.
Hastings Older Women's Network	Community Health. Morton St Port Macquarie 2444	6584 6687			Local women 45+ meeting discussing sharing stories. organised outings. Meets 4th Friday each month. Please phone for venue & more info.
Hastings Valley Community Options Project		6588 2840	6588 2845	hvcop@midcoast.com.au	A case management service for clients whose needs cannot be met by mainstream HACC (Home & Community Care) services.
Hastings Valley U3A – University of the Third age		6583 9105		www.pmhu3a.org.au	A worldwide educational movement to provide affordable learning opportunities for retired or semi-retired people.
Hastings Home Modification & Maintenance Service	Shop 4/146-148 Gordon Street Port Macquarie 2444	6581 3390	6581 3391	builder@hastingshomemod.com.au admin@hastingshomemod.com.au	Provides support for frail aged & the disabled
St. Thomas's Anglican Church	Hay St Port Macquarie 2444	6584 1033	6584 1031	office@portmacquarieanglicanchurch.org.au	Friendship Morning. To provide friendship & entertainment for seniors. Transport with disabled access available. 3rd Thurs. of each month -10am-12pm.
Sweeney House		6583 7987	6584 7985	pmcaulisse@priority1.com.au	Community Aged Care Packages Program
St. Agnes Lodge	Lochinvar Place Port Macquarie 2444	6583 6200			For aged men & women with dementia.
Hastings Telecross Service	Sweeney House. Ocean Drive Port Macquarie 2444	6583 7707			Red Cross daily home phoning service to ensure safety and security of people living alone. Monday - Friday: 8:30 - 10:00 am.
Northcott Disability Service	31 Bonville St Coffs Harbour 2450	6651 2366	6652 7301	coffs@northcott.com.au	MNC service - respite for older parent carers provides a broad range of high quality, flexible, support responses tailored to meet the needs of older carers and their child with a disability.
Social Seniors & Friends	Seventh Day Adventist Church. Maranatha Pl Port Macquarie 2444	6582 6561			For frail aged/disabled people who are socially isolated. Provides a wide variety of centre based & community activities for centre users & their carers in need of respite. Mon & Wed 9am - 2pm Shared Fridays
Social Seniors & Friends	Camden Haven Health Centre Laurieton 2443	6559 9003	6559 9840		For frail aged/disabled people who are socially isolated. Provides a wide variety of centre based & community activities for centre users & their carers in need of respite. Tues & Thurs 9am - 2pm Shared Fridays
Tradesmen U Can Trust		1300 550 331			If you require a tradesman we will organise one.
Uniting Church	5 Range Street Wauchope 2446	6585 2065 6585 1488			Friendship and support for Seniors. 2nd & 3rd Tues each month 10am in church hall.

Veterans' Information & Community Support Service - Information Service		6583 8273			Tues. Wed. Thurs. Centrelink based agency of the VA network. Provides info on complete range of DVA services & entitlements. Support to veterans to access health & community services.
Veterans' Information & Community Support Service - Community Support		6586 6608			
Home Nursing					
Community Health Nursing Services					8.30 - 5.00 Monday - Friday
Community Health Nursing Services	Laurie St. Laurieton 2443	6559 9003	6559 9840		
Community Health Nursing Services	Morton Street Port Macquarie 2444	6588 2882	6588 2800		
Community Health Nursing Services	High Street Wauchope 2446	6585 1133			
Manning Support Services Inc.	Horton St (above ANZ Bank) Port Macquarie 2444	6584 5295		hvna@tsn.cc	Mon - Fri 8.30am-4.00pm
Manning Support Services Inc.	Wauchope 2446				Wauchope Community Health Last Friday each month 9.00am - 2.30pm. A volunteer based Home & Community Care Program funded by the Department of Ageing Disability and Home Care.
Meal Services Inc.					Provides frail aged disabled and carers with a hot meal delivered to the home by volunteers. Dietary requirements are catered for.
Meal Services Inc.	Laurie Street Laurieton	6559 8883		chmow@tsn.cc	
Meal Services Inc.	"Club House" Garden Village 7 Garden Crescent Port Macquarie 2444	6584 1463			
Meal Services Inc.	5 High St Wauchope	6585 2386	6585 2386	meals@nor.com.au	
Mid North Coast Aboriginal Community Options Project		6588 2841			Mon-Fri 8.30-5.00pm. Aboriginal frail aged and younger disabled people living in the Hastings Taree Gloucester Nambucca and Kempsey Local Government Area.
Mid North Coast Commonwealth and Carelink Respite Centre	Suite 2/9 River St Macksville 2447	6568 4164	1800 059 059	general@carer-respite.org	Advice information or assistance with planned/emergency respite. Financial assistance for respite when needed. After hours emergency service for carers in crisis situation.
Mobile Respite Service	Morton St Port Macquarie 2444	6588 2875	6588 2881		Mobile respite service for carers of elderly people with dementia and/or challenging behaviour in rural and remote areas of MNC. Resident Respite Coordinator.
New Horizons	Salvation Army. 110 Lord Street Port Macquarie 2444	6583 7444			Exciting club for Seniors Monday. 9am-2pm
Port Panthers Hospitals & Nursing Homes Visitation Group	C/- Bay St Port Macquarie 2444	6580 2300			Mthly meetings at Panthers. Volunteers visit all patients in nursing homes & hospitals each week to distribute complimentary toiletries books magazines etc.
Port Macquarie Acoustics	40 Table St Port Macquarie 2444	6583 9377	6584 3315		Can provide free hearing aids to eligible pensioners & veterans under the Govt. scheme.

Red Cross Carer's Group		6559 9291			Shopping doctor visits social visits blind assistance to church nursing home visits.
RSL Sub-Branch		6583 2748			Assists ex-service personnel welfare family support veteran's affairs etc. Wed & Thurs.
Respite Care					
Hastings District Respite Care Inc.	Shop 8 - 9. Sherwood Park Shopping Centre. 1 Merryman Way Port Macquarie 2444	6581 4544	6581 4644		Centre Based Respite for people experiencing memory loss and those who care for them.
Hastings District Respite Care Inc.	Laurie Street Laurieton 2443	6559 9003			Wed & Fri - 8.30am - 2.30pm HACC Centre
Hastings District Respite Care Inc.	Sherwood Park Respite Care Centre 1 Merryman Way Port Macquarie 2444	6581 4544	65814644		Tues. Thur & Fri 8:30am-2:30pm
Hastings District Respite Care Inc.	Bundaleer Community Centre Cameron St Wauchope 2446	6585 2811			Mon & Wed. 8.30am-2.00pm
Senior Citizens Centres					
Senior Citizens Centre	Munster St Port Macquarie 2444	6583 7149			
Senior Citizens Centre	47 – 51 High Street Wauchope 2446	6585 3522			Meets 2nd Wed each Month at 9am.
Day Care Club - Broken Bago	Wauchope 2446	6586 0977			Day care for the elderly. Meets Thurs 10am-2pm at Wauchope Senior Citizens Club, High St.