

OTHER PROGRAMS LA SPESA

The Shopping Program aims to provide elderly member of our community the opportunity to purchase continental and Italian food, with home to home transport and the option of a coffee and a chat.

A small contribution is required towards the cost of programs



YOU CAN SUPPORT CIC

in its aims:

- to ensure the delivery of high quality and relevant services
- to promote independence and self-reliance
- to help people retain their preferred life-style for as long as possible.

Your assistance and support would be sincerely appreciated.

You can help CIC by:

- Becoming a volunteer
- Offering your suggestions as to what else we could do to promote a healthy & rewarding old age

*Funded by the Australian Government Department of Health.
Visit the Department of Health Website (www.health.gov.au)
for more information.*

Although funding for these CIC Programs has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

co-ordinating italian committee inc



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PROGRAMMA ASSISTENZA ANZIANI (PAA)

Aims to support older people of Italian background to remain independent & supported in their own home and to live in the community as long as possible. We do this through the following services and programs.

WELFARE SERVICES

- Day Care programs and social support for members of our community
- Nostra Casa-in home social support program
- Centre based respite
- Occasional Day outings
- Shopping program
- Exercise programs

Transport can be provided for some programs.

Please note programs are subject to fees and a referral from "My Aged Care" is required.

DAY CARE PROGRAMS

A centre based day care program is available 9am – 2pm at two different locations:

- **at 47 Reid Ave Hectorville**
MONDAY- *INCONTRIAMOCI*
FRIDAY-*ALLEGRIA*
- **at 84 Payneham Rd Stepney**
TUESDAY-*AMICIZIA*
WEDNESDAY- *MERCOLEDÍ*
THURSDAY- *GIOIA (fortnightly)*

Each program provides different activities according to the specific needs and preferences of the participants including:

- Gentle Exercises
- Card Games
- Italian Music
- Bingo
- Tai Chi
- Regular information sessions on health, new initiatives and available services.

A freshly cooked luncheon is provided at all programs and transport is available to and from home.

NOSTRA CASA

Nostra Casa is an in home social support program operating in the metropolitan area of Adelaide.

It brings volunteers into the homes of Italian speaking elderly who might be too frail to leave their homes and at risk of isolation. They benefit from companionship or visits from friendly, committed and generous volunteers. The program is completely focused on the individual and their preferences, so that the activities engaged in will be very different from person to person. This service is available Monday to Friday 9am to 5pm.

VOLUNTEERING

CIC is supported by many volunteers who offer their time, expertise and skills in assisting with our programs.

Volunteers are involved in many different areas e.g. assisting with day care activities, preparing meals, driving the bus, or through friendly visits and phone contact.

If you have some spare time and would like to be part of the team, CIC would love to hear from you to discuss how you can become involved.