

OTHER PROGRAMS

LA SPESA

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

Transport is provided for programs where possible.

A small contribution is required towards the cost of programs

YOU CAN SUPPORT CIC

to ensure we provide high quality and relevant services to the older members of our community, who seek to maintain their independence, their self reliance and their preferred lifestyle.

Your assistance and support would be immensely appreciated.

You can help CIC by:

- Becoming a volunteer
- Offering your suggestions as to what would 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



**84 Payneham Road
Stepney SA 5069**

Telephone: (08) 8362 0233

Fax: (08) 8362 0235

Email: info@ciinc.com.au

Website: www.ciinc.com.au/

PROGRAMMA

ASSISTENZA ANZIANI (PAA)

Aims to support older people of Italian background to remain independent & supported in their own home and to prevent inappropriate admission to residential care. We do this through the following services and programs.

WELFARE SERVICES

- Day Care programs and social support for older 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.

DAY CARE PROGRAMS

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

MONDAY- INCONTRIAMOCI

TUESDAY-AMICIZIA

WEDNESDAY- MERCOLEDÍ

THURSDAY- GIOIA (fortnightly)

FRIDAY-ALLEGRIA

Each program provides different activities according to the specific needs 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.

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 and who would benefit from companionship or visits from trained, committed and generous volunteers. The program is completely focused on the individual and their needs, so that the activities engaged in will be very different from person to person.

This service is available Monday to Friday.

VOLUNTEERING

CIC is supported by many volunteers who offer their time, expertise and skills in providing all welfare programs.

Volunteers are involved in many different areas e.g. assisting with day care or group 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.

For more information contact the CIC office on ph. 8362 0233.