HOW YOU CAN SUPPORT CIC

To ensure CIC provides better and more adequate services to the frail, ageing and disadvantaged members of the Italian community, your assistance and support would be immensely appreciated.

You can help CIC by:

- Becoming a volunteer
- Offering your suggestions as to what you think would promote a healthy safe & rewarding old age.

co-ordinating italian committee inc

Funded by the Australian Government Department of Health, Disability and Ageing.

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.

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co-ordinating italian committee inc

NOSTRA CASA

A Home Volunteers Based Visiting program for the Elderly Italian Community

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NOSTRA CASA

- Nostra Casa is an in home social support program operating in the north eastern metropolitan area of Adelaide.
- It brings volunteers into the homes of Italian speaking elderly who may be too frail to leave their home and at risk of isolation & who would benefit from companionship or visits from trained, committed & generous volunteers.
- The program is completely focused on the individual & their needs and preferences, so that the activities engaged in will be different from person to person.
- The program aims to provide social support at home, acknowledging that everyone has the ability, and the wish to live well and be connected to the community.
- Volunteers will be able to visit at an agreed time & day suitable to both parties & approved by the coordinator.

VOLUNTEERING

CIC is supported by many volunteers who offer their time, expertise and skills in supporting older members of our community.

Volunteers are involved in many different areas e.g. assisting with day care or group activities, preparing meals, bus driving, or a friendly visit.

If you have some spare time and 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

CIC office ph: 8362 0233

Or

Email us at: info@cicinc.com.au

WELFARE SERVICES OFFERED BY CIC

* INFORMATION AND REFERRALS
* SUPPORT AND ASSISTANCE IN ACCESSING SERVICES
* DAY CARE SOCIAL SUPPORT INCLUDING MEALS FOR OLDER MEMBERS OF OUR COMMUNITY
* CENTRE BASED RESPITE
* OCCASIONAL DAY OUTINGS
* NOSTRA CASA- IN HOME VOLUNTEER PROGRAM
* SHOPPING PROGRAM

SOCIAL LUNCHEONS:

MONDAY -INCONTRIAMOCI
TUESDAY -AMICIZIA
WEDNESDAY - MERCOLEDI
THURSDAY - GIOIA (FORTNIGHTLY)
FRIDAY - ALLEGRIA
SATURDAY - INSIEME

RECREATIONAL ACTIVITIES:

CARD GAMES
ITALIAN MUSIC
TOMBOLA
TAI CHI

Transport can be arranged where possible for some programs.

A small contribution is required towards some programs.

Contact the CIC office for more information.

NB: ITALIAN PENSION OFFICE: PATRONATO ITAL UIL-UIM HAS AN OFFICE LOCATED ON OUR PREMISES