**NAME OF SERVICE** | **The Retreat | Frail Aged Day Care (Social Support – Group)**
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**ADDRESS** | 126 Kareena Road
**CITY** | MIRANDA
**STATE** | NSW
**POSTCODE** | 2228
**TELEPHONE** | (02) 9540 7915

**DESCRIPTION OF SERVICE**

The Retreat is a Commonwealth Home Support Program (CHSP) funded program auspiced by Southcare.

The Retreat is a day care centre for frail or disabled aged people with low level care needs. The centre provides social activities in a group environment and regular respite for the carer. Potential clients are assessed by the Coordinator at home to determine if the centre can meet their needs.

The centre has the capacity of 12 clients per day. The Retreat staff consists of a Registered Nurse Coordinator, Assistant in Nursing, Diversional Therapist and a Bus Driver/General Assistant.

The Retreat is located at the back of the Southcare building on the Sutherland Hospital campus. Transport (bus has wheelchair hoist) to and from the centre is available.

**WHO TO REFER**

A resident of the Sutherland Shire who is elderly and frail or disabled with low level care needs, who would benefit from group socialisation.

**HOW TO REFER**

Persons under 65 years
1. Electronic Medical Record (eMR) referral (TSH) or
2. Fax an Access and Referral Intake Form to (02) 9540 7869 or
3. Scan and email an Access and Referral Intake Form to SESLHD-SouthCareIntake@health.nsw.gov.au

Persons 65 years and over
Online at 'My Aged Care' [www.myagedcare.gov.au](http://www.myagedcare.gov.au) or phone 1800 200 422 ask to be referred to Southcare Community Services – Service Type – Social Support Group - The Retreat

**REFERRAL CRITERIA**

Residents of the Sutherland Shire (or residing with) living in their own home who are frail or disabled and require ongoing low level support to live at home.

Exclusion Criteria:
1. Residential care
2. Group homes
3. ACCR approval for high level (3&4) Home Care Package and / or Residential Aged Care (check with co-ordinator)

**IS THERE A WAITING LIST**

At times – phone coordinator to check

**WAITING LIST DETAILS**

The Coordinator will phone the client/carer to advise.

**HOURS/DAYS OF OPERATION**

8.30am – 4:30pm Monday to Friday

**APPROXIMATE COST**

Donation of $15 per day (or as per the activities program) which includes transport to and from the centre, morning tea, lunch and centre based activities.