# WHAT IS CENTRAL COAST CASE MANAGEMENT SERVICES

This is a Home and Community Care Community Options program providing case management to assist residents of the Central Coast and Gosford Local Government Area to live at home independently and prevent premature placement in long term residential care.

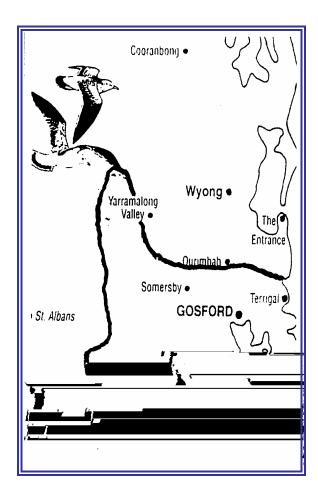
Central Coast Case Management Services provides individual case management for the target groups.

### WHEN SHOULD YOU CONTACT CENTRAL COAST CASE MANAGEMENT SERVICES

You should contact Central Coast Case Management Services when you or a person you know is:

- Unable to cope at home and requires assistance with day to day tasks:
  - \* personal care
- \* nursing care
- \* housework
- \* meals
- \* shopping
- \* gardening
- \* transport
- \* respite
- \* home modification and maintenance
- \* access to social activities

- Unable to obtain the services you require
- Needing a variety of service to be co-ordinated
- Considering going into residential care or awaiting Nursing Home vacancy
- Seeking assistance to maintain your role as a carer



# HOW CAN CENTRAL COAST CASE MANAGEMENT SERVICES HELP

The Central Coast Case Management Services Co-ordinator can help by:

- Visiting you and your carer at home
- Discussing with you the difficulties and the reasons why you are unable to manage at home
- Explaining the services and options available to assist you
- If eligible, arranging the appropriate services and support necessary to meet your individual needs
- Keeping in touch on a regular basis to provide further assistance if your needs change

### WHO CAN REFER TO CENTRAL COAST CASE MANAGEMENT SERVICES

Anyone can make a referral to Central Coast Case Management Services

Doctor

Relative

Friend

Hospital Staff

Other Service Providers

Or you can refer yourself

## HOW MUCH DOES CENTRAL COAST CASE MANAGEMENT SERVICES COST

Most services arranged for the client involve a cost.

As a client you will be encouraged to contribute towards the cost of these services.

Costs to clients imposed by Central Coast Case Management Services are in the form of a negotiated contribution towards the cost of the total care package.

Central Coast Case Management Services can help subsidise costs if necessary.

Basic maintenance and support services will be provided to clients even if they are unable to contribute financially.

### FOR FURTHER INFORMATION CONTACT

Central Coast
CASE MANAGEMENT SERVICES
113 Blackwall Road
WOY WOY 2256

Telephone (02) 4343 1888 Facsimile (02) 4344 6506

Postal Address: P.O. Box 273 Woy Woy 2256

Office Hours Mon - Fri 8.30 a.m. to 4.00 p.m.

# Central Coast CASE MANAGEMENT SERVICES

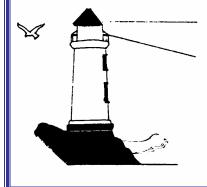
For the residents of the
Central Coast
focussing on the
Gosford Local Government Area

A Home and Community Care Project



Managed by the Peninsula Community Centre

# Central Coast CASE MANAGEMENT SERVICES



Offering Alternatives to Residential Care

This service is to help people living in our community who are:

- Younger people with moderate to severe disabilities
- Older people who are frail
- People with dementia related disorders
- Carers