



## Can We Assist You?

### A guide for older people and their carers.

- ✓ Are you unable to drive or use public transport?
- ✓ Are you experiencing declining health and now feel you need help?
- ✓ Would you like to 'get out and about' more often but can no longer manage it?
- ✓ Would you enjoy being picked up and taken on bus trips and outings?
- ✓ Have you had a recent loss or lost a loved one?
- ✓ Do you feel unsafe in your own home or when you go out?
- ✓ Are you in a situation where you have no one to call in an emergency?
- ✓ Would you like more contact with people?
- ✓ Would you like to know about local services that can help?
- ✓ Is language a barrier for you in accessing information?

If you have answered "YES" to any of these questions, you may be interested to know about services available such as community transport, luncheon groups, leisure and recreation groups, visiting and shopping services.

# Connecting YOU with your community in Manly, Warringah and Pittwater

**Community Development  
Officer (Aged Services)**

**Manly Council 9976 1562**

**Warringah Council 9942 2560**

**Pittwater Council 9970 1199**

**CCNB Community**

**Advisory Service 9979 7677**

**Commonwealth Carelink Centre  
1800 052 222**

**Telephone Interpreter Service  
(TIS) available 131 450**



**Warringah  
Council**



**PITTWATER  
COUNCIL**