

## Members Rights & Responsibilities

### Members and their carers have the right to:

- Be treated with respect and dignity
- Complain or express concern about a service without fear of losing the service or of suffering recrimination
- Have their complaints dealt with fairly and promptly
- Be represented by an advocate of their choice
- Be informed about what other services are available
- Choose what they want to do
- Privacy and confidentiality
- View any personal information held by Holdsworth

### Members' and Carers' Responsibilities:

- Members and carers should act in a way that respects other members, staff and volunteers
- Let Holdsworth know if they are unable to attend
- Members and carers need to let staff know if there is a change to their health or circumstances

### Cost

The daily fee for participation in this Day Program is \$10.00 (subject to change). This fee includes transportation, morning and afternoon tea/coffee, biscuits, outings, activities and all art and craft supplies. Lunch is provided at a small charge.

New members must undertake an assessment before joining the club so services can be tailored to meet their needs.

If you know of someone who may be interested in Club Holdsworth, please ring **9302-3600** and speak to the **Club Coordinator**.

### Supported by:



Holdsworth Community Centre & Services  
64 Holdsworth Street, Woollahra NSW 2025  
Ph: 02 9302 3600  
[www.holdsworth.org.au](http://www.holdsworth.org.au)

# Club Holdsworth

(Carers & Professionals copy)



**A Club for people with  
memory loss, providing  
activities and support and  
offering respite for carers.**



## What is Club Holdsworth?

Holdsworth receives HACC funding to deliver Centre Based Day Care programs for people, especially those from CALD backgrounds, and people with mild to high support needs throughout Sydney's Eastern Suburbs LGAs of Randwick, Waverley, Botany, Woollahra and City of Sydney. Programs take place Tuesday to Saturday.

Firmly based on the belief that age should be no impediment to enjoying life and community participation, Holdsworth offers a range of services to people with memory loss from the active to the physically dependent. These can be essential services to aid daily living or social supports to help get the most out of life. The services are a mixture of centre-based day care, outings and interest groups.

**Centre-Based Day Care** services will include structured group activities designed to develop, maintain and support the capacity for independence and social interaction. Centre-based day care also includes group excursions/activities held away from the centre.

*Other services include:*

- Provision of a meal and assistance with eating
- Personal care – assistance with toileting
- Podiatry services are also offered

## Respite

By providing programs away from people's homes we also offer respite to the primary Carer which strengthens and maintains positive relationships. Holdsworth also offer individual support to Carers along with social support groups. These groups also include education and information services for the Carer as well as networking opportunities.

## Referrals

The Club is open to older people living in Woollahra, City of Sydney, Waverley, Botany and Randwick. This includes:

- Older people who have any form of disability
- Indigenous and non-Indigenous older people
- Older people from culturally and linguistically diverse (CALD) backgrounds

*People may be referred to the Club by:*

- Self-referral
- Social worker/Case manager
- Health professionals
- Aged care services
- Aged Care Assessment Team
- Families
- Your doctor

**To make a referral: phone Holdsworth on 9302 3600 and ask to be put through to the Club Coordinator**

## What are our aims?

We strive to create a safe, secure and friendly environment where members have a real sense of belonging and ownership.

We actively encourage members' input into all activities.

## Our goal is to:

- Maintain independence and quality of life for people living in the community
- Contribute to the wellbeing of members
- Respond to members' changing needs
- Assess and to plan members' needs and preferences
- Act as an advocate as required
- Work with other organisations to help members access services they require
- Be responsive to the social, cultural and spiritual needs of each member
- Have fun!

