

# Useful phone numbers for older people in NSW

## Free of charge, or for the cost of a local call

<b>Seniors Information Service (SIS)</b>	<b>13 12 44</b>	Information about services, concessions, benefits and sources of help for older people who live in NSW.
<b>Commonwealth Respite and Carelink Centre</b>	<b>1800 052 222</b>	Information about <ul style="list-style-type: none"> <li>• care services in your area that support older people to stay living at home</li> <li>• assessment for aged care, and possibly moving to a nursing home or hostel</li> </ul> <p>Information about respite for carers and help to organise it, so that carers can take a break.</p>
<b>Aged Care Information Line</b>	<b>1800 500 853</b>	Information about the cost of living in a nursing home and hostel, that is, the entry charges and the ongoing fees.
<b>Carer Resource Centre</b>	<b>1800 242 636</b>	Information and help for carers, that is, people who provide care to family members who are elderly, in poor health or have a disability.
<b>Centrelink - Retirement Services</b>	<b>13 23 00</b>	To find out about Centrelink's Financial Information Service.  And for information about the Age Pension, Pensioner Concession Cards and Commonwealth Seniors Health Card.
<b>Dementia Helpline</b>	<b>1800 100 500</b>	Advice, information and support for people with dementia and their family members.
<b>Independent Living Centre</b>	<b>1800 800 523</b>	Information about equipment, products and home modifications that can help older people remain independent.

<b>National Information Centre on Retirement Investments (NICRI)</b>	<b>1800 020 110</b>	A free, independent and confidential service for older people with modest savings. Provides information about investing and looking after savings in retirement.
<b>Medicines Line</b>	<b>1300 888 763</b>	Independent and confidential information about all types of medicines, from a qualified pharmacist.
<b>Older Persons Tenants' Service</b>	<b>9566 1120 or 1800 131 310</b>	Information, advice and advocacy for older renters, for example, if having trouble with a landlord or real estate agent.
<b>Seniors Card</b>	<b>1300 364 758</b>	Discount card and transport concession card for NSW residents aged 60 or over who work less than 20 hours a week.
<b>The Aged-Care Rights Service</b>	<b>9281 3600 1800 424 079</b>	Information and advocacy for residents of nursing homes, hostels and retirement villages. Also runs the Older Persons' Legal Service.
<b>Vision Information Line</b>	<b>1300 847 466</b>	For people with questions about vision impairment and blindness, or about services and benefits for people with vision problems.
<b>Veterans Affairs Network</b>	<b>1300 551 918</b>	Information for veterans and their families about benefits and to locate and use financial, health and community services in their area.
<b>Translating and Interpreting Service (TIS)</b>	<b>131 450</b>	For people who do not speak English well, to get help contacting any of the above phone numbers.

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