

Useful phone numbers for older people in NSW

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

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| Seniors Information Service (SIS) | 13 12 44 | Information about services, concessions, benefits and sources of help for older people who live in NSW. |
| Commonwealth Carelink Centre | 1800 052 222 | To find out about care services in your area that support older people to stay living at home, or about possibly moving to a nursing home or hostel. To find out about assessment for aged care. |
| Aged Care Information Line | 1800 500 853 | To find out about entry charges and ongoing fees for residential aged care (nursing homes and hostels). |
| Carer Respite Centre | 1800 059 059 | To find out about support and respite for carers, so that they can take a break. |
| Carer Resource Centre | 1800 242 636 | Information and help for carers, that is, people who provide care to family members who are elderly, in poor health or have a disability. |
| Centrelink - Retirement Services | 13 23 00 | To find out about Centrelink's Financial Information Service. Or for information about the Age Pension, Pensioner Concession Cards and Commonwealth Seniors Health Card. |
| Dementia Helpline | 1800 100 500 | Advice, information and support for people with dementia and their family members. |
| Independent Living Centre | 1800 800 523 | Information about equipment, products and home renovations that can help older people remain independent. |

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

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