

Co.As.It. (SA)

TRAINING & INFORMATION LISTING 2021

This useful resource is a collection of organisations that have assisted Co.As.It. (SA) and our partners with training and information services.

Note: This list is not exhaustive and if you feel that further information should be included please contact Co.As.It. (SA) so that we may update our next version.

Co.As.It. (SA)

*A leading body for the wellbeing of ageing Italo-Australians in
South Australia*

Unit 3, 215 Port Road, Hindmarsh SA 5007

Phone (08) 8223 3311

Email admin@coasitsa.org.au

www.coasitsa.org.au

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What they do

- Promoting opportunities and assisting with services for older people

Trainings/Information Sessions Available

- Dementia specialist advisory service
- Planning ahead advisory service
- Aged care navigator service
- Help at Home information
- Health and wellbeing information

Service Format

- Information guides on website
- Information on all services and awareness is provided over the phone

Language

- English only

Contact

- Call: 1300 22 44 77
- Email: csc@ach.org.au
- Address: 22 Henley Beach Road, Mile End, 5031

Cost

- Free

AGED & COMMUNITY SERVICES SA & NT

www.agedcommunity.asn.au

What they do

- Provide practical information and support in operating aged care facilities and community care services

Trainings/Information Sessions Available

- Strategic leadership and advocacy for individuals and their families
- Practical information and support for areas including regulatory compliance, workforce/industrial issues, training and professional development

Training Format

- Annual conferences
- Seasonal seminars
- Workshops
- Information forums
- Counselling support and advice

Language

- English only

Contact

- Call: 8338 7111
- Email: acs@agedcommunity.asn.au
- 246 Glen Osmond Road, Fullerton 5063

Cost

- Free

ARAS

www.sa.agedrights.asn.au

What they do

- Promote and protect the rights and wellbeing of older adults

Trainings/Information Sessions Available

- Advocate support to stop elder abuse in the community
- Information for aged care human rights and resolving such issues
- Providing options to help resolve concerns

Training Format

- All service information is available over the phone
- Clubs, community groups or group organisers can arrange guest speakers to conduct information sessions

Language

- Interpreters available for Italian

Contact

- Call: 8232 5377
- Email: aras@agedrights.asn.au
- Address: 16 Hutt St, Adelaide

Cost

- Free

AUSTRALIAN RED CROSS

www.redcross.org.au

What they do

- Build resilient communities and improve the wellbeing of those experiencing extreme vulnerability

Trainings/Information Sessions Available

- Companionship and social support
- Transport services
- First aid information

Training Format

- Counselling support and advice
- Practical advice and strategies with a support officer

Language

- English only

Contact

- Call: 8100 4500
- Email: sainfo@redcross.org.au
- Address: 212 Pirie Street, Adelaide 5000

Cost

- Free

BEYOND BLUE

www.beyondblue.org.au

What they do

- Mental health, depression and anxiety awareness, support and education

Trainings/Information Sessions Available

- Advocacy support and understanding for mental health
- Referrals to qualified health professionals

Training Format

- National helplines for all mental health support
- Brief counseling and support over the phone

Language

- Interpreter service available in Italian

Contact

- Call: 1300 224 636

Cost

- Free

CANCER COUNCIL SA

www.cancersa.org.au

What they do

- Cancer awareness, support and education

Trainings/Information Sessions Available

- Bowel cancer screenings
- Reducing your cancer risk sessions
- Skin cancer prevention and early detection sessions
- Counselling and emotional support
- Legal and financial assistance

Training Format

- Cancer awareness expos, field days and other community events
- 60-minute information sessions
- Over the phone consultations with cancer awareness professionals
- In office consultations

Language

- Interpreters available for Italian

Contact

- Call: 8291 4111
- Email: cc@cancersa.org.au
- Address: 202 Greenhill Rd, Eastwood

Cost

- Free Information Session
- Free support services eligible clients

CATALYST FOUNDATION

www.catalystfoundation.com.au

What they do

- Assistance and education for technology

Trainings/Information Sessions Available

- Training Lessons for ipad, android and e-reader devices
- Training lessons for smart phones (including applications)
- Setting 'mygov' account
- Social media lessons
- Computer lessons for windows 10

Training Format

- In house training
- Information flyers
- Bookings vary

Language

- English only
- Interpreters to be organised by the individual

Contact

- Call: 8168 8776
- Email: information@catalystfoundation.com.au
- Address: 149 Currie St, Adelaide

Cost

- \$5 Per session

CATALYST FOUNDATION (CONT.)

www.catalystfoundation.com.au

What they do

- Providing assistance on ageing, disability, lifestyle, employment, business and learning for older Australians

Trainings/Information Sessions Available

- Support with informed decisions about lifestyle choice and independence
- Supporting individuals to maximize opportunities to actively participate in the community and to learn new skills
- Help promote an active lifestyle for individuals
- Help assist with changes in technology

Training Format

- Fact sheets, brochures, lists and booklets via hardcopy or online
- Information seminars on 'accessing help at home' retirement housing, downsizing, aged care fees and charges, digital literacy, financial planning and estate planning
- Presentation to community groups, organisations and service providers
- Internet lounge and individual IT tuition for seniors with the support and advice of volunteers to help with online assistance
- Seminars at head office

Language

- English only
- Interpreters to be organised by the individual

Contact

- Call: 8168 8776
- Email: information@catalystfoundation.com.au
- Address: 149 Currie St, Adelaide

Cost

- Free

CENTRELINK

www.humanservices.gov.au

What they do

- Age pension assistance and support

Trainings/Information Sessions Available

- Information about age pension
- Transfer to age pension
- Financial assistance and income support for older Australians
- Help with living and household costs
- Help with health care expenses
- Planning for retirement
- Pensioner concession card information

Training Format

- Eligibility:
- At least 65 years and 6 months old
- Under the income and assets test limits
- An Australian resident for at least 10 years

Language

- Interpreters available for Italian
- Information translated in Italian

Contact

- Call: 131202

Cost

- Free

What they do

- A leading body for the wellbeing of ageing Italo-Australians in South Australia

Trainings/Information Sessions Available

- Navigating the aged care system
- 'My Aged Care'
- Services available to the ageing community
- Wellbeing and Resilience training
- Cultural Awareness Training

Training Format

- One on one meetings
- Group training sessions

Language

- Available in Italian
- Information can be translated in Italian

Contact

- Call: 8223 3311
- Email: admin@coasitsa.org.au
- Address: Unit 3, 215 Port Road, Hindmarsh SA 5007

Cost

- Free

COTA SA

www.cotasa.org.au

What they do

- Providing individual and community support for older Australians

Trainings/Information Sessions Available

- A range of programs which aim to support individuals, government and community organisations
- Programs regarding health and well-being
- Programs regarding enhanced quality of life
- Programs regarding increased participation of seniors throughout the community
- Insurance of older Australians
- Lesbian, Gay, Bisexual, Transgender, Intersex (LGBTI) awareness

Training Format

- All programs and information on services are held at the COTA SA head office
- Factsheets
- Information resources

Language

- English only

Contact

- Call: 8232 0422
- Email: cotasa@cotasa.org.au
- Address: 16 Hutt St, Adelaide

Cost

- Free

DEMENTIA AUSTRALIA

www.dementia.org.au

What they do

- Provide advocacy for the needs of people living with all types of dementia, including their families and carers

Trainings/Information Sessions Available

- Support services, education and information on all matters relating to dementia

Training Format

- Information help sheets
- Information videos online
- Dementia Library
- At home advice and counselling

Language

- Available in Italian

Contact

- Call: 1800 100 500 (National Helpline) or 8372 2100
- Email: helpline.nat@dementia.org.au
- Address: 27 Conyngham Street, Glenside 5065

Cost

- Free

DIABETES SA

www.diabetessa.com.au

What they do

- Diabetes awareness, support and education

Trainings/Information Sessions Available

- Education sessions regarding all issues related to diabetes
- Consultation sessions regarding all issues relating to diabetes such as:
 - Pre diabetes
 - Type 1
 - Type 2
 - Dietary management
 - Gestational diabetes
 - Pictorial guides

Training Format

- All information can be discussed on the diabetes information line with a credentialed diabetes educator or an accredited practising dietician
- Guest speakers to community groups

Language

- Information provided in Italian
- Phone discussions in English only

Contact

- Call: 1300 136 588 or 8234 1977
- Email: info@diabetessa.com.au
- Address: 159 Sir Donald Bradman Drive, Hilton

Cost

- Information and resources are free.
- Guest speakers may charge to community groups.

DISABILITY RIGHTS ADVOCACY SERVICE

www.dras.com.au

What they do

- Provide advocacy, assistance and information for people with a disability, their families and carers

Trainings/Information Sessions Available

- Individual advocacy programs including:
 - Discrimination
 - Disputes
 - Accommodation
 - Equipment needs
 - Financial needs
 - Government services
 - Transport access
 - Centrelink assistance

Training Format

- Fact sheets
- Individual advocacy programs at home
- Systematic advocacy programs for groups

Language

- English only

Contact

- Call: 8351 9500
- Email: admin@dras.com.au
- Address: Shop 4/80, Henley Beach Road, Mile End 5031

Cost

- Free

DONATE LIFE

www.donatelife.gov.au

What they do

- Support, assistance and education regarding organ and tissue donation and transplantation

Trainings/Information Sessions Available

- Fact sheet about organ donation
- Family support for organ donation
- Coordination for organ donation process
- Living donation and transplantation outcomes
- Consent and registration factsheet
- Organ donation and transplantation
- Eye and tissue donation factsheet

Training Format

- All assistance and appointments with donate life professionals to be booked
- All information can be found online and discussed over the phone

Language

- All information resources are available in Italian

Contact

- Call: 8207 7117
- Email: donatelifesa@sa.gov.au
- Address: Level 6, 45 Grenfell St, Adelaide

Cost

- Free

What they do

- Enabling confidence at home, so you can remain healthy and in control to continue living independently

Services and Information Available

- At home services: Essential care, personal care and support, home and garden maintenance
- Respite service: Day programs, At home overnight respite, Henley Beach overnight respite centre
- Wellness services: Flexible fitness, exercise classes, professional allied health services and massages
- Independent retirement living: free information sessions

Service Format

- Four wellness centres at Henley Beach, Greenacres, Morphett Vale and Victor Harbor
- At home services

Language

- English only

Contact

- Call: 1300 275 321
- Email: ask@ech.asn.au
- Address: 174 Greenhill Road, Parkside SA, 5063

Cost

- Cost varies depending on the service

ETHNIC LINK

www.ucwpa.org.au

What they do

- Supporting individuals to live at home in the community from culturally and linguistically diverse backgrounds

Services/Information Sessions Available

- Language services for clients by interpreting for them
- Communicate between clients and service providers
- Organise and assist with paperwork such as letters, forms and documents
- Social support groups
- Arrange medical and other appointments
- Help clients identify their medical needs and provide medical assistance

Service Format

- All services assisted by bilingual, bicultural ethnic link officers
- All individuals must be registered with my aged care

Language

- Interpreters in Italian are available for services

Contact

- Call: 8440 2200 or 1800 648 598
- Email: ucwpa@ucwpa.org.au
- Address: 70 Dale Street, Port Adelaide

Cost

- Free
- Client fees apply to some services

GUIDE DOGS AUSTRALIA SA/NT

www.guidedogs.org.au

What they do

- Guide dog training and assistance

Trainings/Information Sessions Available

- Orientation and Mobility
- Safety in the home
- Avoiding objects and hazards
- Managing steps, stairs, railway platforms and other changes in elevation
- Increasing confidence in travelling independently
- Learning how to orientate self in both familiar and unfamiliar environments
- Crossing roads with or without traffic controls
- Using public transport
- Travelling at night or in poor lighting conditions
- Use of mobility aides and electronic travel devices
- Accessibility audits of physical environments, i.e. pedestrian road crossings, facilities, public premises, public transport and infrastructure

Training Format

- Cane training
- Low vision training
- Electronic travel devices training
- Guide dog training
- All carried out in Morphett St Office

Language

- Interpreters available in Italian

Contact

- Call: 8203 8333
- Support line: 1800 757 738
- Address: 51 Morphett St, Adelaide

|| GUIDE DOGS AUSTRALIA SA/NT (CONT)

www.guidedogs.org.au

Cost

- Cost of interpreter service
- Training service is free

HEART FOUNDATION

www.heartfoundation.org.au

What they do

- Heart health awareness, support and education

Trainings/Information Sessions Available

- Personalized information heart health, nutrition and a healthy lifestyle
- Discussing existing conditions and heart wellbeing
- Consultations on heart health management

Training Format

- Phone calls with heart health professionals

Language

- Information booklets available in Italian

Contact

- Call: 1300 362 787
- Email: health@heartfoundation.org.au (health information)
- Email: contactus@heartfoundation.org.au (general information)

Cost

- Free

LEGAL SERVICES COMMISSION

www.lsc.gov.au

What they do

- Legal advice, community educations and legal representation

Trainings/Information Sessions Available

- Legal advice
- Family law advice
- Criminal law advice
- Applying for legal aid
- Legal training programs

Training Format

- Appointment based
- Consultation with a legal adviser
- Phone Call with a legal adviser
- 30-minute appointments
- Community education programs
- Workshops and short courses
- Information seminars

Language

- English only, Interpreters required

Contact

- Call: 1300 366 424
- Address: 156 Gawler Place, Adelaide

Cost

- Free

MULTICULTURAL AGED CARE (MAC)

www.mac.org.au

What they do

- Cultural and language support for aged care carers

Trainings/Information Sessions Available

- Sector development common
- Facilitating networks
- Food safety training
- Manual handling training
- Multilingual practice guides
- Multilingual resources
- Cultural diversity in residential care workshops
- Utilizing language services and management workshops

Training Format

- All resources are held in the office library
- Workshops

Language

- Information resources in Italian available
- Interpreters available in Italian

Contact

- Call: 8241 9900
- Address: 94 Henley Beach Road

Cost

- Costs are dependent on service

MULTICULTURAL COMMUNITIES COUNCIL SA (MCCSA)

www.mccsa.org.au

What they do

- To improve well-being by organising programs to assist with people from culturally and linguistically diverse backgrounds

Services and Information Available

- Art and recreation social activities
- Information sessions on digital technology skills
- Information sessions on elderly right
- Volunteer visits for monthly conversations

Service Format

- All information sessions and social activities held in the Gilbert St office
- Volunteers can visit individuals at their home or residential care

Language

- Interpreters available in Italian

Contact

- Call: 8345 5266
- Email: mccsa@mccsa.org.au
- Address: 113 Gilbert St, Adelaide 5000

Cost

- Free

MY AGED CARE

www.myagedcare.gov.au

What they do

- Various aged care services.

Services Available

- Allied health and therapy Services
- Assistance with care and housing
- Home maintenance
- Home modifications
- Meals
- Nursing
- Personal Care
- Transition care
- Transport

Service Format

- All services are organised over the phone
- My aged care representatives will conduct a face-to-face assessment for eligible individuals

Language

- Interpreters available in Italian

Contact

- Call: 1800 200 422

Cost

- Costs may vary between services
- All costs are subsidized

SA HEALTH

www.sahealth.gov.au

What they do

- Improving and protecting the health of individuals by assisting in public health services, illness prevention and wellbeing

Trainings/Information Sessions Available

- Breast screening mammograms
- Older person mental health service training
- Supporting independence against illness
- Immunization information
- Hospital services
- Manual handling information
- Preventing falls information
- Health frequently asked questions fact sheets

Training/service Format

- In clinic screening (breast cancer checkups)
- Community team training
- All information resources online

Language

- All information resources provided in Italian
- Translation services offered in Italian over the phone

Contact

- Call: 8226 6000 or 8226 1990 (Translation Service)
- Email: HealthCE@sa.gov.au
- Address: 11 Hindmarsh Square, Adelaide

Cost

- Free

THE SOCIETY OF SAINT HILARION

www.sainthilarion.asn.au

What they do

- To improve well-being by organising programs to assist with people from culturally and linguistically diverse backgrounds

Services and information Available

- Transport services
- Art and recreation social activities

Service Format

- All services are appointment based and organised over the phone

Language

- Italian interpreters provided

Contact

- Call: 8409 1500
- Email: admin@sainthilarion.asn.au
- Address: 7 Kelly Ave, Seaton SA 5023

Cost

- Free

TIS NATIONAL

www.tisnational.gov.au

What they do

- Assisting with translating and interpreting

Language

- Interpreters available in Italian

Contact

- General Enquiries: 1300 655 820
tispromo@border.gov.au
- Interpreter Liaison: 1300 132 621
interpreters@border.gov.au
- Immediate phone interpreting: 131 450

Cost

- Free
- Chargers for on-site interpreters

VISION AUSTRALIA

www.visionaustralia.org.au

What they do

- Vision Support and assistance for everyday living

Trainings/Information Sessions Available

- Understanding more about your vision
- Emotional support with others
- Assistance with staying independent at home

Training Format

- Eligibility over the age of 65
- Practical advice and strategies with a support officer

Language

- Interpreters available in Italian

Contact

- Call: 1300 847 466
- Email: info@visionaustralia.org

Cost

- Financial support offered through my aged care.

VOLUNTEERING SA & NT

www.volunteeringsa-nt.org.au

What they do

- Organising and assisting with individuals, organisations and communities who are interested in volunteering

Service/Information Sessions Available

- Provide a credible and informed voice in volunteering
- Provide information, knowledge and expertise in volunteering
- Training, support and professional development for a range of various volunteering roles

Service Format

- In office training and organisation for volunteering
- Workshop in office

Language

- English only

Contact

- Call: 8221 7177
- Address: reception@volunteeringsa-nt.org.au
- Level 5, 182 Victoria Square Adelaide, 5000

Cost

- Cost varies depending on training

WHITE RIBBON

www.whiteribbon.org.au

What they do

- Providing domestic violence awareness and education

Service/Information Sessions Available

- Information on domestic violence
- Domestic violence counseling, advocacy and assistance

Service Format

- Domestic violence hotline
- Counseling and support over the phone
- Information sheets online

Language

- English only

Contact

- Call: 8226 8787 or 1300 366 424 (legal advice)
- Email: admin@whiteribbon.org.au

Cost

- Free