

## Eligibility

To attend Care & Share you need to be over 65 years of age and live in the South and Eastern suburbs of Adelaide, and:

- Live independently
- Need support to go out of the home
- Potentially socially isolated
- Reasonably mobile
- Independent with your personal care

## How to become involved

If you are interested in regularly attending Care & Share at Trinity please call My Aged Care on 1800 200 422 or visit [myagedcare.gov.au](http://myagedcare.gov.au) to discuss individual requirements. Referrals will then be issued to Care & Share at Trinity. The Program Manager can assist you with this process. Call Janine Callegari on (08) 8276 1144.

## Transport

Transport for day visits and 'come and try' days can be arranged via our program manager. Visit our website for more information.

## Come and try

We invite you to visit, enjoy a meal and activities with us and see for yourself how enjoyable a day at Care & Share can be. Bring a friend and join in the fun. **Please call Janine to book your FREE trial today on (08) 8276 1144.**

## Open Hours

Monday, Wednesday, Thursday and Friday from 9.30am to 2.30pm

**Closed** Tuesday, Saturday and Sunday

## Find us

8a Bedford Square, Colonel Light Gardens, South Australia 5041

## Call us

Telephone: (08) 8276 1144

## Website

[www.careandshare.org.au](http://www.careandshare.org.au)

Although funding for Community Wellbeing services has been funded by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.



# CARE & SHARE

AT TRINITY



*“I just want to say how grateful I am for your wonderful program and improving my mother’s life to such a significant extent. I have never known her to be so happy, she has met a lovely group of staff and people who seem to like her for who she is and it has made a tremendous difference to her.”*  
—daughter of a participant

## EAT • TALK • BELONG

[www.careandshare.org.au](http://www.careandshare.org.au)



## Welcome to Care & Share at Trinity

Here, we enjoy a friendly community way of life that recognises the uniqueness of every individual. Care and Share is built upon the traditional family values of integrity, honesty, respect and trust. You will discover a warm and friendly group of people who enjoy doing life together and are very welcoming to newcomers. Care & Share at Trinity is a social activity program which enables older people to participate in community life and feel socially included through structured and informal, group based activities that develop, maintain or support independent living, individual goal setting and social engagement.

### Purpose/Aim

We support independent living for people who are 65 and over who may be socially isolated or need help to attend out of home activities appropriate to their interests and abilities.

### Activities

Care & Share has a range of activities available throughout the week. Activities include:

- Boardgames
- indoor bowls and bocce
- iPad activities
- Conversation groups
- Mental stimulation exercises such as memory games and quizzes
- Relaxation exercises
- Cards and bingo
- Crafting
- Guest speakers
- Meals

### Goal setting

Care & Share is committed to providing innovative ways to work with older people to ideally maximise their independence and support their ability to remain living in their own home and actively participating in the community.

### Keeping active

Regular exercise along with incidental exercise has been proved and widely documented about the wonderful health giving benefits to body, mind and soul. Care & Share does not provide rehabilitation services, however we do provide opportunities to increase the level of activities in each participant's day.

### Meals

The 2 course meal at lunch time is the highlight of the day as sharing a meal together is another opportunity to engage in good conversation and get to know people.

*“Care & Share has put the spring back in my step.”*  
—participant