

Eligibility

To attend Care & Share at Trinity you will need to be over 65 years of age and live in the South and Eastern suburbs of Adelaide. Also be:

- Needing social interaction
- Reasonably mobile
- Independent with your personal care

Support for carers

We can provide respite for carers with the confidence of knowing that their loved one will have a safe and enjoyable day out.

How to become involved

If you are interested in regularly attending Care & Share at Trinity, please call myagedcare on 1800 200 422 to discuss your individual requirements or visit myagedcare.gov.au. Referrals will then be issued to Care & Share at Trinity. We can also assist you with this process. Call Janine Callegari on (08) 8276 1144

Transport

Transport for regular attendance and 'come and try' days can be arranged. See our website for more information or call (08) 8276 1144

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

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



Welcome to Care & Share at Trinity

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

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

Purpose/Aim

We support independent living for people who are aged 65yrs or over who may need social interaction and would like to participate in a variety of social activities appropriate to their interests and abilities.

Activities

Care & Share at Trinity 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
- Water colour painting
- Meals

Goal setting

Care & Share at Trinity 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 are proven and widely documented for their wonderful health giving benefits to body, mind and soul. Care & Share at Trinity 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.