

At Home with Willoughby

At Home with Willoughby Community Services promotes choice and independence through the delivery of quality, entry level aged care services. Our aim is to assist senior residents living in the Willoughby City Council area to remain independent at home and connected to the community, for as long as they desire.

Service is excellent. Staff and volunteers; friendly, reliable and always very helpful.

Find Out More

Comprehensive information on aged services is available to assist you in making informed decisions about your lifestyle choices.

A quarterly newsletter providing information on services, upcoming events and helpful hints on health and wellbeing is produced for clients.

To find out more about At Home with Willoughby services, please contact our friendly staff on **9777 7830** or visit **www.willoughby.nsw.gov.au**

Interpreting Services: If you require the assistance of an interpreter, please call the Translating and Interpreter Service (TIS) on phone: 13 14 50

Dougherty Community Centre
7 Victor Street, Chatswood
Phone: 9777 7800



The Commonwealth Home Support Programme provides funding for these services.



At Home with Willoughby

Community Services

Ph: 9777 7830



Meals on Wheels

- Delicious and nutritious food cooked from fresh produce, delivered to your door every weekday by friendly volunteers who care.
- A large variety of meals available including Western, Asian and Mediterranean, with seasonal changes.
- Nutritionally optimised food for older clients including options suitable for diabetics and those at risk of protein-energy malnutrition.
- Specific to your dietary needs, we offer low fat/high protein meals as well as pureed, cut-up and soft meal options which can be delivered hot, chilled or frozen.
- Opportunity to join Social Lunch Club which gathers twice monthly at a central and accessible location.
- No contracts, no delivery charges and very reasonably priced meals.
- Friendly and supportive staff just a phone call away.



Social Support

- We offer a variety of social and leisure activities which provide abundant opportunities for you to meet with old friends or make new ones. Join an informative talk and participate in stimulating conversations.
- Travel to interesting locations around Sydney and enjoy a relaxing lunch with friendly companions.
- Experience a visit at home by one of our friendly volunteers.
- Meet people from all backgrounds to share and learn together.
- We have shopping services with flexible options to meet your individual needs. These include assistance to access home delivery services, a shopping bus which transports you from your home to Chatswood, or a shopping companion.



Linen Service

- Our linen service supplies freshly laundered sheets and towels delivered to your home by our helpful volunteers who assist you with making your bed.

We are very happy with the linen service provided and compliment the professionalism and courtesy provided by all your staff...

I don't know what I would do without this service.

