



Helping Hand Aged Care's 'Real Care the Second Time Around Project'
and Relationships Australia SA's Elm Place presents

Understanding Aged Care Services

– *A workshop for Forgotten Australians / Care Leavers*

This workshop will help you understand the different aged care services available for you.

Find out information about:

- the costs involved
- what aged care services can provide you
- how to access aged care services.

Come along to hear from guest speakers from different South Australian aged care providers, including Carers SA and COTA SA's Aged Care Navigator Program!

When: Thursday 29 September | 10.00am - 1.00pm

Where: Helping Hand Aged Care's Harrison Court Community Activity Room
| 54 Buxton Street, North Adelaide

Lunch and refreshments will be provided. Places are limited to 35 people, so please RSVP as soon as possible to ensure you can attend.

To RSVP or to find out more information, please call Elm Place.
(08) 8419 2042