

## Introduction

The Social Support Group (Day Centre) program provides a welcoming and supportive environment focusing on helping frail, older people, socially isolated and the people with disabilities to maintain personal independence to continue living at home.

The program activities provide you opportunities for fun and social interaction as well as providing support and respite for carers.

**Help is available for those who require assistance with personal care and activities of daily living.**

## Day Centre Bus

Transport to and from the Social Support Group is available for people living in Horsham and Dimboola.

**The bus is equipped for wheelchair access.**

## Program Aims

- To promote well-being in clients through an organised program of recreation and socialisation
- To encourage self-esteem and dignity
- To promote quality of life and continuing independence in participants
- To provide assistance and emotional support for carers
- To observe and report as appropriate, the general health of clients.

## Referrals

If you wish to come to our Social Support Group (Day Centre), contact: My Aged Care  
1800 200 422.

If you require assistance with contacting My Aged Care phone; (03) 5381 9391.

Referrals are via an Assessment carried out by a Regional Assessment Service or ACAS.

## Cost of Service

A small facility fee applies for the day.

## The programs will...

- Offer flexible, personalised and friendly care
- Liaise with other services to help meet individual and carers' needs
- Provide a meal for all attendees along with morning and afternoon tea.

## Activities offered

- Card games
- Music
- Reminiscence
- Outings
- Special events
- Guest speakers
- Craft
- Cooking
- Board games
- Bingo
- Quizzes
- Movies

Your suggestions of other activities are welcomed.

Supported by the Australian Government Department of Health. Although funding for this service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

## Hours of Service

**The Day Centre Building  
Robinson St Horsham 3400**

(Car park and entry at rear,  
down O'Brien Lane)

**Phone: (03) 5381 9285**

Fax: (03) 5381 9170

**Allister Hinchley Centre  
Dimboola Campus**

**Dimboola 3414**

**Phone: 5363 7136**

Fax: 5389 1132

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Incorporating Wimmera Base Hospital  
and Dimboola District Hospital  
Baillie Street, Horsham, Victoria, 3400  
Telephone (03) 5381 9111  
Facsimile (03) 5382 0829

# SOCIAL SUPPORT GROUP

~ DAY CENTRE ~

