

# AGEING POSITIVELY IN CASEY

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Copies will also be available from your local libraries and Community Hubs.

City of Casey delivers Commonwealth Home Support Program services on the behalf of the Australian Government. It is committed to delivering services in accordance with the Aged Care Quality Standards and the Aged Care Act, supporting staff and volunteers to undertake regular training to perform their roles.



## Welcome to the Winter Edition

As we move into winter, this edition of the Ageing Positively Newsletter focuses on elder abuse, an issue that can often go unseen. With **World Elder Abuse Awareness Day (15 June)** approaching, it's a timely reminder of the importance of safety, connection and respect for older people.

This edition shares how we can support the rights and wellbeing of older residents, recognise the signs of elder abuse, and know where to seek help. We also highlight the important work of Seniors Rights Victoria and Elder Rights Victoria, who provide free and confidential support to older Victorians.

Together, we can help ensure everyone in our community can age safely, confidently and with dignity.

Warm regards,

Senior Positive Ageing and Inclusion officer



## Meet the 2026 Casey Community Award winners

The 2026 Casey Community Awards shone a spotlight on some of the incredible residents and groups who make our city stronger, kinder and more connected.

This year's winners were celebrated at a special event at Bunjil Place, recognising their outstanding contributions across community service, leadership, arts and inclusion.

### Casey Citizen of the Year – Corina Dutlow

Acknowledged for her exceptional leadership supporting multicultural families and establishing Australia's first Filipino dementia friendly respite home.

### Casey Senior of the Year – Graham Lovett

Recognised for his ongoing commitment and positive contributions to the local community.

### Casey Young Citizen of the Year – Bailey Ogden

Celebrated for his dedication to performing arts, animal welfare and youth leadership.

### Casey Woman of the Year – Divya Pasupuleti

Honoured for her extensive volunteer mentoring and support for culturally diverse women and professionals.

### Community group winners

- **Bats Theatre Company Inc.** – Lindsay King Arts Award
- **Uniting Church Hampton Park** – Environmental & Sustainability Champion
- **The Bridge Inc.** – Equity & Inclusion Award
- **Australian Filipino Community Services Inc.** – Community Group of the Year

### Highly commended

Cynthia Zeena Fernandes, Cindy Warren and Dr Patrick Halton were acknowledged for their outstanding contributions across key award categories.



# AGEING POSITIVELY FESTIVAL

## The Ageing Positively Festival is coming this October – and we want your stories

This October, the Ageing Positively Festival returns to celebrate ageing in all its diversity, strength and creativity. This year's theme is **Connect • Create • Celebrate**.

Across Casey, older people are connecting communities, creating meaningful change and celebrating life in countless ways – and we want to share these stories.

We're inviting you to help us uncover the people and groups who are ageing positively by:

- building connection and belonging
- creating, learning or giving back
- celebrating themselves, others or community life

You might know someone inspiring – or you might be living this yourself.

In the lead up to the festival, we'll be showcasing local stories through interviews and features that highlight what ageing positively in Casey truly looks like.

**If you'd like to be involved or nominate someone,** please get in touch with us. Together, let's connect, create and celebrate ageing positively.

### Help us showcase ageing positively in Casey

**Know someone we should feature?  
Or would you like to share your story?**

Complete your response in the form:  
<https://forms.office.com/r/KzpG61iA3g>

If you have trouble completing the form, please contact [positiveageing@casey.vic.gov.au](mailto:positiveageing@casey.vic.gov.au).



### Host an Event for the 2026 Ageing Positively Festival

Community groups and organisations are invited to be part of the 2026 Ageing Positively Festival by hosting an event for older adults across the City of Casey.


This year's theme, "**Connect, Create, Celebrate,**" encourages opportunities for people aged 55+ to come together, try something new, share experiences and celebrate the valuable contributions of older people in our community.



Hosting an event is a great way to showcase your group, connect with new audiences and support positive ageing.

Your event could be as simple as a social gathering, workshop, performance, wellbeing activity or an intergenerational experience that brings different age groups together.

To find out more about hosting an event and how to get involved, visit:

 <https://www.casey.vic.gov.au/ageing-positively-festival>



**THE MEN'S TABLE**  
Strength To Care

**COMING SOON TO FOUNTAIN GATE**

## Join The Men's Table

**A new Men's Table is starting at Fountain Gate, and men aged 55 and over are warmly encouraged to consider joining.**

The Men's Table is open to men aged 18+ and brings the same small group of men together once a month over dinner for guided, meaningful conversation. The group builds trust and connection over time, offering a supportive and welcoming space to talk honestly about life, wellbeing and what's important.

The Men's Table Entree is an introduction to The Men's Table through open sharing over a relaxed and conversational meal.

The Entree event is a chance to meet other men, and to learn about how a Table works which will help you decide whether you'd like to be part of a local Men's Table.

It will be hosted by a couple of long-standing members of other Men's Tables, sharing their experiences from their Tables, and responding to your questions, concerns and ideas.



**TO GIVE IT A TRY**  
Scan this QR code  
Or visit [themenstable.org](http://themenstable.org)  
[hello@themenstable.org](mailto:hello@themenstable.org)  
**1800 636 782**



**THE MEN'S TABLE**  
Strength To Care

## Still Driving, Still Giving Back

**Growing older doesn't mean slowing down and Denis Maloney is living proof.**

In April, Denis celebrated his 85th birthday and continues to support older people as one of City of Casey's Community Transport bus drivers. His story reflects this year's Ageing Positively Festival theme - Connect, Create, Celebrate.

Denis joined the City of Casey in 2016, driving for the Social Support Planned Activity Group (PAG) Outings. When the program ended in 2022, he didn't step away. Instead, Denis continued helping older residents by driving for the Casey Connector Shopping Trips service.

The service provides door to door transport for residents aged 60 and over, helping them get to local shopping centres, socialise and stay connected. For many passengers, it's about more than shopping — it's a chance for conversation, connection and independence.

Known for his kindness and care, Denis makes every trip welcoming. For many passengers, he's not just a driver, but someone they trust and look forward to seeing.

Through people like Denis, Casey celebrates the positive contribution older residents make every day proving it's never too late to stay involved and connected.



## Discover, connect and learn with U3A Casey

**Ready to try something new, meet like-minded people and stay active in your community?**

U3A Casey invites older adults to discover the benefits of lifelong learning and social connection right here in Casey.

U3A Casey is a volunteer-run, not-for-profit organisation created especially for people in their “third age” of life the stage after work commitments ease and there’s more time to focus on personal interests, creativity and connection.

There are no exams or pressure, just learning for enjoyment in a friendly and welcoming environment.

With over 100 classes and activities held at locations across the City of Casey, there’s something for everyone. From arts and crafts, discussion groups and board games to fitness, technology and special interest groups, U3A Casey offers plenty of ways to stay mentally, socially and physically active.


Getting started is easy and affordable. From 1 June, membership is just \$30 for the remaining six months of the year. Even better, you can try up to three classes for free before deciding if U3A Casey is right for you.

Whether you want to learn a new skill, share your knowledge or simply enjoy great company, U3A Casey is your chance to stay curious, connected and engaged.

Find out more or join today:

 [www.u3acasey.org.au](http://www.u3acasey.org.au)

 [caseyu3a@gmail.com](mailto:caseyu3a@gmail.com)

 0493 280 458



## Discover your history – and get involved

**The Narre Warren & District Family History Group Inc. has been supporting family and local history research in Casey for over 35 years and celebrated its 37th birthday in May 2026.**

Run entirely by volunteers, the group welcomes new members and volunteers of all experience levels. You don’t need to be a history expert - just an interest in learning, sharing stories or helping others uncover theirs.

The group’s Lorraine Taylor Research Room in Berwick is open Tuesdays and Saturdays and offers access to a wide range of local and family history resources, including Ancestry, Find My Past and FamilySearch. Volunteers are always on hand to help visitors with questions or research.

Members can get involved in many ways, from assisting in the research room and contributing to the quarterly newsletter Spreading Branches, to helping with digitisation projects, events and popular activities like cemetery walks, Discovery Days and social catch ups.

Volunteering is a great opportunity to build new skills, meet like minded people and be part of a friendly, supportive community - and all contributions are valued and celebrated.

New members and volunteers are always welcome.

To learn more, visit [nwfhg.org.au](http://nwfhg.org.au) or find the group on Facebook.



## Aged Care

### WHAT IT MEANS FOR YOU

The Aged Care Act 2024 started on 1 November 2025. It is designed to prioritise your rights and ensure aged care is fairer, safer, and more supportive for older Australians.

### What's New

#### Older Persons Advocacy Network (OPAN) resources and information

Learn about your right to have your contributions reduced or waived for Support at Home.

🌐 click [here](https://s3.ap-southeast-2.amazonaws.com/cdn-production.opan.org.au/uploads/2025/12/Contributions_Infosheet_2025_9Dec_FINAL.pdf) or go to [https://s3.ap-southeast-2.amazonaws.com/cdn-production.opan.org.au/uploads/2025/12/Contributions\\_Infosheet\\_2025\\_9Dec\\_FINAL.pdf](https://s3.ap-southeast-2.amazonaws.com/cdn-production.opan.org.au/uploads/2025/12/Contributions_Infosheet_2025_9Dec_FINAL.pdf)

#### Title

View the supported decision-making toolkit.

🌐 click [here](https://opan.org.au/supported-decision-toolkit/) or go to <https://opan.org.au/supported-decision-toolkit/>

#### Title

Gain an understanding of aged care services and independent aged care advocates.

🌐 click [here](https://www.agedcarequality.gov.au/sites/default/files/media/opan-provider-guidance-on-advocacy.pdf) or go to <https://www.agedcarequality.gov.au/sites/default/files/media/opan-provider-guidance-on-advocacy.pdf>

#### Title

Request a free education or information session in a community or aged care setting.

🌐 click [here](https://opan.org.au/information/in-person-information-sessions/) or go to <https://opan.org.au/information/in-person-information-sessions/>

### Issue Highlights

#### Feedback and complaints - your rights

Learn how the Aged Care Act 2024 protects your rights and supports complaints and feedback (available in 22 languages).

🌐 click [here](https://www.agedcarequality.gov.au/resource-library/open-letter-older-people-families-and-supporters-commissioner-and-complaints-commissioner) or go to <https://www.agedcarequality.gov.au/resource-library/open-letter-older-people-families-and-supporters-commissioner-and-complaints-commissioner>



### Whistleblower protections in aged care:

Understand how whistleblowers play an important role in identifying and reporting misconduct.

🌐 click [here](https://www.health.gov.au/topics/aged-care/about-aged-care/aged-care-whistleblower-protections) or go to <https://www.health.gov.au/topics/aged-care/about-aged-care/aged-care-whistleblower-protections>

### Information and Support

#### My Aged Care (MAC)

Australian Government's central point for accessing funded aged care services.

🌐 [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

📞 1800 200 422

#### Department of Health, Disability and Ageing (DoHDA)

Information on aged care, the reforms and the new Aged Care Act.

🌐 [www.health.gov.au/topics/aged-care](http://www.health.gov.au/topics/aged-care)

📞 1800 020 103

#### Engaged newsletter

DoHDA monthly e-newsletter contains updates about aged care and the reforms.

🌐 [www.health.gov.au/using-our-websites/subscriptions/subscribe-to-aged-care-newsletters-and-alerts?#engaged](http://www.health.gov.au/using-our-websites/subscriptions/subscribe-to-aged-care-newsletters-and-alerts?#engaged)

#### Aged Care Quality and Safety Commission (ACQSC)

The National regulator of aged care services.

🌐 [www.agedcarequality.gov.au](http://www.agedcarequality.gov.au)

📞 1800 951 822

#### Older Person Advocacy Network (OPAN)

Free support to older people seeking or receiving government funded aged care services.

🌐 [www.opan.org.au](http://www.opan.org.au)

📞 1800 700 600



## CITY OF CASEY LINK WORKER PROGRAM



### Connect with a Link Worker

#### Benefits:

Link workers provide residents with information about services, supports and activities available to them.

They help with understanding the aged care system to ensure you can receive care and support to maintain your wellbeing. If you need further help to break through the barriers, they can provide advocacy with My Aged Care to assist you to discuss your needs. They can also help you access information on social connections to remain connected in your community.

#### How to connect with a Link Worker:

- 9705 5271
- [linkworker@casey.vic.gov.au](mailto:linkworker@casey.vic.gov.au)
- click [here](https://www.casey.vic.gov.au/link-worker-referral-form) or go to [www.casey.vic.gov.au/link-worker-referral-form](https://www.casey.vic.gov.au/link-worker-referral-form)

Appointments: Contact us to discuss meeting in person at a facility near you.

*She made the process very easy and listened to my questions and needs*

*The Link Worker was kind and thoughtful, she put me at ease*

*Glad to know help for older residents is available*

*Gave me the information and confidence to advocate for myself*



## Create a personal or household Emergency Plan

Have you thought about creating an emergency plan for yourself or someone you care for?



Join members of the City of Casey's Emergency Management Team to learn about local emergency risks and resources available to assist yourself and household prepare for severe weather events and other emergencies. This free session is appropriate for everyone to attend though resources available will focus on help for older adults and people living with disability.

- 6pm to 7pm on Wednesday 24 June
- Lynbrook Community Centre, 2 Harris St, Lynbrook
- Free
- register email [emergency@casey.vic.gov.au](mailto:emergency@casey.vic.gov.au) or call 9705 5200 and ask for the Emergency Management team.



**Respect is not a matter of age.**



## Standing Together Against Elder Abuse

**WORLD ELDER ABUSE AWARENESS DAY  
– 15 JUNE**

Each year on 15 June, communities around the world mark World Elder Abuse Awareness Day. It's a time to raise awareness about the mistreatment, neglect and exploitation that many older people continue to experience, often behind closed doors.

Elder abuse can take many forms, including financial, emotional, physical or social abuse, or neglect. In most cases, it is carried out by someone the older person knows and trusts. Research shows that 1 in 6 older Australians have experienced elder abuse, yet many cases go unreported due to fear, shame or not knowing where to seek help.

### The Role of Ageism

Ageism - negative attitudes, stereotypes or discrimination based on age — is a key driver of elder abuse.

When older people are viewed as less capable, less valuable or a burden, it can increase their vulnerability to mistreatment and reduce their confidence to speak up or seek help.

Challenging ageism, using respectful language and recognising the contribution of older people are important steps in preventing elder abuse before it occurs.

Everyone has the right to age safely, with dignity and respect.

### Where to Get Help

If you or someone you know may be experiencing elder abuse, free and confidential support is available.

#### Seniors Rights Victoria

Free legal advice, advocacy and support for older Victorians.

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

 1300 368 821

### National Elder Abuse Helpline

Free, confidential information, support and referrals.

 1800 ELDERHelp (1800 353 374)

### Emergency support

If someone is in immediate danger, call Triple Zero (000).

### Financial Safety Tip

Financial abuse is one of the most common forms of elder abuse.

To help protect your money:

- Never share your bank card, PIN or online banking details, even with people you trust
- Check your bank statements regularly and question anything unusual
- If you need help with shopping or bills, ask someone to go with you rather than giving them access
- Get advice before appointing a Power of Attorney

If you're worried about money or feel pressured to share financial information, Seniors Rights Victoria can help.

### A Shared Responsibility

Preventing elder abuse is everyone's responsibility. By staying connected, challenging ageism and sharing information about support services, we can help create safer, more inclusive communities for older people.

Respect shouldn't age. Ageing with dignity is a human right. Help is available.



## The Importance of Movement as We Age

**Staying active is one of the best ways to support health, independence and wellbeing as we get older.**

There are 24 Hour Movement Guidelines for people aged 65 and over, but only four in ten older Australians currently meet them. Research also shows that a large part of physical decline with age can be linked to not moving enough.

The good news is that it's never too late to start. Even small amounts of regular movement can improve strength, balance, sleep and mood.

The guidelines encourage older adults to:

- Move regularly throughout the day
- Sit less and break up long periods of sitting
- Include a mix of walking, strength and balance activities
- Aim for 7–8 hours of good quality sleep each night

Everyday activities count — including housework, gardening, shopping, dancing and walking with friends. Many movements do double duty, helping with fitness, strength and balance at the same time.

### Quick Tips to Get Moving


- Move in short bursts — even 10 minutes at a time counts
- Sit less — stand up or walk around every hour
- Build strength — use light weights, resistance bands or water bottles
- Practice balance — stretch or balance while watching TV or boiling the kettle
- Make it social — walk or exercise with a friend
- Add music — moving to music boosts mood and motivation



### Stay Active in Casey

There are plenty of free and low cost ways to stay active in Casey, including:

#### Community programs and activities

 [www.casey.vic.gov.au/community-programs](http://www.casey.vic.gov.au/community-programs)

#### Clubs and social groups

 [www.liveup.org.au/activities/search](http://www.liveup.org.au/activities/search)

#### Parks and reserves

 [www.casey.vic.gov.au/parks-reserves](http://www.casey.vic.gov.au/parks-reserves)

#### Aquatic and leisure centres

 [www.casey.vic.gov.au/aquatic-leisure](http://www.casey.vic.gov.au/aquatic-leisure)

Staying active helps you stay connected, confident and independent — at any age.

#### What counts as moderate intensity cardiovascular physical activity

Being able to talk but not sing indicates moderate intensity activity



brisk walking



swimming and water aerobics



cycling



hiking



gardening and pushing a lawn mower



dancing



active recreation



housework and domestic chores



carrying or moving moderate loads (6-20kg)

#### What counts as vigorous intensity cardiovascular physical activity

Having difficulty talking without pausing is a sign of vigorous activity



jogging or running



walking/climbing briskly up a hill



fast cycling



aerobics



fast swimming



most competitive sports



carrying or moving heavy loads (>20kg)



## What's on around Casey



**The Offbeat Sari exhibition**

*The Offbeat Sari* is a bold and vibrant exhibition celebrating the reinvention of one of the world's most iconic garments.

Bringing together more than 50 contemporary saris from leading Indian designers, artists and craftspeople, this exhibition reveals the sari as a powerful expression of identity, innovation and cultural transformation.

Presented exclusively in Victoria, *The Offbeat Sari* is a touring exhibition from the Design Museum, London, curated by Priya Khanchandani.

- 🕒 Showing now until 30 August
- 📍 Bunjil Place Gallery, Narre Warren
- 💰 Free entry
- 📅 <https://bit.ly/BP-OffbeatSari-26>

### Cook and connect

Cook and Connect is a warm, welcoming program where people come together to cook, share stories, and enjoy a delicious meal as a community. Each week, we explore flavours from around the world learning new recipes, discovering different cultures, and building connections through food.

- 🕒 Monday 1 June and 15 June, 1.00 pm – 2.00 pm
- 📍 29 Autumn Place, Doveton
- 💰 \$5.00
- 📅 essential call 9709 9692 or email [autumnplacech@casey.vic.gov.au](mailto:autumnplacech@casey.vic.gov.au)

### Gentle exercise

This program is a great way to improve and maintain your fitness and general health. Our qualified trainer will make a program to fit each person. This is also a great chance to meet new people in the neighbourhood.

- 🕒 Thursdays 1.30 pm – 2.15pm, during school term
- 📍 29 Autumn Place, Doveton
- 💰 Free
- 📅 no bookings required

### Social ballroom dancing

- 🕒 3rd and 5th Saturday of each month (if applicable), 7.30 pm - 11.00 pm
- 📍 Clyde Public Hall, 30 Railway Road, Clyde
- 💰 \$15
- 📅 No online bookings mentioned (pay at the door)
- 📞 Call Ingrid on 0432 594 630

Extras:

- Live Band
- Tea and Coffee provided (bring your own mug and supper)
- Raffle with \$50 cash prizes
- Door prize
- 10-question “No Google” Quiz for tables

Facebook: <https://www.facebook.com/p/Casey-Region-Ballroom-Dancing-Inc-61571389977735/>





### Line dancing

- 🕒 Friday's weekly, 10.00 am – 12.00 pm
- 📍 Lynbrook Community Hub, 2 Harris Street, Lynbrook
- 💰 \$5 extra per class for U3A members or \$7 for non-members price
- 📅 Turn up on the day
- 📞 9792 7370 or email [lynbrookcc@casey.vic.gov.au](mailto:lynbrookcc@casey.vic.gov.au)

### Zumba for retiree's

- 🕒 Monday's Weekly, 1.00 pm – 2.00 pm
- 📍 Lynbrook Community Hub, 2 Harris Street, Lynbrook
- 💰 Free with a U3A Membership
- 📅 U3A membership is \$60. Try up to 3 free classes.
- 📞 9792 7370 or email [lynbrookcc@casey.vic.gov.au](mailto:lynbrookcc@casey.vic.gov.au)

### Ageless yoga

- 🕒 Wednesdays, 11.30 am – 12.30 pm
- 📍 4 Flicka Blvd, Cranbourne West, VIC
- 💰 Free
- 📞 <https://club.reclink.org/programs/85WLFL>

### Roll with it board games

- 🕒 Friday Weekly, 10.00 am – 12.00 pm
- 📍 4 Flicka Blvd, Cranbourne West, VIC Lynbrook
- 💰 Free
- 📅 [www.trybooking.com/DHHFI](http://www.trybooking.com/DHHFI)
- 📞 03 9705 5889

### Silvr sounds singing

- 🕒 Thursdays during school term, 12.00 pm – 2.00 pm
- 📍 4 Flicka Blvd, Cranbourne West, VIC Lynbrook
- 💰 \$15 per term
- 📅 [www.trybooking.com/DHVVU](http://www.trybooking.com/DHVVU)
- 📞 03 9705 5889

### Make and mingle

- 🕒 Second Friday of each month, 12.00 pm – 2.00 pm
- 📍 4 Flicka Blvd, Cranbourne West, VIC Lynbrook
- 💰 \$15 per term
- 📅 [www.trybooking.com/DHVVU](http://www.trybooking.com/DHVVU)
- 📞 03 9705 5889



Are you looking for a gentle way to stay active and meet new people?

## MOVE WELL TOGETHER

**Wednesday 1:30 pm - 3:00pm**

\$7 per session  
(includes a cuppa and biscuit after each class)

**Gentle, chair-based exercises designed especially for adults aged 50 and over.**  
**Support fall prevention, improve strength, balance, and overall wellbeing – all in a fun and social environment.**  
Each session ends with a friendly cuppa and a chat.

**Limited spaces available.**  
Contact: [bookings@bpmh.org.au](mailto:bookings@bpmh.org.au)  
or (03) 8743 0671





### Council Contacts

Main Customer Service:

📞 9705 5200

@ caseycc@casey.vic.gov.au

Customer Service locations:

- Bunjil Place,  
2 Patrick Northeast Drive,  
Narre Warren  
Monday – Friday,  
9.00 am – 4.00 pm
- Cranbourne Park Shopping  
Centre, Shop 156, South  
Gippsland Highway,  
Cranbourne  
Monday – Friday,  
10.00 am – 2.00 pm

### My Aged Care

Free service that helps older people and carers to navigate the aged care system.

🌐 [myagedcare.gov.au](http://myagedcare.gov.au)

📞 1800 200 422

(Monday – Friday, 8.00 am – 8.00 pm and Saturday, 10.00 am – 2.00 pm)

### Aboriginal Community Elders Services

The only Aboriginal & Torres Strait Islander community-controlled organisation in an urban setting which provides all three aged care programs including Residential Care Services, Koori Community Aged Care Program, HACC Planned activity group and Carer Gateway.

🌐 [myagedcare.gov.au](http://myagedcare.gov.au)

📞 9384 1532

### Dandenong & District Aborigines Co-Operative Limited

Provides programs and services to meet the needs of local Aboriginal and Torres Strait Islander people. Providing a wide range of health care as well as a variety of community programs to promote wellbeing and social engagement.

🌐 [ddacl.org.au](http://ddacl.org.au)

📞 8902 9700

### Val's LGBTI Ageing & Aged Care

Val's LGBTI Ageing and Aged Care (formerly Val's Café), was established in 2009 and is a Victorian-based program working to improve healthy ageing pathways, care, and visibility of older LGBTI people.

🌐 [latrobe.edu.au/arcshs](http://latrobe.edu.au/arcshs)

@ [valslgbit@latrobe.edu.au](mailto:valslgbit@latrobe.edu.au)

📞 9479 8740

### Community Information & Support Service (CISS)

Casey North CISS provides a range of free information & support services to all members of the Casey local community.

Suite 2, 30-32 Verdun Drive,  
Narre Warren

@ [cnciss@caseynorthciss.com.au](mailto:cnciss@caseynorthciss.com.au)

📞 9705 6699

### Community Information & Support Cranbourne (CISC)

Counsellors and financial counsellors ready to assist with information, referrals, advocacy, and emergency relief. Free and confidential.

156 Sladen Street, Cranbourne

@ [cisc@cisc.org.au](mailto:cisc@cisc.org.au)

📞 5996 3333

### Seniors Online

Information on participating in community life, maximising health, wellbeing, and how to apply for a Seniors Card.

🌐 [seniorsonline.vic.gov.au](http://seniorsonline.vic.gov.au)

### Seniors Rights Victoria

For information on your rights and resources.

@ [info@seniorsrights.org.au](mailto:info@seniorsrights.org.au)

📞 1300 368 821

### Alfred Health Carer Services

Local outlet for Carer Gateway providing services dedicated to supporting unpaid family members and friends who care for someone who is frail aged or has a disability.

🌐 [carergateway.gov.au](http://carergateway.gov.au)

@ 1800 422 737

### Ask Izzy

Connecting people in need with housing, a meal, money help, family violence support, and counselling. Free and anonymous.

🌐 [askizzy.org.au](http://askizzy.org.au)

### Contact the City of Casey:

Web: [casey.vic.gov.au](http://casey.vic.gov.au)

Email: [caseycc@casey.vic.gov.au](mailto:caseycc@casey.vic.gov.au)

Phone: 03 9705 5200

Post: PO Box 1000, Narre Warren VIC 3805

NRS: 133 677 (for the deaf, hearing or speech impaired)

### Customer Service Centres:

Narre Warren: Bunjil Place, Patrick Northeast Drive

Cranbourne: Cranbourne Park Shopping Centre

ABN: 43 320 295 742

