

Senior Services Guide

(/)



We've found 24 helpful services for Sydney
City of Sydney LG, NSW

[Print these results](#)

These free or subsidised services are available



Meals on Wheels

Provided by [City of Sydney](http://www.cityofsydney.nsw.gov.au/community/community-services/over-55s/home-support/meals-on-wheels)
(<http://www.cityofsydney.nsw.gov.au/community/community-services/over-55s/home-support/meals-on-wheels>)

The City of Sydney Meals on Wheels and Food Services team provides more than 5000 meals every month to the City's residents, delivering nutritious meals to people at home and providing lunches at the City's Over 55s Centres.

Cost	Subsidised
Phone	(02) 8512 4230
Email	mow@cityofsydney.nsw.gov.au (mailto:mow@cityofsydney.nsw.gov.au)

[VISIT WEBSITE](#)



Meal preparation

Provided by [Catholic Community Services NSW/ACT](http://www.catholiccommunityservices.com.au/our-services/types-of-support)
(<http://www.catholiccommunityservices.com.au/our-services/types-of-support>)

Assistance with meal preparation as part of a comprehensive package of care to help you to remain in your own home.

Cost	Subsidised
Phone	1800 225 474
Email	Website form

[VISIT WEBSITE](#)



Meals

Provided by [Mercy Home & Community Care](http://www.mercyhealth.com.au/hc/Pages/Home%20Care.aspx)
(<http://www.mercyhealth.com.au/hc/Pages/Home%20Care.aspx>)

Help with meals and nutrition subsidised by government to help you stay living in your own home.

Cost	Subsidised
Phone	(03) 8416 7777
Email	information@mercy.com.au (mailto:information@mercy.com.au)

[VISIT WEBSITE](#)



Meals

Provided by [Meals on Wheels](http://www.nswmealsonwheels.org.au/)
(<http://www.nswmealsonwheels.org.au/>)

Delivery of nutritious meals, social interaction and regular visits ensure a clients' wellbeing and can help people live the lives they choose.

Cost	Subsidised
Phone	(02) 8219 4200

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Meals

Provided by [BaptistCare](http://baptistcare.org.au/our-services/home-services/) (<http://baptistcare.org.au/our-services/home-services/>)

Help with meals and nutrition subsidised by government to help you stay living in your own home.

Cost	Subsidised
Phone	1300 275 227
Email	ask@baptistcare.org.au (mailto:ask@baptistcare.org.au)

[VISIT WEBSITE](#)



Meals on Wheels

Provided by [Meals on Wheels](http://www.mealsonwheels.org.au/About-Us/About-Us/Eligibility.aspx)
(<http://www.mealsonwheels.org.au/About-Us/About-Us/Eligibility.aspx>)

Meals on Wheels enables frail older people to remain in their own homes and enjoy a level of independence and style of living to suit their individual needs. To find your nearest service, click on the location map on our website.

Cost	Subsidised
Phone	See website
Email	Website form

[VISIT WEBSITE](#)



Meals

Provided by [Stanhope](http://stanhope.com.au/about-us/stanhope-new-south-wales) (<http://stanhope.com.au/about-us/stanhope-new-south-wales>)

Cost	Subsidised
Phone	1300 733 510
Email	info.nsw@stanhope.com.au (mailto:info.nsw@stanhope.com.au)

Help with meals and nutrition subsidised by government to help you stay living in your own home.



Meal preparation

Provided by [Calvary Silver Circle](http://www.calvarysilvercircle.org.au/home-and-community-care.html) (<http://www.calvarysilvercircle.org.au/home-and-community-care.html>)

Assistance with meals provided as part of the government aged care services.

[VISIT WEBSITE](#)

Cost	Subsidised
Phone	1300 660 022

[VISIT WEBSITE](#)

These commercial services are available



Meal preparation

Provided by [Kinder Caring](http://www.kindercaring.com.au/OurServices.aspx) (<http://www.kindercaring.com.au/OurServices.aspx>)

Kinder Caring provides individually customised services to meet client needs - hourly, short-term or ongoing, 365 days of the year. Kinder Caring provides a variety of personal care and support services, such as: showering, dressing, shaving, oral care, applying makeup, hoist/lifting machine transfers, continence management, nutrition & hydration management, medication reminders, preparing meals and snacks, laundry, light cleaning, transport to social activities and day care programs.

Cost	Fee for service
Phone	1300 796 675
Email	sydney@kindercaring.com.au (mailto:sydney@kindercaring.com.au)

[VISIT WEBSITE](#)



Home delivered meals

Provided by [Tender Loving Cuisine](http://www.tlc.org.au/newsArticle.jsp?id=24) (<http://www.tlc.org.au/newsArticle.jsp?id=24>)

Tender Loving Cuisine is the delicious Meals-on-Wheels alternative, delivering fresh vegetables with our meals to elderly customers each week. There are no contracts so you can use the service for just a week or longer – with a money-back guarantee! You can choose regular or large, with a minimum order of seven dinners; the more you buy, the cheaper it gets. All you need do is heat and eat. Our couriers are mindful of restrictions on the elderly and will even place your order in your freezer for you. Our gourmet menu includes meat, poultry and seafood meals plus home style soups and desserts.

Cost	Fee for service
Phone	(02) 9713 5355
Email	clientservices@tlc.org.au (mailto:clientservices@tlc.org.au)

[VISIT WEBSITE](#)



Meals

Provided by [Private Care](http://www.private-care.com.au/your-needs/life-stage/aged-care-services/) (<http://www.private-care.com.au/your-needs/life-stage/aged-care-services/>)

Most older people want to continue to enjoy the familiarity of their own home and community. For them, a nursing home is a last resort. With a little help, they can enjoy home cooked meals, eat when they want to and age comfortably in their home. Private Care's aged-care services are completely flexible. There are no contracts so you can change your mind at any time. Each service is tailored to your needs. We offer: Short term or long term services; Services from short episodes of support to 24-hour or live-in care; Housekeeping, personal grooming, nursing and everything in between.

Cost	Fee for service
Phone	(02) 9416 6922
Email	info@private-care.com.au (mailto:info@private-care.com.au)

[VISIT WEBSITE](#)



Meals

Provided by [Stanhope](http://stanhope.com.au/our-services/types-of-services/domestic-assistance) (<http://stanhope.com.au/our-services/types-of-services/domestic-assistance>)

Help with meal preparation and eating.

Cost	Fee for service
Phone	1300 732 370
Email	Website form

[VISIT WEBSITE](#)



Meal preparation

Provided by [Home Instead Senior Care \(Sydney East\)](http://www.homeinstead.com.au/)
(<http://www.homeinstead.com.au/>)

Home Instead Senior Care Offices around Sydney provide non-medical home care to clients and their families who desire assistance with everyday activities. We can help you with showering and dressing, meal preparation, grocery shopping, collecting prescriptions from the pharmacy, cleaning, laundry washing and ironing, pet care, plant care, supervising home maintenance, and companionship. Our desire is to be the trusted source in helping seniors remain happy, healthy and independent in their home.

Cost	Fee for service
Phone	(02) 9328 3660
Email	svd.east@homeinstead.com.au (mailto:svd.east@homeinstead.com.au)

[VISIT WEBSITE](#)



Meal preparation

Provided by [HealthCall at Home](http://www.healthcall.com.au/index.php?option=com_content&view=article&id=16&Itemid=36)
(http://www.healthcall.com.au/index.php?option=com_content&view=article&id=16&Itemid=36)

Do you need assistance with some of the activities of daily living to remain independent and at home? We can help assist you with showering, dressing and grooming, and we are adept at using hoists and other mobility aids. We can also assist you in maximising your abilities and take over where you need some extra help with Meal preparation, Grocery Shopping, Collecting Prescriptions from the Pharmacy, Light housekeeping, Laundry washing and Ironing, Pet Care, Plant Care, Planning Travel Needs, Companionship, Mental Stimulation, Supervising Home Maintenance, and pleasant chats.

Cost	Fee for service
Phone	1300 363 898
Email	enquiries@healthcall.com.au (mailto:enquiries@healthcall.com.au)

[VISIT WEBSITE](#)



Gourmet home-delivered meals

Provided by [Gourmet Dinner Service](https://www.gourmetdinner.com.au/index.php)
(<https://www.gourmetdinner.com.au/index.php>)

Gourmet meals, delivered to your door – tasty, healthy + convenient. Our delicious, healthy gourmet meals suit the most discerning palate. We offer a range of meals as well as hampers, Christmas + Easter entertaining menus and cocktail party food. We also cater for special dietary requirements with our new Dietlicious range and our gluten free, vegetarian, low carb + low fat menu options. Our fresh produce is locally sourced, preservative + additive free and cooked by professional chefs. Our food is not only seriously tasty, but really healthy too, as all meals have been reviewed by our nutritionist and dietician endorsed.

Cost	Fee for service
Phone	1300 131 070
Email	info@gourmetdinner.com.au (mailto:info@gourmetdinner.com.au)

[VISIT WEBSITE](#)



Meal preparation

Provided by [LifeStyle Home Services](http://www.lifestylehomeservices.com.au/index.php?option=com_content&view=article&id=2&Itemid=32)
(http://www.lifestylehomeservices.com.au/index.php?option=com_content&view=article&id=2&Itemid=32)

If you or someone you care for isn't eating as well as they should, Lifestyle Home Services can assist. We have a home visiting dietician on our team who is able to arrange a meal plan for you that is customized for your needs. If you just need a little help to heat up a meal we can also help. Meal Preparation services include: dietician assessments and consultations; cooking; shopping - either assisted or with a list; heating up a prepared meal; washing dishes; preparing multiple meals and freezing them for later; monitoring food expiry dates; and providing company whilst eating.

Cost	Fee for service
Phone	1800 667 440
Email	lifestyle@chcs.com.au (mailto:lifestyle@chcs.com.au)

[VISIT WEBSITE](#)



Meals

Provided by [Calvary Silver Circle](http://www.calvarysilvercircle.org.au/support-services.html)
(<http://www.calvarysilvercircle.org.au/support-services.html>)

Help with food preparation to help you stay living in your own home.

Cost	Fee for service
Phone	1300 660 022
Email	Website form

[VISIT WEBSITE](#)



Meal preparation

Provided by [Daughterly Care](http://www.daughterlycare.com.au/) (<http://www.daughterlycare.com.au/>)

Meals on Wheels are great, however occasionally it is nice to have your favourite meal, home cooked. Our individual services are available throughout most areas of Sydney, with live-in services available throughout most of NSW. Our Carers are reliable, trustworthy and provide quality care. Why use Daughterly Care? • Our carers are trained in elder care • Our Carers are employees of Daughterly Care • We design a package of services tailored to your specific needs so you enjoy the convenience of dealing with one organisation for all your care needs • Daughterly Care provides a very high level of service at a good value price • We Care Like Daughters. All our team are chosen for their genuine caring nature. We care like we are part of the family ... like a Daughter.

Cost	Fee for service
Phone	(02) 9970 7333
Email	info@daughterlycare.com.au (mailto:info@daughterlycare.com.au)

[VISIT WEBSITE](#)



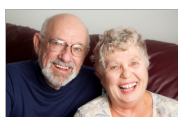
Meals

Provided by [Carers & Companions](http://carersandcompanions.com.au/services.html) (<http://carersandcompanions.com.au/services.html>)

We can arrange for your home to be regularly cleaned & maintained: sweeping, vaccuming, dusting; washing & ironing; changing bed linen; tidying cupboards; cleaning fridge & disposing of out-of-date items; shopping; meal preparation & cooking.

Cost	Fee for service
Phone	(02) 9410 0725
Email	info@carersandcompanions.com.au (mailto:info@carersandcompanions.com.au)

[VISIT WEBSITE](#)



Meals

Provided by [Dial-an-Angel](http://www.dialanangel.com/eldercare) (<http://www.dialanangel.com/eldercare>)

Intelligent, compassionate Angels® can be called upon to provide light services for the elderly including meal preparation.

Cost	Fee for service
Phone	1300 721 111
Email	administration@dialanangel.com (mailto:administration@dialanangel.com)

[VISIT WEBSITE](#)



Personalised care services

Provided by [HomeHealthHQ](https://www.homehealthhq.com.au/personalisedservices) (<https://www.homehealthhq.com.au/personalisedservices>)

Whether you are seeking support for yourself or for a parent or loved one, for a short term or an ongoing need, the HomeHealthHQ team can assist you. We provide one-stop-shop access to a comprehensive suite of in-home support and care coordination services so you can maintain your quality of life in your own home. Benefit from the peace of mind and convenience of coordinated, holistic care.

Cost	Fee for service
Phone	(02) 8197 3833
Email	enquiry@homehealthhq.com.au (mailto:enquiry@homehealthhq.com.au)

[VISIT WEBSITE](#)



Meals

Provided by [Community Connections Australia](http://www.ccoz.org.au/services/in-home-and-community-support) (<http://www.ccoz.org.au/services/in-home-and-community-support>)

Meal preparation to help you stay living in your own home.

Cost	Fee for service
Phone	(02) 9805 1207
Email	enquiries@cco.org.au (mailto:enquiries@cco.org.au)

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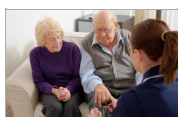
Meals

Provided by [Australian Home Care](http://www.ahcs.org.au/content/personal-care) (<http://www.ahcs.org.au/content/personal-care>)

Help with food preparation to help you stay living in your own home.

Cost	Fee for service
Phone	1300 303 770
Email	care@ahcs.org.au (mailto:care@ahcs.org.au)

[VISIT WEBSITE](#)



Home-made meals in the comfort of your own home

Provided by [Home Carers](http://www.homecarers.com.au) (<http://www.homecarers.com.au>)

What about having your favourite dish cooked at home? We can help. Our trustworthy carers come highly recommended. Enjoy your meal!

Cost	Fee for service
Phone	1300 797 410
Email	info@homecarers.com.au (mailto:info@homecarers.com.au)

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Other services in Sydney

[Activities](#)

[//list/Activities/australia/nsw/city+of+sydney+lg/sydney](#)

[Handyman](#)

[//list/Handyman/australia/nsw/city+of+sydney+lg/sydney](#)

[Personal alarms](#)

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[Bathing](#)

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[Laundry](#)

[//list/Laundry/australia/nsw/city+of+sydney+lg/sydney](#)

[Shopping](#)

[//list/Shopping/australia/nsw/city+of+sydney+lg/sydney](#)

[Cleaning](#)

[//list/Cleaning/australia/nsw/city+of+sydney+lg/sydney](#)

[Home library](#)

[//list/Home+library/australia/nsw/city+of+sydney+lg/sydney](#)

[Social support](#)

[//list/Social+support/australia/nsw/city+of+sydney+lg/sydney](#)

What is Senior Services Guide?

There are many aged care services to help older Australians remain happy and healthy in their own homes. For example, the government Home and Community Care (HACC) program funds basic support services which are provided either free or at a subsidised cost by community, church and charitable organisations, and some private businesses. There are also plenty of commercial providers who offer services for a fee.

The Senior Services Guide makes it easy to find the service you need - and we are regularly adding new ones!

Senior Services Guide

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