

## Greek Welfare Centre

The Greek Welfare Centre offers a variety of advocacy services to the community and the individual. These services include:

- ✧ Individual & Family Support
- ✧ Community Education, Information & Resources
- ✧ Emergency Relief Funds
- ✧ Visitor Volunteer Program
- ✧ Links to Mental Health Services (support to culturally specific services for individuals and families)
- ✧ Youth Activities
- ✧ Playgroup Program – promotion of the Greek language & culture for children 1-5 years of age

## MAZI Project

The MAZI Project supports carers of older people from the Greek, Russian, Antiochian and Coptic Orthodox communities to increase awareness of culturally appropriate aged care.

- ✧ Awareness and access to carer, aged, health and community services
- ✧ Carer support groups for carers of people with dementia
- ✧ Dementia awareness education sessions
- ✧ Wellbeing classes for carers and older people from CALD backgrounds
- ✧ Chronic disease self-management workshops, diabetes awareness, heart health, physical and mental health fitness activities

*MAZI is funded by Australian Government, Department of Social Services.*



**GOC Care**  
Aged • Disability • Community

## GOC Care

Greek Orthodox Community of St George, Brisbane

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South Brisbane QLD 4101

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GOC Care is a provider of community based support services for all people inclusive of culturally, linguistically diverse communities

## GOC Care at a glance

*Providing culturally appropriate care:*

- ✧ Commonwealth Home Support Program (CHSP)
- ✧ Home Care Packages
- ✧ Wellness Program
- ✧ Disability Services – Philia House
- ✧ Queensland Community Care Program
- ✧ Greek Welfare Centre
- ✧ The MAZI Project
- ✧ 60's & Better
- ✧ Child Care
- ✧ Playgroup
- ✧ Youth Program – Greek Orthodox Youth of Australia

GOC Care provides a range of in-home services.

These services support the aged, frail and disabled to remain independent and living in the home of their choice for as long as possible.

## Commonwealth Home Support Program (CHSP)

GOC Care's CHSP services provide flexible care services for seniors over 65 years of age.

*GOC Care's CHSP services provide:*

- ✧ Centre Based Day Respite Care at South Brisbane, Taigum and Gold Coast
- ✧ Wellness Program
  - *A fun way for seniors to remain active, healthy and socially connected to the community*
    - ↳ Hydrotherapy
    - ↳ Fun Fit
    - ↳ Social Outings Group
- ✧ Domestic Assistance
- ✧ Social Support Individual
- ✧ Social Support Group
- ✧ Personal Care
- ✧ Home Delivered Meals

## GOC Care Disability Program

Philia House is a four Bedroom Residential Respite Facility that is located in Mt Gravatt.

Philia House provides respite of two to four weeks for children, young adults and their families.

p: (07) 3219 4458

F: (07) 3343 6796

## GOC Care's Home Care Packages

Home Care Packages assist our clients to remain living independently in their home, giving the client choice and flexibility on how and what that care and support is provided.

*GOC Care Home Care Package can provide:*

- ✧ Care Services
  - Personal Care
  - Meal Preparation
- ✧ Support Services
  - Home Hygiene
  - Medication assistance
  - Transport and personal assistance to doctor appointments and shops
  - Community Outings
- ✧ Clinical Care
  - Nursing
  - Allied Health Services
    - ↳ E.g. Physiotherapy, Podiatry
  - Access to health services
- ✧ Specialist Care
  - Dementia Home Support
  - Chronic Disease Management
    - ↳ Diabetes, Asthma, Heart
- ✧ Private Services
  - In-home overnight respite

## 60's & Better Program

The 60's & Better Program offers culturally appropriate social and educational activities for all seniors.