

Help the lonely!!!

Do you know any isolated people?
Are you moved by their fate?
Do you want to be friends with them?

FRIENDLY VISITING PROGRAM

will give you the chance to help the elderly, lonely or disabled Poles, and doing so will enrich your life and make it very rewarding.

No matter how old you are
or what you are doing.

YOU CAN HELP!!!

Just some free time
and a little of good will
can make a huge difference.

REMEMBER!

Older, lonely and disabled Poles are waiting for your help!

They need someone who could visit them at home, talk to them or take them for a walk.

It is as simple as that.



TELELINK

Telelink – is a form of teleconferencing where up to ten people chat together as a group.

Telelink provides valuable social support, interaction and „phone friendship” for isolated older people. They are linked twice a week for 45 minutes. Telelink was set up in response to Polish Community Council concerns for the needs of lonely and isolated older people and their carers. The Telelink program has been in operation since 1996.

CARERS GROUP

Over 700,000 Victorians are caring for a family member or friend with a disability, mental or chronic illness, or who is frail aged. We want to help carers of Polish background. We will help families to get the practical and emotional support they need.

We want to do this through:

- Emotional support and counselling
- Research, policy and systemic change
- Practical support and respite
- Education and development
- Information and service

**If you are caring for someone,
our organization wants to support you.**

Social Support Program
is supported by funding from the Commonwealth
and Victorian Governments under the HACC program
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Assistance for the elderly
and people with disability

Social Support Program



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Polish Care Services

The Polish Care Services is the welfare implementation arm of the **Polish Community Council of Victoria Inc. (PCCV)**

Over the past 50 years the PCCV has developed a strong track record of assisting the welfare and social needs of its community.

Our bilingual staff provides linguistically and culturally appropriate community and welfare services to the Polish community throughout Victoria.



Polish Clients can access the following Programs:

- * **CACPs – Community Aged Care Packages**
- * **PAG – Planned Activity Groups**
- * **Social Support Program – Friendly Visiting, Telelink, Telephone Monitoring**

Social Support Program

Social Support Program aims to prevent social isolation, re-establish vital community links important in enabling our clients to remain at home.

Social Support Program:

Provides companionship/friendship on a regular basis

- Performs a caring, monitoring function where appropriate
- Encourages active group participation, and social interaction in community life
- Increases access to services and activities
- Increases independence and reduces isolation
- Offers support and encouragement

The Social Support Program provides a range of support services, which meet the individual needs of Polish speaking people, including:

- **Friendly Visiting** – Polish-speaking volunteers are recruited and trained to visit elderly people and younger people with disabilities at home on a one-to-one basis.
- **Telephone Monitoring** – telephone contact is maintained on a regular basis to ensure that people are all right. Those who access this service usually live alone, or temporarily live alone due to the absence of their carer.

Who is eligible to participate in Social Support Program?

- Socially isolated
- No longer able to participate in social activities outside the home
- In need of support

Cost

There is no cost for clients for participating in the Social Support Program. Volunteers receive symbolic reimbursement for the costs of transport from the Polish Care Services.

Friendly Visiting

This program is implemented by the Social Support Coordinator and a group of Volunteers of the Polish Community Council of Victoria.

The aim of this program is to activate the life of the elderly, ailing and those who live alone or feel alone, as well as young people but disabled.

Trained volunteers visit clients living in their homes, keep them company, trying to create a climate of friendship and trust.

Contacts are very important because they reinforce a sense of security and give meaning to life. This is especially important for elderly and disabled.

The Coordinator of the Social Support Program is responsible for the assessment of referred clients and matching eligible clients to appropriate volunteers.

Our program aims to reduce feelings of isolation, to encourage people to make contacts with local groups and to re-enable people to participate in social life.



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