



**MEMORY
INNOVATIONS
CENTRE**



ENHANCING THE WELLNESS OF SENIORS

Opening Monday 27 January 2020
1a Clarke Road Waitara

CARERS WELCOME



Feeling forgetful? Or worried about a recent diagnosis of dementia and don't know where to turn?

Opening at Clarke Road in Waitara in January 2020, the Memory Innovations Centre will improve quality of life, wellbeing and help support cognitive decline for older Australians. Our professionally run programs all focus on having fun, connecting with others and using emerging technologies.

The programs combine science and social activity. Sessions are run by highly educated and trained professionals to ensure you get the best outcomes for your health and wellness. The simplicity of the programs is key. Our aim is to empower seniors to use these programs in their own homes. A cozy and welcoming environment awaits you, with a lovely garden area to relax in with a cuppa.

** Carers welcome subject to space availability.*

OUR PROGRAMS



LET'S GET MOVING

Facilitated by a Exercise Physiologist, you will improve wellbeing using physical exercise and education specifically designed to enhance capacity for seniors.

TERM 1: EXERCISE PROGRAM

Mondays 27 January – 30 March 2020
11.00am – 12.00pm

Thursdays 30 January – 2 April 2020
1.00pm – 2.00pm

TERM 1: EDUCATION SESSION

Mondays 27 January – 30 March 2020
1.00pm – 2.00pm

Thursdays 30 January – 2 April 2020
11.00am – 12.00pm

TERM 2: EXERCISE PROGRAM

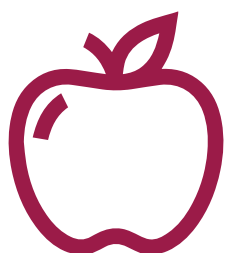
Friday 17 April, Monday 20 April - 1 June,
Friday 12 June & Monday 15 June 2020
11.00am – 12.00pm

Thursdays 16 April – 18 June 2020
1.00pm – 2.00pm

TERM 2: EDUCATION SESSION

Friday 17 April, Monday 20 April - 1 June,
Friday 12 June & Monday 15 June 2020
1.00pm – 2.00pm

Thursdays 16 April – 18 June 2020
11.00am – 12.00pm



FOOD FOR THOUGHT

Facilitated by a Nutritionist/Dietician, our cooking program includes smart, healthy and proven options to encourage and maintain good physical and brain health. Clients and carers participate from cooking to plating.

TERM 1: COOKING PROGRAM

Mondays 27 January – 30 March 2020
10.00am – 12.00pm

Thursdays 30 January – 2 April 2020
10.00am – 12.00pm

TERM 2: COOKING PROGRAM

Friday 17 April, Monday 20 April - 1 June,
Friday 12 June & Monday 15 June 2020
10.00am – 12.00pm

Thursdays 16 April – 18 June 2020
10.00am – 12.00pm



BUILD YOUR BRAIN

Facilitated by a Psychologist and supported by the latest technology, this program includes a variety of different initiatives aiming to improve brain function and learning for seniors.

TERM 1: MIND EXERCISE PROGRAM

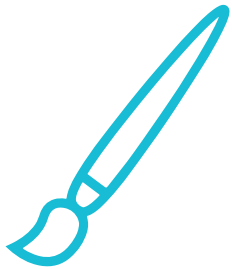
Wednesdays 29 January – 1 April 2020
10.00am – 11.00am

Wednesdays 29 January – 1 April 2020
1.00pm – 2.00pm

TERM 2: MIND EXERCISE PROGRAM

Wednesdays 15 April – 17 June 2020
10.00am – 11.00am

Wednesdays 15 April – 17 June 2020
1.00pm – 2.00pm



ARTS SMARTS

This program will be facilitated by a Creative Art Therapist and is designed to engage the creative side of each person. No experience required - we will untap your inner artist.

TERM 1: ART PROGRAM

Tuesdays 28 January – 31 March 2020
1.00pm – 3.00pm

Wednesdays 29 January – 1 April 2020
10.00am – 12.00pm

TERM 2: ART PROGRAM

Tuesdays 14 April – 16 June 2020
1.00pm – 3.00pm

Wednesdays 15 April – 17 June 2020
10.00am – 12.00pm



DANCE WITH ME

This program will be facilitated by a Dance Therapist to build connectedness and joy in seniors. This program will run from a separate location.

TERM 1: DANCE PROGRAM

Wednesdays 29 January – 1 April 2020
10.30am – 12.30pm

Thursdays 30 January – 2 April 2020
12.00pm – 2.00pm

TERM 2: DANCE PROGRAM

Wednesdays 15 April – 17 June 2020
10.30am – 12.30pm

Thursdays 16 April – 18 June 2020
12.00pm – 2.00pm



SPECIALIST SUPPORTS

A Senior Specialist, Occupational Therapist & Speech Pathologist will also be working at the Centre to provide education and consultations.

TERM 1: CONSULTATION HOURS

Occupational Therapist

10.00am – 12.00pm

Tuesday 28 January 2020

Tuesday 11 February 2020

Tuesday 25 February 2020

Tuesday 10 March 2020

Tuesday 24 March 2020

Speech Pathologist

10.00am – 12.00pm

Thursday 6 February 2020

Thursday 20 February 2020

Thursday 5 March 2020

Thursday 19 March 2020

Thursday 2 April 2020

TERM 2: CONSULTATION HOURS

Occupational Therapist

10.00am – 12.00pm

Tuesday 21 April 2020

Tuesday 5 May 2020

Tuesday 19 May 2020

Tuesday 2 June 2020

Tuesday 16 June 2020

Speech Pathologist

10.00am – 12.00pm

Thursday 16 April 2020

Thursday 30 April 2020

Thursday 14 May 2020

Thursday 28 May 2020

Thursday 11 June 2020



**ATTEND ONE OR
MORE SESSIONS**



PAYMENT OPTIONS & FEES

OPTION 1:

Commonwealth Home Support Programme (Government Subsidised)

Follow these steps:

- Register with My Aged Care.
- Receive assessment and eligibility for Specialised Support Service - Innovation.
- Obtain referral code or have a direct referral made to CatholicCare Seniors – Memory Innovations Centre.
- If you have a referral code, call us and let us know.

Client Contribution Fees:

Terms run over 10 weeks.
Reduced fees due to government subsidies are:

- \$40 per term (1 hour sessions)
- \$80 per term (2 hour sessions)
- \$10 for one-off sessions
- \$20 for standard consultation

OPTION 2:

Home Care Package

Already have a Home Care Package with another provider?

Follow these steps:

- Chat with your Service Advisor/ Case Manager about your interest in our program.
- Give us a call and mention you have a Home Care Package.

Home Care Package Fees:

Terms run over 10 weeks.

- Food for Thought (cooking program): \$180 per term
- Arts Smarts (art program): \$180 per term
- All other programs: \$150 per term

OPTION 3:

Fee For Service

Not eligible for Option 1 or Option 2? You can still access our programs through a Fee For Service option.

We understand that the Aged Care Sector can be confusing. Please do not hesitate to contact us directly to discuss your requirements.

Fee for Service Fees:

Please contact our team to discuss our fees.

**MORE
INFORMATION
& BOOKINGS**

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CatholicCare
Diocese of Broken Bay
SENIORS