



Do you need information in your own language about aged care services ?

Does your community need information about healthy ageing?



IF YOU ARE FROM A MULTICULTURAL BACKGROUND, WE CAN:

- ◆ Provide information and advice about aged care services and how to access them;
- ◆ Foster links between cultural communities and aged care service providers;
- ◆ Liaise with aged care service providers to meet the identified special needs of older people and their carers in your community.

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PICAC

PARTNERS IN CULTURALLY APPROPRIATE CARE



Contact PICAC Now!
if you would like information in your own language about aged care services.



**Do you need information in your own language about aged care services ?
PICAC (Partners in Culturally Appropriate Care) can help you!
We provide *FREE* information to your community group about:**



- **Understanding Aged Care in Australia**—options, costs and where to start
- **Brain Exercises**—how to care for your brain
- **Pelvic Muscles**—exercise to keep healthy and strong
- **Future Care Planning**—planning for your future health care
- **Stress Management**—managing the stress of migration
- **Other Topics** related to health and ageing may be arranged.



CALL US TO DISCUSS YOUR NEEDS.

**Enjoy a community event in your area.
Catering and Interpreters can be arranged. Contact PICAC now!**