



## Social & Emotional Support

### Every ageing journey is unique...

With Australian Red Cross, you can choose from a range of social and emotional support services that respect where you are on your journey and how you like to live.

Your independence matters and our services are tailored to empower you to live your life in ways that are meaningful to you.

## Tele-cross

### A phone call each day, to check you're okay...

Wake up to a friendly voice every day of the year with Tele-cross, a daily check-in service for older people.

Every morning our volunteers will give you a quick call to make sure you're well, happy and ready to face the day.



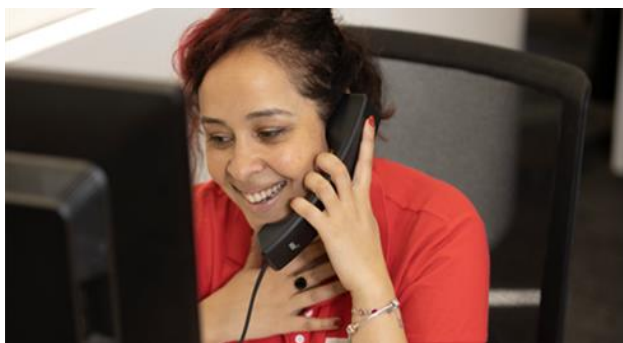
## Tele-chat

### Lonely? You don't have to face loneliness alone...

The Australian Red Cross Tele-chat is a phone-based friendship support service for older people who live alone or have limited opportunities to connect with their community.

More than just a phone call, Tele-chat connects you with a friendly volunteer for a weekly chat on a day that suits you, offering social & emotional support to combat loneliness.

Share stories, enjoy conversations and build a connection from the comfort of your home.



## Connect now

### it's free for CHSP eligible recipients...

The Commonwealth Home Support Programme (CHSP) is an Australian Government funded home care service for people over 65 years (50 years or over for Aboriginal Torres Strait Islander people)

1. Contact My Age Care on 1800 200 422 and ask for an assessment to receive CHSP social & emotional support services through Australian Red Cross.
2. Once assessment is complete, My Aged Care will provide you a referral number
3. Contact Australian Red Cross (details overleaf) with your referral number and we will take it from there



## Social & Emotional Connection

**YES**, I am interested in the social & emotional support services offered through Australian Red Cross...

### Contact Details

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

State: Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

### I am interested in:

Tele-cross (daily call)

Tele-Chat (weekly call)

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## Benefits of Tele-support Services



- Friendly chats with a caring volunteer
- Peace of mind for you & your loved ones
- Connection to community
- Improve personal wellbeing
- Expand friendships
- Share stories and life experiences
- Feel safe and connected
- Maintain Independence



The Australian Red Cross Telecross & Telechat services have been made possible through funding received from the Australian Governments Commonwealth Home Support Programme (CHSP)

**For more information on our range of Social & Emotional Support Services...**

**Contact us...**

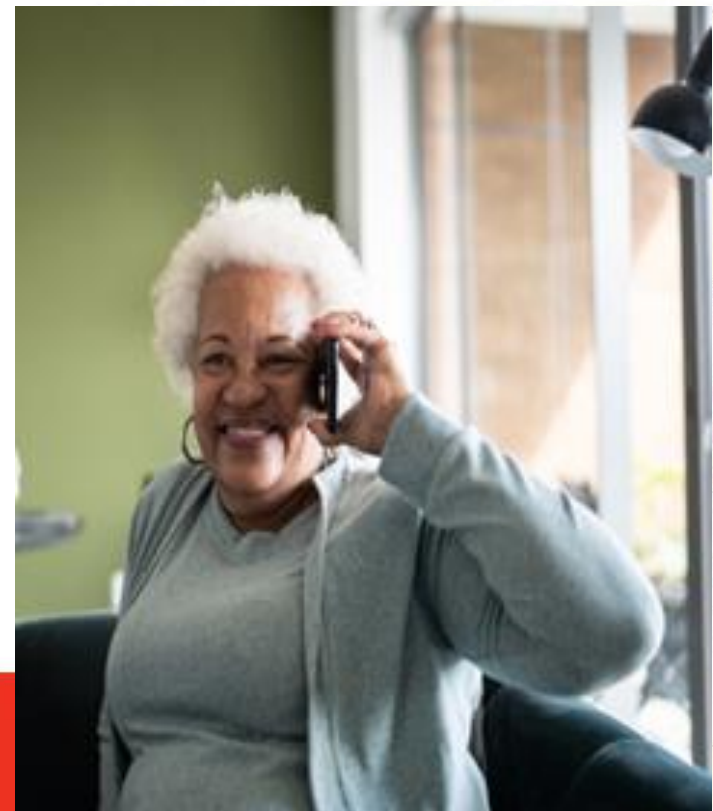
**1800 441 014**

E: [communityconnect@redcross.org.au](mailto:communityconnect@redcross.org.au)

[www.redcross.org.au](http://www.redcross.org.au)



Red Cross acknowledges the Traditional Owners of this land, their ancestors and Elders, past, present and emerging.



# Tele-cross Tele-chat

Social & Emotional  
Support Services