



# 3BRIDGES

## HEALTHY AGEING HUB ASHFIELD



**FREE  
SUPPORT  
FOR YOU  
AND YOUR  
FAMILY**

The Healthy Ageing social worker can connect people to local services and programs as required, which may include:

- Health, social, legal or housing and accommodation services.
- Financial, social or mental health support.
- People requiring specialists and intensive support with My aged care.
- Group exercise and social programs of interest, or care finder services.

### Eligibility Criteria?

- Living in the Inner West and surrounding areas
- Aged 60 years or over
- Aboriginal or Torres Strait Islander people aged 50 years or older
- LGBTIQ+ individuals



Support  
and empower  
older people to live  
well and  
independently  
in the community



**Speak to our Healthy Ageing Hub - Social Worker  
today or book an appointment with them:**

Jharna Biswakarma

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