



If you require Medical Assistance, please contact the following Services:

IN AN EMERGENCY

Need Urgent Help Now: Do not wait, call and ambulance on 000

NOT IN AN EMERGENCY

If you are sick or unwell during the day: Call your Usual GP

If you are sick or unwell at night or when your GP is closed, call:

After Hours GP 1800 022 222

If you need urgent help during the day Monday to Friday 8am - 4.30pm

If you are experiencing a new decline in your health and are concerned, you may otherwise end up in hospital. Contact your local Rapid Response Team (depending on your location)

Lower North Shore:

Aged Care Rapid Response Team (ARRT) 0408 546 907

Ryde/Hunters Hill:

Aged Care Rapid Response Team (ARRT) 0409 460 419

Hornsby/ Ku-rung-gai:

Geriatric Rapid Aged Care Evaluation (GRACE) 02 9485 6552

Northern Beaches:

Beaches Rapid Access Care for the Elderly (BRACE) 02 9998 6111

Your GP might also refer you to

A Care Coordinator: to assist you with appointments. They may also come to your home if required.

GP Social Worker Service: provided by- PCCS (Hornsby, Ryde, Ku-ring-gai LGAs) 02 9477 8700

CCNB (Willoughby, Lane Cove, Mosman, North Sydney, Hunters Hills LGAs) 1300 002 262

Hospital in the Home: for an alternative to hospitalisation short term e.g for Pneumonia, cellulitis; or

Sydney Home Nursing Service: e.g for general nursing care in the home, wound management, help with medication



Northern Sydney
Local Health District

