

Program Details

The Dementia Day Care is held on Fridays between 9am-2pm. Clients are picked up from their homes and transported to the centre. Carers can rest assure that their loved ones will enter a friendly and warm home-like environment that is secured with gates at the entrance and backyard. What's more, the service is an excellent opportunity to provide carers with temporary respite.



Services /Activities Provided

The Day Care aims to support the client and reduce the impact of dementia through stimulating activities. Services are delivered by trained staff of Arabic speaking background.

As a subscriber, the benefits of this service include:

- Transport to and from home
- Nutritious halal meals
- Intellectual, cognitive, physical and memory stimulating activities (painting, reminiscing, memory games etc.)
- Monthly excursions

Who can access this service?

- Arabic speaking persons residing in Canterbury and Marrickville City Council regions.
- Persons with low to moderate dementia.

Location Details

The Centre is conveniently located in the heart of Lakemba, opposite Lakemba Railway Station.

TMA Arabic Aged Centre:

54a Railway Parade,
Lakemba NSW 2195
(02) 9759 3436

Further Information

If you have enquiries about the Day Care Program, please contact the Day Care coordinator at the Aged Centre on (02) 9759 3436.

For alternative enquiries, contact our head office:

48 - 50 Taylor Street,
PO BOX 130, Lakemba NSW 2195

p : (02) 9758 1366

f : (02) 9740 6057

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Our Centre Based Day Care Program





Centre Based Day Care

At Tripoli and Mena we strive to create a program that satisfies everybody. The Association runs a Centre based Day Care from its Arabic Aged Centre premises. The Day Care is a social support service that provides leisure activities to the Arabic speaking community. As well striving to reduce the risk of social isolation, the Day Care promotes a foundation to meet new friends and lead a bountiful lifestyle. Carefully structured in the form of group sessions, the Day Care runs groups for:

- Arabic speaking persons with dementia
- Arabic speaking frail aged

Frail Aged Day Care

The Frail Aged Day Care is funded by the Home and Community Care program and is run by up to three trained HACC staff. The program has been popular with the community for many years since its implementation in the Association.

All services delivered through the Frail Aged program take into account the nutritional, religious, psychological and cultural needs of the clientele it endeavours to serve.

Program Details

Tripoli and Mena's Day Care operates four days a week and registration is free of charge. Upon enrolling and initial consultation with the coordinator, clients receive unlimited access to the program.

Tripoli and Mena pays homage to two centre based day programs for the frail aged which strive to meet the needs of the Arabic speaking elderly living in the Bankstown and Canterbury City Council areas.

The main day care program operates from Tripoli and Mena's Arabic Aged Centre from Monday to Thursday every week from 9am to 2.20pm. It is open only to residents from the Canterbury district.

The second day care program operates from the Yagoona Senior Citizens Centre every Tuesday from 9.30 am to 1.30pm. It is open only to residents from the Bankstown district. Centre transport is also available upon request (a small fee applies).

Services / Activities Provided

The program is diverse in nature and varies in contents to meet the changing interests of client's:

- Information sessions
- Engaging activities, and
- Excursions are run on a rotational basis with morning tea provided free of charge.

Who can access this service?

Arabic speaking elderly who:

- Reside in the Bankstown and Canterbury City Council areas
- Aged 65 and over
- Do not have dementia
- Still live at home.

Dementia Day Care

Tripoli and Mena Association proudly runs a centre based Dementia Day Care on a weekly basis. Funded under Home and Community Care (HACC), the service was first introduced at TMA in 2009.

The Dementia Day Care consists of two HACC staff who work harmoniously together to provide a program that endeavours to support the psychological, health, nutritional, religious and cultural needs of Arabic speaking persons with dementia. In doing so, the dementia program reduces the impact of client's dementia so as to prevent the need to progress to a higher needs service.

