



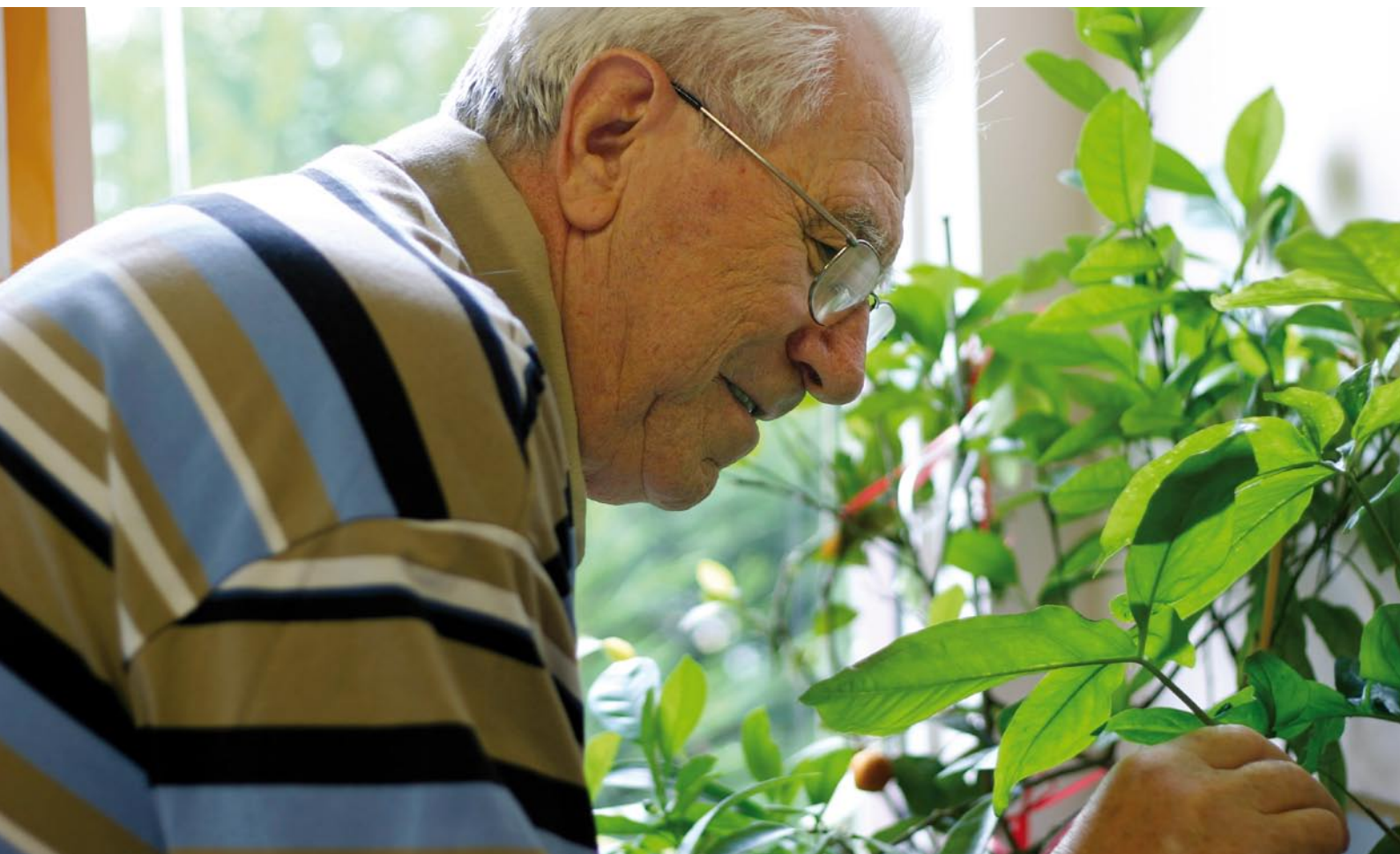
A RESOURCE FOR PLANNED ACTIVITY GROUPS
in the City of Greater Bendigo and the Loddon Shire

An initiative of the Bendigo Loddon Ageing Framework

JULY 2008

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These organisations have committed financial resources to the Ageing Framework Action Plan and their contributions were matched by the Loddon Mallee Regional Office of the Department of Human Services.

This report was prepared under the direction of the Bendigo Loddon Primary Care Partnership Ageing Framework 2007-2009 Action Plan and the Ageing Framework Reference Group.

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Introduction

The Bendigo Loddon Ageing Framework is an initiative of the Bendigo Loddon Primary Care Partnership (BLPCP). The Bendigo Loddon Ageing Framework was launched in December 2004 with the aim of providing a more planned and strategic approach to the needs of our ageing community.

The development of the Ageing Framework brought together key stakeholders in aged care delivery within the City of Greater Bendigo and the Loddon Shire and was a result of a collaborative effort. It initially included the following organisations; City of Greater Bendigo, Loddon Shire Council, Bendigo Community Health Services, Bendigo Health, Mclvor Health and Community Services, Inglewood and Districts Health Service, Bendigo Loddon Primary Care Partnership and Department of Human Services (Regional Office). These organisations formed the original Steering Committee to guide and oversee the Framework.

The Bendigo Loddon Ageing Framework incorporates principles outlined in the United Nations Plan of Action on Ageing, the National Strategy for an Ageing Australia and the Forward Agenda for Senior Victorians. The United Nations Plan on Ageing recognises that older adults require the following essential elements to maintain optimal health and wellbeing throughout their life: Independence, opportunities to participate, care, self-fulfillment and dignity.

In the City of Greater Bendigo and the Loddon Shire, the 2006 Census data:

- Recorded a population of 7,836 residents in the Shire of Loddon
- Recorded a population of 93,252 residents in the City of Greater Bendigo
- Identified that 25.9% (24,190) of Bendigo's population and 36.1% (2,829) of Loddon's population were persons aged 55 years and over.
- Projected that by 2021, the older population (60+) is expected to increase by 23% (27,320) in Bendigo.
- Comparisons of 2001 and 2006 census data show that for Loddon the median age of the population has increased from 42 to 46.

The development of the 2007-2009 Ageing Framework Action Plan has ensured the continual commitment to a collaborative approach to explore and develop opportunities within the aged care sector in the Bendigo Loddon PCP catchment. This commitment has continued to place ageing on the local agenda and ensure organisations are involved in enhancing the wellbeing of older adults and addressing barriers that limit their participation in the community.

The Bendigo Loddon Primary Care Partnership member organisations that have made a financial commitment to the 2007-2009 Ageing Framework Action Plan are; Bendigo Community Health Services, Bendigo Health Care Group, Boort District Hospital, City of Greater Bendigo, Inglewood Districts Health Service, Loddon Shire Council, Mclvor Health and Community Services and the Bendigo Loddon Primary Care Partnership. The Department of Human Services has matched these financial contributions for a further two years of the current Action Plan. These organisations form the membership of the current Ageing Framework Reference Group.

In accordance with one of the Strategic Goals of the Ageing Framework Action Plan 2007-2009 'Sustainable Social Support Programs for Older Persons' the Mapping of the existing Planned Activity Groups (PAGs) funded by the Department of Human Services HACC Program within the City of Greater Bendigo and Loddon Shire was completed. This information is included in the Resource.

Information gathered during this mapping project, attendance at the Victorian Home and Community Care (HACC) Active Service Model Seminar and site visits to a number of Planned Activity Groups are some of the ways used to assist with the development of this Resource. The Resource outlines Tips for volunteers and staff of Planned Activity Group programs. It is hoped that this Resource assists staff and volunteers in enhancing their work in existing Planned Activity Groups and can assist with any new groups that may be established.

It is important to acknowledge all the Planned Activity Groups that have provided advice, innovations and ideas for the development of this booklet. The contributions made have been greatly appreciated. Thank you to the following organisations and groups;

- Amicus Group Inc,
- Bendigo Health – Fitness for Older Adults Program (FOAP),
- Boort District Hospital,
- City of Greater Bendigo - Aged and Disability Services,
- Cobaw Community Health – Aged and Disability Respite Program,
- Elmore Primary Health Services/Bendigo Community Health Services,
- Inglewood and Districts Health Service,
- Loddon Mallee Planned Activity Support Network Inc,
- Loddon Shire Council,
- Macedon Ranges Health Services – Lifestyle Enhancement Program,
- McIvor Health and Community Services and
- Vision Australia.

Planned Activity Group Programs

Planned Activity Groups aim to provide social, intellectual, physical and emotional stimulation which helps to maintain living and social skills for older people who are physically independent, people with moderate to severe dementia, frail older people and people with disabilities.

Planned Activity Groups should change their programs from time to time taking into account the interests of participants over time. Programs should be regularly assessed and reviewed in relation to their suitability, effectiveness and outcomes, including cultural and age appropriateness and relevance to consumer's assessments and care plans.

In Australia, the burden of chronic disease is increasing. In Victoria, approximately 70% of the total burden of disease is attributed to six groups: cardiovascular disease, cancers, injuries, mental health conditions, diabetes and asthma. Risks including lifestyle factors (such as tobacco smoking, physical inactivity, diet) and physiological states (such as obesity, high blood pressure and high cholesterol) are responsible for a sizeable proportion of the burden of disease in Victoria (Victorian Government Department of Human Services, 2006)

Planned Activity Programs provide a great opportunity to provide healthy living programs to maintain healthy lifestyles and introduce habits that improve health whilst providing the opportunity for social support and interaction. Healthy living programs will provide benefits for all individuals including feeling fitter physically, mentally and emotionally (SANE, 2007). Planned Activity Group staff and volunteers have regular contact with a group of older people which means they are well placed to provide support and encouragement in becoming more healthy. It is important to provide a program based upon a social model of health which takes into account the whole person including the social, physical and emotional aspects of people's lives. It is important for staff and volunteers to be 'subtle' when implementing healthy living programs. Empowering participants to improve their independent living skills, increase their levels of nutrition, increase their physical activity and encourage their involvement in planning of activities will have the best health outcomes for the individual and the community.

When planning activities it is important for participants to have the opportunity to have input, including group and individual preferences and cultural and age appropriateness of activities. Some older people attending Planned Activity Groups may find the crowding, constant movement and noise overwhelming or annoying. Breaking the larger group into smaller and more intimate groups according to the interests of each individual will allow you to meet the needs of the whole group. For example one group may like to cook the morning or afternoon tea, another may like to go for a walk, another may like to take part in designing the Newsheet for the group while another is playing music or singing. We hope this booklet enhances your planning and programming and assists in providing high quality groups for older people in the Bendigo Loddon communities.

Checklist for Program Planning

The following checklist may be useful when planning program activities:

	Yes	No
Does your program take notice of feedback from staff, volunteers, consumers and carers about past activities and preferences expressed for new activities?	<input type="checkbox"/>	<input type="checkbox"/>
Is the plan responding to information about individual consumer needs gathered during assessment?	<input type="checkbox"/>	<input type="checkbox"/>
Does it create opportunities for companionship and friendship?	<input type="checkbox"/>	<input type="checkbox"/>
Are activities designed to enhance daily living skills?	<input type="checkbox"/>	<input type="checkbox"/>
Are the activities appropriate for the age of the consumers?	<input type="checkbox"/>	<input type="checkbox"/>
Does it include and encourage appropriate levels of physical exercises and activities?	<input type="checkbox"/>	<input type="checkbox"/>
Does it include and encourage a healthy eating environment?	<input type="checkbox"/>	<input type="checkbox"/>
Is there a balance between social, intellectual and physical stimulation and between large group, small group and individual activities?	<input type="checkbox"/>	<input type="checkbox"/>
Have different ideas for activities been sought from relevant publications and from other Planned Activity Group providers?	<input type="checkbox"/>	<input type="checkbox"/>
Does it provide opportunities for celebration of culturally relevant festive days, holidays or other celebrations, such as birthdays, anniversaries?	<input type="checkbox"/>	<input type="checkbox"/>
Does the group participate in local community activities, such as street festivals, art exhibitions, library activities, concerts etc?	<input type="checkbox"/>	<input type="checkbox"/>
Is your program interactive and are people having fun?	<input type="checkbox"/>	<input type="checkbox"/>

(Adapted from Victorian Government Department of Human Services, 2003)

If you feel you do not have enough 'Yes' answers then continue to enhance your program, involve your consumers and others in program planning and implementation and always consider ongoing improvement.

Tips to increase Active Living

Staying active and looking after our health are important aspects in order to maintain wellbeing and independence in older age. Active living is where physical activity can be incorporated into everyday life. There are many reasons to encourage people to be physically active. An active life has health and well being benefits as well as the opportunity to mix with other people and take part in the community.

Regular physical activity can improve health and well being and reduce the risk of premature death, illness and disability. Being active can help older people maintain functional status as well as preventing disease and improving quality of life (SIGPAH 2004)

Having health conditions doesn't mean that people can no longer be physically active. Physical activity does not have to be vigorous or undertaken for long periods of time in order to improve health. No matter what age, everyone can achieve substantial health benefits from being physically active. Everyone can have fun while getting these health benefits. Encouraging people to be stronger and more active can help people do things for themselves more easily and many contributing factors of frailty can be addressed through Physical Activity. Many Chronic Diseases can be prevented and treated with physical activity programs.

According to the Australian Governments Physical Activity Guidelines, everyone should try and do at least 30 minutes of moderate intensity physical activity on most days of the week. Encourage older people to be as active every day in as many ways as they can.

There are a number of ways to increase the levels of Physical Activity among Planned Activity Groups participants. Suggestions are:

- Exercises such as weight bearing exercises help to improve muscle and bone strength and provide stability to the joint and improve ability to perform daily tasks. Includes weight, strength or resistance training exercises.
- Balancing exercises help to improve balance and help prevent falls. These are exercises that challenge balance in a safe way. For example side leg raises, heel raises, standing on one foot while holding on to a bench, walk heel to toe etc can be done while standing and improve balance.
- Mobility exercises such as stretching to maintain or improve the joints range of motion and flexibility. Includes gentle reaching, bending and stretching.



TIP 1

Remember nobody is ever too old to be physically active!

When planning an activity for a group remember that most activities can be altered to suit more or less frail older people. Try different ways of adapting activities to enable older people of different abilities to participate safely. For example, sitting exercises for some, standing for others. Investigate opportunities for “chair based” exercises.

TIP 2

Are some scared to exercise?

For individuals that are reluctant to change, try asking what fears they have about physical activity. Have the group brainstorm answers to the question “The one thing that I fear about physical activity is...” By addressing these fears you can aim to increase physical activity in group members.

TIP 3

Its all in the word ‘Exercise’.

It is important that you don’t overwhelm your group with physical activity.

Don’t call activity ‘exercise’ rather use terms such as ‘dance, activities or games’, use music that the group enjoys as this will increase enthusiasm, and use food as a motivation, for example, walking to the dining table for a meal, not having it delivered to where they are already seated.

(Aged Care Branch and Public Health Group, Victorian Government Department of Human Services, 2005).

TIP 4

Walking is an excellent exercise for improving or maintaining overall health and is a suitable physical activity for most people. Walking is one of the most popular activities for older people. Regular walking can help to maintain a healthy weight, improve fitness and reduce risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers. Walking is low impact, requires minimal equipment, can be done at any time of the day and can be performed at an individuals own pace. You can incorporate walking into the program, make it a part of the routine by walking prior to morning tea or after lunch. A short walk in the grounds or up to the corner is enough.

TIP 5

To increase motivation and to get group members walking, ask the group if they would like to take part in their own Walking Challenge. You may even like to organise your own PAG Pedometer Challenge and use this as a way to motivate people to increase daily activity levels. A pedometer measures the number of steps you take. Get the group to name the Challenge and talk to your health service about obtaining pedometers for the participants.

TIP 6

When walking ensure there is enough seating, shade and shelter at points along the way. Always remember to Slip, slop, slap! Don’t forget the sunscreen and hat for each participant.



TIP 7

Water Exercise.

Warm water exercise is particularly helpful because body weight is supported and the resistance of moving through water boosts muscle strength and endurance. Activities such as stretching or walking through water can exercise the joints without putting them under strain. Some of the benefits include increased muscle strength, enhanced sense of wellbeing and improved mental health, mood and sleep quality; decreased fear of general exercise; greater flexibility and mobility and increased confidence in using community facilities (Go for your life, 2007/2008).

Ask your group if they would like to visit the local heated pool. Initially people may not be keen to get involved but observing others in the pool, is likely to encourage future involvement. Ask the staff of the facility to show your group around and ensure they are 'friendly', this will encourage people to ask questions.

It is important to visit the venue prior to the group activity to assess the facilities to ensure that the pool is easy to access, the change rooms are accessible and comfortable.



TIP 8

Dance!

Clear a space and play some music. Encourage everyone to get up and dance. A member of the group may be able to teach some moves or invite a local person who would be happy to demonstrate different dances, get everyone to join in. Promote dancing during Australian Dance Week in May and then build it into your program.

TIP 9

Physical activity can be lots of fun!

Purchase a Nintendo Wii Sports interactive computer program. This is a great way to get older people moving in a fun and enjoyable way. You will have participants playing activities they once loved, like baseball, tennis, golf and much more. You can have participants compete against each other which will bring out a competitive edge.

To get this started you will need a Wide Screen TV (with an AV plug), the Nintendo Wii Sports Program which can be purchased from electrical and department stores for around \$400, and more than one Wii-remote to ensure participants can compete against each other. Don't have the funds? Try fundraising to get enough money together to purchase this fun and interactive program which will engage your participants and create a lot of laughs.

If members of your group are wanting interaction with children, the Nintendo Wii Sports is a great way of getting children involved as they will love to teach the older people how to play and compete against each other. Just make sure before inviting in school children to ask the group if this is something they would enjoy.

TIP 10

Incorporating Strength Training into your groups everyday activities is a great way to increase your participants health and well being. Strength Training is becoming increasingly popular for older people. It involves a series of progressive exercises that work the muscles, bones and joints using resistance and doesn't necessarily involve lifting weights and using gym equipment. Strength Training helps reduce the risk of and better manage many health conditions including osteoporosis, arthritis, diabetes, chronic heart disease, depression and anxiety (Go for your life, 2007/2008). Strength Training can be modified to suit the abilities of each participant and may commence with no weights, simply performing movements against gravity. It can be performed lying, sitting or standing. Ask your local Health Service to assist you to run some sessions of strength training for your group or invite a physiotherapist, occupational therapist or exercise physiologist to help in designing a basic Strength Training Program for your participants that you can implement so they can participate regularly as part of the PAG program.



TIP 11

Don't let the weather like extreme heat in summer or cold in winter stop you getting the group moving. There are many ways the group can remain active and these are just some ideas.

Set up a walking course inside. Have exercise stations (with chairs) around the area with posters illustrating the exercises to do at each station (Aged Care Branch and Public Health Group, Victorian Government Department of Human Services, 2005). A fitness instructor with training in older persons issues could assist you with this.

Set up a number of games around the room. For example;

- Balloon and tossing it around a circle – sheet in the middle everyone in the large group holds on to a piece of the sheet, balloon is placed in the middle and the idea is to keep the balloon in the middle and moving, by moving the sheet around. Equipment: Balloon and a large sheet.
- Carpet bowls. Contact the local Senior Citizen’s Centre and ask if they have the equipment for carpet bowls and if so, arrange a visit to the Centre. You may also like to ask the keen bowlers to instruct the activity. Someone within your group may have been a great bowler in their younger days and would be happy to assist others to play.
- Mini Golf indoors. Create a mini-golf course yourself. It’s a great indoor game for 1 to 4 people and perfect for rainy days. Each player will need their own golf ball, a golf putter and an empty tissue box.

Cut a hole in the front of the tissue box – this is the target.

Choose a spot somewhere in the room to place the box, and choose another spot away from the box to start your game. The idea is to putt the ball into the box in the least amount of hits. Keep score by counting each putt. The player with the lowest number of putts wins. After you finish make another course. To make the course harder, include objects that you have to go around but be careful you don’t knock anything. Only need one ball as you can share. Set ten different courses to play a tournament (Go for your life, 2007/2008). Advertise in your local paper for donations of Golf Putter. There are many households with unused golf clubs stored and retired golfers may be pleased to donate these items.

CREATE A GARDEN

TIP 12

Survey your participants to see if they might be interested in doing some gardening. First think about what you hope the group will gain from the garden, this may include: meaningful group activity, fun, physical activity, meal preparation and enjoying fresh produce, sharing their knowledge of gardening and planning as a group.

Everyone can benefit from creating a garden – it is an enjoyable form of physical activity, maintains mobility and flexibility and encourages use of all motor skills through walking, reaching, bending, planting seeds and taking cuttings. It improves endurance and strength, reduces stress levels and promotes relaxation. It can also provide stimulation and interest in the outdoors and being in the garden can create a sense of well being (Go for your life, 2007/2008)

TIP 13

Involve participants in the planning and design of a garden. Talk to the participants using the garden about what they want – it’s their garden and if they feel ownership they are more likely to want to participate. Let the group own the garden by guiding and supporting the participants to plant, water and pick produce themselves, be mindful that you don’t take over the project. Let them own

it. Everyone can get involved in the garden. Ask the group to collect and dry seeds from produce such as pumpkins and herbs. That way you will have seeds to plant your next season. If you have members that don't enjoy gardening ask them to make some decorative pots to add colour to the garden. As an activity, ask them to decorate the pots with bright designs.

Consider a raised garden bed for participants who are not able to work in a garden that is at ground level. Make sure the area is not slippery and is wheelchair accessible, has space for a few participants to work together and has a table where group activity can be done (Go for your life, 2007/2008). Treated pine should be avoided for building raised garden beds due to the chemicals used in the treatment. The chemicals can come off on hands and can leach into the soil (Go for your life, 2007/2008).

Try to include sensory plants in the garden, for example herbs for smell and texture. For interest and stimulation also plant flowers that attract butterflies, ladybirds and other insects or birds.

TIP 14

There are gardening tools available that may make gardening easier.

Garden equipment can be adapted in many ways to suit people with varying disabilities.

Some suggestions include:

- use tape, foam padding, bicycle grips and PVC pipe to improve grip and handle length on tools
- Use gloves that have a sticky surface or gloves with gripper dots
- Look for light weight tools that are easier to handle



Ask the Men in Sheds to make some modified equipment for the garden.

With your group taking part in all this physical activity remember to stress the importance of increased fluid intake. Ensure that you always have water close by so that people can help themselves and encourage them to drink it as older people may not realise they need more fluid. Make sure you stop for regular "drink breaks".

TIP 15

Ensure participants wear loose, comfortable clothing, supportive sneakers or walking shoes for any physical activities. You may like to invite a Podiatrist in to discuss foot care. Ask people to wear layers of clothing so that they can remove clothes while participating in physical activities.

Tips for Healthy Eating

Healthy eating is just as important for older people as it is for other adults, adolescents and children. While the emphasis is on 'healthy', it is also important that eating should be an enjoyable and a sociable activity that everyone can enjoy.

Ageing can be associated with changes in lifestyle which can have an impact on foods eaten. Loneliness, boredom, depression and worrying about the future can cause people to neglect their diet – skipping meals and generally eating poorly (The Australian Nutrition Foundation Inc. 2001).

Good food can mean improved levels of energy and vitality and can help maintain a healthy weight. People will look and feel better, sleep better, have increased concentration levels and greater independence. Good food and regular meals, combined with physical activity can also mean increased strength and greater resistance to infection (Go for your life, 2007/2008). Healthy eating and regular physical activity can lower a person's risk of cancer. Other benefits include managing weight, preventing heart disease and preventing high blood pressure.

Throughout life, nutrient and energy requirements change. In older age, energy requirements and appetite tend to decrease, particularly if people become less active. When this happens, it is particularly important for people to eat food that contains large amounts of nutrients without being too filling or high in kilojoules (Victorian Government Department of Human Services, 2006)

There are many factors that influence the foods people eat which include the presentation of food; availability and accessibility of food; personal preference and cultural and religious beliefs.

You can play an important role in providing healthy food choices. The key is to always provide healthy alternatives in all meals provided. Advertise 'healthy foods' by making healthy food look attractive and use positive language to describe healthy foods. Increase interest in the food by the way it is presented and stay away from telling people "it is good for you!".

TIP 16

Freshen up morning and afternoon tea to incorporate healthy eating. Instead of biscuits, cakes and pastries, choose fruit, cheese and crackers, fruit bread, vegetables and sandwiches. The way food is placed on a plate is important and impacts on the appearance of a meal.



TIP 17

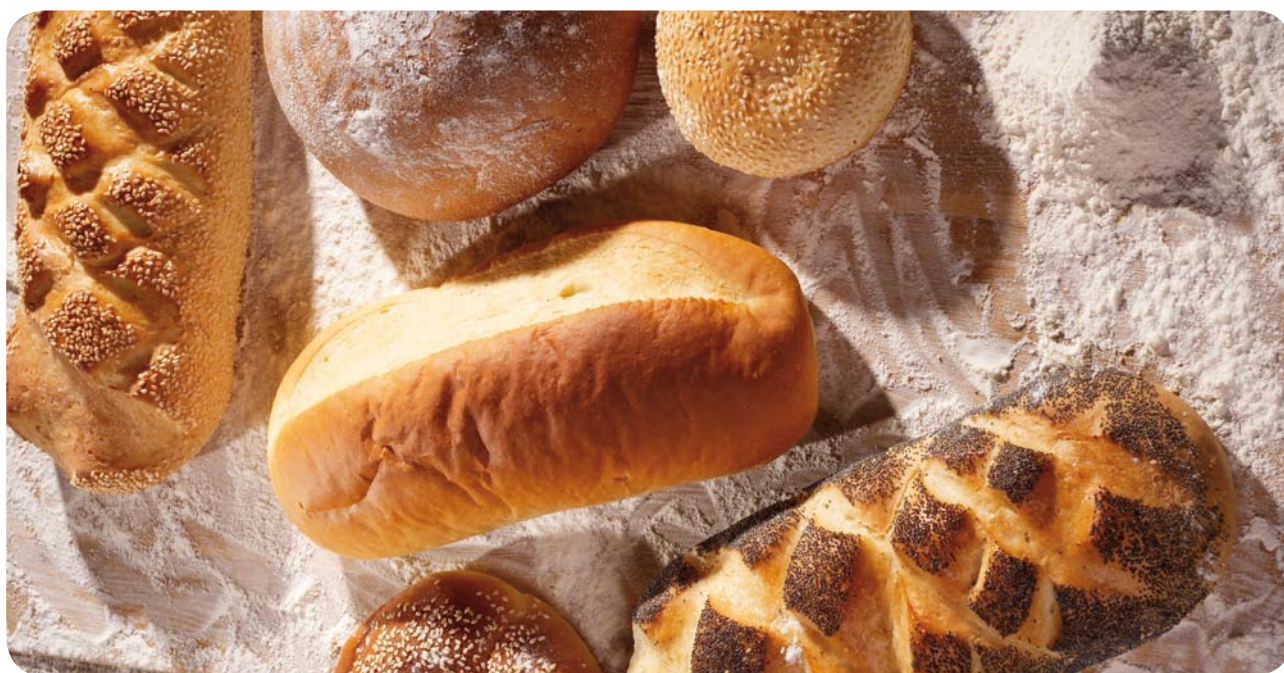
Be creative with fruit. People will select food that looks appetising and fresh. The sight of food that looks attractive can stimulate a person's appetite or be a trigger for them to eat. When putting together a fruit platter remember that the presentation and the colours on the plate are important. A fruit platter can look great and you can also add some cheeses and dried fruits. Make it easy to eat by putting pieces on skewers or serving small individual plates of fruit and cheese pieces.

TIP 18

Many older people have limited trips to the supermarket and therefore may tend to purchase items that are long life. Use fruit that is in season by providing platters of locally grown fruits which will ensure morning or afternoon tea is enjoyed by all.

TIP 19

Make the switch from white bread to high fibre breads. Provide wholemeal, multigrain, rye, soy, linseed, or fruit bread. Foods that have a high fibre content will help in preventing constipation. To make a sandwich even healthier limit the use of spreads high in saturated fat like butter and cream cheese, replace with a thin spread of smooth peanut butter or low fat cheese spreads or avocado. Choose reduced fat ingredients when you can such as low fat cheese or mayonnaise. Remember that your participants may have false teeth and grains and nuts may be difficult to manage. Ensure you offer choices and review the choices that are more popular.



TIP 20

During Fruit and Veg Week in April invite a dietitian to provide a series of interactive presentations on specific diet, nutrition or food issues. The National Health and Medical Research Council recommends twelve dietary guidelines for maximum vitality, energy and health in older people. Ask a dietitian to talk about these twelve guidelines. Supermarket tours are also a great idea. Also ask members of the group what they would like to learn more about and provide this information to the dietitian before the presentation to ensure topics are relevant and of interest to the group.

TIP 21

Exchanging healthy recipes with each other is another great idea. Encourage exchange of recipes which are simple, low cost and nutritious.

For Healthy recipes visit www.goforyourlife.vic.gov.au, Healthy recipes webpage. Search by meal time, ingredient or the name of recipe, browse by category and/or dietary requirements. If you have a group member with specific dietary requirements this will be a great resource. A small group of your participants could work with a volunteer to cook one of these recipes each week for the group to taste. If it proves popular, the recipe could be copied and given to all who want it.

TIP 22

A person's cultural background may influence their food beliefs and values. The best way to find out about the varying beliefs and values of a person is to ask them, their carer and their family. Encourage participants from diverse backgrounds families and carers to share information to enable culturally appropriate programs to be provided. Perhaps they can bring in recipes of their favourite cultural dish, notify staff of days that hold particular significance where special or traditional foods may be preferred and share recipes.



A useful resource to have is: A World of food (Commonwealth Department of Human Services and Health, 1995). It includes food preference checklists in a number of languages. The checklist includes questions about most commonly eaten dishes, food allergies, likes and dislikes, usual meal times, significant occasions observed and meals preferred at these times, whether there are any times during the year that fasting occurs, beverage preferences (Aged Care Branch and Public Health Group, Victorian Government Department of Human Services. 2005).



TIP 23

Calcium helps to maintain bone strength which is important as people get older. Try to incorporate two sources of calcium rich foods such as milks, yoghurts and cheeses into the meals provided by your Planned Activity Group. Provide reduced fat varieties where possible. To highlight the importance of Calcium, promote National Healthy Bones Week in August. Develop a puzzle to get people thinking about how much calcium they eat and provide 'healthy' prizes. Go to Puzzlemaker <http://puzzlemaker.discoveryeducation.com/> where you can create puzzles online for your group.

TIP 24

Ask members of the group if they would like to assist with preparing weekly snacks for the group. A small group may like to break away from the larger group to help prepare one of the courses for the lunch or for morning or afternoon tea. Let the group decide on what they would like to prepare and cook - encourage them to find a healthy recipe. They will also enjoy preparing the shopping list. Food hygiene and safety is important so ensure a staff member supervising the group has a Food Handlers Certificate. Check with your local council Environmental Health Officer before you commence this food program.

TIP 25

Cooking demonstrations are a great way to increase interest in new 'healthy' recipes. Invite a local Chef along to your group to provide a practical cooking demonstration and get the group involved in all areas of the demonstration. Ask the Chef to make simple, low cost nutritious meals so participants can experience the food.

TIP 26

Promote National Nutrition Week which is held during October. Nutrition Week is a National campaign conducted by Nutrition Australia annually. The aim is to raise awareness of the importance of healthy eating for optimal health in the community. Falling in Love with Food is the theme. Get group members involved in promoting this event and ask what they would like to do. Check out Nutrition Australia's website for further information regarding this event <http://www.nutritionaustralia.com.au/>.

TIP 27

Develop your own newsletter and incorporate healthy eating themes within the newsletter. Ask the members to bring in articles or suggest topics.

TIP 28

Ensure participants of the group drink plenty of water. Water is vital for good health. Have a jug of water on the table and encourage people to drink many times throughout the day. As people age they don't always feel thirsty when their body needs water. Fluids may consist of water, tea, coffee, mineral water, soda water, fruit juice or milk (adapted from The Australian Nutrition Foundation Inc. 2001).



You could ensure that a glass of water is placed in front of each participant whenever they are sitting at a table or in a chair. As the glasses empty, encourage participants to fill each other glass with the jug. Many older people take "fluid" tablets and avoid drinking lots of water. Encourage them to drink as keeping hydrated can assist in preventing fluid retention.

Tips for Positive Mental Health

Mental Health is increasingly being seen as fundamental to physical health and quality of life, and thus needs to be addressed as an important component of improving overall health and wellbeing.

Depression in older people is common and may occur for different reasons. Beyondblue's research shows that it is a commonly held view among people of all ages – including older people- that as we age, we experience accumulative losses and that it is normal for people to become depressed as they reach later life.

Grief and loss is not depression, although the symptoms can appear similar. The most important message about depression and older people is depression is not a normal part of ageing (*Beyondblue, 2006*).

Older people may be at risk of depression due to:

- an increase in physical health problems such as heart disease, stroke and dementia;
- chronic pain;
- side-effects from medication;
- losses - relationships, independence, work and income, mobility;
- social isolation;
- injury through falls;
- significant change in living arrangements such as moving from independent living to a care setting;
- admission to hospital and
- particular anniversaries and the memories they evoke.

(*Beyondblue, 2006*)

Gentle exercise can help to reduce stress, alleviate depression and anxiety, enhance mental well being and provide a great opportunity to enjoy activities with family and friends.

Planned Activity Groups have an important role to play in assisting to reduce the risk of depression in older people by providing emotional support, companionship and opportunities for meaningful social engagement, social networks have an influence on self-esteem, coping effectiveness, depression, distress and sense of well being (Berkman & Glass, 2000).

TIP 29

Relaxing and managing stress is an essential part of being healthy. Set aside time for your group to relax which leaves the group feeling good, such as listening to music or slow breathing. (SANE, 2007).

TIP 30

Invite a trained Tai Chi leader along to your group and schedule this activity in for the very start or end of the day so group members have a choice whether they would like to participate. Tai Chi is a series of gentle, graceful movements designed to exercise the body and clear the mind. It can help to improve a range of disorders including anxiety, arthritis, balance and coordination, fatigue, joint stiffness, muscle tension, poor posture and stress. People of all ages and fitness levels can participate in Tai Chi and gain health benefits (Go for your life, 2007/2008).



TIP 31

There are Tai Chi programs that have been designed specifically for people with arthritis. The cost of Tai Chi varies depending on who is teaching the class. The great thing is once your group members have learnt the basics they can practice it at any time for free. Arthritis Victoria has a register of Tai Chi for Arthritis classes. To locate your nearest class contact Arthritis Victoria on 1800 011 041 or email at afv@arthritis.org.au (Go for your life, 2007/2008).

TIP 32

Linking your group into existing community activities and events will assist in improving people's mental health. You may like to visit www.goforyourlife.vic.gov.au 'Community Directory' for ideas for sports clubs, volunteering, learning to dance or finding the nearest swimming pool or gym. It also provides information on the nearest Neighbourhood House or local park. You can search by category, name/keyword.

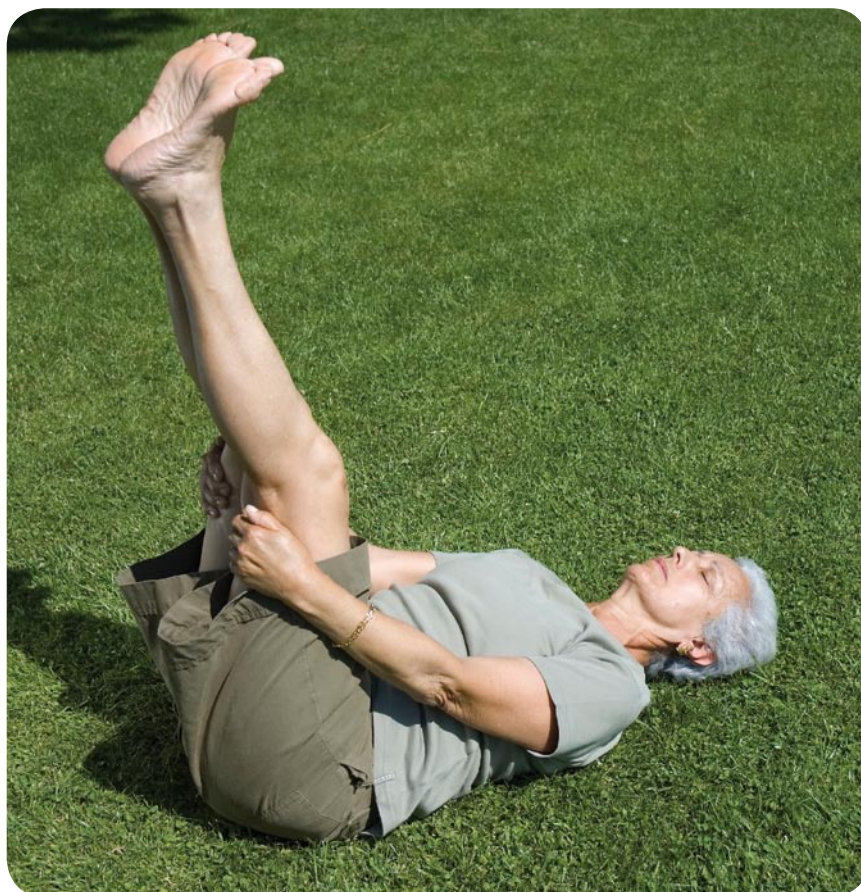
TIP 33

There is growing evidence that going outdoors and getting active has benefits to mental well being. Rather than walking indoors, occasionally take your group outside or to the local park to enjoy the fresh air and environment and reap the mental health benefits. With the increasing incidence of

Vitamin D deficiency, which can be linked to muscle weakness in older people, it is important to provide outdoor activities during the low UV part of the day.

TIP 34

Use activities to promote positive Mental Health during Mental Health Week. Mental Health Week in October aims to activate, educate and engage Victorians around mental health and related issues. Visit the Mental Health Foundation of Australia (Victoria) website <http://www.mentalhealthvic.org.au/> for more information to assist in promoting this event.



TIP 35

It is true what they say "Laughter is the best medicine". Laughter is good for the mind, body and soul. Research has shown there are some amazing benefits in laughter, it releases endorphins, boosts the immune system and helps in healing and recovery. Laughter is also an excellent aerobic exercise - Everyone can benefit from laughing more. You may like to contact your local Laughter Club which are popular around the world. Laughter Clubs are set up and run by qualified, experienced Laughter Leaders who volunteer their time to run a club in their local area. To find your nearest Laughter Club visit www.letslaugh.com.au/page/laughter_clubs.html or you could start your own laughter group as part of your PAG program. You can also have a day when everyone brings along a joke to share or alternatively, have a roster for joke telling at each PAG session.

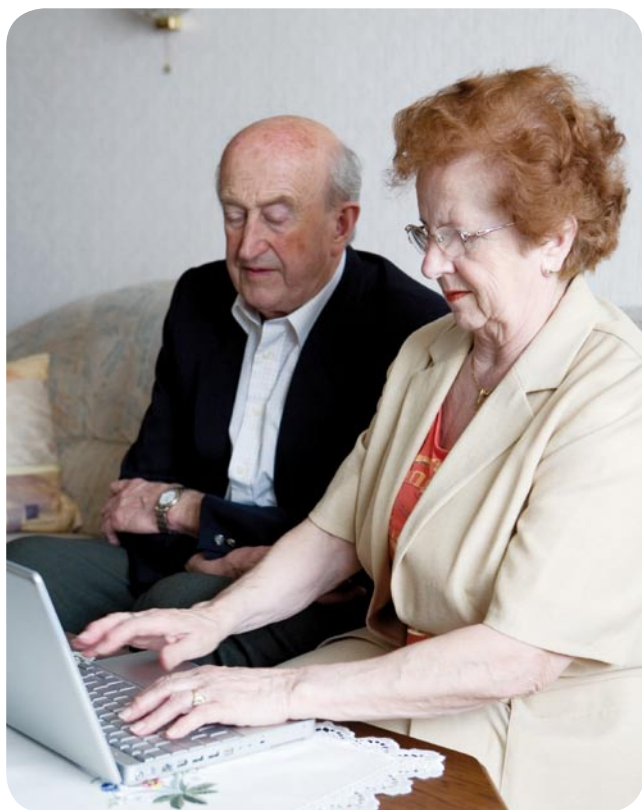


TIP 36

Some men have significant mental health and emotional health issues, but are reluctant to discuss them in formal consultations. Men like to chat side by side and it is important that their needs are catered for. Establishing a Men in Sheds Program can improve men's health and wellbeing. Men involved in the Men in Sheds Program have reported feeling better about themselves, a sense of belonging and enjoyment as well as an opportunity to be accepted and give back to the community. Men's sheds can assist to support men experiencing issues related to retirement, health, social isolation, ageing and significant change (Earle et al 1996). If you do not currently have the venue or equipment to set up your own Men in Sheds Program you may like to access other Men in Sheds venues. Contact other local Planned Activity Groups and many will be happy to accommodate your group. Check on the Department of Planning and Community Development for more information on the Men in Sheds Program.

TIP 37

Try brainteasers to keep minds active in the PAG. Visit Puzzlemaker <http://puzzlemaker.discoveryeducation.com/> where you can create puzzles online for your group. Or visit How Stuff Works <http://auto.howstuffworks.com> where you can search how stuff works on the internet, ask group members for different topics and get them searching.



TIP 38

Improving communication between group members and their family and friends will provide many positive health outcomes. Some of your participants may have family and friends interstate or overseas and find it difficult to stay in touch. It is common these days for people to communicate via the internet, email and text messages. Many older people would like to learn how to send a text or email family and friends. There are many ways that people can learn the basics that don't cost a fortune or staff's time. Set up a mentoring program where others in the group can teach those who want to learn or ask for community volunteers who are patient and have well developed IT skills to assist. You may consider inviting young people during their school holidays to help out provided the participants agree.

TIP 39

Have your participants develop their own Creative Arts Program. Some participants may like to break from the larger group and get together to write their own stories, poetry or creative writing pieces. Reminiscing, reflection and group discussion about their pieces of work can help older people place their lives in a positive context. You may like to suggest that the group may like to develop their own newsletter which could be given to all group members and their family and friends. By designing a newsletter some group members may like to practice their skills on the computer.

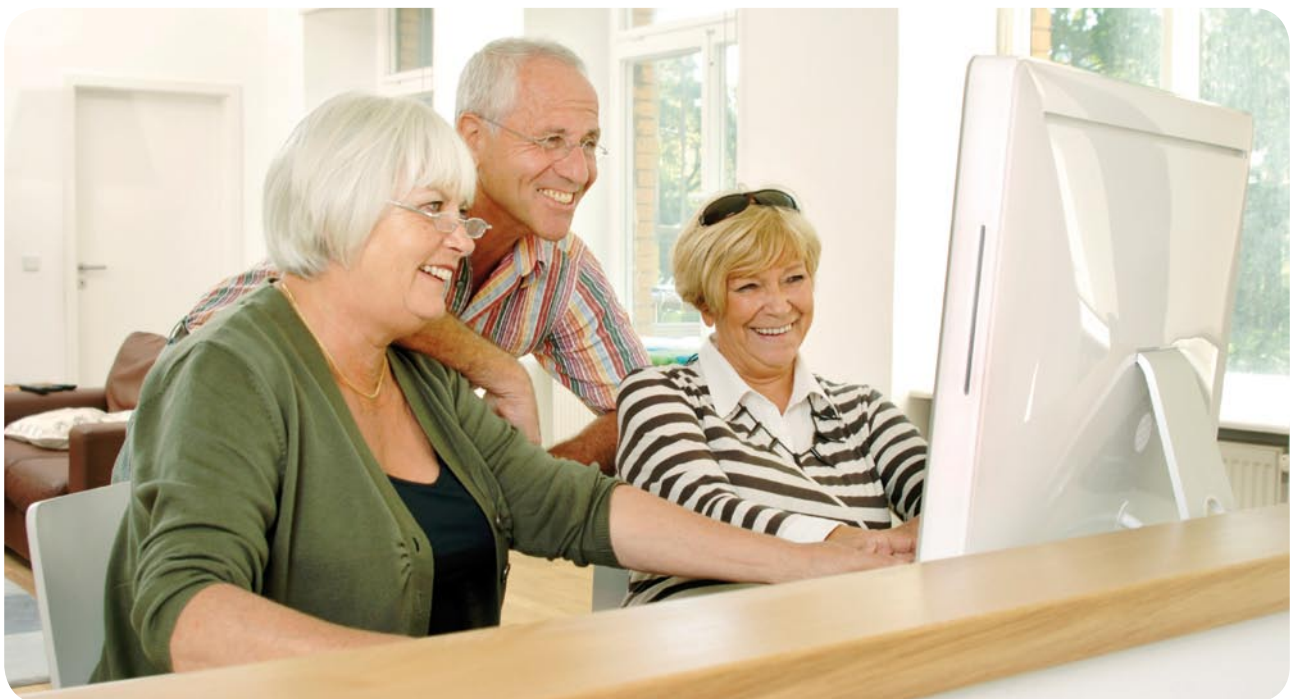
Tips – Other

TIP 40

Don't assume to know what participants like or want! Always ask them what they would like to do and encourage them to try new activities. Ask the participants about their likes and dislikes and be genuine and realistic about what activities they might join. Don't worry if only one or two people want to start a new activity, the key is to get one or two people participating in the activity and you will be surprised at how this will spark interest in others.

TIP 41

Focus programs on consumer engagement and participation. Build a monthly planning session into your program and allow participants to choose meals and activities. At first group members may be reluctant to have input and may be more comfortable with leaving decisions with staff. If you are finding it difficult to gain input from members, try breaking the group into smaller and more intimate groups, often people are reluctant to speak up in a larger group. This will ensure that your program meets the needs of each individual within the group and assists in empowering individuals. Each month the program outlining all activities should be developed in large print and placed on the wall to enable the participants to see what will be happening over the next few weeks. Also provide each member with this program to place on their fridge at home so they know what to expect each time they attend. Have some fridge magnets made with the name of your PAG, location and telephone number to hold the Program to the fridge and promote your program at the same time.



TIP 42

In order to improve your program it is important to gain feedback from your participants. Undertake a Client Satisfaction Survey twice a year and ensure that it is anonymous. Include 'Goals and Dreams' to identify client needs within the program. Ask open ended questions that require more than a "Yes" or "No" answer. You may like to contact other Planned Activity Groups to gain ideas of questions to ask in the client satisfaction survey.

TIP 43

Incorporate Health Themes and Promotion regularly to raise awareness of health related conditions and help in preventing ill health and maintaining well being. Visit the Better Health Channel, Health Events Calendar to find an online calendar of healthy events in Victoria for the weeks or months ahead. Visit www.betterhealth.vic.gov.au. You may like to set up displays during Special weeks.

TIP 44

Contact Bendigo Regional Institute of TAFE and ask if they have any students studying the Certificate IV in Community Services (Lifestyle and Leisure) who would be interested in assisting with the design, implementation and evaluation of new health and leisure programs. This will bring new ideas and experiences to your group and will assist the students to put theory into practice. Also think about including students studying the Certificate III and Certificate IV in Fitness to assist with your physical activities in the PAG.

TIP 45

Arrange a visit to other Planned Activity Groups. Organise a bus and take your group for a drive to visit another group to share experiences, meet new people and find out what happens in other communities. This is also of benefit to staff and volunteers who find this motivating and refreshing.



Conclusion

It is hoped that the tips throughout this booklet will be of benefit to you and your Planned Activity Group Program. Try just using one or two of the suggested tips to enhance your existing program. The blank pages at the back of this booklet are for you to write up your own innovative program ideas and tips and it is hoped that you can share your tips with other groups at the Loddon Mallee Planned Activity Support Network or when visiting other Planned Activity Groups.

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List of Planned Activity Groups in the City of Greater Bendigo and the Loddon Shire

These PAG groups are those funded by the Department of Human Services Home and Community Care (HACC) Programs and located in the Bendigo Loddon Primary Care Partnership (PCP) catchment.

Please note:

Planned Activity Groups provided by the City of Greater Bendigo can be accessed by participants from any part or area of Bendigo as a bus will collect participants from their homes.

Planned Activity Groups provided by the Loddon Shire use a variety of locations.

Planned Activity Groups have been divided into two groups. The two categories are 'core' and 'high' and these are listed as "Target Group".

Planned Activity Group – Core

These are group sessions where the majority of consumers are physically independent and do not require personal care, specialist dementia care, or other types of specialist care, in order to participate in activities.

Planned Activity Group – High

These are group sessions where the majority of consumers are in one or more of the following consumer groups:

- people with moderate to severe dementia who require specially trained staff, plus a venue modified to provide a safe environment
- frail older people who require personal care
- people with acquired brain injury
- people with a disability who may have challenging behaviours
- people with disabilities that require assistance with personal care (usually toileting, eating, and mobility) in order to participate in activities.

Services are provided by paid staff, or a mix of paid staff and volunteers, and are usually provided from the same venue on a regular basis.

Planned Activity Groups in the City of Greater Bendigo

BENDIGO EAST

Provider:	City of Greater Bendigo
Location:	Vision Australia 92-100 Mclvor Rd, Bendigo East until September 2008 then move to Kangaroo Flat Senior Citizens Centre.
Contact:	City of Greater Bendigo, Community Care Coordinator - Aged and Disability Services or PAG Team Leader 03 5434 6428 or 03 5434 6406
Target Group:	HACC eligible clients (<i>Core</i>)
Day/Time:	Friday 10.30am-3.30pm
Brief description:	Social Activity Program <ul style="list-style-type: none">• Transport available• Meals included• Waiting times apply

Provider:	City of Greater Bendigo
Location:	Vision Australia 92-100 Mclvor Rd, Bendigo East until September 2008 then move to Kangaroo Flat Senior Citizens Centre.
Contact:	City of Greater Bendigo, Community Care Coordinator - Aged and Disability Services or PAG Team Leader 03 5434 6428 or 03 5434 6406
Target Group:	HACC eligible clients (<i>High</i>)
Day/Time:	Monday 10.30am-3.30pm
Brief description:	Social Activity Program <ul style="list-style-type: none">• Transport available• Meals included• Waiting times apply

EAGLEHAWK

Provider:	Amicus Group Inc
Location:	1-13 Cecil St, Eaglehawk
Contact:	Amicus Group Inc, Program Manager 03 5441 5581
Target Group:	HACC eligible clients (<i>High & Core</i>)
Days/Time:	Weekdays (Monday to Friday) 9.30am-4pm
Brief description:	Access, games, excursions, music group, strength building <ul style="list-style-type: none">• Transport available• No meals included

Provider:	Amicus Group Inc
Location:	1-13 Cecil St, Eaglehawk
Contact:	Amicus Group Inc, Program Manager 03 5441 5581
Target Group:	HACC eligible clients (<i>High</i>)
Days:	Monday, Tuesday, Thursday and Friday
Brief description:	Koori Acquired Brain Injury Planned Activities – computer training support, excursions (cultural) Social & cultural events <ul style="list-style-type: none">• Transport available• No meals included

Provider:	Bendigo Health
Location:	Eaglehawk (Senior Citizen's Centre & Stewart Cowan Community Rehabilitation Centre)
Contact:	Bendigo Health, Physiotherapist/FOAP Coordinator - Rural Health Team 03 5454 9395
Target Group:	HACC eligible clients (<i>Core</i>)
Days/Times:	Senior Citizen's Centre - Mondays 9.30-10.30am. Stewart Cowan Centre Community Rehabilitation Centre – Tues, Wed, Fri (various times)
Brief description:	Fitness for Older Adults program (FOAP) Gentle exercise to music classes and strength training classes for older adults <ul style="list-style-type: none">• No Transport available• No meals included• Waiting times apply

ELMORE

Provider:	Elmore Primary Health Service/ Bendigo Community Health Services
Location:	Elmore Primary Health Service, 46-48 Jeffrey St, Elmore
Contact:	Elmore Primary Health Service/Bendigo Community Health Services, PAG Coordinator 03 5432 6001
Target Group:	HACC eligible clients (<i>Core</i>)
Days/Time:	Monday, Wednesday, & Friday 9.30am-3.00pm
Brief description:	Social Activity Program <ul style="list-style-type: none">• Transport available• Meals available at cost

GOLDEN SQUARE

Provider:	Bendigo Health
Location:	Golden Square (Senior Citizen Centre),
Contact:	Bendigo Health, Physiotherapist/FOAP Coordinator - Rural Health Team 03 5454 9395
Target Group:	HACC eligible clients (<i>Core</i>)
Days/Times:	Seniors Citizen Centre – Tuesdays 10.30-11.30am
Brief description:	Fitness for Older Adults program (FOAP) Gentle exercise to music classes and strength training classes for older adults <ul style="list-style-type: none">• No Transport available• No meals included• Waiting times apply

HEATHCOTE

Provider:	Bendigo Health
Location:	Heathcote (Uniting Church Hall)
Contact:	Bendigo Health, Physiotherapist/FOAP Coordinator - Rural Health Team 03 5454 9395
Target Group:	HACC eligible clients (<i>Core</i>)
Days/Times:	Uniting Church Hall – Mondays 9.15-10.15am
Brief description:	Fitness for Older Adults program (FOAP) Gentle exercise to music classes and strength training classes for older adults <ul style="list-style-type: none">• No Transport available• No meals included• Waiting times apply

Provider: **Mclvor Health and Community Services**

Location: 39 Hospital Street, Heathcote

Contact: Mclvor Health and Community Services,
PAG Coordinator 5433 2069

Target Group: HACC eligible clients (*High & Core*)

Day/Time: Thursday (fortnightly) 10.00am-2.00pm

Brief description: Social Activity program.

- Transport available
- Meal provided

KANGAROO FLAT

All City of Greater Bendigo PAGs listed as commencing in September 2008 from Kangaroo Flat Senior Citizens Centre are currently operating temporarily from the Spring Gully Soccer Rooms, Stanley Street, Spring Gully whilst the Kangaroo Flat centre is under construction.

Provider: **City of Greater Bendigo**

Location: From September 2008 – Kangaroo Flat Senior Citizens Centre.

Contact: City of Greater Bendigo, Community Care Coordinator
- Aged and Disability Services or PAG Team Leader
03 5434 6428 or 03 5434 6406

Target Group: HACC eligible clients (*Core*)

Day/Time: Friday 10.30am-3.30pm

Brief description: Social Activity Program

- Transport available
- Meals included
- Waiting times apply

Provider: **City of Greater Bendigo**

Location: From September 2008 – Kangaroo Flat Senior Citizens Centre.

Contact: City of Greater Bendigo, Community Care Coordinator
- Aged and Disability Services or PAG Team Leader
03 5434 6428 or 03 5434 6406

Target Group: HACC eligible clients (*High*)

Day/Time: Monday 10.30am-3.30pm

Brief description: Social Activity Program

- Transport available
- Meals included
- Waiting times apply

Provider: **City of Greater Bendigo**

Location: From September 2008 – Kangaroo Flat Senior Citizens Centre

Contact: City of Greater Bendigo, Community Care Coordinator
- Aged and Disability Services or PAG Team Leader
03 5434 6428 or 03 5434 6406

Target Group: HACC eligible clients (*Core*)

Days/Time: Monday - Friday, Sunday 11.00am-3.00pm

Brief description: Social Activity Program

- Transport available
- Meals included
- Waiting times apply

Provider: **City of Greater Bendigo**

Location: From September 2008 – Kangaroo Flat Senior Citizens Centre

Contact: City of Greater Bendigo, Community Care Coordinator
- Aged and Disability Services or PAG Team Leader
03 5434 6428 or 03 5434 6406

Target Group: HACC eligible clients (*Core*)
1 group for Women, 1 group for Men

Day/Times: Wednesday Women: 11.00am-4.30pm. Men: 3.00pm-8.30pm

Brief description: Social Activity Program

- Transport available
- Meals included
- Waiting times apply

Provider: **City of Greater Bendigo**

Location: From September 2008 – Kangaroo Flat Senior Citizens Centre

Contact: City of Greater Bendigo, Community Care Coordinator
- Aged and Disability Services or PAG Team Leader
03 5434 6428 or 03 5434 6406

Target Group: HACC eligible clients (*High - dementia group*)

Days/Time: Monday & Tuesday 11.00am-4.00pm

Brief description: Social Activity Program

- Transport available
- Meals included
- No waiting time applies

Provider: **City of Greater Bendigo**

Location: From September 2008 – Kangaroo Flat Senior Citizens Centre

Contact: City of Greater Bendigo, Community Care Coordinator
- Aged and Disability Services or PAG Team Leader
03 5434 6428 or 03 5434 6406

Target Group: Carers of HACC eligible clients (*High*)

Day/Time: Saturday 11.00am-5.00pm

Brief description: National Respite Carers Program Social Activity Program

- Transport available
- Meals included
- Waiting times apply

Provider: **Bendigo Health**

Location: Kangaroo Flat (YMCA Leisure Centre)

Contact: Bendigo Health, Physiotherapist/FOAP Coordinator
- Rural Health Team 03 5454 9395

Target Group: HACC eligible clients (*Core*)

Days/Times: YMCA Leisure Centre – Tuesdays 9.00-10.00am

Brief description: Fitness for Older Adults program (FOAP) Gentle exercise to music classes and strength training classes for older adults

- No Transport available
- No meals included
- Waiting times apply

SPRING GULLY

Provider: **Bendigo Health**

Location: Spring Gully (Bendigo Retirement Village)

Contact: Bendigo Health, Physiotherapist/FOAP Coordinator
- Rural Health Team 03 5454 9395

Target Group: HACC eligible clients (*Core*)

Days/Times: Mondays 9.30-10.30am

Brief description: Fitness for Older Adults program (FOAP) Gentle exercise to music classes and strength training classes for older adults

- No Transport available
- No meals included
- Waiting times apply

STRATHDALE

Provider:	Bendigo Health
Location:	Strathdale (YMCA & Strath-Haven)
Contact:	Bendigo Health, Physiotherapist/FOAP Coordinator - Rural Health Team 03 5454 9395
Target Group:	HACC eligible clients (<i>Core</i>)
Days/Times:	Strathdale YMCA – Wednesdays 9.30-10.30am. Strath-Haven – Mon & Thurs 3.30-4.30pm
Brief description:	Fitness for Older Adults program (FOAP) Gentle exercise to music classes and strength training classes for older adults <ul style="list-style-type: none">• No Transport available• No meals included• Waiting times apply

STRATHFIELDSAYE

Provider:	Bendigo Health
Location:	Strathfieldsaye (Sports Club, Club Court)
Contact:	Bendigo Health, Physiotherapist/FOAP Coordinator - Rural Health Team 03 5454 9395
Target Group:	HACC eligible clients (<i>Core</i>)
Days/Times:	Fridays 9.15-10.15am
Brief description:	Fitness for Older Adults program (FOAP) Gentle exercise to music classes and strength training classes for older adults <ul style="list-style-type: none">• No Transport available• No meals included• Waiting times apply

WHITE HILLS

Provider:	Bendigo Health
Location:	White Hills (Lake Weeroona Pavilion)
Contact:	Bendigo Health, Physiotherapist/FOAP Coordinator - Rural Health Team 03 5454 9395
Target Group:	HACC eligible clients (<i>Core</i>)
Days/Times:	Friday 9.00-10.00am
Brief description:	Fitness for Older Adults program (FOAP) Gentle exercise to music classes and strength training classes for older adults <ul style="list-style-type: none">• No Transport available• No meals included• Waiting times apply

Planned Activity Groups in the Loddon Shire

BOORT

Provider:	Boort District Hospital
Location:	Kiniry Street, Boort
Contact:	Boort District Hospital, PAG Coordinator 5455 2100
Target Group:	HACC eligible clients (<i>Core</i>)
Day/Time:	Monday 12.00noon-3.00pm
Brief description:	Creative Living - craft group <ul style="list-style-type: none">• Transport available (within 30km of Boort)• Meal included

Provider:	Boort District Hospital
Location:	Kiniry Street, Boort
Contact:	Boort District Hospital, PAG Coordinator 5455 2100
Target Group:	HACC eligible clients (<i>High</i>)
Day/Time:	Tuesday 10.00am-2.30pm
Brief description:	Tuesday Group - Social Interaction, Games, Outings and meal <ul style="list-style-type: none">• Transport available (within 30km of Boort)• Meal included

Provider:	Boort District Hospital
Location:	Kiniry Street, Boort
Contact:	Boort District Hospital, PAG Coordinator 5455 2100
Target Group:	HACC eligible clients (<i>Core</i>)
Days/Time:	Monday & Wednesday 12noon-2.00pm
Brief description:	Talk & Tucker – to meet the social needs of those receiving meals on wheels services. <ul style="list-style-type: none">• Transport available (within 30km of Boort)• Meal included

Provider: **Boort District Hospital**

Location: Kiniry Street, Boort

Contact: Boort District Hospital,
PAG Coordinator 5455 2100

Target Group: HACC eligible clients (*Core*)

Day/Time: Friday 1.30-4.00pm

Brief description: Film Group – Watch films of participants choosing

- Transport available (within 30km of Boort)
- Meal included

Provider: **Boort District Hospital**

Location: Kiniry Street, Boort

Contact: Boort District Hospital, PAG Coordinator 5455 2100

Target Group: HACC eligible clients (*Core*)

Day/Time: Friday 9.00-10.30am

Brief description: Strength Training/Tai Chi

- Transport available
- Meal included – Morning Tea

BRIDGEWATER

Provider: **Bendigo Health**

Locations: Bridgewater (Memorial Hall)

Contact: Bendigo Health, Physiotherapist/FOAP Coordinator
- Rural Health Team 03 5454 9395

Target Group: HACC eligible clients (*Core*)

Day/Time: Thursdays 1.30-2.30pm

Brief description: Fitness for Older Adults program (FOAP) Gentle exercise to music classes and strength training classes for older adults

- No Transport available
- No meals included

EAST LODDON

Provider:	Loddon Shire Council
Location:	East Loddon Senior Citizens Centre, Recreation Reserve, Calivil
Contact:	Loddon Shire, Community Services Officer 5437 7999
Target Group:	HACC eligible clients (<i>High and Core</i>)
Days/Time:	Thursday 11.00am-3.00pm (fortnightly)
Brief description:	Loddon Busy Bees -Social Activity program, lunch followed by varying activities or group outings <ul style="list-style-type: none">• Limited Transport available• Meals included

Provider:	Loddon Shire Council
Location:	East Loddon Senior Citizens Centre, Recreation Reserve, Calivil
Contact:	Loddon Shire, Community Services Officer 5437 7999
Target Group:	HACC eligible clients (<i>High and Core</i>)
Days/Time:	Tuesday (weekly) 11.00am-3.30pm
Brief description:	Centre Based PAGs -Social Activity program, assistant supported activities, includes lunch and afternoon of activities. <ul style="list-style-type: none">• No Transport available• Meals included

INGLEWOOD

Provider:	Inglewood and Districts Health Service
Location:	3 Hospital St, Inglewood
Contact:	Inglewood and Districts Health Service, PAG Coordinator 5431 7000
Target Group:	HACC eligible clients (<i>Core</i>)
Day/Time:	Alternate Saturdays 10.30am-2.30pm
Brief description:	Social Activity Program <ul style="list-style-type: none">• Transport available• Meal available at cost

Provider: **Inglewood and Districts Health Service**

Location: Senior Citizen's Centre, Inglewood

Contact: Inglewood and Districts Health Service,
PAG Coordinator 5431 7000

Target Group: HACC eligible clients (*Core*)

Day/Time: Wednesday 10.30am-3.30pm

Brief description: Social Activity Program

- Transport available
- Meal available at cost

Provider: **Loddon Shire Council**

Location: Inglewood Senior Citizens Centre,
Grant Street, Inglewood

Contact: Loddon Shire, Community Services Officer 5437 7999

Target Group: HACC eligible clients (*High and Core*)

Days/Time: Friday (weekly)

Brief description: Centre Based PAGs -Social Activity program, assistant supported activities, includes lunch and afternoon of activities.

- No Transport available
- Meals included

KORONG VALE

Provider: **Inglewood and Districts Health Service**

Location: Community Centre, Korong Vale

Contact: Inglewood and Districts Health Service,
PAG Coordinator 5431 7000

Target Group: HACC eligible clients (*Core*)

Day/Time: Tuesday 10.30am-3.30pm

Brief description: Social Activity Program

- Transport available
- Meal available at cost

PYRAMID HILL

Provider:	Loddon Shire Council
Location:	Pyramid Hill Senior Citizens Centre, McKay Street, Pyramid Hill
Contact:	Loddon Shire, Community Services Officer 5437 7999
Target Group:	HACC eligible clients (<i>High and Core</i>)
Days/Time:	Wednesday 11.00am-3.00pm (fortnightly)
Brief description:	Loddon Busy Bees -Social Activity program, lunch followed by varying activities or group outings <ul style="list-style-type: none">• Limited Transport available• Meals included

SERPENTINE

Provider:	Loddon Shire Council
Location:	Serpentine Municipal Offices, 37 Peppercorn Way, Serpentine
Contact:	Loddon Shire, Community Services Officer 5437 7999
Target Group:	HACC eligible clients (<i>High and Core</i>) Women's Group
Day/Time:	Thursday (fortnightly) 12.00noon-4.00pm
Brief description:	Dining With Friends -Social Activity program, lunch followed by social afternoon together. <ul style="list-style-type: none">• Limited Transport available (Available to eligible clients, when seats are available)• Meal included

Provider:	Loddon Shire Council
Location:	Four Posts Hotel, Loddon Valley Highway, Jarklin
Contact:	Loddon Shire, Community Services Officer 5437 7999
Target Group:	HACC eligible clients (<i>High and Core</i>) Men's Group
Days/Time:	Thursday 12.00noon-4.00pm (fortnightly)
Brief description:	Lunch with the Fellas -Social Activity program, lunch followed by social afternoon together. <ul style="list-style-type: none">• Limited Transport available• Meal included

TARNAGULLA

Provider:	Loddon Shire Council
Location:	Victoria Theatre, Commercial Rd, Tarnagulla
Contact:	Loddon Shire, Community Services Officer 5437 7999
Target Group:	HACC eligible clients (<i>High and Core</i>)
Days/Time:	Monday 11.00am-3.00pm (fortnightly)
Brief description:	Loddon Busy Bees -Social Activity program, lunch followed by varying activities or group outings <ul style="list-style-type: none">• Limited Transport available• Meals included

Provider:	Loddon Shire Council
Location:	Victoria Theatre, Commercial Rd, Tarnagulla
Contact:	Loddon Shire, Community Services Officer 5437 7999
Target Group:	HACC eligible clients (<i>High and Core</i>) Men's Group
Days/Time:	Tuesday 12.00noon-4.00pm (fortnightly)
Brief description:	Lunch with the Fellas -Social Activity program, lunch followed by social afternoon together. <ul style="list-style-type: none">• Limited Transport available• Meal included

WEDDERBURN

Provider:	Bendigo Health
Locations:	Wedderburn (Senior Citizens Centre)
Contact:	Bendigo Health, Physiotherapist/FOAP Coordinator - Rural Health Team 03 5454 9395
Target Group:	HACC eligible clients (<i>Core</i>)
Day/Time:	Tuesdays 9.30-10.30am
Brief description:	Fitness for Older Adults program (FOAP) Gentle exercise to music classes and strength training classes for older adults <ul style="list-style-type: none">• No Transport available• No meals included

Provider: **Inglewood and Districts Health Service**

Location: Wedderburn

Contact: Inglewood and Districts Health Service, – PAG Coordinator 5431 7000

Target Group: HACC eligible clients (*Core*)

Day/Time: Thursday 10.30am-3.30pm

Brief description: Social Activity Program

- Transport available
- Meal available at cost

Provider: **Loddon Shire Council**

Location: Wedderburn Senior Citizens Centre,
Kerr Street, Wedderburn

Contact: Loddon Shire, Community Services Officer 5437 7999

Target Group: HACC eligible clients (*High and Core*)

Days/Time: Monday (weekly)

Brief description: Centre Based PAGs -Social Activity program, assistant supported activities, includes lunch and afternoon of activities.

- No Transport available
- Meals included

VARIOUS VENUES

Provider: **Loddon Shire Council**

Location: Venue varies as totally outings based

Contact: Loddon Shire, Community Services Officer 5437 7999

Target Group: HACC eligible clients (*High and Core*)

Day/Time: Varies depending on the activity or outing

Brief description: Club 5 to 8 -Social Activity program, outings based activities. Varying destinations and interests offered throughout the year.

- Limited Transport available (Some limited transport is available for travelers from their home to a bus collection point)
- Meals included
- Waiting times may apply









Bendigo Loddon Primary Care Partnership
PO Box 1121, Bendigo 3552