

Aged Care Changes

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As you may be aware on 1 July 2015, the way older Australians access home assistance has changed, these changes are part of the Federal Government's aged care reforms. One of the most significant effects of the reforms is the introduction of the Federal Government's My Aged Care Gateway.

PLEASE NOTE: These changes are only relevant to individuals who are completely new to the system. If you are already registered with us, these changes don't apply and you can continue to call us directly if you wish to attend the Positive Ageing Centre or need help in or around your home. If you are unsure if you are registered please call the 84080400 and ask to be put through to the Positive Ageing Centre / Hills Home & Community Support Team.

If you are new and wish to access programs or assistance for the first time the way to register is through the My Aged Care Gateway:

Phone: 1800 200 422

Internet: myagedcare.com.au

The staff monitoring the calls at the Gateway will undertake a questionnaire with you over the phone, which will assist in determining your needs. When you are speaking with the Gateway you can request to be referred directly to the Adelaide Hills Council's programs:

*Positive Ageing Centre

*Hills Home & Community Support

Information

Can I attend Positive Ageing Centre Programs?

If you are over 65, living at home in and around the Adelaide Hills Council region and in need of social support, you may be eligible to attend.

Please refer to the **Aged Care Changes** on the previous page on how to register, if you haven't attended our centre before.

Fire Bans and Community Buses

A reminder to everyone that on days deemed Extreme, the Community Buses do not run, while the Centre remains open. Whilst we endeavour to contact vulnerable clients, it is up to those using the Community buses to listen out for reports via radio or television the night before, and if not sure to ring the Centre before 9am to confirm if the program will still be running.

CATASTROPHIC FIRE DAYS

Where there is a **Catastrophic Level Fire Ban** for the Mt Lofty Ranges the centre will be **CLOSED** and **all programs** will be cancelled. For any queries during this time please contact the Adelaide Hills Council on 84080400 and ask to be put through to the Positive Ageing Centre / Hills Home & Community Support Team . Thanking you.

Positive Ageing Programs

36 Nairne Road
Woodside SA 5244

PO Box 44
Woodside SA 5244

(08) 8408 0400 | mail@ahc.sa.gov.au

ahc.sa.gov.au



Positive Ageing Programs

2018 program



Fun, help, learning and friendship

for everyone!

(08) 8408 0400

ahc.sa.gov.au

Exercise classes to maintain and improve your quality of life - All held at the Positive Ageing Centre

Tuesdays

Chair Yoga

Gentle program of stretching, strengthening exercises and relaxation.

Laughter Yoga

A unique exercise routine combining unconditional laughter and yogic breathing. Contact us for further details

When: Alternate Tuesdays

Time: 2pm-3pm

Cost: \$5

Wednesdays (not in school holidays)

Chair Pilates

Whole body movement, mobility and strength building.

When: Wednesdays (weekly in the school term)

Time: 12.45 am–1.45pm

Cost: \$5

General Exercise Class (in school holidays)

To maintain continuity during the school holidays when Chair Pilates is not running—focusing on strength, co-ordination, balance and movement to music. Same time & Cost.

Thursdays

Stronger for Longer

Class 1 Chi Ball session for participants with good mobility and looking for a challenge and is an excellent stretch and strength class

When: Thursdays (weekly)

Time: 9.30am –10.30am

Class 2 Focusing on a selection of grouped rehabilitation exercises to help restore movement and reduce pain.

When: Thursdays (weekly)

Time: 10:30am-11:30am

Cost: \$5 per class

You are welcome to join everyone for a cuppa after each class!

Regular Programs

Mind Matters at the Positive Aging Centre (PAC)

Mixed groups allowing for cognitive stimulation, reminiscing and connection with others in a friendly and supportive place.

When: Mondays (weekly)

Time: 10am—1pm

Cost: \$9 (includes a light healthy lunch)

Includes a variety of programs to cater for different interests These may include bus outings, light exercise, games and quizzes.

Monthly/ Special Programs

Book Worms Book Club @ Charleston

Come and join “Bookworms’

When: 1st Monday in the month (2nd if the Monday is a public holiday)

Time: 2pm— 4pm

Cost: \$4

Where: Charleston Hall supper room

Home & Garden

Gardening Club “Bloomers” at the PAC

Do you love gardening, talking to other passionate people or just learning more? This is the group for you! Gardening tips, guest speakers, nursery visits, propagating and garden quizzes. (no digging required)

When: 1st Friday in the month

Time: 10am - 12 noon **occasionally longer outings*

Cost: \$7 (includes morning tea)

“Cooking with Friends” at the PAC

Come and cook new and interesting foods from different cultures, plus have a social morning with others and share the end results in a delicious sit down lunch

When: Tuesdays (monthly)

Time: 10.30am to 1pm

Cost: \$7

Brain Bootcamp at the PAC

Boost your brain power with a range of mental and physical exercises, puzzles, trivia and games, lifestyle information and relaxation techniques.

When: 4th Friday each month

Time: 10am—12 noon

Cost: \$5 includes morning tea

Social and Wellbeing

Coffee and more....

Get out and about, have a cuppa and see the sights!

When: 2nd Friday each month

Time: 10am—12 noon

Cost: \$5 plus morning tea at own expense

Where: Selected destinations throughout the region

R.O.A.M.E.R.S (Retired older active men enjoying recreation socially) Calling all men to join our Men’s only group for monthly outings to interesting destinations.

When: 3rd Wednesday each month

Cost: \$7 plus (lunch & tour fees if applicable at own cost)

For the Night Owls

“Food with Friends”

Meal nights to different Hills venues

When: 4th Thursday each month

Time: 6pm-8pm with transport available

Cost: \$4 plus meal at own expense.

Don't forget to ask the friendly team for a copy of our bi-monthly newsletter showing our great range of ever-evolving programs and events

We do our best to cater for every-ones tastes!

Do you have an email address? We are happy to add you to our list. That way you will never miss out on what's happening with our

Positive Ageing Programs

To book call the Adelaide Hills Council

84080400

& ask to be put through to
Positive Ageing Programs /
Hills Home & Community Support Team