

# Active and Healthy Ageing Mapping

**June 2016**

Document prepared for the Department of Health and Human Services Health Promotion Team  
by Southern Mallee Primary Care Partnership

*Southern Mallee Primary Care Partnership would like to acknowledge the input of all contributors to his mapping.*

## INTRODUCTION

The Department of Health and Human Services (DHHS) worked with Loddon Mallee Region Primary Care Partnerships to undertake mapping relating to Active and Healthy Ageing. The aim was to identify effective active and healthy ageing activities, programs and strategies operating across the region and any gaps and potential or emerging issues to improve the health and wellbeing of older people.

The World Health Organisation (WHO) has adopted the term “active aging” to summarise “the process of optimising opportunities for health participation and security in order to enhance quality of life as people age”. In 2002 WHO released the Policy Framework for Active Ageing with action required on three basic pillars, health, participation and security. The mapping is to align with the three pillars of Participation, Health and Security to ensure a holistic approach to enabling healthy aging is achieved.

### Participation

- Provide education and learning opportunities throughout the life course
- Encourage people to participate fully in family community life, as they grow older.

### Health

- Prevent and reduce the burden of excess disabilities, chronic disease and premature mortality
- Reduce risk factors associated with major diseases and increase factors that protect health throughout the life course.

- Develop a continuum of affordable, accessible, high quality and age friendly health and social services that address the needs and rights of women and men as they age

### Security

- Ensure the protection, safety and dignity of older people by addressing the social, financial and physical security rights and needs of people as they age.
- Reduce inequities in the security rights and needs of older women

This mapping was completed by Southern Mallee Primary Care Partnership for the LGAs of Buloke, Gannawarra and Swan Hill (excluding Robinvale.) Previous mapping for Physical Activity and Nutrition has been completed by Southern Mallee PCP, please find it on the Southern Mallee PCP website:

- [SMPCP Promoting Healthy Lifestyles Mapping Report - Physical Activity & Nutrition 2009 - 2013](#)

For further information please contact Ellyn Tasker, SMPCP Partnership Support Officer e: [administration@smpcp.com.au](mailto:administration@smpcp.com.au) p. 5032 1852

The Southern Mallee Primary Care Partnership Active and Healthy Ageing Mapping document provides details of programs and initiatives that target or are predominantly attended by people over the age of 55. Areas for inclusion are *healthy eating, physical activity, emotional wellbeing and cognitive development, social participation, social inclusion and age friendly environments*.

Southern Mallee PCP collated this data by utilising the Southern Mallee PCP Board of Management, existing committees, partnerships and connections, liaising with the Department of Health and Human Services, local councils, Community Health providers, Hospitals, Neighbourhood Houses and other organisations. A further web search was used to collect and collate the remaining information. Several key documents such as Primary Care Partnership Strategic Plans, SMPCP Promoting Healthy Lifestyles Mapping Report - Physical Activity & Nutrition, Integrated Health Promotion Plans and Municipal Public Health and Wellbeing Plans were also analysed.

The data showed that those living close to a town of notable size with local based services would have a wide range of support and leisure activities available. For those in more rural areas however, while some programs had transport available, most did not. There were social participation activities that did target this isolated population though, for example the Volunteering Friendly Visiting Program providing regular home visits to those needing social support. There are a large number of programs available in the Southern Mallee, with most of them falling into the categories of Physical Activity programs and Social Inclusion and Participation programs.

It is acknowledged that there are some limitations to the mapping undertaken, meaning some gaps will have occurred as not everything has been possible to map.

Bronwyn Hogan, Executive Officer Southern Mallee PCP

## CONTENTS

INTRODUCTION .....	2
EXECUTIVE SUMMARY .....	3
DEFINITIONS.....	6
HEALTHY EATING.....	7
DELIVERED MEALS.....	7
PHYSICAL ACTIVITY.....	8
AQUA.....	8
BOWLS.....	8
CROQUET .....	9
CYCLING.....	9
GOLF.....	9
PLANNED ACTIVITY GROUP.....	13
TENNIS CLUBS .....	15
WALKING GROUP.....	16
YOGA/PILATES/TAI CHI .....	17
SOCIAL INCLUSION & PARTICIPATION .....	18
CHURCHES.....	18
HISTORICAL SOCIETY .....	18
LIONS CLUB .....	19
MENS SHED.....	19
NEIGHBOURHOOD HOUSES.....	20
PROBUS.....	21

# Active and Healthy Ageing Mapping

ROTARY .....	21
SENIOR CITIZEN CLUBS.....	21
VOLUNTEERING.....	22
AGE FRIENDLY ENVIRONMENTS .....	23
CARER SUPPORT.....	23
DIABETES.....	23
HOME CARE.....	24
POLICY / DOCUMENTS .....	26
NETWORKS.....	28

## DEFINITIONS

**Physical Activity** – An activity that a person of age 55 + could reasonably be expected to participate in that requires any bodily movement produced by skeletal muscles that requires energy expenditure.

**Healthy Eating** – Programs that provide people with healthy food or educate people about eating a variety of foods that supply the nutrients you needed maintain health, feel good, and have energy.

**Social Inclusion** – The provision of certain rights to all individuals and groups in society, such as employment, adequate housing, health care, education and training.

**Social Participation** – People’s social involvement and interaction with others. Activities such as volunteering, making donations, participating in sports, and recreational activities are all forms of social participation.

**Emotional Wellbeing and Cognitive Development** – Programs that support an individual to be able to function in society and meet the demands of everyday life by increasing cognitive function and mental health.

**Age friendly environments** – Physical environments that support health promoting activities, safety, access and inclusion.

# Active and Healthy Ageing Mapping

## HEALTHY EATING

Activity/Program	Organisation	Location	Contact	When/ Frequency	Target Group	Health Focus	Evaluation	Additional Information/ Further Comments
					<b>General Population Aboriginal CALD Refugee LGBTI Disability Low-socio economic</b>	<b>Physical Activity Healthy Eating Social Inclusion Social Participation Emotional Wellbeing and Cognitive Development + Brief Description</b>	<b>Yes/No - Evidence</b>	<b>Access Cost, Transport Attendance, Waitlist  Funding Sources Commonwealth, State, Private</b>

### DELIVERED MEALS

Delivered Meals	Swan Hill Rural City Council	Swan Hill municipality	Swan Hill Rural City Council	Daily	Primarily aimed at aged and frail members of the community – includes special needs groups	Healthy Eating  SHRCC Community Care Services (CCS) department provides services with a Reablement and Active Service Model focus.	SHRCC has Active Service Model plan that is reviewed and updated annually	Funding: Commonwealth and State
Delivered Meals	Mallee Track Health and Community Service	Buloke	Ouyen Service Centre 5092 1111	Daily	Over 65yrs or 50 yrs for Torres Straight Islander or of Aboriginal decent Disability HACC/CHSP eligible	Healthy Eating  Meals on Wheels service provides a 3 course meal delivered to the consumer's home. Delivered meals are pre prepared and are delivered fresh on a daily basis or frozen to clients living outside Ouyen.		Funding: CHSP/HACC
Delivered Meals	Buloke Shire Council	Buloke		Daily	Over 65yrs or 50 yrs for Torres Straight Islander or of Aboriginal decent Disability HACC/CHSP eligible	Healthy Eating		Funding: CHSP/HACC
Meals on Wheels	Gannawarra Shire Council	Gannawarra	545 9333		Aged Disability	Healthy Eating		Funding: HACC

# Active and Healthy Ageing Mapping

## PHYSICAL ACTIVITY

Activity/Program	Organisation	Location	Contact	When/ Frequency	Target Group	Health Focus	Evaluation	Additional Information/ Further Comments
					<b>General Population</b> <b>Aboriginal</b> <b>CALD</b> <b>Refugee</b> <b>LGBTI</b> <b>Disability</b> <b>Low-socio economic</b>	<b>Physical Activity</b> <b>Healthy Eating</b> <b>Social Inclusion</b> <b>Social Participation</b> <b>Emotional Wellbeing and Cognitive Development</b> <b>+</b> <b>Brief Description</b>	<b>Yes/No - Evidence</b>	<b>Access</b> <b>Cost, Transport Attendance, Waitlist</b>  <b>Funding Sources</b> <b>Commonwealth, State, Private</b>
<b>AQUA</b>								
Hydrotherapy	Mallee Physio	Swan Hill	5032 5888		General Population	Physical Activity  Hydrotherapy is a form of treatment or exercise instructed by a Physiotherapist or qualified Instructor, conducted in a heated pool.		
Aqua Aerobics	Swan Hill Leisure Centre	Swan Hill	5032 5222	Mon – Fri weekly	General Population	Physical Activity Social Inclusion and Participation		Cost: \$5.80 per class Waitlist:: none
Aqua Fitness	Swan Hill Leisure Centre	Swan Hill	5032 5222	Mon – Fri weekly	General Population	Physical Activity Social Inclusion and Participation		Cost: \$7 per class Waitlist:: none
Women's Water Aerobics	Swan Hill Leisure Centre	Swan Hill	5032 5222	Wed & Thur	Women	Physical Activity Social Inclusion and Participation		Cost: \$6.50 per class Waitlist:: none
Hydrotherapy	Gannawarra Shire Council	Kerang		Weekly	General Population	Physical Activity		Cos: \$3.50 per class
Hydrotherapy	Mallee Track Health and Community Service	Seal Lake and surrounds	Ouyen Service Centre 5092 1111	Weekly	General Population	Physical Activity  Warm Water based exercise programs to treat a specific problem of for general exercise maintenance.		Cost to client
<b>BOWLS</b>								
Indoor Carpet Bowls	Mallee Sports Assembly	Kerang	Rhonda Allan 5493 7796	Weekly – but activities change every few weeks	Living with a Disability	Physical activity  Opportunity for PWD to play indoor carpet bowls	No	Cost: free Attendance: 5 people Funding: DHHS – AAA
Indoor Carpet Bowls	Mallee Sports Assembly	Charlton	Rhonda Allan 5493 7796	Weekly – but activities change every few weeks	Living with a Disability	Physical activity  Opportunity for PWD to play indoor carpet bowls	No	Cost: free Attendance: 20 people Funding: DHHS – AAA
Berriwillock Bowling Club		Berriwillock	5079 2310		General Population	Physical Activity Social Inclusion and Participation		
Birchip Bowls Club		Birchip	5492 2296		General Population	Physical Activity Social Inclusion and Participation		



# Active and Healthy Ageing Mapping

## PHYSICAL ACTIVITY

Activity/Program	Organisation	Location	Contact	When/ Frequency	Target Group	Health Focus	Evaluation	Additional Information/ Further Comments
					<b>General Population</b> <b>Aboriginal</b> <b>CALD</b> <b>Refugee</b> <b>LBGTI</b> <b>Disability</b> <b>Low-socio economic</b>	<b>Physical Activity</b> <b>Healthy Eating</b> <b>Social Inclusion</b> <b>Social Participation</b> <b>Emotional Wellbeing and Cognitive Development</b> + <b>Brief Description</b>	<b>Yes/No - Evidence</b>	<b>Access</b> <b>Cost, Transport Attendance, Waitlist</b>  <b>Funding Sources</b> <b>Commonwealth, State, Private</b>
Charlton Bowling Club		Charlton	5491 1797		General Population	Physical Activity Social Inclusion and Participation		
Culgoa Bowling Club		Culgoa	5077 2222		General Population	Physical Activity Social Inclusion and Participation		
Donald Bowling Club		Donald	5497 1264		General Population	Physical Activity Social Inclusion and Participation		
Donald Gold Bowls		Donald	5497 1278		General Population	Physical Activity Social Inclusion and Participation		
Cohuna Gold Bowling Club		Cohuna	5456473 1					
<b>CROQUET</b>								
Charlton Croquet Club		Charlton				Physical Activity		
Wycheproof Croquet Club		Wycheproof				Physical Activity		
Donald Croquet Club		Donald	5497 1360			Physical Activity		
Swan Hill Lawn Tennis and Croquet Club		Swan Hill			General Population	Physical Activity Social Inclusion & Participation		
<b>CYCLING</b>								
Swan Hill Cycling Group		Swan Hill	5033 2032	Saturdays	General Population	Physical Activity		Cost: free
<b>GOLF</b>								
Lakeside Golf Club		Lake Boga	5037 2728		General Population	Physical Activity Social Inclusion & Participation		
Manangatang Golf Club		Manangatang	5035 1469		General Population	Physical Activity Social Inclusion & Participation		

# Active and Healthy Ageing Mapping

## PHYSICAL ACTIVITY

Activity/Program	Organisation	Location	Contact	When/ Frequency	Target Group	Health Focus	Evaluation	Additional Information/ Further Comments
					<b>General Population</b> <b>Aboriginal</b> <b>CALD</b> <b>Refugee</b> <b>LGBTI</b> <b>Disability</b> <b>Low-socio economic</b>	<b>Physical Activity</b> <b>Healthy Eating</b> <b>Social Inclusion</b> <b>Social Participation</b> <b>Emotional Wellbeing and Cognitive Development</b> <b>+</b> <b>Brief Description</b>	<b>Yes/No - Evidence</b>	<b>Access</b> <b>Cost, Transport Attendance, Waitlist</b>  <b>Funding Sources</b> <b>Commonwealth, State, Private</b>
Nyah West Golf Club		Nyah West	5030 2295		General Population	Physical Activity Social Inclusion & Participation		
Ultima Golf Club		Swan Hill	5033 1966		General Population	Physical Activity Social Inclusion & Participation		
Play Golf	Mallee Sports Assembly	Cohuna	Rhonda Allan 5493 7796	Weekly – but activities change every few weeks	General Population	Physical activity  2 hour Skills and game clinics for new and old players	La Trobe Uni does eval	Cost: \$5 per session Attendance: Approx 20 people but does vary Funding: Vic Health
Berrwillock Golf Club		Berrwillock			General Population	Physical Activity Social Inclusion & Participation		
Charlton Golf Club		Charlton	5431 1596		General Population	Physical Activity Social Inclusion & Participation		
Donald Golf Club		Donald	5497 1278		General Population	Physical Activity Social Inclusion & Participation		
Sea Lake Golf Club		Sea Lake	5070 1028		General Population	Physical Activity Social Inclusion & Participation		
Wycheproof Golf Club		Wycheproof	5493 7488		General Population	Physical Activity Social Inclusion & Participation		
Cohuna Golf & Bowls Club		Cohuna	5456 2820		General Population	Physical Activity Social Inclusion & Participation		
Kerang Golf and Bowls Club		Kerang	5452 1506		General Population	Physical Activity Social Inclusion & Participation		
Lalbert Golf Club		Lalbert	5457 3340		General Population	Physical Activity Social Inclusion & Participation		
Murrabit Golf Club		Murrabit	5457 2324		General Population	Physical Activity Social Inclusion & Participation		
<b>GROUP EXERCISE PROGRAMS</b>								
Mallee Women	Mallee Sports Assembly/Swan Hill Leisure	Swan Hill Leisure Centre	5032 5222	Weekly	Women	Physical Activity  Winter in the Gym, Summer in the Pool		Cost of entry

# Active and Healthy Ageing Mapping

## PHYSICAL ACTIVITY

Activity/Program	Organisation	Location	Contact	When/ Frequency	Target Group	Health Focus	Evaluation	Additional Information/ Further Comments
					<b>General Population Aboriginal CALD Refugee LGBTI Disability Low-socio economic</b>	<b>Physical Activity Healthy Eating Social Inclusion Social Participation Emotional Wellbeing and Cognitive Development + Brief Description</b>	<b>Yes/No - Evidence</b>	<b>Access Cost, Transport Attendance, Waitlist  Funding Sources Commonwealth, State, Private</b>
	Centre							
Older Exercise Group	Mallee Sports Assembly	Swan Hill Neighbourhood House	Delia 5033 2008	Tuesday and Fridays	General Population - older	Physical Activity		\$4.50 plus 50cent for morning tea  16 participants
Exercise Group	Community Rehabilitation Centre (CRC)	Cm McCrae & Splatt Street, Swan Hill	5033 9321	Friday 1.00 – 2.00	Group exercise for clients requiring individualized exercise programs in a supervised environment.	Physical Activity  As indicated by treating exercise physiologist / physiotherapist	Yes	No cost for group programs  Funding: State
Exercise Groups	Swan Hill Rural City Council		5036470 0		Primarily aimed at aged and frail members of the community – includes special needs groups	Physical Activity		
Heart Moves – Koraleigh		Koraleigh Hall	Darren Keune 0428527 724	Mondays 10:45am	Open to all	Physical Activity Social Inclusion Social Participation  Heartmoves is a gentle physical activity program suitable for anyone and is designed to be safe for people with stable long term health conditions such as heart disease, diabetes or obesity. The program runs in an age friendly environment.	Participation numbers and group feedback	Cost \$5 per session  Funding: Private (plus some Commonwealth-ROP)
Heart Moves – Swan Hill		Swan Hill Senior Citizens Centre		Tuesdays and Thursdays 10am	Open to all	Physical Activity Social Inclusion Social Participation  Heartmoves is a gentle physical activity program suitable for anyone and is designed to be safe for people with stable long term health conditions such as heart disease, diabetes or obesity. The program runs in an age friendly environment.	Participation numbers and group feedback	Cost \$5 per session  Funding: Private (plus some Commonwealth-ROP)
Life! program	East Wimmera Health Service	All five EWHS campuses (Birchip, Charlton, Donald, St Arnaud, Wycheproof).	Central Intake / Community Health Nurses  Ph: (03) 5477 2222	Two per year (if adequate number of participants).	People at risk of developing Cardiovascular Disease and/or Type 2 Diabetes.	Health Eating Physical Activity  A Victorian lifestyle modification program run by health professionals that helps reduce the risk of developing Type 2 Diabetes and Cardiovascular Disease. The program gives the motivation and support needed to make and maintain positive changes to adopt healthy behaviours and a more active lifestyle.	Participants complete an evaluation form at the end of the course which EWHS then use to evaluate the program.	Cost: Those deemed at risk of developing Cardiovascular Disease and/or Type 2 Diabetes, otherwise \$30 for those not at risk.  Transport: None  Wait List: None. A minimum of five participants required for the program to

# Active and Healthy Ageing Mapping

## PHYSICAL ACTIVITY

Activity/Program	Organisation	Location	Contact	When/ Frequency	Target Group	Health Focus	Evaluation	Additional Information/ Further Comments
					<b>General Population</b> <b>Aboriginal</b> <b>CALD</b> <b>Refugee</b> <b>LGBTI</b> <b>Disability</b> <b>Low-socio economic</b>	<b>Physical Activity</b> <b>Healthy Eating</b> <b>Social Inclusion</b> <b>Social Participation</b> <b>Emotional Wellbeing and Cognitive Development</b> <b>+</b> <b>Brief Description</b>	<b>Yes/No - Evidence</b>	<b>Access</b> <b>Cost, Transport Attendance, Waitlist</b>  <b>Funding Sources</b> <b>Commonwealth, State, Private</b>
								run.  Funded: Funded by the Victorian Government and managed by Diabetes Victoria
Cardiac Rehabilitation	Community Rehabilitation Centre (CRC)	Crn McCrae & Splatt Street, Swan Hill	5033 9321	Tuesday 1:30-3:30 for 7 weeks	For persons who have had stents, bypass &/or valvular surgery, heart attack, or other heart conditions	Physical Activity  7 week education/ exercise program	Yes	No cost for group programs  Funding: State  GP referral preferred but self-referral accepted
Heart Failure Program	Community Rehabilitation Centre (CRC)	Crn McCrae & Splatt Street, Swan Hill	5033 9321	Thursday 10:30-12:30 for 10 weeks	For persons with chronic heart failure, pace maker insertion or other heart conditions	Physical Activity  10 week education/ exercise program	Yes	No cost for group programs  Funding: State  GP referral preferred but self-referral accepted
Falls & Balance Program	Community Rehabilitation Centre (CRC)	Crn McCrae & Splatt Street, Swan Hill	5033 9321	Monday 1:00-3:00 for 10 weeks	To provide education and support to increase participants awareness of risk factors for sustaining falls and developing prevention strategies for falling. This program will identify those most at risk .Identify the risk factors contributing to the risk of falling.	Physical Activity  10 week education / exercise program	Yes	No cost for group programs  Funding: State
Orthopaedic Group	Community Rehabilitation Centre (CRC)	Crn McCrae & Splatt Street, Swan Hill	5033 9321	Wednesday 2:00-3:00	Ortho Group', short for orthopaedic group, is an exercise class designed for patients who have recently had orthopaedic surgery. This typically includes total knee and hip replacement patients, but can sometimes include clients that have had other surgeries.	Physical Activity  On average, participants attend for 6 weeks but this is assessed on an individual basis.  Each 50 minute session includes a combination of individual and group exercises, completed at your own pace.	Yes	No cost for group programs  Funding: State
ADD Life (Activity & Dietary Decisions on Life)	Community Rehabilitation Centre (CRC)	Crn McCrae & Splatt Street, Swan Hill	5033 9321	Tuesday & Thursday 9:00-10:00 for 12 weeks	People with Body Mass Index > 35 Aged 18-65 Physically independent &	Physical Activity  Program goals: • 5-8% weight loss over 12 weeks	Yes	No cost for group programs  Funding: State

# Active and Healthy Ageing Mapping

## PHYSICAL ACTIVITY

Activity/Program	Organisation	Location	Contact	When/ Frequency	Target Group	Health Focus	Evaluation	Additional Information/ Further Comments
					<b>General Population</b> <b>Aboriginal</b> <b>CALD</b> <b>Refugee</b> <b>LGBTI</b> <b>Disability</b> <b>Low-socio economic</b>	<b>Physical Activity</b> <b>Healthy Eating</b> <b>Social Inclusion</b> <b>Social Participation</b> <b>Emotional Wellbeing and Cognitive Development</b> + <b>Brief Description</b>	<b>Yes/No - Evidence</b>	<b>Access</b> <b>Cost, Transport Attendance, Waitlist</b>  <b>Funding Sources</b> <b>Commonwealth, State, Private</b>
					capable of exercising under supervision.	• Increased ability to maintain a healthy lifestyle  12 weeks intensive program and then move to maintenance program which involves weekly exercise session on the Thursday morning and 6/12 month reviews from each professional.		
EASE Pain	Community Rehabilitation Centre (CRC)	Crn McCrae & Splatt Street, Swan Hill	5033 9321	Thursday 2.00 – 4.00	Those with chronic pain	Physical Activity  To provide education and support to increase participant's understanding of chronic pain and influences on chronic pain. This program aims to assist participants to trial varied types of exercise in a safe environment to help participants find a style of exercise that works for them.	Yes	\$40 (inclusive of course materials)  Funding: State
Heart Moves	Senior Citizens	Stradbroke Hall Swan Hill	5033 9377	Tuesdays and Thursdays	General Population	Physical Activity  Group Exercise Class		Cost: \$5 per week
Gentle Exercise Group	Swan Hill Neighbourhood House	Swan Hill	5032 1549	Tuesday and Friday	General Population	Physical Activity  Group Exercise Class		Cost: \$4.50 per class
Exercise Groups – Various Levels	Mallee Track Health & Community Service	All campuses	Ouyen Service Centre 50921111	Weekly	Older population	Physical Activity  Groups meet weekly with the aim of prevention of falls. New clients are assessed by the fitness leader prior to beginning classes to ensure allocation to most appropriate group.		Cost to client
<b>PLANNED ACTIVITY GROUP</b>								
Planned Activity Program	Swan Hill Rural City Council		50364700		Primarily aimed at aged and frail members of the community – includes special needs groups	Physical Activity		
Planned Activity Program – Gentle Exercise	Swan Hill Rural City Council	Swan Hill	5036 2333	Tuesdays	Must be eligible for HACC funding	Physical Activity		Cost: \$2 per session Waitlist: none
Planned Activity Program- Centre Based	Kerang District Health	WD Thomas Activity Centre	03 5450 9200	Monday, Wednesday, Friday	over 65 within the Shire of Gannawarra Embracing those clients experiencing health/ hardship/ diversity issues Aboriginal Torres Strait Islander	Physical Activity Healthy Eating Social Inclusion and Participation  Centre Base program focuses on wellness and active aging , embracing the active service model	Regular informal client meetings are held to evaluate the program Formal surveys	Cost: \$10.00 (Meal and collection on facility bus)  Transport: Yes  Current Client figures- 26

# Active and Healthy Ageing Mapping

## PHYSICAL ACTIVITY

Activity/Program	Organisation	Location	Contact	When/ Frequency	Target Group	Health Focus	Evaluation	Additional Information/ Further Comments
					<b>General Population</b> <b>Aboriginal</b> <b>CALD</b> <b>Refugee</b> <b>LBGTI</b> <b>Disability</b> <b>Low-socio economic</b>	<b>Physical Activity</b> <b>Healthy Eating</b> <b>Social Inclusion</b> <b>Social Participation</b> <b>Emotional Wellbeing and Cognitive Development</b> + <b>Brief Description</b>	<b>Yes/No - Evidence</b>	<b>Access</b> <b>Cost, Transport Attendance, Waitlist</b>  <b>Funding Sources</b> <b>Commonwealth, State, Private</b>
					(55years of age) Financially disadvantaged Dementia CALD GLBTI Isolation	Encouraging participants to remain socially connected through a range of activities and a shared meal	are conducted annually	No waiting list for program entry  Funding: HACC
Planned Activity Program- Mobile	Kerang District Health	Quambatook & mobile	03 5450 9200	Tuesday Mobile on Thursday	Over 65 within the Shire of Gannawarra Embracing those clients experiencing isolation (Rural/ remote)	Physical Activity Healthy Eating Social Inclusion and Participation  Outreach program focuses on wellness and active aging, embracing the active service model Encouraging participants to remain socially connected through a range of activities and a shared meal Tuesday- Quambatook Senior Citizens Centre Thursday- Shopping Group	Formal surveys are conducted	Cost: \$5.00 (Activity and collection on facility bus) Meal at client cost  Transport: Yes  Current Client figures- 20  No waiting list for program entry  Funding: HACC
Planned Activity Program- Exercise	Kerang District Health	WD Thomas Activity Centre	03 5450 9200	Tuesday, Thursday	Over 65 within the Shire of Gannawarra Embracing those clients experiencing health/ hardship/ diversity issues Aboriginal Torres Strait islander (55years of age) Financially disadvantaged Dementia CALD GLBTI Isolation (Rural/ remote) TAC WorkCover	Physical Activity  Focus of the Exercise Program (in conjunction with Bendigo Health Allied Health Team) is the maintenance and improvement in physical function through individual exercise program and the promotion of social inclusion The program includes <ul style="list-style-type: none"> <li>Physical Maintenance</li> <li>Strength training</li> <li>Pulmonary Rehabilitation</li> <li>Tai Chai</li> </ul>	Formal surveys are conducted  Client letters/ testimonials	Cost: \$4.00 (Collection in facility vehicle for socially isolated/ at risk clients)  Transport: Yes  Current Client figures- 100  No waiting list for program entry  Funding: HACC
Planned Activity Group (PAG)	East Wimmera Health Service	All five EWHS campuses (Birchip, Charlton, Donald, St Arnaud, Wycheproof).	Central Intake  Ph: (03) 5477 2222	Held between two and four times per week (varies at each campus).	Frail, aged (65+) or people with a disability (and their carers).	A social group program. Activities offered aim to increase social confidence by providing physical, intellectual, emotional and social stimulation to enhance an individual's ability to remain living at home in the community.  Includes chair based gentle exercise, tai chi and warm water exercise for older adults.	No	Cost: A minimal daily fee (\$7.40) applies which includes a midday meal.  Transport: An EWHS vehicle is available to transport clients to PAG if required.  Funded: Prior to 1/7/16 HACC funded. Post 1/7/16 Commonwealth funded (for

# Active and Healthy Ageing Mapping

## PHYSICAL ACTIVITY

Activity/Program	Organisation	Location	Contact	When/ Frequency	Target Group	Health Focus	Evaluation	Additional Information/ Further Comments
					<b>General Population</b> <b>Aboriginal</b> <b>CALD</b> <b>Refugee</b> <b>LGBTI</b> <b>Disability</b> <b>Low-socio economic</b>	<b>Physical Activity</b> <b>Healthy Eating</b> <b>Social Inclusion</b> <b>Social Participation</b> <b>Emotional Wellbeing and Cognitive Development</b> + <b>Brief Description</b>	<b>Yes/No - Evidence</b>	<b>Access</b> <b>Cost, Transport Attendance, Waitlist</b>  <b>Funding Sources</b> <b>Commonwealth, State, Private</b>
								aged).
Planned Activity Group	Mallee Track Health & Community Service	-Mon: Ouyen -Tues: Murrayville, Ouyen -Wed: Underbool -Thur: Speed Ouyen -Fri: Manangatang  Tue: Culgoa Wed: Woomelang Thur: Sea Lake	Ouyen service Centre 5092 1111  Sea Lake Service Centre 5070 2155	Weekly or monthly depending on location	65yrs plus or 50 yrs plus for Torres Straight Islander or of Aboriginal decent Disability	Social Inclusion, Participation Emotional Wellbeing and Cognitive Development  Planned Activity Group aims to provide activities directed at enhancing the skills required for daily living and provide intellectual, emotional and social support. The program also provides opportunities for social interaction, respite and support for carers.		Funding: CHSP & HACC
Rock Up Netball	Mallee Sports Assembly	Wycheproof	Rhonda Allan 5493 7796	Weekly – but activities change every few weeks	General Population	Physical activity  Modified game of netball to attract new and old players	La Trobe Uni does eval	Cost: \$5 per session Attendance: Approx 20 people but does vary Funding: Vic Health
<b>TENNIS CLUBS</b>								
Manangatang Tennis Club		Manangatang			General Population	Physical Activity Social Inclusion & Participation		
Nyah West Tennis Club		Nyah West			General Population	Physical Activity Social Inclusion & Participation		
Swan Hill Lawn Tennis and Croquet Club		Swan Hill			General Population	Physical Activity Social Inclusion & Participation		
Berriwillock TC		Berriwillock			General Population	Physical Activity Social Inclusion & Participation		
Birchip TC		Birchip			General Population	Physical Activity Social Inclusion & Participation		
Charlton LTC		Charlton			General Population	Physical Activity Social Inclusion & Participation		
Nandaly TC		Nandaly			General Population	Physical Activity Social Inclusion & Participation		
Nullawil LTC		Nullawil			General Population	Physical Activity Social Inclusion & Participation		

# Active and Healthy Ageing Mapping

## PHYSICAL ACTIVITY

Activity/Program	Organisation	Location	Contact	When/ Frequency	Target Group	Health Focus	Evaluation	Additional Information/ Further Comments
					<b>General Population</b> <b>Aboriginal</b> <b>CALD</b> <b>Refugee</b> <b>LGBTI</b> <b>Disability</b> <b>Low-socio economic</b>	<b>Physical Activity</b> <b>Healthy Eating</b> <b>Social Inclusion</b> <b>Social Participation</b> <b>Emotional Wellbeing and Cognitive Development</b> + <b>Brief Description</b>	<b>Yes/No - Evidence</b>	<b>Access</b> <b>Cost, Transport Attendance, Waitlist</b>  <b>Funding Sources</b> <b>Commonwealth, State, Private</b>
Sea Lake TC		Sea Lake			General Population	Physical Activity Social Inclusion & Participation		
Wycheproof & District TC		Wycheproof			General Population	Physical Activity Social Inclusion & Participation		
Kerang TC		Kerang			General Population	Physical Activity Social Inclusion & Participation		
Murrabit LTC		Murrabit	murrabitl awntenni sclub@g mail.com		General Population	Physical Activity Social Inclusion & Participation		
Koondrook LTC			5453 1581		General Population	Physical Activity Social Inclusion & Participation		

### WALKING GROUP

Heart Foundation Walking Group – Lake Boga	Swan Hill District Health - Health Promotion Dept.	Lake Boga	Rachel Jolly 5033 9337 <a href="mailto:rjolly@shdh.org.au">rjolly@shdh.org.au</a>	Every Monday 9am	Open to all who want to join and accommodate different levels of fitness – break off into smaller groups	Physical Activity Social Inclusion Social Participation Emotional Wellbeing and Cognitive Development	Keep track of the number of walkers attending the groups. Can also track how many walks group members are doing via the Heart Foundation Walking web portal.	No cost waitlist etc. It is free to register as a walker in the Heart Foundation walking groups  Funding: State
Heart Foundation Walking Group – Swan Hill	Swan Hill District Health - Health Promotion Dept.	Swan Hill	Rachel Jolly 5033 9337 <a href="mailto:rjolly@shdh.org.au">rjolly@shdh.org.au</a>	Every Sunday 10am	Open to all who want to join and accommodate different levels of fitness – break off into smaller groups	Physical Activity Social Inclusion Social Participation Emotional Wellbeing and Cognitive Development	Keep track of the number of walkers attending the groups on heart moves website	Can also track how many walks group members are doing via the Heart Foundation Walking web portal.
Nordic Walking	Swan Hill District Health Community Rehabilitation Centre (CRC)	Crn McCrae & Splatt Street, Swan Hill	5033 9321	Monday 10.45 – 11.45	General Population	Physical Activity  Nordic Walking is a form of fitness walking using specially designed poles, and a learned technique, to produce low impact high results, and a total body workout. The poles serve as a resistance exercise for the upper body, therefore increasing cardio output, which burns more	Yes	A \$20 deposit is required to HIRE the poles for the duration of the course. \$10 will be refunded when poles are returned at the completion of the course Funding: State



# Active and Healthy Ageing Mapping

## PHYSICAL ACTIVITY

Activity/Program	Organisation	Location	Contact	When/ Frequency	Target Group	Health Focus	Evaluation	Additional Information/ Further Comments
					<b>General Population</b> <b>Aboriginal</b> <b>CALD</b> <b>Refugee</b> <b>LBGTI</b> <b>Disability</b> <b>Low-socio economic</b>	<b>Physical Activity</b> <b>Healthy Eating</b> <b>Social Inclusion</b> <b>Social Participation</b> <b>Emotional Wellbeing and Cognitive Development</b> <b>+</b> <b>Brief Description</b>	<b>Yes/No - Evidence</b>	<b>Access</b> <b>Cost, Transport Attendance, Waitlist</b>  <b>Funding Sources</b> <b>Commonwealth, State, Private</b>
						calories and activates more muscles compared to normal walking.		
Community walking group	East Wimmera Health Service	St Arnaud, however has the potential to run at other EWHS campuses if enough community interest.	Health Promotion Ph: 5477 2100		General Population	-Physical activity - Social inclusion and participation - Emotional wellbeing - Age friendly supportive environment  People wishing to be more active in a friendly and supportive group environment.	Evaluation based on number of participants attending	Free with attendance numbers varying  This program is not currently running. It is seasonal and runs based on community interest.
Walking Group	Swan Hill Neighbourhood House	Swan Hill	5032 1549	Wednesdays	General Population	Physical Activity Social Inclusion		Cost: \$2 per walk Waitlist: none
Woorinen South Walking Club		Woorinen		Weekly	General Population	Physical Activity Social Inclusion		
Water Edge Walkers	Cohuna Neighbourhood House	Cohuna	5456 4666	Once a month	General Population	Physical Activity		Cost: None, coffee at own cost
<b>YOGA/PILATES/TAI CHI</b>								
Yoga	Swan Yoga Bliss	Swan Hill	5033 0632	Wednesday and Friday	General Population	Physical Activity		Cost: \$15 per class
Tia Chi	Community Rehabilitation Centre (CRC)	Crn McCrae & Splatt Street, Swan Hill	5033 9321	Monday 10.45 – 11.45	General Population	Physical Activity	Yes	No cost for group programs  Funding: State
Tai Chi	Swan Hill Neighbourhood House	Swan Hill	5032 1549	Tuesdays and Thursdays	General population	Physical Activity		Cost: \$5 per week
Tai Chi and Yoga	Cohuna Neighbourhood House	Cohuna	5456 4666	Monthly	General population	Physical Activity		Cost: \$10
YOGAone		Swan Hill	0411 051 184	Weakly	General population	Physical Activity		Cost \$15

# Active and Healthy Ageing Mapping

## SOCIAL INCLUSION & PARTICIPATION

Activity	Organisation	Location	Contact	When/ Frequency	Target Group	Health Focus	Evaluation	Additional Information/ Further Comments
					<b>General Population Aboriginal CALD Refugee LBGTI Disability Low-socio economic</b>	<b>Physical Activity Healthy Eating Social Inclusion Social Participation Emotional Wellbeing and Cognitive Development + Brief Description</b>	<b>Yes/No - Evidence</b>	<b>Access Cost, Transport Attendance, Waitlist  Funding Sources Commonwealth, State, Private</b>

### CHURCHES

Swan Hill Uniting Church		Swan Hill	5032 1142					
Nyah West Uniting Church		Nyah West	5030 2519					
All Saints Nyah West	Anglican Parish of Swan Hill	Nyah West	5032 2506					
Swan Hill Christian Centre		Swan Hill	5032 4107					
Swan Hill Uniting Church		Swan Hill	5032 4619					
St Mary Catholic Church		Swan Hill	5032 4144					
Baptist Church		Cohuna	5456 2815					
Anglican Church		Kerang	5452 2449					
Evangelical Presbyterian Church		Cohuna	5456 7700					
Catholic Church		Swan Hill	5452 2968					
Catholic Church		Sea Lake	5070 1106					
Anglican Church		Charlton	5492 1656					
Catholic Presbytery		Birchip	5492 2238					
The Grain Shed Church of Christ		Swan Hill	5032 9449					
Southern Lights		Swan Hill	5033 0090					

### HISTORICAL SOCIETY

Cohuna District Historical Society & Museum Inc		Cohuna	5456 2345					
Nullawil Historical Society Inc		Nullawil	5493 5215					

# Active and Healthy Ageing Mapping

## SOCIAL INCLUSION & PARTICIPATION

Activity	Organisation	Location	Contact	When/ Frequency	Target Group	Health Focus	Evaluation	Additional Information/ Further Comments
					<b>General Population</b> <b>Aboriginal CALD</b> <b>Refugee</b> <b>LBGTI</b> <b>Disability</b> <b>Low-socio economic</b>	<b>Physical Activity</b> <b>Healthy Eating</b> <b>Social Inclusion</b> <b>Social Participation</b> <b>Emotional Wellbeing and Cognitive Development</b> + <b>Brief Description</b>	<b>Yes/No - Evidence</b>	<b>Access</b> <b>Cost, Transport Attendance, Waitlist</b>  <b>Funding Sources</b> <b>Commonwealth, State, Private</b>
Genealogical & Historical Society Inc.		Swan Hill	5032 2408					
Kerang & District Family History Group Inc.		Kerang	<a href="mailto:plumpton@westnet.com.au">plumpton@westnet.com.au</a>					
Wycheproof Historical Society		Wycheproof	5493 7225					
Murrabit Promotions Committee Inc		Murrabit						
<b>LIONS CLUB</b>								
Swan Hill LGA		Swan Hill Nyah Ultima Lake Boga	<a href="http://lionsclubs.org.au/">http://lionsclubs.org.au/</a>					
Buloke LGA		Wycheproof Charlton Sea Lake						
Kerang		Kerang						
<b>MENS SHED</b>								
Swan Hill LGA		Lake Boga  Nyah District	0408 428 076 5030 2518		Males	Social Inclusion, Participation Emotional Wellbeing and Cognitive Development		
Buloke LGA Wycheproof Birchip Charlton		Wycheproof Birchip Charlton	5493 7455			Focus of this program is to provide an environment for men to come together and work on personal or shared projects Aims of the program are client wellbeing and social inclusion The program includes		
Gannawarra LGA		Quambatook Barham – Koondrook	54 57 1220			<ul style="list-style-type: none"> <li>• Wood Work</li> <li>• Metal work</li> <li>• Community projects</li> <li>• Computer access</li> <li>• Community Garden</li> <li>• Shared meal</li> </ul>		
Men's Shed (Planned activity Group)	Kerang District Health	Kerang	03 5450 9200	Tuesday, Wednesday, Thursday	Males over 65 within the Shire of Gannawarra Embracing those clients experiencing		Formal surveys are conducted	Cost: \$7.00 (Access to equipment and a shared meal)  Current Client figures- 35  No waiting list for program entry

# Active and Healthy Ageing Mapping

## SOCIAL INCLUSION & PARTICIPATION

Activity	Organisation	Location	Contact	When/ Frequency	Target Group	Health Focus	Evaluation	Additional Information/ Further Comments
					<b>General Population</b> <b>Aboriginal</b> <b>CALD</b> <b>Refugee</b> <b>LBGTI</b> <b>Disability</b> <b>Low-socio economic</b>	<b>Physical Activity</b> <b>Healthy Eating</b> <b>Social Inclusion</b> <b>Social Participation</b> <b>Emotional Wellbeing and Cognitive Development</b> + <b>Brief Description</b>	<b>Yes/No - Evidence</b>	<b>Access</b> <b>Cost, Transport Attendance, Waitlist</b>  <b>Funding Sources</b> <b>Commonwealth, State, Private</b>
					health/ hardship/ diversity issues Aboriginal Torres Strait islander (55years of age) Financially disadvantaged Dementia CALD GLBTI Isolation (Rural/ remote)			Funding: HACC
<b>NEIGHBOURHOOD HOUSES</b>								
Birchip Business & Learning Centre		Birchip	5492 2735			Social Inclusion and Participation Emotional Wellbeing and Cognitive Development		
Donald Community Centre		Donald	5497 1707			Social Inclusion and Participation Emotional Wellbeing and Cognitive Development Inclusion and Participation		
Wycheproof Community Resource Centre		Wycheproof	5498 7455			Social Inclusion and Participation Emotional Wellbeing and Cognitive Development		
Cohuna Neighbourhood House		Cohuna	5456 4666			Social Inclusion and Participation Emotional Wellbeing and Cognitive Development Inclusion and Participation		
Kerang & District Community Centre Inc.		Kerang	5452 2522			Social Inclusion and Participation Emotional Wellbeing and Cognitive Development		
Quambatook Community resource Centre		Quambatook	5457 1220			Social Inclusion and Participation Emotional Wellbeing and Cognitive Development Inclusion and Participation		
Swan Hill Neighbourhood House		Swan Hill	5032 1546			Social Inclusion and Participation Emotional Wellbeing and Cognitive Development		

# Active and Healthy Ageing Mapping

## SOCIAL INCLUSION & PARTICIPATION

Activity	Organisation	Location	Contact	When/ Frequency	Target Group	Health Focus	Evaluation	Additional Information/ Further Comments
					<b>General Population</b> <b>Aboriginal</b> <b>CALD</b> <b>Refugee</b> <b>LBGTI</b> <b>Disability</b> <b>Low-socio economic</b>	<b>Physical Activity</b> <b>Healthy Eating</b> <b>Social Inclusion</b> <b>Social Participation</b> <b>Emotional Wellbeing and Cognitive Development</b> + <b>Brief Description</b>	<b>Yes/No - Evidence</b>	<b>Access</b> <b>Cost, Transport Attendance, Waitlist</b>  <b>Funding Sources</b> <b>Commonwealth, State, Private</b>
<b>PROBUS</b>								
Cohuna Probus Club Inc		Cohuna	5456 3230	2 <sup>nd</sup> Monday Monthly		Social Inclusion and Participation		
Kerang Probus Club		Kerang	5450 3009	1 <sup>st</sup> Tuesday Monthly		Social Inclusion and Participation		
Swan Hill Probus Club		Swan Hill	5033 2366	Monthly		Social Inclusion and Participation		
Wycheproof Probus Inc.		Wycheproof		2 <sup>nd</sup> Thursday Monthly		Social Inclusion and Participation		
<b>ROTARY</b>								
Swan Hill Rotary		Swan Hill		Thurs				
Swan Hill Sunrise Rotary		Swan Hill		Tues				
Kerang Rotary		Kerang		Thurs				
Charlton Rotary		Charlton		Thurs				
<b>SENIOR CITIZEN CLUBS</b>								
Senior Citizen Club		Manangatang	5035 1343			Social Inclusion and Participation		
Senior Citizen Club		Nyah West & District	5033 1021			Social Inclusion and Participation		
Senior Citizen Club		Swan Hill	5033 0753			Social Inclusion and Participation		
Kerang Senior Citizens		Kerang	03 5452 2930			Social Inclusion and Participation		
Buloke Senior Citizens		Wycheproof and surrounds	Paula Yorsten 1300 520 520			Social Inclusion and Participation  Senior Citizens groups are encouraged and provided for in many locations within the Buloke Shire Council.  These clubs provide recreational activities, social gatherings and day trips all Senior Citizens are encouraged to		

# Active and Healthy Ageing Mapping

## SOCIAL INCLUSION & PARTICIPATION

Activity	Organisation	Location	Contact	When/ Frequency	Target Group	Health Focus	Evaluation	Additional Information/ Further Comments
					<b>General Population</b> <b>Aboriginal</b> <b>CALD</b> <b>Refugee</b> <b>LBGTI</b> <b>Disability</b> <b>Low-socio economic</b>	<b>Physical Activity</b> <b>Healthy Eating</b> <b>Social Inclusion</b> <b>Social Participation</b> <b>Emotional Wellbeing and Cognitive Development</b> + <b>Brief Description</b>	<b>Yes/No - Evidence</b>	<b>Access</b> <b>Cost, Transport Attendance, Waitlist</b>  <b>Funding Sources</b> <b>Commonwealth, State, Private</b>
						participate in these groups.		
<b>VOLUNTEERING</b>								
Volunteer Friendly Visiting Program (aged care and community)	East Wimmera Health Service	All five EWHS campuses (Birchip, Charlton, Donald, St Arnaud, Wycheproof).	Volunteer Coordinator Ph: (03) 5477 2100	The program is based on the amount of time the volunteers wish to contribute each week.	The program is available to all however is mainly targeted at older adults.	Social inclusion and participation Emotional wellbeing  The Friendly Visiting Program provides social support and companionship to isolated people living in their own home or an aged-care facility who have few or no social connections.	No	Free  No wait list  Funded by the Department of Health
Volunteering Friendly Visiting Program	Mallee Track Health & Community Service	All campuses	Ouyen Service Centre 5092 1111	When volunteers available/at request	HACC Clients	Social inclusion and participation Emotional wellbeing  Friendly Visiting program provides customers with a volunteer who visits regularly for social support.		Funding: HACC/CHSP
Volunteer Transport	Mallee Track Health & Community Service	All campuses	Ouyen Service Centre 5092 1111 or Sea Lake Neighbourhood house.	Upon request Friday mornings shopping car	HACC & CHSP Clients	Social inclusion and participation Emotional wellbeing  Volunteer drivers are able to provide transport to medical or social appointments using MTHCS vehicles for eligible CHSP and HACC clients. Shopping Bus in Ouyen is available on Friday mornings and shopping car in Underbool.		Funding: HACC/CHSP

# Active and Healthy Ageing Mapping

## AGE FRIENDLY ENVIRONMENTS

Activity/Program	Organisation	Location	Contact	When/ Frequency	Target Group	Health Focus	Evaluation	Additional Information/ Further Comments
					<b>General Population Aboriginal CALD Refugee LBGTI Disability Low-socio economic</b>	<b>Physical Activity Healthy Eating Social Inclusion Social Participation Emotional Wellbeing and Cognitive Development + Brief Description</b>	<b>Yes/No - Evidence</b>	<b>Access Cost, Transport Attendance, Waitlist  Funding Sources Commonwealth, State, Private  Target Group Age, Gender</b>
<b>CARER SUPPORT</b>								
Carers Support Group		Buloke	Gwenda Wescott Ph: 5477 2112	First Thursday of the month	Anyone who is caring for someone. No age limit.	- Carer support - Education - Social inclusion and participation		Cost: \$10 annual membership fee. Attendance: 10-20 attendees each month. Waitlist: None Funding: Funding for activities sought through Carer's Week.
Charlton and Surrounds Carers Support Group		Charlton	Kim Laffin Ph: 5477 6865	Bimonthly	Anyone who is caring for someone. No age limit.	- Carer support - Education - Social inclusion and participation People are encouraged to attend from Donald, Wycheproof, Birchip and surrounds.		Cost: Free Waitlist: None Attendance: 20 people
Carers Support Group	Kerang District Health, Gannawarra Shire Council		Kerang District Health	Monthly- first Thursday	Gannawarra Carers	- Carer support - Education - Social inclusion and participation		Cost: Free Waitlist: none
Respite Group	Swan Hill Rural City Council		5036470 0		Primarily aimed at aged and frail members of the community – includes special needs groups	Social Inclusion and Participation		
Carer Support	Mallee Track Health & Community Service	Ouyen Murrayville Sea Lake	Ouyen Service Centre 5092 1111	Monthly		Social Inclusion and Participation		Funding: FRSC
<b>DIABETES</b>								
Charlton Diabetes Support Group		Charlton	Kim Laffin Ph: 5477 6865	Bimonthly	Anyone who has Diabetes or is caring for someone with Diabetes.	- Physical activity - Healthy eating - Social inclusion and participation - Emotional wellbeing - Healthy lifestyle	An evaluation was completed in the past however an official	Cost: Free  Waitlist: None  Attendance: 20 people

# Active and Healthy Ageing Mapping

## AGE FRIENDLY ENVIRONMENTS

Activity/Program	Organisation	Location	Contact	When/ Frequency	Target Group	Health Focus	Evaluation	Additional Information/ Further Comments
					<b>General Population Aboriginal CALD Refugee LGBTI Disability Low-socio economic</b>	<b>Physical Activity Healthy Eating Social Inclusion Social Participation Emotional Wellbeing and Cognitive Development + Brief Description</b>	<b>Yes/No - Evidence</b>	<b>Access Cost, Transport Attendance, Waitlist  Funding Sources Commonwealth, State, Private  Target Group Age, Gender</b>
						Each meeting usually consists of a guest speaker such as a Dietician or Diabetes Educator, information on diabetes management and treatment and a meal together.	evaluation no longer takes place	
<b>HOME CARE</b>								
Domestic assistance / Personal Care	Swan Hill Rural City Council	Swan Hill municipality	(03) 5036 4700		Primarily aimed at aged and frail members of the community – includes special needs groups	Emotional Wellbeing Commonwealth Home Support Program (CHSP) / Home and Community Care (HACC)	SHRCC has Active Service Model plan that is reviewed and updated annually	Funding: Commonwealth and State  Waitlist: yes
Advanced Care Planning		All five EWHS campuses (Birchip, Charlton, Donald, St Arnaud, Wycheproof).	Jenny Cossar  Ph: 0428 474 824		Focus on those with chronic illness, over 55's and anyone admitted to hospital or using a Community Health service.	Education  The program gives clients the opportunity to document their end of life requests to ensure their choices are respected when they can no longer speak for themselves.	An evaluation is currently being developed by the Advanced Care Planning core group.	No cost etc  Advanced Care Planning is a current priority of the Department of Health.
Community garden	Led by the community, supported by EWHS	All five EWHS campuses (Birchip, Charlton, Donald, St Arnaud, Wycheproof).		Held each week however members allowed to access the garden whenever they wish	General Population	- Healthy eating - Social inclusion and participation - Physical activity - Emotional wellbeing	An evaluation was completed at the conclusion of funding for the community gardens project	Minimal fee to join which includes seeds and materials to start and maintain your own section of the garden.  Attendance varies at each site. No wait list – the more the merrier!  Funding: Funding was received many years ago to start up the community gardens however now they run themselves with the support of EWHS
Pulmonary Rehabilitation	Community Rehabilitation Centre (CRC)	Crn McCrae & Splatt Street, Swan	5033 9321	Friday 10:30- 12:30 for 6 weeks	People who have: Asthma	Physical Activity Emotional Wellbeing and Cognitive Development	Yes	No cost for group programs  Funding: State



# Active and Healthy Ageing Mapping

## AGE FRIENDLY ENVIRONMENTS

Activity/Program	Organisation	Location	Contact	When/ Frequency	Target Group	Health Focus	Evaluation	Additional Information/ Further Comments
					<b>General Population Aboriginal CALD Refugee LGBTI Disability Low-socio economic</b>	<b>Physical Activity Healthy Eating Social Inclusion Social Participation Emotional Wellbeing and Cognitive Development + Brief Description</b>	<b>Yes/No - Evidence</b>	<b>Access Cost, Transport Attendance, Waitlist  Funding Sources Commonwealth, State, Private  Target Group Age, Gender</b>
		Hill			Bronchiectasis Chronic Bronchitis & Emphysema Interstitial Lung Disease Other respiratory conditions Oxygen dependence Pre/Post lung transplant	Pulmonary Rehabilitation is an 8 week intensive program that aims to provide individuals with the ability to understand and manage their chronic airways condition and improve confidence to continue leading active and fulfilling lives.		GP referral preferred but self-referral accepted
Diabetes Management Program	Mallee Track Health & Community Service		5070 2155			Information and support		
Healthy Living Program	Mallee Track Health & Community Service		5070 2155			One on one program aimed at improving health outcomes for people with a chronic disease by supporting active client self management.		
Healthy for Life Program	Mallee District Aboriginal Service	Swan Hill Kerang	5032 8600		Aboriginal			
Transport	Mallee District Aboriginal Service	Swan Hill Kerang	5032 8600		Aboriginal	Mallee District Aboriginal Services provides assistance with medical-related patient transport for clients at Mildura, Swan Hill and Kerang to ensure they are able to access the medical care they require.		
Equipment for Daily Living	Mallee Track Health & Community Service		5070 2155			Equipment to aid independence is available to clients post admission, after a significant health event or injury and to the elderly finding activities of daily living a challenge.		

# Active and Healthy Ageing Mapping

## POLICY / DOCUMENTS

Name	Organisation	Document Type	Summary of Key Themes	Funding Attached	URL Link	Additional Information/Further Comments
Disability Action Plan 2013-2016	Buloke Shire Council				<a href="http://www.buloke.vic.gov.au/disability-action-plan">http://www.buloke.vic.gov.au/disability-action-plan</a>	
Municipal Public Health and Wellbeing Plan 2013-2017	Buloke Shire Council				<a href="http://www.buloke.vic.gov.au/municipal-public-health-and-wellbeing-plan-2013-2017">http://www.buloke.vic.gov.au/municipal-public-health-and-wellbeing-plan-2013-2017</a>	
Positive Ageing Strategy 2013-2019	Buloke Shire Council				<a href="http://www.buloke.vic.gov.au/positive-ageing-strategy-2013-2019">http://www.buloke.vic.gov.au/positive-ageing-strategy-2013-2019</a>	
East Wimmera Health Service Strategic Plan	East Wimmera Health service				<a href="http://www.ewhs.org.au/wp-content/uploads/2013/08/EWHS-Strategic-Plan-2011-2016-web.pdf">http://www.ewhs.org.au/wp-content/uploads/2013/08/EWHS-Strategic-Plan-2011-2016-web.pdf</a>	
Disability Action Plan	Gannawarra Shire Council				<a href="http://www.gannawarra.vic.gov.au/files/assets/public/document-resources/strategies-and-plans/disability-action-plan-2012-2015-final.pdf">http://www.gannawarra.vic.gov.au/files/assets/public/document-resources/strategies-and-plans/disability-action-plan-2012-2015-final.pdf</a>	
Council Plan 2013 - 2017	Gannawarra Shire Council				<a href="http://www.gannawarra.vic.gov.au/files/assets/public/document-resources/strategies-and-plans/council-plan-including-strategic-resource-plan.pdf">http://www.gannawarra.vic.gov.au/files/assets/public/document-resources/strategies-and-plans/council-plan-including-strategic-resource-plan.pdf</a>	
Kerang District Health Strategic Plan	Kerang District Health	Strategic Plan				Strategic vision- to improve the health and wellbeing of the community
Mallee Sports Assembly Strategic Plan	Mallee Sports Assembly	Strategic Plan				
Southern Mallee Primary Care Partnership Strategic Plan	Southern Mallee Primary Care Partnership	Strategic Plan			<a href="http://www.smpcp.com.au/Portals/13/Strategic%20%20Plan%201317/SMPCP%202013%20-%202017%20Strategic%20Plan.pdf">http://www.smpcp.com.au/Portals/13/Strategic%20%20Plan%201317/SMPCP%202013%20-%202017%20Strategic%20Plan.pdf</a>	
Swan Hill District Health Organisational Health Promotion Plan 2013-2017	Swan Hill District Health				<a href="http://www.shdh.org.au/literature/149749/Health%20Promotion%20Plan%202013-2017">http://www.shdh.org.au/literature/149749/Health Promotion Plan 2013-2017</a>	
Active Transport Strategy 2014 – 2034	Swan Hill Rural City Council	Strategy	To make walking, cycling and using public transport easier for more trips in the Swan Hill municipality.		<a href="http://www.swanhill.vic.gov.au/wp-content/uploads/2014/10/Active_Transport_Strategy_Single_page.pdf">http://www.swanhill.vic.gov.au/wp-content/uploads/2014/10/Active_Transport_Strategy_Single_page.pdf</a>	Note - aimed at wider community, not CCS target group specific  A strategy to create an environment conducive to active transport, particularly through provision of infrastructure, planning and development, and in co-ordinating advocacy and awareness in partnership with health services
Swan Hill Rural City Council Disability Action Plan 2012—2015	Swan Hill Rural City Council	Action Plan	Sets out Council's objectives in providing and improving accessibility, infrastructure, support and services to people with a disability who live in or visit our municipality.		<a href="http://www.swanhill.vic.gov.au/wp-content/uploads/2013/09/Swan-Hill-Rural-City-Council-Disability-Action-Plan-2012-15.pdf">http://www.swanhill.vic.gov.au/wp-content/uploads/2013/09/Swan-Hill-Rural-City-Council-Disability-Action-Plan-2012-15.pdf</a>	Note - aimed at wider community, not CCS target group specific. Plan is overdue for review.

## Active and Healthy Ageing Mapping

### POLICY / DOCUMENTS

Name	Organisation	Document Type	Summary of Key Themes	Funding Attached	URL Link	Additional Information/Further Comments
Public Health and Wellbeing Plan 2013 - 2017	Swan Hill Rural City Council		<p>The Public Health and Wellbeing Plan (the Plan) is one of Council's key strategic documents that guides decision making and provides advice to Council (and other Agencies) on the important health and wellbeing issues facing the community</p> <p>Over the next 25 years, it is expected that the aged population in the Rural City of Swan Hill will increase with the population aged 65 years and over Swan Hill Rural City Public Health and Wellbeing Plan 2013-2017</p> <p>Page 4 of 18</p> <p>increasing from 14% of the total population in 2001 to 27% in 2031 (ABS, 2011)</p>		<a href="http://www.swanhill.vic.gov.au/about/overview/plans-and-strategies/public-health-and-wellbeing-plan/">http://www.swanhill.vic.gov.au/about/overview/plans-and-strategies/public-health-and-wellbeing-plan/</a>	Note - aimed at wider community, not CCS target group specific

## Active and Healthy Ageing Mapping

### NETWORKS

Name	Organisation	Network Focus	Contact	When/Frequency	Membership	Additional Information/Further Comments
Planned Activity Group Network	DHHS	Information sharing	Liz foster	Bimonthly	Loddon Mallee Planned Activity Group (PAG) Network 11 May 2016 Loddon Mallee Rural Health Alliance, 18 Myers St, BENDIGO Chair: Liz foster – ASM Industry Consultant – Cobaw CHS Minutes: Maggie Fernie – DHHS	
Gannawarra Local Agency network Meeting- GLAM	Southern Mallee Primary Care Partnership	Strengthen and build relationships and systems that contribute to effective service delivery and address the health and wellbeing of the community	Southern Mallee Primary Care Partnership	Bimonthly	Kerang District Health, Cohuna Hospital, Northern District Community Health, Southern Mallee Primary Care Partnership, Vic Police, MDAS, Shire of Gannawarra	
SMPCP Swan Hill Community Services Network	Southern Mallee Primary Care Partnership	Network between organisations who are based or deliver services in Swan Hill. Tends to focus on aged care.	Southern Mallee Primary Care Partnership	Quarterly	Bendigo Health, Swan Hill Rural City Council, Department Health & Human Services, Alzheimer's Vic, Centacare, Anglicare Vic, Mallee Family Care, Swan Hill District Health, SuniTAFE Swan Hill, Mallee District Aboriginal Service, Robinvale District Health Service, Mallee Sports Assembly, Interchange Loddon Mallee, ACSO	