

POSITIVE AGEING & INCLUSION



Wellness Programs
Social Support
Home Modification
Home Maintenance
Domestic Assistance
Advocacy
Transport



POSITIVE AGEING & INCLUSION SERVICES

Positive Ageing & Inclusion Services are jointly funded through Commonwealth and State Grants and the City of Marion.

Our aim is to promote, provide and support your independence by focusing on reabling and maintaining your strength.

We will work with you to achieve your goal, support your independence as much as possible in all aspects of your life. We offer flexible services to suit the individual and promote lifestyle choices.

CITY OF MARION - OUR VALUES

With the community and safety at the forefront of everything we do, we value:

RESPECT - Treating everyone as we want to be treated, where all contributions are valued

INTEGRITY - Fostering trust and honesty in all of our interactions

ACHIEVEMENT - Enhancing our knowledge and performance to reach our shared goals, while being dedicated to supporting one another

INNOVATION - Encouraging new ideas, and learning from our experience to do things better



WHO IS ELIGIBLE TO USE THESE SERVICES?

- People aged 65 and over, living independently in their own home.
- Aboriginal or Torres Strait Islander people over 50.
- People between 18 and 65, living with a disability.
- People who are transport disadvantaged

FEE POLICY

A fee is incurred for all services provided. The fee structure will be discussed with you during the initial telephone call. The cost of some materials for home maintenance or home modification will be at your own expense.

Please Note: No person will be denied access to service/s due to their inability to pay.

**For further information please call
Positive Ageing & Inclusion 8375 6649**



HOW TO ACCESS POSITIVE AGEING & INCLUSION SERVICES?

If you are over 65 or over 50 identifying as Aboriginal or Torres Strait Islander:

You can telephone My Aged Care (MAC) contact centre on 1800 200 422 to register and have your eligibility assessed. MAC will arrange the Regional Assessment Service (RAS) to attend an in-home assessment.

When speaking with MAC or RAS, you can request to have a service provider of your choice. To access Council's Positive Ageing & Inclusion Services you need to request the City of Marion when speaking with MAC or an assessor.

For assistance to register with My Aged Care or for further information, contact the Positive Ageing & Inclusion Team on 8375 6649.

If you are between 18 and 65 living with a Disability or under 50 identifying as Aboriginal or Torres Strait Islander:

Contact the Positive Ageing & Inclusion Team directly on 8375 6649 or by email to: positive.ageing@marion.sa.gov.au to have your eligibility assessed.



A referral can be requested for all groups by a hospital, your GP, a carer, an advocate or yourself. Referral forms are available on our website marion.sa.gov.au

Once we receive your referral, we will contact you to discuss your eligibility and support you through the registration process. Services are delivered using a wellness approach, focusing on building individual's strengths and capacity. We will work with you to support you in setting achievable goals that help you to remain independent while living safely in your own home.

All services are subject to eligibility criteria and funding availability.



WHAT SERVICES CAN POSITIVE AGEING & INCLUSION PROVIDE?

Domestic Assistance

Various levels of Domestic Assistance are available to meet your current needs and to help you work towards an achievable goal.

SHORT TERM

Reablement focus

MEDIUM TERM

While transitioning to other services

LONG TERM

Supporting your ongoing independence

SPRING CLEAN

Making your home manageable

Advocacy

You may nominate a person of your choice to stand beside you and speak on your behalf or we can provide this support if required to:

- Ensure your rights are upheld
- Provide information and choice
- Facilitate referrals on your behalf



Home Maintenance

Minor maintenance work to ensure your safety by:

- Changing tap washers and minor plumbing
- Replacing light globes and minor electrical
- Installing smoke detectors and changing batteries
- Gardening (annual limit applies)
- Gutter cleaning (annual limit applies)

Home Safety and Security

Ensuring your safety and security by:

- Repairing/replacing fly wire
- Installing a key safe
- Performing safety audits
- Fitting security locks and devices

Home Modification

Promoting your independence and mobility by:

- Installing grab and hand rails
- Changing to handheld showers
- Mounting magnetic catches
- Door reversal
- Installing small ramps

Home modification requires occupational therapy assessment.



WHAT SERVICES CAN POSITIVE AGEING & INCLUSION PROVIDE?

Transport Options

- CHSP transport to and from Neighbourhood Centre programs
- Community Bus
- Community Passenger Network (CPN)

Meals

Join us for meals at our one of our four Neighbourhood Centres.

Social Support Individual

Individually tailored service to promote your physical and emotional wellbeing by socialising, connecting and participating in your community. An opportunity for people who are socially isolated to build friendships, confidence and learn new skills. Services include but are not limited to:

- Volunteer assisted shopping
- Friendly visiting
- Coffee and a chat
- Assisting with non-legal forms
- Decluttering
- Supporting you to care for your pet
- Visiting a relative in hospital
- Building your confidence to reconnect to your community



Social Support Group

Join a social group to experience a broad range of opportunities for lifelong learning, staying active, socially connected and independent in your local community. Programs offered at the four Neighbourhood Centres include fitness classes suitable for all fitness levels, activities of interest, information sessions on a range of topics or enjoy a delicious meal in the company of others.

Wellbeing Programs

Through these workshops and activities you will explore practical tips and strategies to improve your health and wellbeing.

- Moving Towards Wellness
- Wellbeing and Resilience
- Moving for Life Your Way
- Mindset for Life
- Marion Wave Makers
- Feeling Stronger Feeling Healthier
- Chi Ball

Wellbeing Programs

- Social bus trips
- Fish Feeders
- Twilight Diners
- Marion Movie Morning
- Out & About



OUR COMMITMENT TO YOU

We aim to provide a quality service that is fair, accessible and inclusive. If we are unable to provide you with a service, we will provide you with information on alternative services to suit your needs.

You have the right to make informed decisions between available services and to expect that your right to dignity, privacy and confidentiality be respected.

You also have the right to refuse a service and appeal any decision about service provision that you are not happy with. If you wish, you are able to involve an advocate of your choice to act on your behalf.



FEEDBACK/COMPLAINTS

We appreciate your feedback about our services which assists us to continuously improve the quality we offer. We encourage you to voice any concerns regarding your service/s.

In the first instance, you may contact:

Team Leader Positive	
Ageing & Inclusion	8375 6649
Unit Manager	PO Box 21
Community Wellbeing	Oaklands Park SA 5046

Should you still have concerns other organisations you may contact:

Aged Care Quality & Safety Commission	1800 951 822
Older Persons Advocacy Network	1800 700 600
Multicultural Communities Council of SA	8345 5266
Aged Rights Advocacy Service (ARAS)	8232 5377
Health and Community Services Complaint Commissioner	8226 8666
NDIS Quality & Safeguards Commission	1800 035 544
Disability Advocacy and Complaints Service of SA	7122 6030

POSITIVE AGEING & INCLUSION

Monday to Friday 8.30am - 5pm

TEL 8375 6649

FAX 8375 6699

ADDRESS

245 Sturt Road STURT SA 5047

PO Box 21 OAKLANDS PARK SA 5046

EMAIL positive.ageing@marion.sa.gov.au

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