

# AGED CARE PROGRAM

The aged care program is run by the Aboriginal Health Service, and it aims to help people live independently in their own homes as they get older, so that our elderly can live the long and happy lives they have earned. Call us on 1800 132 260.

**Aboriginal Health Service**  
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Aged Care Program



## DO YOU ENJOY HAVING A CUPPA AND A LAUGH?

Want to get out in the community more?  
Need some extra help around home?



It's your Aboriginal Health Service. Better health and wellbeing for the Aboriginal community in Tasmania.

## None of us is getting any younger.

Some of the things we used to take for granted, we can't do so well any more. Like doing the shopping and getting it home. Getting up steps. Or just walking from one place to another. And sometimes it's hard to ask for help. Maybe we don't have anyone to ask.

Or we don't know who to ask. It can be lonely, too. We can start to get isolated – because we don't know anyone, or because the people we do know are too far away, or too busy.

If you want to keep living at home as you get older, but are worried about it, call us. We'll come and see you, talk about what you might need, and give you whatever help we can to make life a bit easier for you.

### Practical Help

We can help you both inside and outside the home. We can arrange for you to get a cleaner, for example. And we can help make your home a bit safer – maybe by putting handrails in various places. Or if you need transport – to go shopping, or pay bills, or go to the doctor or the hospital – we may be able to organise that too.

### Regular Visits

If you join our aged care program, one of our workers will visit you regularly – once a week is the usual – and talk about what's on and what you need. This worker will take a special interest in you, and look after your needs. If you need to see a podiatrist, for example, a booking will be made. If you're in hospital, we'll visit you – and you'll be taken there and back if you have no family to do it for you.

### Trips And Outings

Another of the things we can do is help you get out and about, catch up with friends – or make new ones. We run regular trips for the aged care program, so that you can get out a bit, enjoy a picnic or a meal, visit Aboriginal sites or join in community activities.

### Live Longer, Live Stronger

You might not think much about exercise, but it does make you feel better. We have a special program for people over 50: an hour of low-impact exercise designed to help you live longer and feel terrific!

### 'But I Don't Know Anyone'

You might be surprised who you know. Anyway, if you come along we'll look after you, introduce you to people – even if you don't know anyone, there's always the chance to make a new friend.