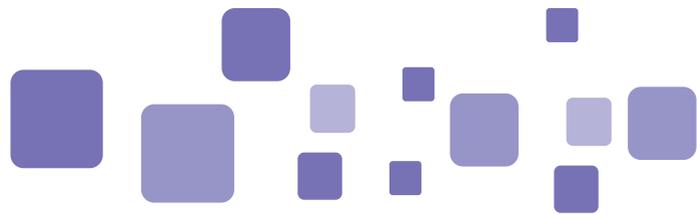




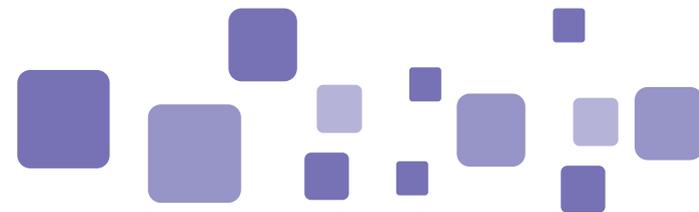
Find out more at  
[unitingagewell.org](http://unitingagewell.org)  
1300 783 435



# A Different Approach to Ageing



Melbourne | Bendigo | Geelong | Tasmania





*At Uniting AgeWell, our focus is on supporting older people to experience a sense of wellbeing, choice and independence at every age and stage of their lives; to feel valued members of their community and to have easy access to the services they need to live the life they want.*

*It's what we call ageing well.*

# About Uniting AgeWell

As an organisation of the Uniting Church, Uniting AgeWell has a long history of providing residential and community services for older Australians in Victoria and Tasmania. Many of these communities were established by individual congregations responding to the needs of local older people more than 60 years ago.

In 2004, these services were brought together as one organisation, Uniting Aged Care, now known as Uniting AgeWell. Our name proudly shows the strong connection to the Church and its beliefs, as well as representing a positive view of ageing in the 21st century.

Uniting AgeWell is a practical expression of the Church at work. Our vision is to be a creative leader enabling communities to age well and individuals to live to their potential.

Our values of respect, partnership, wisdom, stewardship and fairness shape and inform all that we do.

With services available throughout metropolitan and regional Victoria and Tasmania, Uniting AgeWell provides a range of options to support a person's health and wellbeing, including:

- ▶ Residential care
- ▶ Independent and assisted living
- ▶ Home care
- ▶ Social support
- ▶ Therapy programs
- ▶ Respite

At Uniting AgeWell we aim to:

- ▶ Concentrate on what you can do and connect you to your passions and interests
- ▶ Focus on choice, independence and 'doing with', rather than 'doing for'
- ▶ Promote wellness, wherever you are on your life journey
- ▶ Encourage wellbeing of body, mind and soul
- ▶ Give you support and high quality clinical care as needed



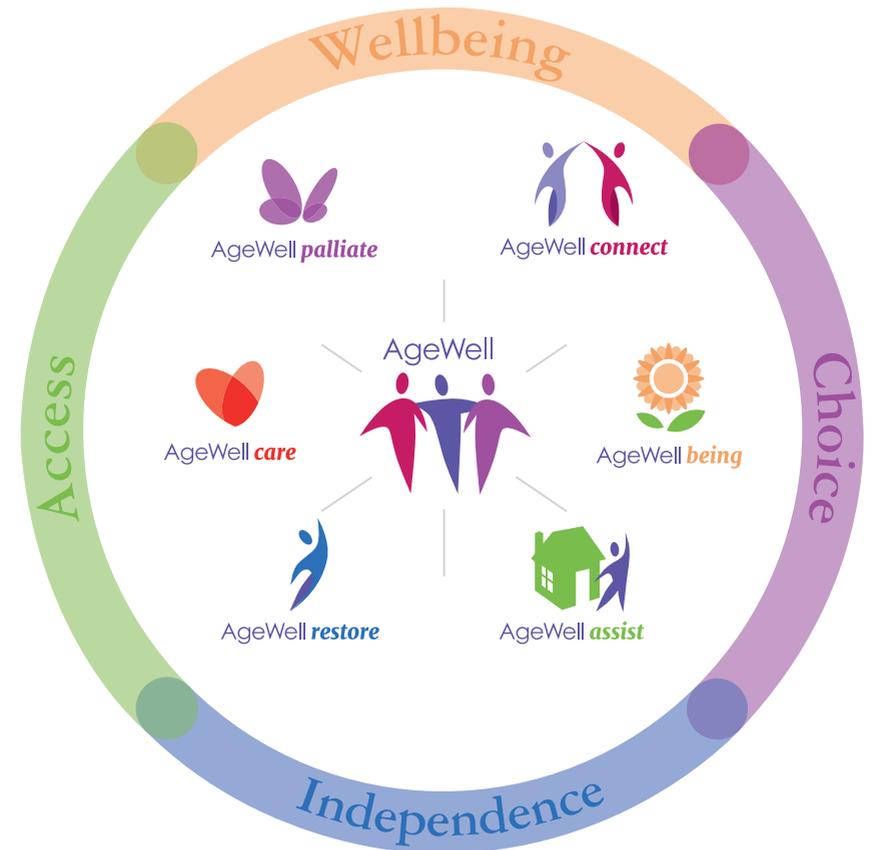
## A different approach to ageing

The AgeWell philosophy is built on the recognition that people want to grow old in their own community. To be as independent as possible and have purpose. And to be valued and make a contribution.

AgeWell recognises the different stages of the ageing process. These are reflected in the services you may choose to support your goals, while offering service continuity and peace of mind as your needs change.

Our aim is to support everyone on their individual ageing journey through choice, autonomy, flexibility and community.

The Uniting AgeWell Service Model has six elements: Connect, Being, Assist, Restore, Care and Palliate.



### **AgeWell Connect**

Supporting you to engage with your community, remain active and celebrate life with others.

### **AgeWell Being**

Encouraging wellbeing of body, mind and soul.

### **AgeWell Assist**

Providing support, services and assistance to lead the life you want.

### **AgeWell Restore**

Accessing therapies and assistive technology to restore and maintain your health, independence and wellbeing.

### **AgeWell Care**

Offering you a continuum of care and support when and where you need it.

### **AgeWell Palliate**

Providing dignified end of life care in the setting you want, honouring the spirit within.



Supporting you to engage with your community, remain active and celebrate life with others

Connection to family, friends, community and social networks is important in every stage of life, but remaining connected can be more difficult for older people.

AgeWell connect recognises the importance of maintaining these social connections, or helping to establish new ones, offering trusted services, information and transport. Whether a person is living in their own home or as part of a Uniting AgeWell Community, we support everyone to access social and leisure activities and encourage and value their contribution.

This could be through community gardens, social groups, fitness classes, craft workshops or just a drink during happy hour with other residents in the on-site bar or café.



Encouraging wellbeing of body, mind and soul

There can be many challenges on the ageing journey. Uniting AgeWell is committed to supporting older people on this journey and enhancing their feelings of wellbeing.

Through innovative programs that promote physical, social, emotional and spiritual wellbeing, we work with clients and their families to ensure the needs of body, mind and soul are met.

From progressive dining experiences, supporting a person to realise a life dream through the Wishing Well program, pastoral care and social and support groups, to music therapy and physical strengthening programs, AgeWell being is achieved differently for each person. Our focus is on meeting the choices, needs and preferences of each individual.



Keith George had dreamed of returning to the skies in a Tiger Moth ever since he got his private pilot's licence in 1952.

Thanks to the Wishing Well program, the active 88-year-old fulfilled his wish when he soared over the Yarra Valley in the 1930s aircraft. His family was there to celebrate his achievement and could see the delight on his face.

"I just thought about me and looked to the land below, and loved it when he did steep turns this way and that way. It was almost a Godly feeling to be up there in the air, in control."



AgeWell **assist**

Providing support,  
services and  
assistance to lead  
the life you want

Whether it is supporting you to remain in your own home for longer, maintaining your physical independence or providing quality residential care, Uniting AgeWell is here to assist you to get the most out of life.

Independent and assisted living units are available for those who wish to maintain an independent lifestyle within a caring community environment. There are services to support you at home including domestic assistance, personal care, social activities or health care and residential care to meet your changing needs.

Many of our services are co-located on the same site, making it easier for you to access AgeWell services as and when you need them.



AgeWell **restore**

Enabling you to access  
therapies and assistive  
technology to restore  
and maintain your  
health, independence  
and wellbeing

Remaining active as we age is an essential ingredient to maintaining physical health and mental wellbeing.

AgeWell has a range of restorative services that can assist you to regain or maintain your strength and resilience, whether you live at home or in supported care. These include exercise programs, aids and equipment, strength and resilience training, physiotherapy, occupational therapy, podiatry, memory support and education.

Group sessions at our day therapy centres give the added benefit of restoring your wellbeing in a social setting, helping to build confidence, independence and happiness.



Mima Mitchell is full of energy and enthusiasm. She attends a unique Uniting AgeWell gym program and as a result feels stronger and more agile.

The Helsinki University Research (HUR) gym program uses specially designed air resistance exercise equipment and smart card technology tailored to support older people to maintain and regain fitness levels.

"I am so impressed with the gym. It's a managed program where you can just do it at your own pace," the 78-year-old says. "It's all geared to your body by the exercise physiologist, and it's good to have other people around to support each other."



AgeWell *care*

Offering you a continuum of care and support when and where you need it

Your care, your way. We all have different needs and as we age, those needs may change. Uniting AgeWell's integrated services mean we can respond to your changing needs and provide the right care for you, how and when you want it.

With our flexible and responsive services, we offer care packages at home, respite care options, memory support services, specialised nursing care and lifestyle programs, independent or assisted living and residential aged care. We strive to empower people to direct their own care.

We work with you to develop, implement and review care arrangements and goals to make your experience of organising and receiving services as simple, flexible and responsive as possible.



AgeWell *palliate*

Providing dignified end-of-life care in the setting you want, honouring the spirit within

Creating a caring and supportive environment for older people is key to the ethos of Uniting AgeWell. This is especially important for people as they come to the end of their life.

Our holistic support encompasses physical, psychosocial and pastoral care according to the wishes and needs of each person and their family. We recognise the need for comfort, support, choice and dignity according to a person's culture and beliefs.

Uniting AgeWell's palliative care staff are highly trained and work around the clock to ensure each person's end of life experience is as close to their wishes and preferences as possible. Our Chaplains are an important source of support and comfort for people and their families through this time.



Living an independent life is important for Jim Cameron. But so is knowing care and support is there if and when he needs it.

That's why he chose to move to Uniting AgeWell Kingsville, an integrated retirement living and residential care community. Jim receives weekly in-home support and his late wife accessed day respite and care at the Uniting AgeWell Seniors Club. And when the time comes, Jim knows he can make an easy transition to residential care.

"I think the best thing I did was moving here, I never regretted it," he said. "I suppose there's pros and cons of living anywhere – I can't think of a con about being here."

## We're here to help

Choosing the right service to meet your needs is an important decision and having access to the information you need to make that decision is vital.

The Uniting AgeWell team can inform and guide you. Tell us what you want and we will do our best to make it happen.

Our integrated service hubs make it easier for you to access services and provide excellent continuity of care and support, giving you great peace of mind.

Uniting AgeWell services are available across Melbourne, Bendigo, Geelong and northern and southern Tasmania.

For a full listing of locations and services, visit [unitingagewell.org](http://unitingagewell.org) or to find out more call the Uniting AgeWell team on: 1300 783 435

*Uniting AgeWell is an organisation of the Uniting Church in Australia*



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