

Media Release

Positive Ageing Fellowship Grants 2022 - 2023

Organisation	Location	Project Title	Description	Grant Amount
UnitingCare Wesley Bowden Incorporated	Bowden	The Golden Years: Co-designing a financial toolkit for ageing well	The Golden Years: Co-designing a financial toolkit for ageing well project will engage older people with lived experience of financial hardship to co-design a suite of resources to address financial risks and issues affecting people who are pre-retirement and facing significant barriers to ageing well. This project aims to equip workers across the financial health sector with specialised tools and skills to effectively meet the financial needs of older South Australians.	\$40,000
Hutt Street Centre	Adelaide	The Remote Visitor Connect Project	The Remote Visitor Connect project will link older Aboriginal remote visitors to specialised aged care services in Adelaide, as they transit through Adelaide for cultural, health and family reasons. Hutt Street Centres, Aged City Living team, will use an early intervention model to facilitate remote visitor awareness of where to go for support and key personnel to approach. Project staff will travel to identified communities (Port Augusta, Coober Pedy, Oodnadatta, Indulkana and Marla) and meet with local Councils and Aboriginal Community Controlled Organisations, such as Aboriginal Family Support Services and Umoona Community Council, building connections and promoting awareness between Hutt Street Centre and	\$39,900

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			communities that remote visitors call home.	
Thorne Harbour Health Ltd	Abbotsford	Positive Ageing for Positive People	The Positive Ageing for Positive People project will address a gap in awareness and support for older South Australians who are living with HIV (PLHIV), through a program that facilitates the development of skills, social connections, and self-empowerment, all of which are integral to ageing well. In Australia, more than half of those living with HIV are, for the first time, over 50 years old. This group are susceptible to frailty at an earlier age than the general population as a result of social risk factors including gender, sexuality, ethnicity, financial insecurity, stigma and discrimination, and social isolation.	\$39,800
Safe Pets Safe Families	Christies Beach	Paws with friends - until we meet again	Paws with friends - until we meet again aims to create a supportive network with older people and companion animals, in order to build community connection, maintain relationships and improve experiences through life transitions. The project connects older people with volunteers who will support them to care for animal companions whilst living independently. It will also connect older people with a foster family who will look after their pet as needed and will endeavour to build a continued foster-to-adopt relationship with foster families who will continue to maintain the human bond for people who are no longer able to live with their	\$39,900

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			pet (e.g. for those moving into aged care or hospitalisation).	
Umeewarra Aboriginal Media Association	Port Augusta	Our Elders speak	"The Our Elders Speak project will support social and cultural wellbeing by bringing Elders together to share their stories with community. Aboriginal youth will be encouraged to respectfully listen as they digitally capture and celebrate Elders lives, in the northern region of Port Augusta, Nepabunna and Marree. Through celebration and intergenerational knowledge transfer, stories will be shared and recorded from several of the Aboriginal language groups in the region including Barngarla, Adnyamathanha, Dieri and Yankantjatjara.	\$40,000
TOTAL				\$199,600

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Age Friendly SA Grants 2022 - 2023

Organisation	Location	Project Title	Description	Grant Amount
District Council of Orroroo Carrieton	Orroroo	Making a Splash for Health and Longevity!	The 'Making a Splash for Health and Longevity!' project is a community driven initiative to provide older people with better access to the local swimming pool and quality supervised aqua strength training programs specifically tailored to older adults. The project will train two instructors in the Strength For Life (SFL) Aqua program so that they can deliver a strength and training program suitable and highly beneficial for those aged over 50, weekly throughout the swimming season. Heavy-duty fibreglass slip resistant steps with handrails that can be moved in and out of the pool as required will be purchased. Transport, aqua-aerobic equipment and free entry will be provided. Consultation with participants will occur regularly throughout the project to ensure its relevancy and the project will be developed to include all older community members, inclusive of those living in residential aged care and people living with disability.	\$38,017
City of Unley	Unley	GRANDFriends – an Intergenerational Program for young people and older adults	GRANDFriends will bring together young people aged 16-20 years with those aged over 65. Participants will be involved in co-designing the program delivered over two iterations in 2023-24, to meet their shared interests, and in evaluating the first program to shape subsequent iterations. Initial sessions will include a range of project activities developed by	\$18,000

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			<p>participants that may include: cooking and food; dancing and music; body confidence; recreation; history of Unley; and more. Subsequent sessions will have a similar format incorporating: quality conversation; skill development; fun; and a technology component. The program will be a unique way to bring together two age groups who have more in common than they know and break down some barriers and unconscious biases while having fun, learning something about the other generation and building relationships.</p>	
City of Port Lincoln	Port Lincoln	Empowering Our Elders Empowers Our Community	<p>The Empowering Our Elders project (EOE) seeks to distil a strategy to empower older people to handle their affairs with dignity and independence; navigate their community and environment with comfort, safety and confidence; feel valued in engaging with other generations; and be heard, understood, and appreciated. Of particular focus is achieving these outcomes for all, including diverse groups such as First Nations and culturally and linguistically diverse community members. Developed in collaboration with strategic partners and community members, EOE will be a 5-year plan of specific actions supporting elders to live their best lives, aligned with Age Friendly SA Strategy key priorities and will investigate how to ensure availability of quality Age Friendly Services to all.</p>	\$40,000
Copper Coast Council	Kadina	Copper Coast connections – celebrating culture,	<p>In response to community-led initiatives and harnessing the energy existing in the community, the Copper Coast connections –</p>	\$22,000

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		community and creativity	celebrating culture, community and creativity project will enable local solutions to local challenges by partnering with key community champions to increase connection to community, capture and celebrate the Nharangga culture and celebrate the knowledge and capability of older people in the community. The project will create age friendly leisure and recreation activities that promote intergenerational connectedness and improve health and wellbeing. The solutions will be developed by older people, with Council partnering with existing organisations to ensure longevity and sustainability of project initiatives.	
City of Marion	Oaklands Park	Words Within Us: Connecting our community through story	The Words Within Us: Connecting our community through story project will use a co-design approach bringing together three components: Intergenerational connectedness; People experiencing feelings of loneliness and the Power of storytelling. The focus will be to reduce social isolation and develop intergenerational connections through the power of storytelling, story sharing, and story creating. With a sustainable lens, and partnering with local families, schools, aged care facilities and isolated older people, a suite of co-designed initiatives will emerge, with the aim of creating environments and communities that bring together people of all ages and stages of life; promoting strong community connections; building trust, respect and a sense of value; challenging ageism; and creating opportunities for shared activities.	\$40,000

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City of Campbelltown	Campbelltown own	Ageism Awareness - Training for Local Government	An online Ageism Awareness - Training for Local Government module designed specifically for staff, volunteers and elected members of Local Governments that will inspire and motivate the learner to stop and think about ageism, to have a 'light-bulb' moment and to see ageism through a new lens. The aim of the training is to help staff, volunteers and elected members identify ageism in their thoughts, language and behaviour, to understand and challenge unconscious bias, and identify ways to improve the way they interact and serve older people in the community. The training will be accessed via an Internet link that can be embedded in existing HR learning management systems and volunteer systems and will be made freely available to all Local Governments in South Australia, creating a far-reaching impact to staff and the citizens of many Councils, particularly those with little funding and resources to undertake tackling ageism initiatives themselves. There is potential to share the module nationally.	\$40,000
TOTAL				\$198,017

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Grants for Seniors 2022 - 2023

GOODS		
Organisation	Project Title	Grant Amount
North Haven Surf Life Saving Club Incorporated	Purchase equipment to facilitate the expansion of senior's engagement programs	\$5,000
Walking Football Adelaide	Purchase equipment to support Walking Football across Adelaide	\$4,000
Greek Orthodox Archdiocese of Australia, Parish of St Raphael, Nicholas and Irene Seniors Group	Purchase Kitchen and Hall appliances	\$5,000
Modbury Bowling Club	Purchase Lawn Bowling Aids	\$4,000
Meals on Wheels (SA) Inc.	Purchase sturdy stackable indoor/outdoor chairs	\$4,300
Alliance of U3AS in SA incorporated T/A	Increasing accessibility, meaningful connections and navigating change for Seniors	\$5,000
Clayton Church Homes	Gym equipment to enable positive ageing in community	\$5,000
Technology for Ageing and Disability Sa Inc (TADSA)	Trailer for delivery of customised assistive technology equipment	\$5,000
Willo's Men's Shed Inc	Purchase a reliable printing system to support Men's Shed activities	\$2,100
Macclesfield Community Association	Healthy ageing through purchase of seats for reserves in Macclesfield	\$4,600
Returned Services League (RSL) Tumby Bay Sub-Branch	Purchase Utility Chairs and Aids to support mobility	\$5,000
Kangaroo Island / Victor Harbor Dolphin Watch	Senior Citizen Scientists' Data Collection for Conservation	\$4,300
Lochiel Progress Association Incorporated	Purchase chairs to support creating community connections	\$4,500
GOODS TOTAL		\$57,800

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PROJECTS			
Organisation	Project Title	Description	Grant Amount
St John SA Ambulance	Community Care In-Home Tech Support Program	St John SA Ambulance Community Care will use \$10,000 for its In-Home Tech Support Program, to enhance volunteers' ability to provide 1:1 technology support for older South Australians. Community Care Volunteers will build resources and a training pack to support older South Australians to connect virtually through smart phones and tablets for day-to-day activities such as bill payment and food ordering. This will assist in alleviating loneliness, maintaining social connections, community participation, accessing services and remaining independent. The program is expected to involve 150 people.	\$10,000
Radio Italia Uno	Ageing with Dignity	Radio Italia Uno will use \$10,000 to make a five-part series on people ageing, to be hosted in English, by well-known local broadcaster Mark Aiston. It is proposed that the programs be built around key topics: Age is just a number; Recognising role reversals; New opportunities; Honest conversations; Preparing your will. The program will air on Radio Italia Uno and be available via podcast. English language is preferred as listeners do speak and understand it; it will also reach those who are not fluent in Italian; and will generate more interest generally in English. The programs will aim to destigmatise ageing and support people to better understand and feel more comfortable with the ageing process. It is expected to reach 5,000 people.	\$10,000
The Playford Women's Shed	Tai Chi for Health & Wellbeing	The Playford Women's Shed will use \$3,100 on a Tai Chi for Health and Wellbeing program. It will engage a qualified Tai Chi Instructor to facilitate two lessons per week over school terms three and four, to support older members in a considered activity that focusses on breathing, relaxation and stress	\$3,100

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		relief, and improving balance, which can help prevent falls and injuries. Thirty-six per cent of members are aged over 60 and the activity, in the group's undercover garden, is forecast to involve 55 people overall.	
Synod of Diocese of Adelaide of Anglican Church of Aust Inc	Forget-Me-Knot Connection - Having Fun Preventing Dementia	The Adelaide Anglican Diocesan Synod will use \$8,500 to pilot the six-month Forget-Me-Knot Connection – Having Fun Preventing Dementia program to provide weekly information sessions regarding risk factors for dementia and slow cognitive decline to around 250 older people. Activities will relate to social connections and inclusion; nutrition and diet; exercise; sleep and brain reserve; and other lifestyle changes. Volunteers will be trained as 'Dementia Friends' and 'Welcomers' to build confidence and ensure comfort of all participants including people living with dementia and their carers as well as those keen to prevent and slow potential cognitive decline. A 'dementia-friendly' audit of the physical environment will be conducted. The pilot will build and refine the model and implementation learnings, evaluate effectiveness and participation, and provide the model to other churches and community groups. The program aims to remove the stigma of dementia and memory loss and provide better support to people in local neighbourhoods, so they remain valued community participants.	\$8,500
Aphasia SA (Talkback Association for Aphasia Inc.)	Enhancing creative, social and exercise opportunities for people with aphasia	Aphasia SA will use \$4,100 to fund volunteers to facilitate three groups: exercise social and art, open to people with aphasia and their carers. Qualified clinicians will facilitate the groups and include allied health students to build their aphasia awareness and connection to community during their studies and future careers. A certified physical therapist will conduct the exercise group three times a month, guiding participants through individually targeted exercise programs and providing resources	\$4,100

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		for independent exercise between sessions and beyond. The social group three times a month will be facilitated by a qualified Speech Pathologist providing participants opportunities to connect, socialise, access and provide support to one another, and learn more about technology. The monthly art group facilitated by a qualified Speech Pathologist will provide social opportunities to learn and practise creative skills such as card making, resin jewellery making, tie-dye, singing and learning a musical instrument.	
InComPro Aboriginal Association Incorporated	InComPro - Colour on Country – Yorke Peninsula	A group of up to 10 Aboriginal women with disabilities (mostly Elders), from a variety of South Australian language groups will use \$10,000 for the Colour on Country intergenerational sharing group. The women rarely return 'home' to 'Country' as they need to access services in Adelaide and many live alone, leading to feelings of isolation and loneliness. Several members are from Point Pearce, Country for the Narungga people, and will use the two-day visit there to keep culture strong for future generations with Elders able to share stories with the younger participants and visit site of personal significance. A guided tour of the Newchurch Horticultural Farm in Port Victoria will help participants focus on engaging with local native plants and drawing and photography will be encouraged through the provision of sketchbooks, pencils and erasers and a shared camera. InComPro staff and individual support workers will accompany the group to provide support where needed. On returning the group will meet weekly to further develop their learning and express it through silk painting, terracotta and/or glass/tile painting. Opportunities for a public exhibition of the works will be explored.	\$10,000
The Junction Community Centre Inc.	Day Trips - Learn, Connect, Enjoy!	The Junction Community Centre will use \$10,000 for the Day Trips – Learn, Connect, Enjoy! Program, to provide day trips for 200	\$10,000

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		people each month, to regional areas in South Australia enabling them to connect and make friends with locals and reduce social isolation. The program will assist in overcoming barriers to inclusion, such as financial constraints, stress from vulnerability, and lack of private transport. It will particularly target members of the CALD (culturally and linguistically diverse) community such as ESL (English as a Second Language) and Women's Zumba class participants, introducing them to new regions and local history. Other diverse participants are expected to include members of the local Grannies Group (respected Aboriginal Elders), and people living with disabilities, the disadvantaged and vulnerable.	
Combined Basketball and Netball Associated Sports Committee	Berri Basketball & Netball Club Older Members Memoirs	The Berri Basketball and Netball Clubs' Older Members Memoirs program will use \$9,985 to fund the formal documentation of the clubs' histories ahead of the Berri Sporting History Presentation at the Berri Town Hall in May this year. Life members and older players will be approached to take part in a documentary, sharing their stories on the history of the clubs, where it all began, the colours that represent the clubs, premierships, formation of lifelong friendships and changes over the past 70 years. Life members and past players who paved the way in making the associations what they are today, will be at the heart of the program which will provide them a platform to discuss their experiences and their stories providing them with a sense of purpose and fulfilment, and benefiting future club generations. The program is expected to benefit 1500 people.	\$9,985
Coonalpyn Community Hub	Active Ageing	Coonalpyn Community Hub will use \$10,000 to fund an Active Ageing program in Coonalpyn and Tintinara. Weekly sessions with a qualified instructor will promote physical activity for a lifetime of health and	\$10,000

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		wellbeing. The groups will participate in gentle and effective exercises, followed by a cuppa and a chat afterwards. The program will aim to support participants to stay active, improve health and reduce the risk of falling through moderate physical activity including balance and leg strength exercises. Around 100 people are expected to benefit from the program.	
Barunga Village Incorporated	Barunga Village Virtual Reality Project	Barunga Village will use \$8,700 to involve 120 people in the Barunga Village Virtual Reality pilot project over six months. It will aim to support older people to develop and maintain meaningful connections with each other and the community; enable them to stay engaged in enjoyable activities and experiences at home; foster attitudes of positive ageing and counter ageism in the community; and build consumers' strength and resilience. The Project will purchase five Virtual Reality headsets and two Enhancement Bundles (Android tablet, modem, dongle to cast to TV, and Bluetooth speaker), supplemented by a library of VR experiences. Through the VR headsets participants can engage in a broad range of virtual cultural activities, such as going to the Melbourne Cup, a visit to the Vatican, walking part of the Great Wall of China, attending the Anzac Day service at Anzac Cove, or visiting to the Wailing Wall in Jerusalem. It is hoped that by involving local high school students and kindergarten attendees the project will foster awareness of positive ageing and reduce ageism amongst younger people in the community.	\$8,700
Southern Yorke Peninsula Community Hub	Community Connections	The Community Connections project will use \$8,000 to provide at least six events and activities over six months for around 300 older residents to form connections with their peers and with younger members of the community. It will focus on creating communities that know and look out for each other and assist people of all ages and	\$8,000

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		cultures to connect for wellbeing, sharing and learning, including travelling to places they may not normally visit. Activities are likely to include an Ageing Well Forum for locals and service providers (mobility aids, aged care navigators, home help services, seniors exercise groups and groups such as Senior Citizens clubs); guided tours of local nature sites such as Salt Lakes, Dhilba Guuranda – Innes National Park and Dev Patterson Nature Reserve on Yorke Peninsula; and workshops and information sessions focussing on wellbeing tips including healthy cooking and gentle exercise.	
PROJECTS TOTAL			\$92,385
CUMULATIVE TOTAL			\$547,802

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