

Wednesday, 14th October 2015

MEDIA RELEASE

Bolder and Wiser *LIVE LIFE LIVE WELL* : Healthy living and active ageing

Across Australia, attention is turning to how older people in our community can live well for longer and staying healthy and independent, socialising and engaging in enjoyable activities are all part of living well.

That's the message from Life Without Barriers (LWB) who are staging a *Live Life Live Well* roadshow (See Attachment 1) during October, to meet with health professionals and the community, to share ideas on what people can do to foster their own health and wellbeing

The model of support in LWB's programs for older people is a focus on restorative care and wellness, to help give people the confidence to try new things so they can continue to enjoy their lives.

Celebrity chef, author and businessman Peter Howard now lives on Queensland's Sunshine Coast, and in his retirement is a living example of living well.

Peter believes a renewed connectedness to community and an understanding of the many services now available to seniors, has provided him with a sense of security that has allowed him to open new doors and participate in new experiences in his later years.

Peter Howard was one of the best known faces on television during the 80s, 90s and noughties, and one of the first to put 'celebrity' into cooking with almost two-decades on the Nine Network's Today Show.

Now finding a renewed passion for life and undertaking new challenges Peter has begun writing a novel drawing on his years in the entertainment industry.

"It's been a wonderful life, and it just keeps getting better," he says.

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National Manager for LWB's Aged Care Services Dustin Pham said under the new approach, the focus is on promoting wellbeing, supporting people to be independent and to continue actively participating in their communities for as long as they wish to do so.

“By actively engaging with older people to involve them in activities they are interested in or already passionate about, we will be able to help them to continue living at home and doing the things they love,” he said. “There is no longer a focus on doing everything for older people like there once was.”

Services like LWB's have an emphasis on building and encouraging independence, to assist people to enjoy themselves and to maintain their quality of life right through their later years. Making friends, socialising and having fun is a big part of this.

“This is fundamentally a cultural shift across the sector from ‘doing for’ to ‘doing with’,” Mr Pham said. “Our staff can partner with people to assist them both in their homes and in the community.

“With this approach, we can assist people to undertake a task or an activity themselves, or with less assistance, or we can provide help in the way that they need,” he said.

Mr Pham said, we need to all remember how capable older people are, and the value they bring to our community.

“Older people have so much to gain in their health and overall wellbeing through continuing to find new ways to spend their time and enjoy their lives. Our services are designed to help them in whatever areas they need support.”

LIFE WITHOUT BARRIERS PROGRAMS:

Life Without Barriers provides ongoing supports for older people including:

In-home services: including domestic assistance, support to shop or prepare meals, personal care, home maintenance support;

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Community-based services: including centre-based group activities, including excursions, tours and classes social support, including help from a support worker to attend appointments, or do shopping or other jobs or to participate in community activities such as visiting families, relatives and friends;

Respite, counselling and carer support services.

For more information:

www.lwb.org.au or Cairns call 4032 8300

About Life Without Barriers

Now in our 20th year, Life Without Barriers has supported thousands of people to live the best life possible and we are proud to champion opportunity for all. We are a not-for-profit organisation working in more than 260 communities to support more than 11,500 people to live their best life possible. Today, we are one of the largest providers of social services in Australia. We work with individuals, their carers and others in the community to ensure the best care and support is developed for each individual's needs. This includes working in partnership with the community, elders, government and private sector to improve the lives of the people we support. We believe in the rights of people and the importance of relationships. These foundations shape our unique approach to care and underpin our values.

Media Contact:

For further information or to arrange interviews, please contact Maree Brindley Media & Events Coordinator, Life Without Barriers Maree.Brindley@lwb.org.au 0417 210 690.

Attachment 1

FREE SENIORS WORKSHOPS

Older people who want to find out more about living healthier lives are invited along to workshops in towns in Northern Queensland during the next two weeks.

Life Without Barriers – ‘Live Life – Live Well’ Free Information Workshops

Cairns PCYC - 91-97 MacNamara Street. CAIRNS 10:00am – 1:00pm
Monday October 19th and Monday October 26th 2015

Townsville PCYC – 2 Wellington St, Aitkenvale 10:00am – 1:00pm
Tuesday October 20th and Tuesday October 27th 2015

Mackay PCYC – Off Norris Rd, North Mackay 10:00am – 1:00pm
Wednesday October 21st and Thursday October 28th 2015

Rockhampton PCYC – Stapleton Park, Bridge St, North Rockhampton 10:00am – 1:00pm
Thursday October 22nd and Thursday October 29th 2015

PROGRAM:

10.00	Welcome and Morning Tea	LWB
10.30	Workshop Objectives	Dustin Pham, LWB
10.45	Live Life Live well - Nutrition and Fitness	David Stringini Northern Australian Primary Health
11.45	Services available	Dustin Pham, LWB
12.00	Gentle Exercise	PCYC
12.30	Light Lunch	
1.00pm	Close	

Target audience : older people and carers in the community

RSVP to rsvpseniors@lwb.org.au or just come along on the day.