

MEDIA RELEASE

Friday, 31 July 2015

Capalaba Seniors' Activity Centre now open

Services for older people in the Capalaba region will be enhanced with the opening of the new Life Without Barriers' Capalaba Seniors Activity Centre, benefitting service users through the provision of social activities.

The service has opened following changes to supports for older people under the new Commonwealth Funding scheme which puts choice and control in the hands of individual consumers to choose what they want to do.

National Manager for LWB's Aged Care Services Dustin Pham said under the new program, services like Capalaba will now focus on promoting wellbeing, supporting people to be independent in their homes and to continue to actively participate in their communities for as long as they wish to do so.

"The new wellness concept supports people to re-ignite their skills and gives them the confidence to try new things so they continue to enjoy their lives and feel more satisfied with what they're achieving" he said.

"There is no longer a focus on doing everything for older people. We need to all remember how capable older people are, and the value they bring to our community. Services like ours have an emphasis on building and encouraging independence, to assist people with their enjoyment and quality of life right through their later years. Making friends and socialising is a big part of this."

Senator Joanna Lindgren who officially opened the centre endorsed the new approach.

"It is anticipated we will be able to help more people to continue living at home and doing the things they love, and provide opportunities for learning new skills which they can use in their leisure or for other productive activities," Ms Lindgren said.

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Located in a residential area in the heart of Capalaba, the new centre is designed to deliver a sense of belonging and the location allows easy access as well as outreach to individuals, families and carers who want to know more about the service.

Set up within a four-bedroom house in a quiet suburban street, it includes a music room, craft room, for group-activities like card-making and doing puzzles and a reading/quiet room.

Service Manager Sandy Welch said the community will be happy with what they find at the centre as it's a warm and welcoming home-like environment.

All activities are planned to appeal to people who have recently been or are still quite active and have low to medium additional care needs.

“We have a large backyard with a lovely outdoor area, a glass house and raised garden beds, and a huge three car garage that's been set up as an outdoor men's shed.

“Our aim is to offer a broad range of activities like furniture restoration, woodwork, and gardening, and indoors we do card making and interactive craft and puzzle activities which are interesting and fun,” Sandy said.

“People also love going out so we can organise day trips for fishing, op-shopping, and visiting the RSPCA or whatever people want to do.”

Sandy said there are great hopes the service can impact many lives, with capacity for accommodating 10 people each day meaning it can support up to 50 people across the week.

People can register online through the My Aged Care Gateway at www.myagedcare.gov.au or call the free enquiry line on 1800 200 422. Alternatively, people can call us directly on 07 3245 7924 or 0488 592 015 for more information or make arrangements to come and look at the centre.

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Media Contact:

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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 250 communities to support more than 5,500 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.