

## killara house

**killara house** is a planned activity group (pag) for elderly people with dementia or suffering memory loss who still live at home or in a supported residential service accommodation. The service operates from **killara house** in Ringwood meeting the needs of people living in the municipalities of Maroondah, Yarra Ranges, Whitehorse, or Manningham.

This service operates Mondays, Thursdays and Fridays, providing varying activities and the opportunity for participants to socialise and reminisce with their peers. Clients have considerable input into the planning of these outings and activities. Every Friday an outing in the community is planned for those people experiencing the onset of dementia at an early age (ie. prior to 65yrs).

**killara house** also offers a carer support group that meet on the third Monday of each month. Additionally there is a carers lunch group that meet on the first Monday of each month.

For further information contact the Program Coordinator on **(03) 9870 0531**.

## ben's shed

**bens shed** is a social support group initiated by **each** and the local Yarra Junction community that operates on an informal basis Monday – Friday for a varied age group of men who require a low level of support whilst participating in the group.

The shed has provided an opportunity for those men who have:

- Retired from the workforce;
- Previously enjoyed spending time in their sheds that are no longer available; and
- Are disadvantaged through illness or injury that have led to the onset of depression and isolation.

**bens shed** provides a place for the blokes in the community to share a yarn, meet others, make new friends to socialise with, relax and have a laugh while sharing skills and ideas.

For further information contact the Project Worker on **(03) 5967 2648**.

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# ciss older adult services

social activity groups for frail,  
elderly and isolated people to  
maintain community connections



## social activity groups

**ciss older adult services** offers a range of social activities for frail, elderly and isolated people, those with dementia and people with a disability still living at home or in a supported residential service accommodation.

All these program activities offer a respite opportunity for carers, whilst providing opportunities for companionship, community connections and friendship for carer recipients. The service stream includes Planned Activity Groups (PAG's), coordinated by **killara house** and **golden wattle house**; and social support groups coordinated by the **wednesday activity group** and **ben's shed**.

In addition to this the service stream are a small number of specific carer focussed initiatives: the State-wide **family relationships service for carers (frsc)**; the **national respite for carers program (nrpc)**, **shiralee house**; and **the whistle stop café**.

## golden wattle house

**golden wattle house** is a Planned Activity Group (PAG) for elderly people that include older people who are frail, isolated or live with a disability or dementia. The service operates from **golden wattle house** in Healesville meeting the needs of people living in the Shire Yarra Ranges.

The service operates Monday to Friday (plus a Saturday one day each month) providing coordinated activities and opportunities for social interaction and the development of friendships with a focus on maintaining connections with their local community and beyond.

Participants contribute their ideas and suggestions for the program activities that include games and quizzes, current affairs discussions, guest speakers and entertainers. Outings vary between shopping, bowling, movies, out-to-lunch venues, drives and participation in community events.

For further information contact the Program Manager on **(03) 5962 2588**.



## wednesday activity group

The **wednesday activity group (wag)** is a social support group that has been in operation for over 30 years, between the hours 10am and 1pm each Wednesday from St Stevens Church in Ringwood East.

**wag** is an informal group for people aged 35 years and above who require a low level of support whilst participating in the group. (Assistance may be offered to arrange transport if required.)

The activity boasts a significantly strong volunteer base, some clients and volunteers have been involved with **wag** from inception of the program.

**wag's** main focus is to promote social interaction and the development of friendships and an opportunity to develop or continue their pursuit of interests or hobbies. Individual volunteers commit their time to take the lead and facilitate the various activity tables.

The success of **wag** is contributed to an informal approach, linking the socialisation and support needs of isolated members of the community with associated health programs that support the health of our aging population.

For further information contact the Program Coordinator on **(03) 9879 3933**.