



Northern Community Ambassadors Project

Clever Solutions for Savvy Seniors



Wellness for Seniors

Complex relationship between numerous factors to achieve “wellness”

- Personal choices
- Life events
- Supportive environment
- Community connections
- And a health system that supports independence



Introduction

Partners in Collaboration

Northern Seniors Community Ambassadors

- City of Salisbury – Community Health & Wellbeing
- Department of Human Services (DCSI)
- Technology for Ageing and Disability (SA) Inc
- Independent Living Centre
- Northern Collaborative Project Executive
- Statewide Collaborative Project



The Resource/Manual

- Does not recommend any specific item
- Any particular solution
- Any particular supplier
- It gives you some ideas and suppliers
- It encourages the user to come up with their own solutions
- There could be a number of solutions/actions to achieve a positive outcome



How did we construct the manual?

1. Prioritising - identifying what was important to be done and when.

- Planning
- Preparing
- Pace
- Position



How did we construct the manual?

2. General Household tasks
3. The Kitchen
4. Laundry
5. The Bedroom
- 6 The Bathroom
7. Personal Care
8. Home Maintenance



How did we construct the manual?

9. The Garden

10. Shopping

11. Car

12. Caravan and Camping

13. Entertainment

14. Consumer Information



Distribution of the manual?

- Freely available for all to download
- Through the Statewide Collaborative
- Through the NCP Network
- Libraries will be encouraged to have a copy available



Any further questions?

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