CAFÉ BAZAAR_{TM}

Moorleigh Multicultural Senior Citizens Centre
Physical Activity Program

for

Culturally and Linguistically Diverse Seniors

Presenter: Christine Spiridonos

24 August 2017



MiCare Victoria and Queensland

New Hope Foundation + DutchCare + Prins Willem Alexander Nursing Home
= MICARE

- Over 35 years experience working with Migrants, Refugees and Asylum seekers
- Bilingual staff and volunteers



SERVICES

Arrival

Settlement

Family life

Housing

Schooling

Working life

Golden years

Pathways to aged services

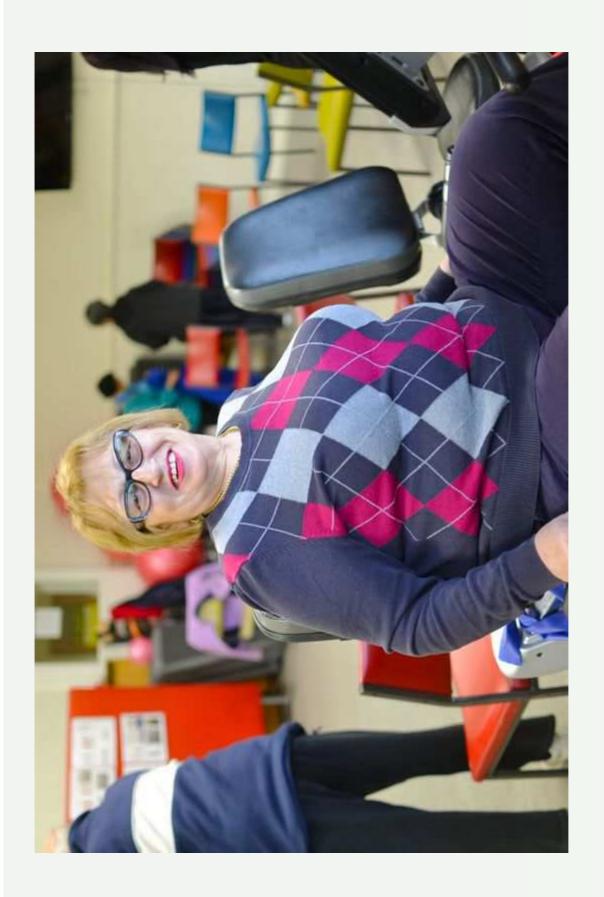
Housing

Café Bazaar™, Supporting seniors clubs, Planned Activity Groups, Volunteers
Personal care, Home help, gardening and maintenance, Hope@Hand
Home Care Packages
Independent living units

Residential care



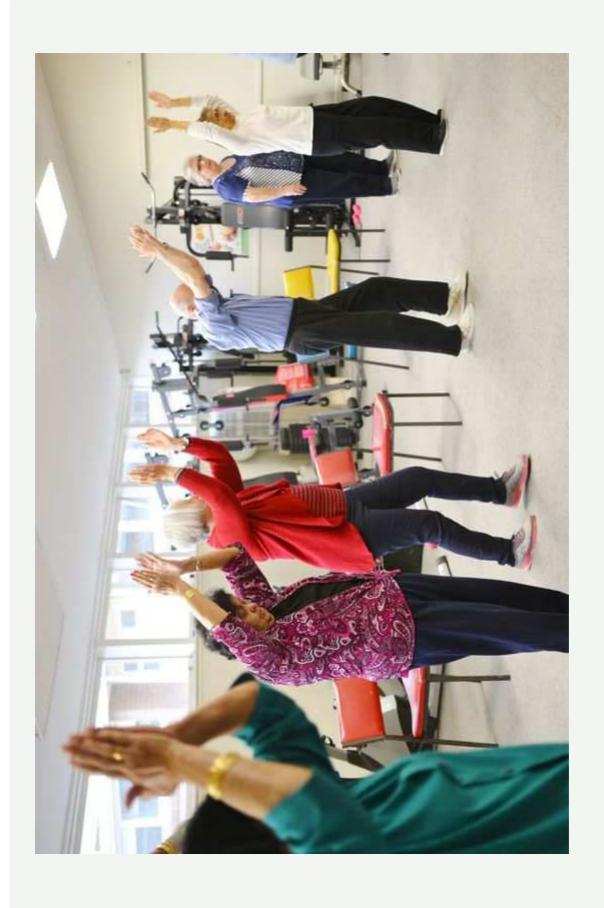




Moorleigh Multicultural Seniors Centre, East Bentleigh

- Established and managed in 1994 by NHF (now MiCare).
- Vibrant, busy centre
- CALD Seniors clubs meet
- SES
- U3A and Maternal and Child Health next door
- Fitted out and established gym
- Exercise Pilot Program began 2007
- Funded by Commonwealth Department of Health and Victorian Department of Health and Human Services





- Weekly program
- Bi-lingual facilitator
- Qualified exercise instructor
- Social
- Information sharing
- Outings
- Free/low cost



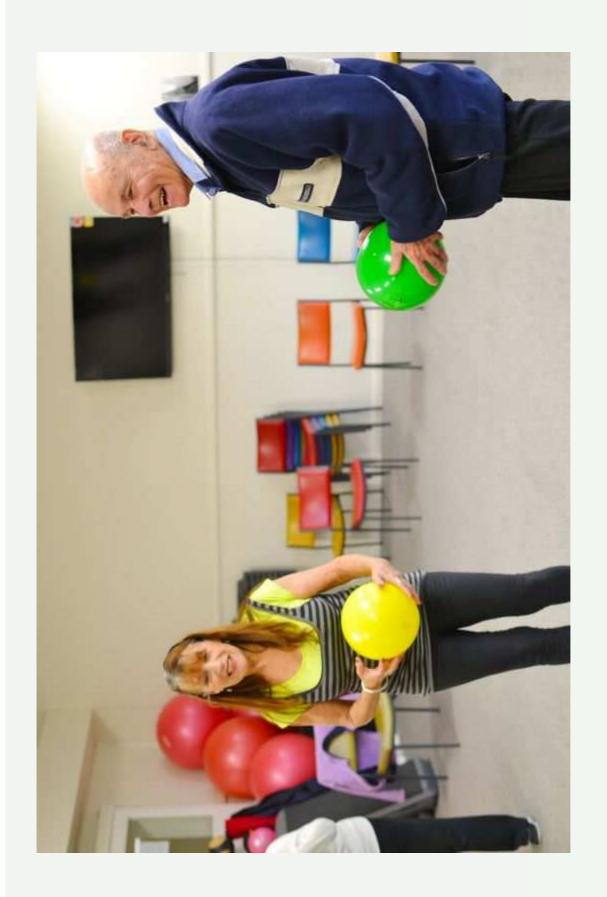


• 25-30 regular attendees

• Mainly Greek, Italian, Indian and Sri Lankan

• Ages range between 65 and 90

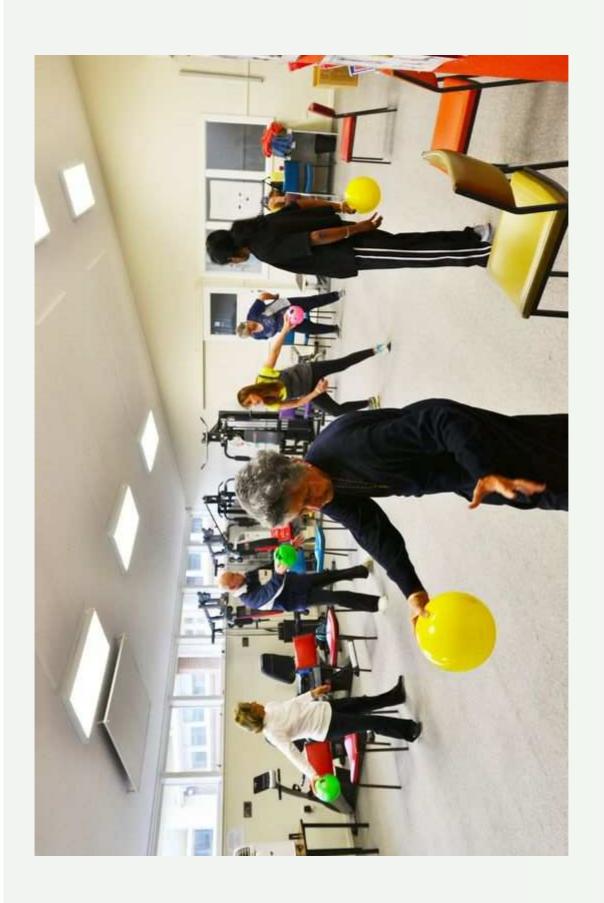




•	Qualified	instructor	/facilitator
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- Combination of gym equipment and gentle exercise
- Strength training and falls prevention
- Line dancing
- Light refreshments and a chat

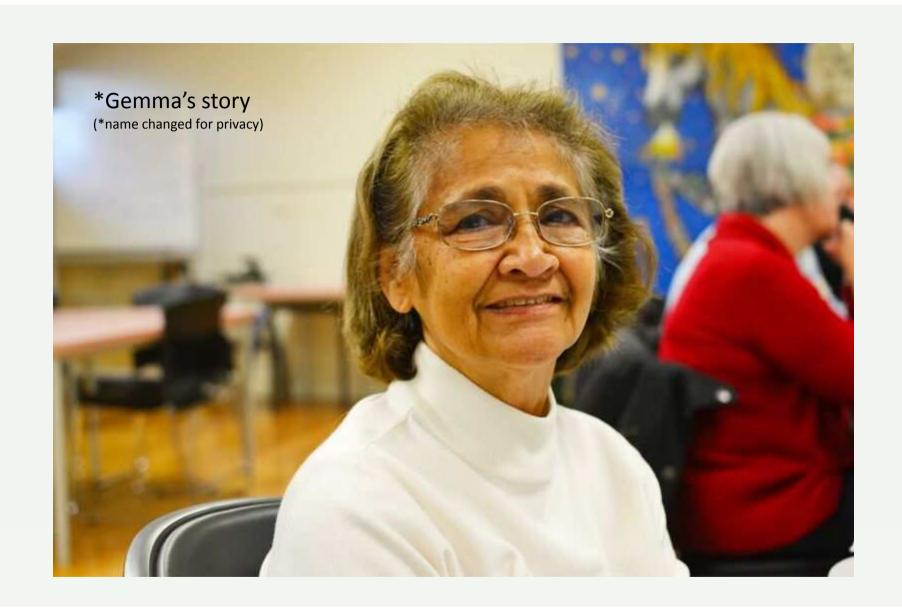




Some of our experiences

- Carer attends— exercises but doesn't socialise afterwards, due to bus timetable restrictions
- Several members tried their local gym but found it uncomfortable and ceased attending
- Women are attracted to this type of exercise; men are not







CHALLENGES:

- Funding uncertainty
- Implications of introducing fees
- Need for transportation added complexity and cost
- Keeping up with demand

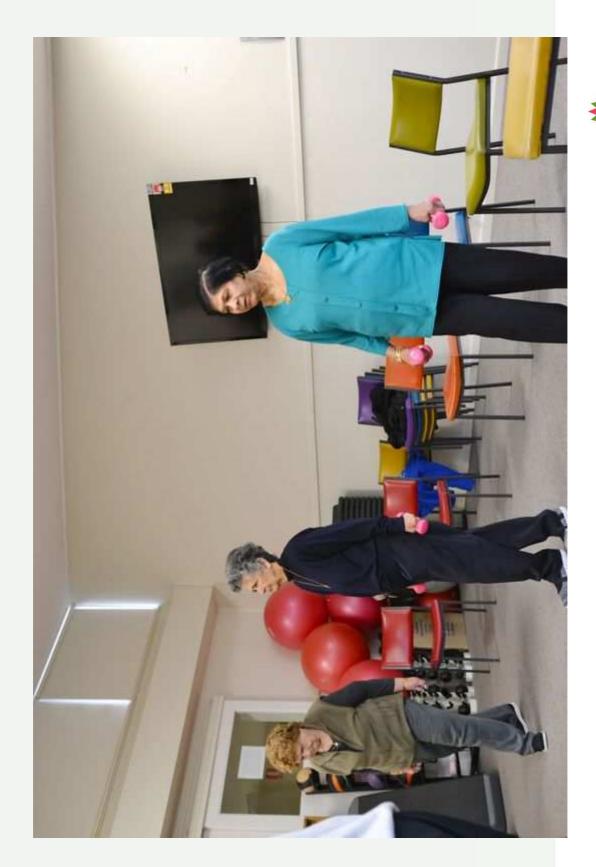




KEYS:

- Understand and accept culture
- Be flexible
- Make it fun
- Socialise
- Make it cheap
- Make it what they want







CAFÉ BAZAAR, MOORLEIGH

A facilitated, weekly, multicultural independent seniors program which promotes health and well-being, socialization, information distribution and a pathway to service system access.





For further details, contact Christine Spiridonos 0431 059 005.

MiCare

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