

The Active Ageing program includes client preferences from a mix of “My Choice” activities:

Physical fitness

Music and the Arts

Outdoor Adventures

Cooking and Eating

Skills Development

Leisure and Recreation

Social Interaction

Community Engagement

Retirement Planning

Other Activities of Your Choice

And support for daily routines as required to meet individual needs:

Meal times

Medication

Personal Care

Daily Communication

**BUILDING A SUSTAINABLE
COMMUNITY OF LEARNING,
ENJOYMENT AND SUPPORT FOR
PEOPLE WITH AN INTELLECTUAL
DISABILITY.**

Enrolling in Active Ageing

Interested in enrolling in the Active Ageing program at Minimbah?

Expect to be allocated Active Ageing funding from Ageing, Disability and Home Care?

You can inquire about a place at Minimbah by contacting the Development Coordinator on 02 9887 2299.

The Development Coordinator will arrange for you to visit Minimbah and meet with staff and will also assist with your application.



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Minimbah

Active Ageing



**A community participation
service for older adults with
an intellectual disability.**

About Minimbah

Minimbah provides quality services to adults with disabilities, catering for service users who have intellectual disabilities and related support needs.

Minimbah seeks to provide every client with a quality program conducted in a safe and cheerful environment.

Minimbah has achieved 3rd party quality verification, establishing that we fully meet the requirements of the NSW Disability Service Standards.

Our commitments are to:

- **Clients** – We offer you learning, challenge, fun and friendship with help to join in.
- **Families** – Our programs and activities are flexibly designed to support you as a carer, as well as to meet the needs of your family member.
- **Professional carers** – We will work with you as partners in care to support our mutual clients.



Active Ageing at Minimbah

Active Ageing is a centre based program with regular community access for older adults.

The program operates Monday to Friday for 48 weeks each year. Each client has the opportunity to attend for 18 hours per week. Hours are flexible, with most clients attending between 9am and 3pm or 10am and 4pm. Holiday programs and additional days and hours, beyond those covered by the client's funding, are available for a fee.

Active Ageing caters to adults aged 55 to 64 years with moderate to high support needs and living at home with their family. People with physical as well as intellectual disabilities are welcome in the program. Active Ageing is conducted by qualified and experienced staff under the direction of Minimbah Management.

We work with each client, their family and carers to identify personal goals for engagement in the program.



The program provides opportunities to participate in flexible day programs and activities that meet individual's goals, health and activity levels, life stage, interests and changing support needs.

The particular focus is on:

- Activities relevant to the individual needs of the client
- Assistance with retirement planning
- Respite for elderly parents who are continuing to care for their family member at home.

The Minimbah program provides Active Ageing clients with the opportunity to mix with other adults of all ages, from school leavers to people reaching retirement.

Find out more about Minimbah:

See our website:
www.minimbah.org.au

Arrange to visit our premises and meet with staff 02 9887 2299

Enquiries about placements at Minimbah should be directed to the Development Coordinator on 02 9887 2299.