



## **Directions from Seniors Age-Friendly Melville 2010 – 2012**

As part of the World Health Organisation's Age-Friendly Cities© project, the City of Melville is committed to working towards further enhancing the wellbeing of seniors.

Based on what seniors have told us, further initiatives have been added to the outcomes during 2010 to enhance opportunities to promote active ageing. These include:

### **Learning/Information & Health**

Computer lessons for beginners

Information session – Enduring Power of Attorney

Phased retirement Seminars

'Manage your Arthritis' course

Living Well Workshop (living with a long term health condition)

Physical exercise program – Southern Districts Senior Citizens Club

'Stay on Your Feet' Week presentations – 'Heart Health' & 'Eye Health'

Diabetes program – Aboriginal community

South of the River Forums presentations – Arthritis & Laughter

Macular Degeneration

Stay on Your Feet

Melville Aged Services Network meeting presentations –

Home Hospital Priority Assessment Service

Hospital program 'Prepare to Care'

Continence services & funding

Aged Care Assessment team; Fremantle Hospital

### **Social**

Garden Club – Willagee Community Centre

'Welcome Wednesdays' – Willagee Community Centre

New signage – Southern Districts & Stock Road Senior Citizens Centres

Community Shed development – Bicton

South of the River Forum screening – 'Young at Heart' movie

NAIDOC Seniors Ball

### **Safety**

Seniors Safety sessions (2)

Safety information session – retirement facility

In addition many other activities and events have been held providing other opportunities. These include for example: 'Celebrate Leeming Community' event, Point Walter Family Concert, Art Awards, Limestone Theatre evenings, Sculpture walk 2010, Broome to Bicton concert

