



# Healthy ageing support

## What does Living Well, Ageing Well do?

Living Well, Ageing Well (LWAW) looks at the psychosocial aspects of a person's health. We offer individualised support to link people into meaningful social and community resources and regain independence, confidence and functioning.

The program often complements health services where the consumer has a chronic health issue which has led to them becoming isolated.

The aim is to facilitate meaningful connections which lead to reablement and independence.

## What do we do?

- Individualised assessment and support
- Identification of barriers to social connection and interventions to reduce them
- Establish meaningful links with community groups, councils and neighbourhood houses
- Refer to other Merri Health groups and services where appropriate
- Run seminars, workshops and groups.

## Who can be referred?

Anyone aged between 50-64 living in the northern metropolitan region of Melbourne who is not receiving other Government support funding such as NDIS can be referred to LWAW.

They may have chronic health issues, a lack of confidence in accessing their community, or be a time-poor carer who does not know what social and community resources are available to them.

## How can you refer?

Merri Staff: send us an email to [LivingWellAgeingWell@merrihealth.org.au](mailto:LivingWellAgeingWell@merrihealth.org.au).

External service providers – give us a call on 1300 637 744 or complete the referral form via this QR code.



**Merri Health**

Healthcare that moves with you



## Jessie's story

Jessie recently retired early due to her arthritis and lives alone.

Like many of us, Jessie found that after the COVID-19 lockdowns, she had lost confidence in going out, meeting new people and accessing services and interests in her community. This was made worse by the fact that Jessie's arthritis had deteriorated due to her lack of activity for which she blamed herself.

With a LWAW Community Navigator, Jessie discussed her interests, as well as her anxiety around being out in the community once more. Jessie eventually decided that joining a gardening club might be a good stepping stone back into the community.

The Community Navigator found a gardening group in the local neighbourhood house and attended the first session of the group with her.

Jessie was also supported to discuss how she was feeling with her GP and was shown where to learn more from an arthritis education web site.

Jessie is now a regular member of the gardening group where she looks forward to welcoming new members and sharing her skills. Jessie recently advised that the confidence she has gained from this has helped her to agree to being part of an arthritis research trial identified by her GP.

