

# Community Help to Stay at Home

*This sheet aims to connect you to services provided within the community to help you stay mobile, connected and independent at home.*

## 1. ALLIED HEALTH SUPPORT

Allied health professionals can provide advice, treatment, exercise programs and prescribe aids to help you remain mobile, independent and safe at home.

In the community, Day Therapy Centres and Community Health Centres provide allied health services to help you maximise your mobility and independence.

In hospital settings, allied health services are available through **movement disorder clinics, other specialist outpatient clinics**, such as neurological and falls clinics, and **community rehabilitation centres**.

Find more information on these options for accessing allied health treatment here.

## 2. PLANNED ACTIVITY GROUPS

Groups are run in each municipality to help keep you well, active, independent and connected to the community, while also providing respite for carers.

A range of activities are frequently offered:

- Physical exercises (e.g. strength training, walking groups, tai-chi, aqua-aerobics)
- Arts and crafts
- Dancing and relaxation programs
- Support and social groups
- Advice on nutrition, health and wellbeing

Many activity groups are centre-based, these are called **Adult Day Activity Support Services** (ADASS). A range of community organisations and cultural groups run ADASS programs, which provide an opportunity to learn, participate in activities, pursue interests, support each other and be connected to other services and professionals.

Contact your local council or community health centre for a list of planned activity groups and ADASS programs in your area.

## 3. WESLEY DO CARE

Across metropolitan Melbourne, Wesley Do Care (ph.) **9762 5211** visit and support frail, isolated older people and provide additional respite for carers.

## 4. COMMUNITY EXERCISE GROUPS

Exercise groups help keep you agile and active. Find more information on community exercise groups in our wellbeing and active living section.