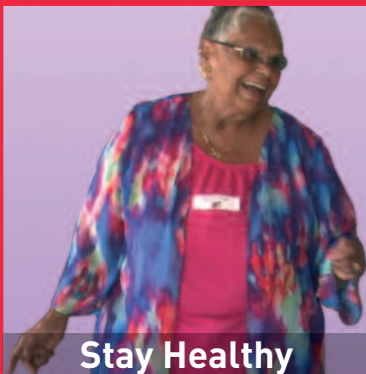


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## Aboriginal Elders Living a Positive Life Toolkit



# Introduction for facilitators using this toolkit

The **Aged Rights Advocacy Service (ARAS)** and **Office for the Ageing**, in consultation with key stakeholders, have developed this toolkit to raise community awareness of how older people can take steps to safeguard their rights and live a positive life.

The purpose of the toolkit is to support facilitators to start the conversation with older people about how they can get involved in activities to maintain wellbeing and safety.

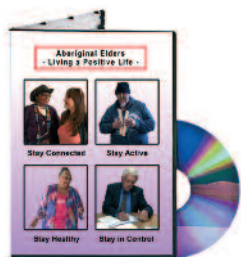
## The toolkit contains:

- A **DVD** portraying older people engaging in activities to maintain their wellbeing, safety and independence and promoting the following key messages:

Stay connected      Stay active  
Stay healthy        Stay in control

- An **Activity Guide** in the form of a Z-card that outlines the positive steps that older people can take to safeguard their wellbeing.
- A **Booklet of Questions** that is a guide for facilitators to start the conversation after they show the DVD to their groups. This booklet also contains a list of relevant agencies that can assist older people.
- **To Do List For Living a Positive Life** for participants.
- **Other resources** are included in the toolkit. Multiple copies of these resources are available to order from ARAS or download from [www.sa.agedrights.asn.au](http://www.sa.agedrights.asn.au)
- **Feedback Form** is included for the facilitator to complete following the activity and send back to ARAS.

# 5 easy steps to use the toolkit



**Step 1** Show the DVD entirely or in snippets



**Step 2** Hand out the Z- card activity guide



**Step 3** Ask questions included in the facilitator's booklet



**Step 4** Hand out the 'to do list' to participants. Have them start their list.



**Step 5** Hand out any other resources.

## **DVD questions for facilitator to start the conversation on positive ageing strategies**

**Facilitator to show DVD to the group and ask the following question:**

**What were the people in the DVD doing?**

Some examples of answers:

- People are seen participating in community activities
- Enjoying life with family and friends
- Learning new skills
- Enjoying physical activities
- Choosing healthy food
- Having health checks
- Getting legal advice
- Making their home secure
- Controlling their finances
- Being involved

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# Stay Connected

**Facilitator gives the Z-card to participants after viewing the DVD and asks the following questions:**

**Q1 Let's look at the section on 'stay connected'. What can you do to stay connected?**

- Maintain contacts with family and friends by phone, mail and technology via SKYPE, Facebook, emails
- Make new friends through community activities e.g. your local council, day centre and local clubs
- Volunteering
- Being on Committees
- Activities and outings
- Reading local news
- Cultural connections

**Q2 How does 'staying connected' help you live a positive life?**

- Reduces your isolation - people would know if something was wrong or you needed help if they didn't hear from you or see you
- You become involved in local community activities
- Gives you regular contact with family and friends
- You stay safe with a personal safety alarm
- You are aware of scams

# Stay Active

**Facilitator to ask the following questions:**

**Q1** Let's look at the section 'stay active'.  
What can you do to stay active?

- You can join a local community group
- Join a walking group
- Begin a new hobby
- Learn a new craft

**Q2** How does 'staying active' help you to live a positive life?

- Connects you to service provision
- Gives you a routine – people will notice if something is not quite right
- Makes you alert
- You have people that you can trust around you
- Being active keeps you in touch with community
- Keeps you happier and prevents depression

# Stay Healthy

**Facilitator to ask the following questions:**

**Q1** Let's look at the section 'stay healthy'.  
What can you do to stay healthy?

- Eat healthy food
- Have regular check-ups with your GP
- Check your medication with your pharmacist
- Ask for help if you need special equipment or help at home
- Be as active as possible

**Q2** How does 'staying healthy' help you to live a positive life?

- Keeps you in control
- Helps you to stay active in the community
- Keeps you positive
- Maintains your independence

# Stay in Control

**Facilitator to ask the following questions:**

**Q1** Let's look at the section 'stay in control'.  
What can you do to stay in control of your life?

- Invest in a personal safety alarm
- Have a safety audit of your home
- Plan ahead – Advance Care Directives, Enduring Power of Attorney
- Before signing legal documents, seek legal advice
- Ensure that you are in control of your finances

**Q2** How does 'staying in control' help you to live a positive life?

- It lets others know that you are strong and in control
- You are able to make your own decisions
- It ensures that your affairs are in order, e.g. wills
- It gives you confidence in yourself



# Further information

## List of services

- **Aboriginal Community Care SA**  
[www.aboriginalccsa.org.au](http://www.aboriginalccsa.org.au)  
(08) 8346 8155

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- **Aboriginal Legal Rights Movement**  
[www.alrm.org.au](http://www.alrm.org.au)  
8113 3777  
or country callers 1800 643 222

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- **Active Ageing Australia**  
[www.activeageing.org.au](http://www.activeageing.org.au)  
(08) 7325 8420

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- **Aged Rights Advocacy Service**  
[www.sa.agedrights.asn.au](http://www.sa.agedrights.asn.au)  
(08) 8232 5377  
or country callers 1800 700 600

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- **Alzheimer's Australia SA**  
<https://sa.fightdementia.org.au>  
(08) 8372 2100

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- **Carers SA**  
<http://carers-sa.asn.au>  
(08) 8291 5600  
or country callers 1800 242 636

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- **Catalyst Foundation**  
[www.catalystfoundation.com.au](http://www.catalystfoundation.com.au)  
8168 8776  
or country callers 1800 636 368

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- **Council of Aboriginal Elders SA**  
[www.caesa.org](http://www.caesa.org)  
(08) 8367 0783

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- **Council on the Ageing**  
[www.cota.org.au](http://www.cota.org.au)  
(08) 8232 0422  
or country callers 1800 182 324

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- **Interpreting and Translating Centre**  
[www.translate.sa.gov.au](http://www.translate.sa.gov.au)  
1800 280 203

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- **Legal Services Commission**  
[www.lsc.sa.gov.au](http://www.lsc.sa.gov.au)  
(08) 8111 5555  
or Free Legal Help Line 1300 366 424

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- **Local Government Association**  
[www.lga.sa.gov.au](http://www.lga.sa.gov.au)  
(08) 8224 2000

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- **South Australian Community Legal Centres**  
Free Legal Advice  
[www.saccls.org.au](http://www.saccls.org.au)  
(08) 8342 1800

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- **SA Elder Abuse Prevention Phone Line**  
[www.sahealth.sa.gov.au/stopelderabuse](http://www.sahealth.sa.gov.au/stopelderabuse)  
1800 310 372

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- **National Dementia Helpline**  
[www.fightdementia.org.au/helpline](http://www.fightdementia.org.au/helpline)  
1800 100 500

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- **Office of the Public Advocate**  
[www.opa.sa.gov.au](http://www.opa.sa.gov.au)  
(08) 8342 8200  
or country callers 1800 066 969

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- **SA Sporting Clubs**  
Office for Recreation & Sport  
[www.ors.sa.gov.au](http://www.ors.sa.gov.au)  
1300 714 990

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- **Welfare Rights Centre**  
<http://wrcsa.org.au>  
(08) 8223 1338

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# Further reading

## Planning Ahead

[www.sahealth.sa.gov.au/planningahead](http://www.sahealth.sa.gov.au/planningahead)

## Knowing Your Rights –

### A Guide to the Rights of Older South Australians

[www.sahealth.sa.gov.au/safeguardrights](http://www.sahealth.sa.gov.au/safeguardrights)

## Stop Elder Abuse

[www.sahealth.sa.gov.au/stopelderabuse](http://www.sahealth.sa.gov.au/stopelderabuse)

## Strategy to Safeguard the Rights of Older South Australians

[www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)

## Staying healthy – Healthy eating and staying connected

[www.communityfoodies.com](http://www.communityfoodies.com)

## Staying active and healthy – Strength for life program

[www.cotasa.org.au/programs/life/default.aspx](http://www.cotasa.org.au/programs/life/default.aspx)

## Staying active and healthy – Get Healthy program

[www.sahealth.sa.gov.au/wps/wcm/connect/Public+Content/SA+Health+Internet/Healthy+living/Get+healthy](http://www.sahealth.sa.gov.au/wps/wcm/connect/Public+Content/SA+Health+Internet/Healthy+living/Get+healthy)

## NOTES

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**Government of South Australia**

**SA Health**

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