

# CASE STUDY:

## Learning for Life



**Learning for Life aims to improve health and wellbeing for vulnerable older people (50+) from Myanmar.**

### Improving mental health and wellbeing outcomes of Myanmar Seniors.

The Learning for Life Program is a first of its kind, and now, in its 5<sup>th</sup> iteration, has involved 50 participants from at least five different communities (Burmese, Chin and Karen, Kachin and Karenni speaking backgrounds) and promotes connectedness, inclusivity and equity amongst a uniquely diverse community.

The program delivered 40 weeks of psycho-education sessions over a 1.5-year period to newly arrived senior refugees and migrants from Myanmar.

#### AT A GLANCE



**Target Participants**  
The Myanmar Seniors Group



**Aim**  
To improve health and wellbeing for vulnerable older people (50+) from Myanmar.



**Organisations Involved**  
Spectrum and Foundation House



**Location**  
Sunshine, Victoria



**Funding**  
Brimbank Council

The delivery of group-centered, therapeutic sessions was developed from an expressed need from senior members of the Myanmar community, for settlement and language support, in a group setting. Consultations with community leaders and other service providers also indicated a gap in services for grandparents.

#### Key outcomes;

- Provision of a safe, supportive group environment for participants to reflect on personal experiences and emotions throughout their settlement journey.
- Increased participant awareness of the nature of trauma, the effects of traumatic experiences and possible coping strategies.
- Enhanced participant knowledge and usage of local health and wellbeing services
- Increased participant knowledge of healthy ageing strategies
- Strengthened connections between peers and the wider community
- Western Melbourne service providers are educated about the needs of senior members within the Myanmar community.

*"I think this program is excellent. It can not only be for our ethnicities but everyone from Myanmar. The more different communities the better understanding we have of different cultures in Myanmar, which will create peace and development in the world."*

#### Thang Hmung

74 years old  
from Chin State Myanmar

**For More Information Visit:**

W. [www.spectrumvic.org.au](http://www.spectrumvic.org.au)

