

# CASE STUDY:

## My Aged Care



**My Aged care program promotes the elderly to live independently in their own homes and to actively engage and participate in community and social activities as part of the new Home Care Program.**

**The elderly and people with special care needs and their families from refugee background.**

The elderly and people with special care needs and their families from refugee background in new and emerging communities are assisted by the Australian Migrant Resource Centre's (AMRC) services to live independently in their own homes and to actively engage and participate in community and social activities as part of the new Home Care Program.

To better identify the needs of and engage elderly people from diverse cultures and backgrounds in recreational and social activities, the Northern Area Migrant Resource Centre (NAMRC) has commenced a Seniors Support Group every Monday and the AMRC holds regular information workshops regarding the new Home Care program with different community groups.

The Seniors Support Group and information workshops are facilitated by the AMRC's Senior Social Worker Cory Alles, and aims to inform and educate participants about the program including how it will work collaboratively with clients to address their specific needs and develop a tailored care plan enabling them to maintain a healthy, active, balanced and independent lifestyle, through respecting their religious and cultural practices, and attending to their linguistic needs with case managers/workers speaking an array of languages to assist them. This program also lends a helping hand to carers who spend their time looking after their loved ones.

### AT A GLANCE



#### Target Participants

The elderly and people with special care needs and their families from refugee background.



#### Aim

To better identify the needs of and engage elderly people from diverse cultures and backgrounds in recreational and social activities.



#### Organisations Involved

AMRC



#### Location

Adelaide, South Australia



#### Funding

AMRC

*The Australian Migrant Resource Centre (AMRC) is the leading settlement agency serving all of South Australia. We use a community development approach to support the effective settlement and participation of people from refugee and migrant backgrounds, particularly humanitarian new arrivals and those seeking status resolution.*

For More Information Visit:

<https://amrc.org.au/>

