HEALTHY AGEING HUB

Getting older can feel daunting and often comes with a lot of questions. Thankfully, there is someone you can speak to, to help you navigate the years ahead!

At Gymea Community Aid and Information Service (GCAIS), we support local seniors (living in Sutherland Shire) to live healthy, fulfilled, vibrant lives by providing them with a range of opportunities to actively engage in community, health and wellbeing programs.

Our Healthy Ageing Hub, funded by the Central and Eastern Sydney Primary Health Network, is designed specifically to support people aged 60 and over, and Aboriginal and Torres Strait Islander people over 50, with practical support, information and guidance about how to maintain health and wellbeing, and get the most out of their senior years.

We know that ageing is inevitable – and at times, can feel confronting. Many of us share the same fears about:

- losing our independence, identity and self esteem
- encountering physical health issues or experiencing cognitive decline
- becoming isolated or losing our social connection
- financial security or hardship.

But getting older doesn't have to mean adhering to a stereotype, or following in the footsteps of generations that have gone before.

Australia's ageing population is testament to the fact that Australians are now living longer, healthier and more empowered lives.

Our Healthy Ageing Advisor can support you to:

- identify choices and options to help you age well in your community
- navigate My Aged Care and understand what supports you may be eligible for
- feel educated and empowered about your choices, as well as link you with support groups, programs, physical activities, adult learning classes and social support services, that will meet your individual needs
- receive the latest health advice and resources to support your wellbeing
- resolve issues and make significant life decisions e.g. end of life decision making
- access culturally appropriate and safe care, specific to your needs. This includes supporting LGBTQI+ people, Aboriginal and Torres Strait Islanders, those from CALD backgrounds, and people living with a disability within the specified age criteria.

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Through our Healthy Ageing Hub, we can support you to realise your potential, prioritise your health and wellbeing, and make powerful choices that will support you to live the life that you want!

We recognise that everyone has individual goals and that 'healthy ageing' means different things to different people.

Our Healthy Ageing Hub Advisor will fully customise their approach to working with you, to support your current and future needs.

Speak to us today to book an appointment!

This service has been made possible by funding from Central and Eastern Sydney Primary Health Network.

"I don't want my senior years to play out the way they did for my parents and grandparents. They never had any choices, and they felt restricted in what they could do and how they could do it once they got to a certain age. I'm determined to have a plan now – to keep myself as well and active as I can, and to ensure I am connected in community with the right support around me. I want to give myself the best possible chance of living the life I want, while I still can."
- Kerry, 62

"It gives me peace of mind to know that Dad has made a plan for his future. I want him to live his life to its fullness and I am grateful he has taken the time to invest in his health and wellbeing. I hope I am as fit and determined as he is when I am his age!"

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For more information: (02) 9524 9559 | 0421 021 838
healthyageing@gcais.org.au | gymeacommunityaid.org.au