

Community and Health Services

beyondblue: www.beyondblue.org.au/

beyondblue provides information and support for people, and their support networks, who suffer from depression and anxiety. It explains what anxiety and depression are, and information for specific target groups including young people, women, men, older people, multicultural people, Aboriginal and Torres Strait Islander people, LGBTIQ people and pregnancy.

Blue Zones Project, *Albert Lea*: www.albertlea.bluezonesproject.com

The Blue Zone project is based on communities around the world that harbour the highest concentrations of centenarians. The project aims to improve community health by promoting walkability and wiser eating choices, enhancing social connections and fostering positive mindsets. Albert Lea, Minnesota, has been a particularly successful Blue Zone that has engaged government, business and the community to improve community health and wellbeing. Watch Dan Buettner, the mind behind Blue Zones, explain how this project works:

www.youtube.com/watch?v=waGHi6aMzh8

Creating Liveable and Healthy Communities, *The Australian Prevention Partnership Centre*: <http://preventioncentre.org.au/our-work/research-projects/creating-liveable-and-healthy-communities/>

This project aimed to identify liveability factors in a community that could improve health and wellbeing, and how urban planning policies across liveability domains affected health outcomes. Indicators to measure community liveability were developed to support government and planners to create neighbourhoods that support health and wellbeing. The findings brief includes references to the multiple publications that came out of this project.

How to Engage Older People in Sport and Physical Activity, COTA Victoria:

<https://cotavic.org.au/wp-content/uploads/2015/07/20150617-COTA-Vic-How-to-Engage-Older-People-in-Sport-and-Physical-Activity-Resource-Guide-July-2015.pdf>

Despite the benefits of exercise, many older people struggle to access appropriate levels of physical activity, and providers of activities may feel uncertain about how to support older people. This document provides information about how to attract older people to participate in groups and respond to concerns about the program. It includes some case study ideas to consider.

My Aged Care, Australian Government: <https://www.myagedcare.gov.au/>

My Aged Care is a portal to find support for older Australians to access in-home support or move in to residential care. Information is available about the types of aged care services available, how to apply for support and eligibility for different levels of care and financial support. If you have difficulty navigating My Aged Care and the aged care space, contact COTA on 6231 3265 to speak to someone who can help guide you through this process.

Otago Exercise Programme to Prevent Falls in Older Adults, ACC New Zealand:

<https://www.acc.co.nz/assets/injury-prevention/acc1162-otago-exercise-manual.pdf>

The Otago Exercise Programme is a home-based program designed to improve strength and balance to reduce falls risk in older adults through training and regular follow up by an instructor. This manual provides information about the programs development and implementation, as well as findings from the pilot program.

Roadmap to Livability: Health Services and Community Supports Workbook,

AARP: <https://www.aarp.org/livable-communities/tool-kits-resources/info-2017/roadmap-to-livability-collection.html>

The Health Services and Community Supports Workbook is the fifth workbook in AARP's Roadmap to Livability series. It provides tools and worksheets to help engage a community in the development and implementation of an action plan for health services and community supports. Many of the health-related examples focus on the

needs of people ageing with chronic illness or a disability, but can apply to people of all ages and abilities.

Still Standing Fall Prevention program:

<http://cronkitenewsonline.com/2014/01/15035/index.html>

This article explains the Still Standing program run in Arizona, US. Physical therapy and nursing students, through their studies, teach older community members strategies and exercises to help avoid falls, explaining that falling is not a natural part of growing older.

Tasmanian Health Directory, *Primary Health Tasmania*:

<https://www.tasehealthdirectory.com.au/directory/>

This state-wide directory aims to connect people to health professionals, providers and services. You can search by region or by organisations or individual names.

Wheel of Well-being: www.wheelofwellbeing.org

The Wheel of Well-being is an international initiative that has resources and information about maintaining wellbeing both personally and professionally. It focuses on six areas – body, mind, spirit, people, place and planet. There are do-it-yourself tips about how to improve your personal wellbeing in every area and practical ideas about improving wellness in your organisation, workplace or local community.