

Planned Activity Groups

Who can make referrals?

Anyone can make a referral to the program. Service Providers are required to use the SCTT tool to make a referral. This may be faxed to our office on (03) 9585 4303.

Once the referral is made our Program Coordinator will organise a time to visit. The assessment will involve the client, other people in their life, including family, case manager, carer etc. The purpose of this assessment is to establish interests, availability and needs.

Transport

Transport is available and can be discussed at the initial assessment.

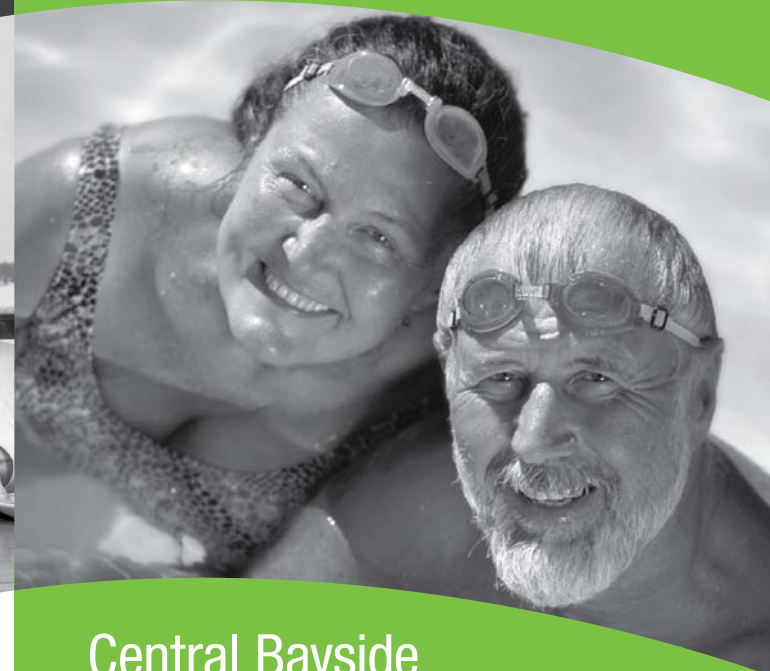
Costs

A nominal fee is charged to cover the cost of transport to and from home as well as a cooked lunch from our on-site chef.

Venues:

MAIN OFFICE	Chelsea	Clarinda
Pat Mutimer Centre 31 Venice Street Mentone 3194	3/1 The Strand Chelsea 3196	58 Viney Street Clarinda 3169

For further information, please call **9583 6970**, email info@cbchs.org.au or visit www.cbchs.org.au



Central Bayside Community Health Services

Day Programs for Older People &
Younger People with Disabilities.

Quality. Community. Wellbeing.

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Planned Activity Groups (PAG) provide 26 innovative and stimulating activity-based programs for frail older people and for younger people with disabilities across the City of Kingston.

Eligibility

65 years and over, on a pension or have a Carer.

What is our Focus?

Our primary focus at PAG is to help our clients build relationships. The way in which we do this is by providing our clients with different social opportunities and exposure to various activities of interest. We have a dedicated team who have created programs that make people feel welcome, facilitate the development of friendships and make people feel like valued contributors.

What are the goals of PAG?

PAG has two primary goals:

- To maintain self worth, well being and self confidence by providing innovative, purposeful and meaningful centre based and community based activities.
- Provide respite and support for carers that will sustain and promote their own wellbeing.

Policy and Procedure

CBPAG operates in accordance with statewide guidelines, as well as the Central Bayside Community Health Services policy and procedure manuals.

Carers Support Programs

CBCHS provides a range of services for carers who are looking after a family member or friend at home. Services include counselling, access to resources and additional respite opportunities.

Staff

All of our programs have well qualified and experienced staff that are familiar with the issues associated with ageing. All staff are required to undergo a police check prior to commencing in the position.

Volunteers

Volunteers have the opportunity to become involved in a wide variety of our programs, they are offered ongoing training and support. Our team of volunteers provide valuable assistance to clients and staff. Volunteers offer their knowledge and time whilst gaining experience.

Activities

Activities are offered from our venues in Mentone, Parkdale, Chelsea and Clarinda.

Activities Include:

- Outings
- Art/Craft
- Gentle Exercises
- Games
- Music
- Woodwork
- Walking
- Coffee Club
- General Socialisation
- Water Exercises
- Armchair Travel

PAG provide programs for people from culturally diverse backgrounds such as Italian, Cook Islanders, Turkish and Chinese communities.

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