

CAFÉ BAZAAR™

Moorleigh Multicultural Senior Citizens Centre
Physical Activity Program

for

Culturally and Linguistically Diverse Seniors

Presenter: Christine Spiridonos

24 August 2017



MiCare Victoria and Queensland

***New Hope Foundation + DutchCare + Prins Willem Alexander Nursing Home
= MICARE***

- Over 35 years experience working with Migrants, Refugees and Asylum seekers
- Bilingual staff and volunteers

SERVICES

Arrival

Settlement
Family life
Housing
Schooling
Working life

Golden years

Pathways to aged services
Housing
Café Bazaar™ , Supporting seniors clubs, Planned Activity Groups, Volunteers
Personal care, Home help, gardening and maintenance, Hope@Hand
Home Care Packages
Independent living units
Residential care



Moorleigh Multicultural Seniors Centre, East Bentleigh

- Established and managed in 1994 by NHF (now MiCare).
- Vibrant, busy centre
- CALD Seniors clubs meet
- SES
- U3A and Maternal and Child Health next door
- Fitted out and established gym
- Exercise Pilot Program began 2007
- Funded by Commonwealth Department of Health and Victorian Department of Health and Human Services



- Weekly program
- Bi-lingual facilitator
- Qualified exercise instructor
- Social
- Information sharing
- Outings
- Free/low cost



- 25-30 regular attendees
- Mainly Greek, Italian, Indian and Sri Lankan
- Ages range between 65 and 90



- Qualified instructor/facilitator
- Combination of gym equipment and gentle exercise
- Strength training and falls prevention
- Line dancing
- Light refreshments and a chat



Some of our experiences

- Carer attends– exercises but doesn't socialise afterwards, due to bus timetable restrictions
- Several members tried their local gym but found it uncomfortable and ceased attending
- Women are attracted to this type of exercise; men are not

***Gemma's story**
(*name changed for privacy)



CHALLENGES:

- Funding uncertainty
- Implications of introducing fees
- Need for transportation – added complexity and cost
- Keeping up with demand



KEYS:

- Understand and accept culture
- Be flexible
- Make it fun
- Socialise
- Make it cheap
- Make it what they want





CAFÉ BAZAAR, MOORLEIGH

A facilitated, weekly, multicultural independent seniors program which promotes health and well-being, socialization, information distribution and a pathway to service system access.

Thank you for your attention.

For further details,
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