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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