



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM  
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED



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## Planned Activity Group (PAG)

PAGs support people who are ageing or who have a disability, to meet regularly and engage in planned activities. VASS provides PAGs for people from an Arabic Speaking Background (ASB), who are eligible for Home and Community Care (HACC) supports.

Laila Houli coordinates a group for elderly women which meet every Tuesday at the VASS Newport office (16 Oxford St, Newport).

PAGs assist people who are ageing and their carers by:

- Helping them to be continually independent thereby preventing admission to long term residential care and hospitals
- Encouraging participation in broad community life
- Promoting physical and mental health and enhancing quality of life
- Providing respite and support for carers



### What activities are provided?

- Opportunities for the frail, aged and disabled in the Arabic community to socialise with other people of similar background
- Sharing of useful information
- Computer training – accessing the internet
- Wise use of medication
- Participation in health and well for life activities i.e. healthy eating and food preparation activities, gentle exercises, internet training
- Participation in recreational activities i.e. art craft, sewing, swimming, walking activities in beach or park areas
- Information sessions on blood pressure, cholesterol, nutrition, dementia, diabetes, heart disease and the ambulance service

### Transport

Transport to and from the VASS office can be arranged by the VASS staff upon management approval.

### Meals

PAGs provide refreshments for all participants.

For more information please contact Lina Hassan or Laila Houli for more information at VASS Head Office (03) 9359 2861 or mail@vass.org.au