

How can our Active Ageing Program help you?

The Witmore Training and Support Active Ageing Program will assist you to:

- ◆ **Maintain and develop life skills and independence** - Cooking, health and hygiene, fitness, time and money management, CPR
- ◆ **Develop social networks** - Personal and social skills development, community outings and activities and social activities
- ◆ **Access community services** - Shopping, banking and outings
- ◆ **Achieve your individual goals** - Pursue individual hobbies and interests
- ◆ **Participate in the community**
- ◆ **Participate in a variety of activities**



Need more information or like to apply?

For further information on our Active Ageing Program, or if you would like to apply please contact:

Witmore Training and Support

45 Magpie Street Singleton NSW 2330

P.O Box 106 Singleton NSW 2330

Ph/Fax: 0265 722578

Email: admin@witmore.org.au

Web: www.witmore.org.au



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If you do not understand this document, please contact the Telephone Interpreting Service on 131450 and ask them to phone Witmore Enterprises Incorporated on 0265 722578



Witmore Active Ageing Program



Providing supported employment and training to people with a disability in the Singleton District since 1958

PH: 0265 722578

Welcome to Witmore Enterprises Incorporated (WEI). Our Mission Statement is to facilitate equitable, inclusive communities.

We will do this by:

- ◆ Creating opportunities in employment and training
- ◆ Tailored support focussing on success, strengths and abilities
- ◆ Experienced, qualified and dedicated staff
- ◆ Diversity, Dignity and Respect
- ◆ Innovation, Value and Excellence

We have two service divisions; Supported Employment and Witmore Training and Support (WTAS) which offers the following Day Programs:

- ◆ Transition to Work (TTW)
- ◆ Community Participation (CPP)
- ◆ Active Ageing (AAP)

The operating hours for our programs are 9am to 3pm Monday to Friday.

Witmore Enterprises Incorporated is a registered charity and funding for WTAS is provided by Ageing, Disability and Home Care, Department of Human Services NSW (ADHC).



About our Active Ageing Program

- ◆ The Active Ageing Program is a new ADHC funded adult day program which commenced in 2009. The program is for people aged 55-64 years with a disability and moderate to very high support needs and not currently attending an ADHC supported program.
- ◆ A flexible day program and activities are provided that meet the goals, health activity levels, life-stage, interests and changing support needs of the participant.
- ◆ The program is ongoing and clients usually attend three (3) days per week depending on their support needs.
- ◆ Witmore provide individual planning to meet the needs and goals of participants



- ◆ Centre based activities provided include:

- ⇒ Art
- ⇒ Craft
- ⇒ Music Therapy
- ⇒ Relaxation Therapy
- ⇒ Pet Care
- ⇒ Gardening in raised garden beds
- ⇒ Exercise
- ⇒ Good nutrition
- ⇒ Cooking
- ⇒ Social outings
- ⇒ CPR Training
- ⇒ Budgeting Skills Training
- ⇒ Personal Grooming
- ⇒ Community Participation, access and support

