

Come along to the HCI Aged Task Force...

WHAT IS THE AGED TASK FORCE?

A group of seniors, community organisations and services who meet regularly and are committed to improving the quality of life for older people in our region.

The Task Force has been successfully operating for 14 years under the auspices of Healthy Cities Illawarra (HCI). See back for more details on HCI.

WHAT DOES THE TASK FORCE DO?

The Task Force works to:

- ◆ Listen to the needs and concerns of older people
- ◆ Increase awareness of and respond to the issues that affect the well-being of older people
- ◆ Advocate for better services for older people
- ◆ Celebrate older people and their contribution to the community

WE NEED YOU....

Anyone with an interest in working with us is welcome to join, membership is open.

Meetings are held quarterly at:

**Healthy Cities Illawarra
63 Auburn Street, Wollongong
at 9.30am**

Meeting Dates for 2005:

Tuesday, 15th February
Tuesday, 17th May
Tuesday, 16th August
Tuesday, 15th November

MORE INFORMATION?

For more details, please phone
Healthy Cities Illawarra
on 4226 5000



HEALTHY CITIES ILLAWARRA INC.

AGED TASK FORCE *Achievements*

▶ Celebrate active ageing with 'Time of Our Lives' Amateur Photographic Competition and Exhibition which has run successfully for two years.

▶ Successful lobbying for the local health minibus transport service, following an ATF community 'phone in' around the issue of health related transport.

▶ Secured funding from Department of Ageing, Disability and Home Care for a social isolation in the elderly project.

▶ Introduced computer skills to residential care facilities by trialing a twelve month in- house computer and internet service for residents. The computer and furniture was kindly donated by a local GP.

▶ 'History of Good Food Project' with TAFE which looked at eating and cooking behaviors of older people.

▶ Conducted a review of local aged care services and how these are responding to growing demands

▶ Organised local walk-a-thons to participate in the World Health Organisation's Global Walk for Healthy Ageing.

WHAT IS HEALTHY CITIES ILLAWARRA?

Healthy Cities Illawarra (HCI) is part of a worldwide movement started by the World Health Organisation (WHO) in 1985. There are over 5,000 healthy cities, towns and villages throughout the world which pursue the Healthy Cities vision.

It is a non-profit, community based organisation made up of people and organisations who share a vision for a healthier and sustainable Illawarra. Based in Wollongong, and operating throughout the region and extending to the Shoalhaven in the south, HCI has been operating since 1987.

Everyone is welcome to participate in any number of ways.

*For more information or
membership details*

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Are You
Concerned About
Issues Facing
Older People?

