

# *Well for Life*

## *Aged Care*

### *Department of Health*

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**Service Development**

**go  
for  
your  
life™**



# Background

- Aim: improve nutrition and increase physical activity and emotional wellbeing
- Evidence: improving nutrition & physical activity has health benefits at any age
- Focus so far: residential aged care, at home receiving services, public housing

# Approach

- **Partnerships**
- **WHO health promotion principles & practice**
- **Resources:**
  - Funds for equipment, expertise, partners, training
  - Well for life kit, draft emotional wellbeing resource
  - Support: planning, implementing, evaluating
- **Sustainability**
  - through policy and practice change

# Approach

- **Consistent with global & local policy and program directions**
  - Positive & active ageing
  - Innovation
  - Person centred
  - Focus on abilities & strengths
  - Diversity
  - Doing with, not for
  - Social inclusion
  - Sustainability

# Evaluation of Well for Life

## *Organisation benefit:*

- improved policy & practice

## *Staff benefit:*

- professional development

## *Participant benefits:*

- Better health
- exposure to variety of activities
- ability of participants to adapt to different experiences

# Evaluation of Well for Life

## *Partnerships:*

- Build on existing local partnerships
- Work with staff to establish and maintain links
- Explore new links with local private sector organisations eg gym, leisure centre

## *Incidental benefits*

- emotional wellbeing
- staff satisfaction

What more can we do  
so that people live long,  
and well, and happily?



# Why focus on emotional wellbeing?

- Incidental benefits to participants
- Needs of older people
  - frail, isolated, coping with change
  - disabilities, dementia
  - may be depressed, lonely or unhappy



# Emotional wellbeing research & development

- Social connections
- Respect and dignity/autonomy/privacy
- Spirituality and wellbeing
- Sexuality
- Depression

# Emotional wellbeing defined

- ... is a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” WHO 2001
- ... is the embodiment of social, emotional and spiritual wellbeing. Mental health provides individuals with the vitality necessary for active living, to achieve goals and to interact with one another in ways that are respectful and just”

VicHealth 2005

# What's important to individuals?

- Resilience & coping
- Productive, making a contribution
- Social connections
- Being comfortable
- Sensory enrichment

# Emotional wellbeing principles

- Focus on abilities & improving capacity
- Social connections
- Person centred, flexible and responsive
- Partnerships – other services, friends, family
- Personal responsibility for daily life activities
- Autonomy & independence
- Respect
- Privacy and dignity

# Current work

- Funding and Trialing
- Evaluation of Draft emotional wellbeing resource
- Evidence based finalisation of emotional wellbeing resource - July

# Success stories so far...





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# Success stories so far...





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More info [www.health.vic.gov.au/agedcare](http://www.health.vic.gov.au/agedcare)