



## **THE HON JUSTINE ELLIOT MP**

### **Minister for Ageing**

#### **MEDIA RELEASE**

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##### **HEALTHY ACTIVE AGEING IN ADELAIDE**

Minister for Ageing, Justine Elliot and Member for Kingston, Amanda Rishworth today joined residents at Grandview Court in Trott Park for a game of bowls on their Nintendo Wii.

Anglicare's Grandview Court has adopted the latest gaming technology as part of their healthy active ageing initiative to help residents remain active and to encourage grandchildren to visit the facility and spend time with family members and other residents.

Minister Elliot said: "Retiring or moving into an aged care home does not mean retiring from life and the community.

"The Rudd Government is committed to helping older Australians enjoy active, healthy and independent lives by encouraging positive approaches to ageing.

"Positive ageing is also about social inclusion and regularly staying in touch with family, friends and the wider community.

"Last year we appointed well known Australian actress Noeline Brown as our Ageing Ambassador to help promote positive ageing and social inclusion for our older Australians," Minister Elliot said.

Wiis have a number of health and social benefits to residents living in aged care homes including increased movement and mobility and re-training of the brain.

Member for Kingston, Amanda Rishworth said: "This is a really innovative approach to care that helps meet the physical needs of residents and provides an added incentive for local school children and residents grandchildren to visit.

"Commonly known to residents as Wii-habilitation it has become an important part of the service offered at Grandview Court that is benefitting both the brain and the body," Ms Rishworth said.

"Adelaide, like many parts of Australia, is facing the challenges of an ageing population.

"According to the 2006 Census, Adelaide has almost 161,000 residents aged 65 years and older that is more than 15 per cent of its population.

"With an ageing population it is important to recognise the benefits of staying physically active, eating well, keeping in touch with family and friends," Ms Rishworth said.

Australian Government funding for aged and community care will reach record levels of more than \$44 billion over the next four years, with \$840 million in funds for South Australian aged care service providers.

Last year Minister Elliot and Noeline Brown launched a series of informative brochures - giving older people sensible tips on how to maintain and protect their health, wellbeing and independence. Copies are available online at [www.health.gov.au/ambassadorforageing](http://www.health.gov.au/ambassadorforageing) or by calling (02) 6269 1000.

**For more information, contact Mrs Elliot's office on (02) 6277 7280**