

The Jewish Care Active Living Centres in Windsor and Caulfield are vibrant, bustling, light-filled spaces that offer a range of allied health and wellbeing programs for the community.

Active Living Centres are designed to maximise independence and autonomy, as well as increase social connection and participation.

Our programs include a variety of recreational activities, respite options, and allied health therapies providing critical services to the community:

- Exercise Therapy
- Occupational Therapy
- Physiotherapy
- Podiatry
- Social Work
- Day Respite Program
- Residential Respite
- Social Support Groups



## Our values.

דרך ארץ  
derech erez  
respect

קהילה  
kehilla  
community

הכללה  
hachlala  
inclusion

אחריות חברתית  
achrayoot chevratit  
social responsibility



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Jewish Care is a Rainbow Tick accredited organisation — proudly celebrating and warmly welcoming the rich diversity of our LGBTI+ community as we strive to be inclusive for all.

# Active Living Centres

Stay active, independent, and connected to the community.



## Our programs.

Our Active Living Centres have premier allied health services that focus on restoring, improving or maintaining your independence and wellbeing through a range of clinical interventions, care, and treatments.

### Exercise Therapy

Individual exercise programs can be tailored to particular needs by a physiotherapy assessment at either of our Centres. Our therapists will design and conduct a number of exercise groups together with our exercise leaders to improve strength and balance, and to reduce falls.

### Occupational Therapy

Occupational therapy provides support when your health or disability makes it hard to do the things you would like.

Our skilled occupational therapists will conduct an assessment at your home and identify solutions, recommend home modifications and assistive technologies to maintain your independence; remaining at home as long as possible.

### Physiotherapy

If you need assistance with movement, regaining strength and function, a falls assessment or pain management, our experienced physiotherapists will conduct assessments and treatments both in our Active Living Centres and at your home.

### Podiatry

Our podiatrists are experts in foot care, ankle and lower limb health. They help to prevent, diagnose, and treat a wide range of foot conditions, including those that arise from underlying medical conditions such as diabetes and arthritis.

### Social Work

Our skillful social workers will provide short-term relief and solutions for you, whilst focusing on capacity building and establishing long term supports. They will also dedicate time and effort to ensure carers are supported via counselling sessions and forums.

### Social Support Groups

Both Active Living Centres host a number of recreational, social, and leisure group activities on site. These social support groups offer opportunities to enjoy and explore new hobbies, make new friends, and stay connected to the community.

Our social support groups include:

- Art Group
- Café Club
- Exercise and Yoga Group
- Hungarian Friendship Group
- Men's Group
- Movie Club
- Music and performance
- News and Views
- Russian Friendship Group
- Yiddish Group

### Day Respite Program

The Day Respite Program provides carers with a well-deserved break while their loved ones are engaged in other activities and interests while meeting friends in a warm and supported environment. Respite can be delivered at home, as well as at the Active Living Centre.

### Residential Respite

Many clients of our Active Living Centres often require some time in respite. Residential respite, also known as short-term stay, is support available for you and your carer in a home away from home. Whether you are transitioning from a hospital stay before getting back home or seeking longer term options, the *Hand-in-Hand*<sup>™</sup> model at our residential homes in Windsor, Carnegie, and Caulfield is the best option for your support and accommodation. Elders are eligible for up to 63 days of residential respite care per financial year.



## How to access our services.

Jewish Care receives funding from the Government through the *Commonwealth Home Support Program*, which can significantly subsidise your costs when accessing our allied health services and social support groups. Anyone seeking to access the Active Living Centres' services must register with **My Aged Care**, which is the main entry point to the aged care system in Australia. Our friendly and knowledgeable staff will help you navigate through the **My Aged Care** process and ensure that you receive the services you require.

If you already have a Home Care Package or are privately funded, you can also access many of the services. Getting to and from one of our Centres is made easy as we can assist you with transport options to attend either location.

### Our Locations

**Gita Smorgon Family Active Living Centre**  
Hannah & Daryl Cohen Family Building  
Holckner Family Senior Living & Community Precinct  
619 St Kilda Road  
Melbourne  
(entry on Union Street)

**Anne & Eric Smorgon Active Living Centre**  
2-8 Freeman Street  
Caulfield

For more information about our many programs and services offered at the Active Living Centres:  
Phone: 8517 5999 Email: [info@jewishcare.org.au](mailto:info@jewishcare.org.au)  
Web: [jewishcare.org.au](http://jewishcare.org.au)