

Healthy ageing



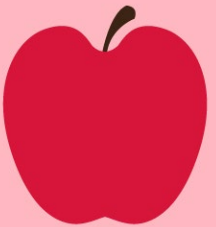
Multicultural Health Week 2025

Presenter Name
Presenter Title

00 Month 20YY

Audience:
general population

Remove before presentation.



Older people are the heart of the family and community

This Multicultural Health Week, we focus on supporting older people from culturally and linguistically diverse communities to stay healthy, active and socially connected.

We understand that some multicultural communities experience higher rates of chronic health issues and cancer.

We are supporting you to access:

- health information in your language
- healthy ageing programs and services with language support



Healthy ageing

Being physically and mentally able to do the things you value and enjoy

Getting healthy and active in older adulthood can help:



Stay
independent



Improve balance
and prevent falls



Keep bones and
muscles strong



Improve
wellbeing



Reduce
stress



Improve sleep



Free healthy ageing support

NSW Health has free support to help you live healthy and active lives and stay independent for as long as possible



Online
learning



Exercise
directory



Health
coaching



Fact sheets
and exercise
manual





Healthy ageing resources

Free healthy lifestyle and physical activity resources for older people

Learn about healthy eating, getting active and falls prevention from the comfort of your own home.
You can access:



Online learning topics with quizzes



Exercise videos for beginners



Helpful resources including fact sheets and an physical activity manual.*

*Also available in the following languages: Arabic, Chinese Simplified, Chinese Traditional, Greek and Italian



Access the free resources:

activeandhealthy.nsw.gov.au/active-living/healthy-ageing-resources

Healthy ageing resources

Choose from eight online learning topics:



Healthy eating



Food labels



Bone health



Bladder and bowel health



Healthy recipe ideas



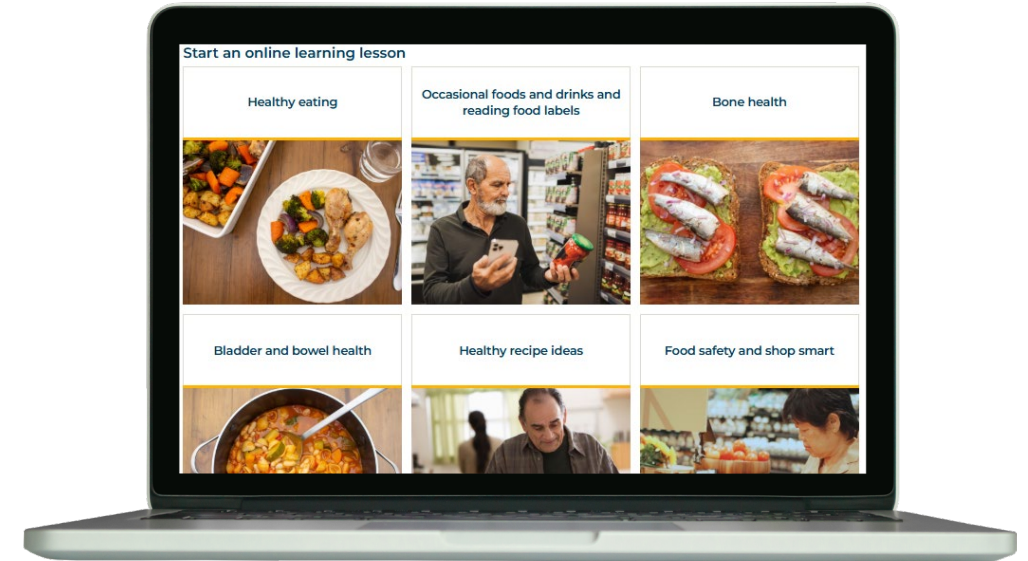
Food safety



Oral and eye health



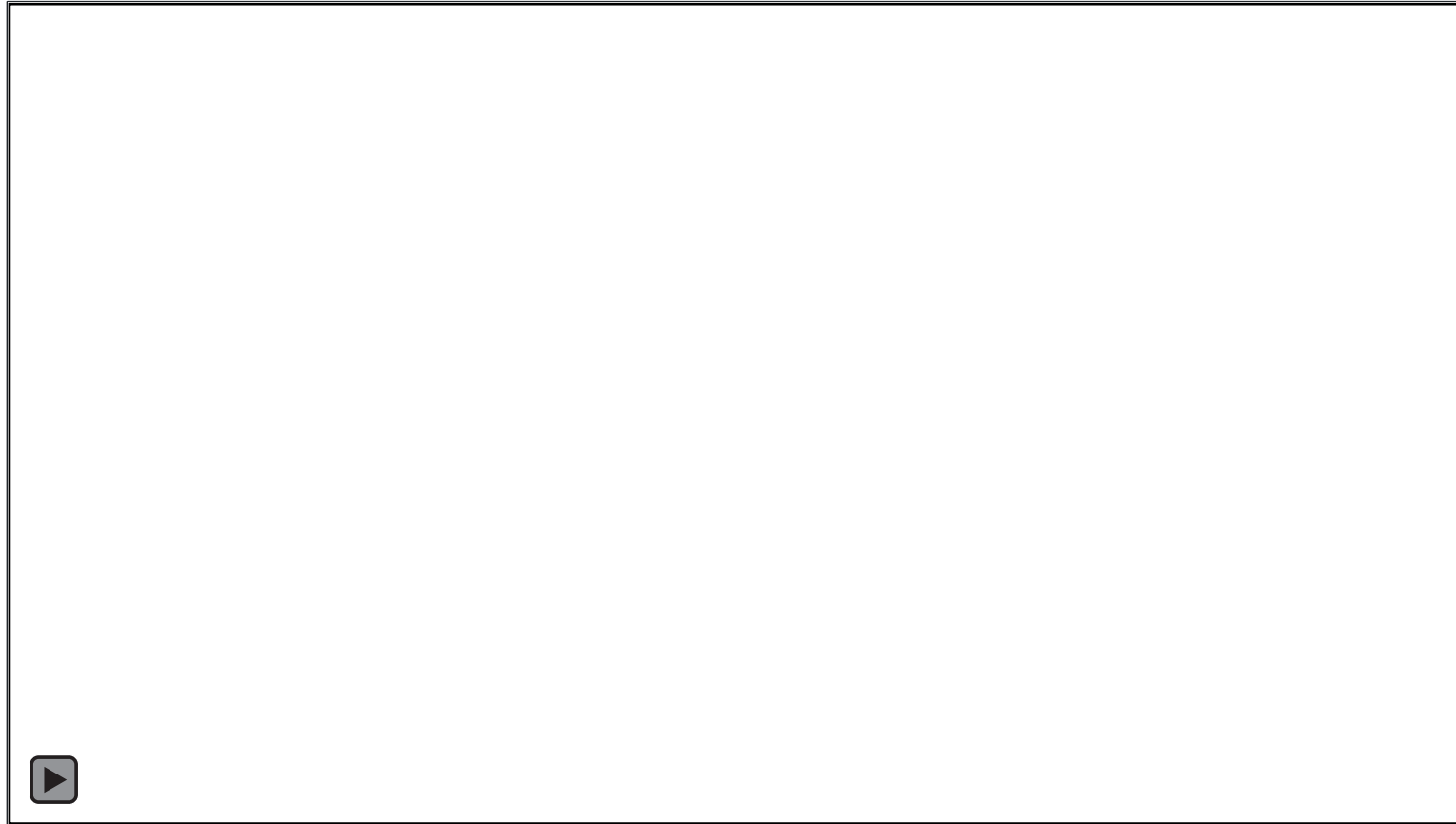
Falls prevention



Learn at your own pace. Each topic takes 10 to 15 minutes to complete.



Example exercise circuit



Active and Healthy exercise directory

Find local physical activity and falls prevention programs for over 50s.

Joining a class online or in the community is a great way to get active, stay healthy and make friends along the way.

Use the Active and Healthy directory find an exercise program in your local area or virtual program. Classes include:



Water
exercise



Dance
classes



Strength
training



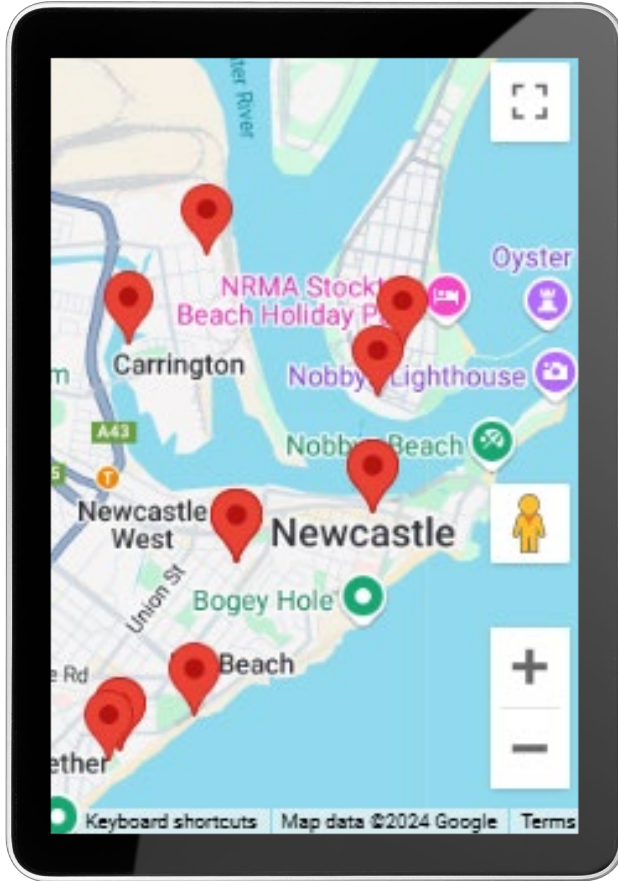
Walking
groups



Tai chi



Find programs near you



Where



Program type



When



Cost




Get started:

activeandhealthy.nsw.gov.au/find-a-program




How to navigate the Active and Healthy Website






Active and Healthy


Healthy living Preventing falls Be inspired FAQ Contact us





Request your Free Printed Copy of the Staying Active and on your Feet Booklet

Order Now



Welcome to
Active and Healthy

Information for older Australians, health professionals and exercise program providers


As we get older, healthy eating and being active can help us stay independent and have better health. Find helpful information and exercise programs to support healthy ageing for people living in NSW.

Find an Exercise Program

Healthy ageing resources


Free online learning and home-based exercises

[Learn more](#)




Information for exercise providers

[Learn more](#)



Information for health professionals

[Learn more](#)



Get Healthy Service

Free online and phone health coaching service for people over 16 living in NSW.

A health coach can help you to:



Develop
healthy eating
habits



Stay
physically
active



Improve
strength and
balance to
reduce your
risk of falls



Drink less
alcohol



Manage or lower
your risk of
diabetes and other
chronic health
conditions

- Receive up to 10 phone or online calls with your health coach to set and achieve your own health goals.
- Aboriginal health coaches, bi-lingual health coaches, interpreter services and the National Relay Service are available.



Get started today

Ask your health
professional

Call **1300 806 258**

Visit the website
gethealthynsw.com.au

Experiences with Get Healthy Service



“I think most of our mob should join because they get all the support from the Aboriginal health coaches to help them with their goals.”

Uncle Ossie



“The Get Healthy Service has helped my mind and my body. It's getting me up every day, going for a walk. I feel fitter. I feel stronger. It's giving me the energy to do things in the day that I don't normally do.”

Sharon



“During our time on Get Healthy we've been learning how to control my husband's diabetes better. I like working with my health coach because he helps me a lot... by not talking at me or to me. He talks with me.”

Judith



Stepping On

Learn how to reduce your risk of falling and how to maintain your independence.

Stepping On is a Falls Prevention program for people who are living at home and have experienced a fall or are concerned about falling.

This 7-week program is for adults aged 65 years and older and Aboriginal adults aged 45 years and older.

Each weekly 2-hour group session includes:



Educational talks
from experts



Gentle exercises to
improve your balance



Handouts and an
exercise manual



Find your local Stepping On program



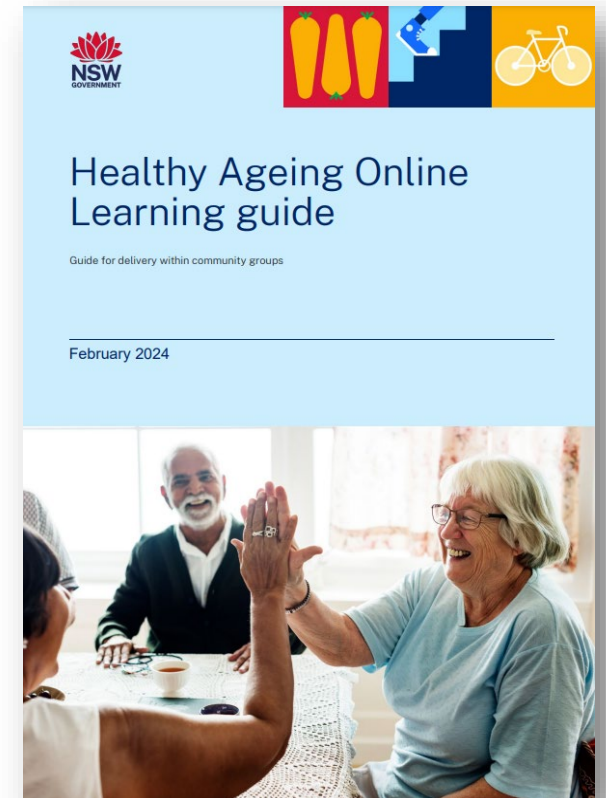
Healthy Ageing Online learning guide

Free support for community organisations and groups

A free resource that can help you:

- Lead sessions to support your members to complete the exercise circuits as a group
- Support your members or clients make healthy changes
- Provide accessible support to your clients and patients from the comfort of their own home
- Encourage older people to learn ways to eat healthily, get active and stay independent.

I couldn't recommend it enough. [There are] easier and harder exercises and no equipment needed. It's been great."



Download the free learning guide: www.activeandhealthy.nsw.gov.au/active-living/healthy-ageing-resources

Active and Healthy Directory – list for free

Join an established network of physical activity and falls prevention programs across NSW

Exercise providers can list their over 50s programs on the Active and Healthy Directory.

- Reach more people locally
- Gain direct referrals from health professionals, including GPs, allied health and local health services
- Be seen online anytime, at no cost
- Quick and easy set up
- Tap into trusted government promotion and targeted local marketing.



How to list your exercise program

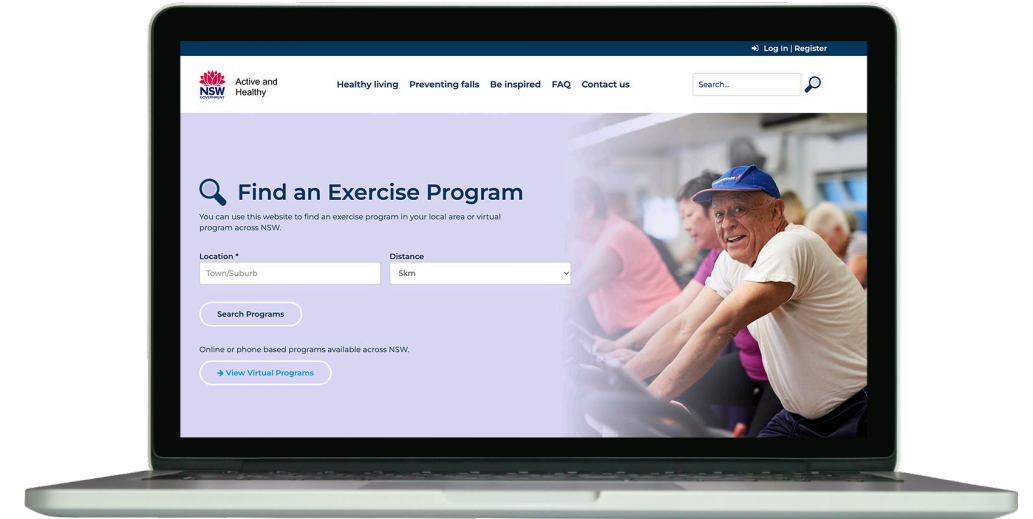
Add your exercise program to the **Active and Healthy directory** in two easy steps:

1

Visit the
Active and Healthy website to
register an account

2

Once registered, you can **submit
your program details** to appear on
the **Active and Healthy Directory**



Register your exercise program today:
activeandhealthy.nsw.gov.au

Programs are registered as either a general physical activity program or a falls prevention program

Eligibility criteria for general physical activity programs

1. It must be a program within NSW
2. It must offer non-contact activities, or sports that are modified for older adults
3. It must cater for people aged 50 years and older
4. Programs must be run by trained leaders, some examples include:
 - Exercise physiologist
 - Physiotherapist
 - Occupational therapist
 - Fitness leader – certificate III, IV, registered or accredited
 - Registered yoga instructor
 - Tai Chi leader
 - Dance instructor
 - Sports teacher
 - Coach
 - Registered LHD physical activity volunteer
 - Volunteer leader/trainer

Eligibility criteria for falls prevention programs

It must meet the first 3 criteria listed on the left and be run by a qualified exercise leader or health professional.

It must also meet the additional criteria below:

1. Specific balance challenging exercises
2. Class time – at least 40% of the class should be spent doing balance exercises




The eligibility criteria for falls prevention programs were established in consultation with NSW falls prevention experts. Last updated September 2024.




How to navigate the Active and Healthy Directory






Active and Healthy


Healthy living Preventing falls Be inspired FAQ Contact us





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Find an Exercise Program

Healthy ageing resources


Free online learning and home-based exercises

[Learn more](#)



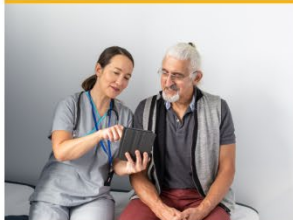
Information for exercise providers

[Learn more](#)



Information for health professionals

[Learn more](#)



Free health coaching for older adults

Support that complements your care

The **Get Healthy Service** is a free, phone and online-based health coaching program that supports people over 16 in NSW to eat well, stay active, and improve their health and wellbeing.

Why refer your older patients?

- Helps to reduce and monitor the risk of falls
- Manage and lower risks of diabetes and other chronic diseases
- Support during and after cancer treatment
- Relevant and practical information for older adults
- Simple referral and follow up service to complement your care.



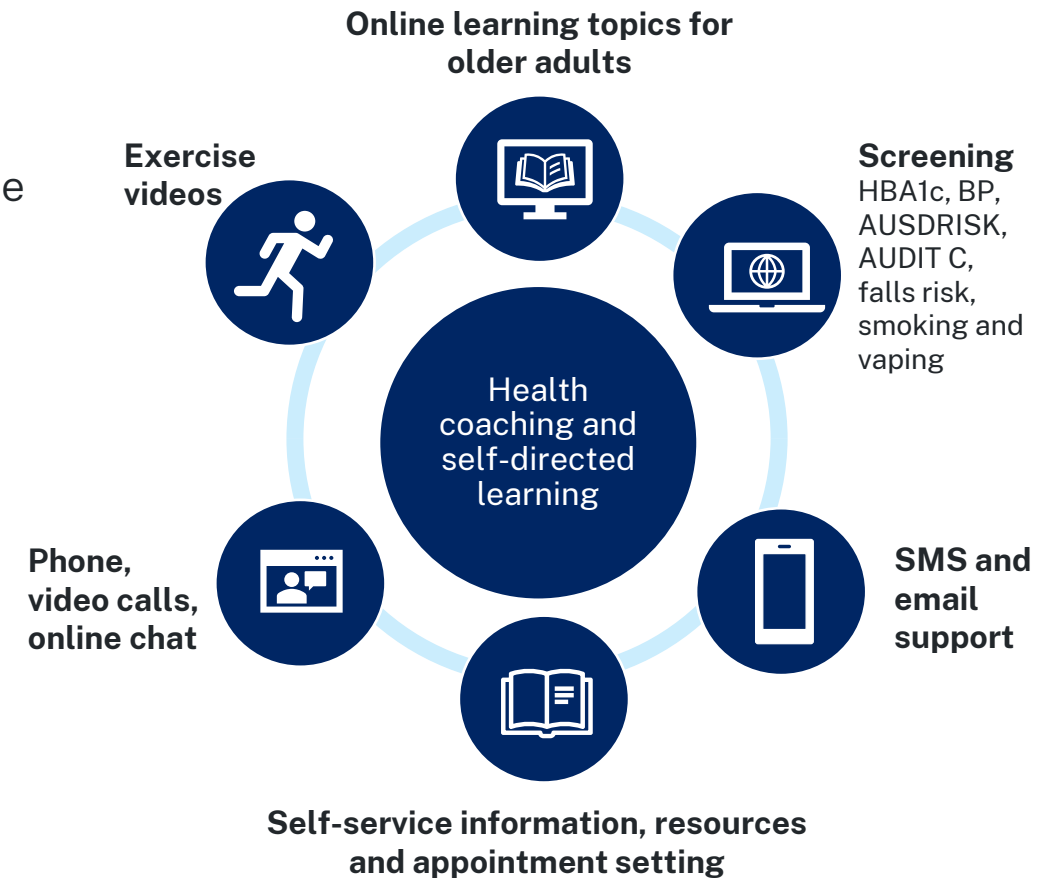
Help your patients eat well, keep moving and stay independent

The Get Healthy Service:

- Provides encouragement and builds confidence
- Has easy access: Phone and online calls enable patients to participate from home. They can also receive printed materials to stay on track.
- Offers respectful, inclusive and culturally aware support. Aboriginal Health Coaches, bi-lingual health coaches, interpreter services and National Relay Service.

Simple referral and follow up process

- 1 Refer online at gethealthynsw.com.au/refer or via medical software (Medical Director and Best Practice)
- 2 Patients are contacted, receive a registration call, and are booked to speak with a health coach
- 3 Ongoing reports available for GP management



Setting the scene: Ageing and health

Australians are living longer, but the proportion of life spent in full health is not improving in parallel.



58%
of adults 75 or older are
physically inactive.



80%
of adults aged 65+ live with at
least one chronic health condition.
Older adults account for **42%** of
hospitalisations.



1 in 3
older adults fall each
year. Fall-related injury is
the single largest cause
of hospital presentations.



50%
of older adults are either
at risk of malnutrition or
are malnourished.



75+ years
Poorer health outcomes for
those aged over 75 and priority
population groups.



66%
of adults 65-74 are
overweight or obese and
60% of adults 75 or older.

Declines in health and function can be linked to reduced physical activity
and chronic disease, rather than true physiological ageing.

Healthy ageing as a priority

More years in life, more health in those years

Physical activity



- Physical activity helps to maintain independence, maintain muscle mass, reduce risk of frailty and falls, improve sleep and mental health and maintain a healthy weight.
- Greatest benefits of physical activity are achieved by those who are sedentary.

Recommendations: 30 minutes of moderate intensity physical activity on most, preferably all days. Including exercises for:

- Fitness
- Strength
- Flexibility
- Balance

Activities should be easy to fit into everyday life.

Healthy eating



- Healthy eating helps to maintain a healthy weight, reduce risk of malnutrition, osteoporosis and bowel cancer.
- A nutrient and protein rich diet is important as we age.

Recommendations: eating a healthy, balanced diet and increasing:

- Protein (eggs and lean meat)
- Calcium (dairy)
- Vitamin D (sunshine)
- Importance of fibre (wholegrains).



Referring to free healthy ageing support

Active and Healthy

Healthy ageing
online learning



Fact sheets and
exercise manual



Exercise directory



Visit the website:
activeandhealthy.nsw.gov.au

Get Healthy Service

Health coaching



Refer online at:

gethealthynsw.com.au/refer

Or via electronic medical record
(eMR) or other medical software

