

## Leisure and lifestyle

Leisure and lifestyle programs are an important part of the psychological, social, emotional, spiritual, cognitive and physical well-being of aged care consumers. Supporting consumers to make choices and decisions which maximise their participation in leisure and social activities ensures that they are more likely to experience a sense of purpose and belonging, greater levels of engagement, stimulation and fulfilment.

However, language barriers and cultural and religious differences can sometimes preclude consumers from participating in certain activities and lead to higher levels of social isolation and seclusion. To this end it is important that leisure and lifestyle programs take into consideration the cultural and linguistic needs of individual consumers and that, in the case of residential facilities, these programs reflect the diverse preferences and requirements of the resident population.

### Key Considerations

- Ensure that consumers are able to communicate their preferences in their preferred language.
- Work with consumers and their families to determine which resources and/or equipment are appropriate to facilitate their recreational activities.
- Support consumers to remain engaged with existing community networks and clubs.
- Foster links with local community organisations that share the culture, language, religion and interests of consumers.
- Facilitate family and community involvement in activities.
- Integrate activities with local community events.
- Plan regular outings to places of significance to your consumers from culturally and linguistically diverse backgrounds.
- Ask consumers and/or their families which festivals and special days they would like to celebrate, and how they would like to observe these occasions.
- Acknowledge and observe cultural and religious days and festivals as preferred by individual consumers.
- Explore the availability of community volunteers to provide social visits in the preferred language of consumers.
- Provide audio visual and/or printed materials to consumers in support of their diverse leisure preferences and religious observances.
- Support consumers' access to multicultural media (including radio, TV and newspapers).
- Ensure that staff responsible for developing and implementing activities programs have been trained in culturally inclusive practice and working with interpreters.

## Leisure and lifestyle (cont.)

### Useful Resources

#### Community Events

##### Our Community

The Our Community calendar is used for nationally significant events. This calendar can assist with planning themed activities and accessing information about events for outings.

#### Building Culturally Inclusive Social Support Groups

##### EMR Alliance/ Centre for Culture Ethnicity and Health

These help sheets are designed to assist social support groups understand the different elements required to be culturally inclusive. The Help Sheets should also be considered in conjunction with the EMR Alliance Connecting the Pieces video and resource that explains the unique aspects of diversity, person centred care and the relationship between these approaches.

#### Community Visitors Scheme

##### Australian Government Department of Health

The Community Visitors Scheme is a national program that provides companionship to socially isolated people living in Australian Government-funded aged care facilities.

#### Seniors Card

##### Department of Planning and Human Development

The Seniors Card is a Victorian Government initiative in partnership with the private sector to encourage people who have retired or who are working part time to continue to engage with the community. Cardholders are able to obtain a wide range of discounted goods and services from participating businesses including travel, accommodation, hospitality, entertainment and leisure.

#### The Companion Card

The Companion Card allows people with a profound disability, and who require on-going attendant care, to participate in community activities and events without discrimination. Companion Cards can be presented at participating organisations where cardholders will not be required to pay an admission fee for their companion who is providing attendant care.

#### Be Connected

##### Australian Government

Be Connected is an Australia wide initiative empowering all Australians to thrive in a digital world. It has online learning resources as well as a Network of community partners - the Be Connected Network - who offer support so people can develop their digital skills and confidence. People can find a local place for friendly help and advice, or join the Network to help others.

# Practice guide

## Multicultural/Multifaith Calendars

### Diversicare

Download the yearly multicultural calendar

### Multifaith Calendar

Faith Communities Council of Victoria

## Multilingual Media

The following links will assist you to provide access to newspapers, radio and television in different languages:

### Community Radio & TV Stations with Programs in Non-English Languages

#### National Ethnic & Multicultural Broadcasters' Council

Search for multicultural and multilingual community programs around Australia, as well as general community radio stations.

### Ethnic Media

Government of Western Australia, Office of Multicultural interests

List of ethnic media including online, print, radio and television

### SBS Radio Broadcasts in 68 languages

#### SBS Radio

SBS now offers 24/7 live online streaming of all language programmes on SBS Radio 1 and 2, as well as live streaming of the two digital radio music stations SBS Chill and SBS PopAsia. Languages include: Greek, Croatian, Vietnamese, Cantonese, Khmer, Polish, Hebrew, Yiddish, Macedonian, Greek, Vietnamese, Serbian, Somali.

### SBS On Demand

#### SBS

SBS On Demand provides free streaming of TV shows, films and events, many of which are in other languages.

### Melbourne Ethnic Community Radio (Internet Broadcasting Available)

#### 3ZZZ Radio

Programs are available in the following languages: Arabic, Armenian, Assyrian, Austrian, Bosnian, Cambodian, Coptic, Croatian, Dutch, Egyptian, Filipino, Ghanaian, Greek, Hakka, Harari, Hmong, Hungarian, Iraqi, Irish, Italian, Japanese, Jewish, Karen, Laotian, Latvian, Lebanese, Macedonian, Maltese, Mauritian, Oromo, Polish, Punjabi, Romanian, Russian, Samoan, Serbian, Sinhala, Sudanese, Syrian, Tamil, Turkish, Cypriot Turkish, Vietnamese.

LAST UPDATED: JANUARY 2022

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