

Media Release

IMMEDIATE RELEASE
March 2017



Aged care under spotlight at Information Day

ACH Group will throw open the doors of historic Glenelg South landmark Kapara as part of a free community Information Day about aged care next weekend.

The inaugural Information Day will bring together a range of experts to answer questions on aged care in a relaxed family-friendly setting, along with a free sausage sizzle, coffee van and market stall.

It will offer chance for the community to tour the home which still retains many of its classic features and landscaped garden. Built in 1873, the home has a rich history as part of Glenelg's community; originally as a homestead surrounded by farmland, then as the ANZAC Hostel during World War I and as a Red Cross convalescent hospital in World War II before its current use as a residential care home.

The history of the site will be on show, together with helpful advice and information about aged care. "We recognise that navigating aged care can be a daunting and complex task," says Kapara's manager Lyn Bertram. "We want to bring people together people in a relaxed setting so that they can ask questions and seek advice from people who understand the complexities."

Find out more about:

- Navigating aged care services
- Health services to keep you independent
- Local community groups and activities, including Council services for the aged
- Kapara's history and site tours
- Planning Ahead services
- Pharmacy advice
- Understanding finances – what it will cost
- Real estate and banking information
- Services for people living with dementia
- When is the right time for Residential Care

Today the home is a single level residential facility that offers accommodation for 137 residents in low and high care residential settings. It embraces ACH Group's Healthy Ageing Approach, promoting healthy, active ageing, and is fully accredited for five years. Kapara is located close to Glenelg's beaches, cafes, shops and services.

"We offer a safe, secure and welcoming environment and regular and constant access to a multi-disciplinary team of professionals, including GPs and 24-hour registered nursing staff. Our residents remain socially and physically active, with access to an on-site gym, hairdresser and chapel, and are connected to their local community."

Kapara is part of ACH Group, a leading not-for-profit aged care organisation trusted by South Australians since 1952.

WHAT: Good Lives Event: Free Community Information Day at Kapara

WHO: ACH Group Kapara, City of Holdfast Bay, Catalyst Foundation

WHEN: Sunday 26 March, 1pm to 4pm

WHERE: ACH Group Kapara, 80 Moseley Street, Glenelg South

Register: Phone 1300 224 477 or visit www.achgroup.org.au by Friday 23 March

End Media Release

About ACH Group

ACH Group is a not-for-profit aged care organisation that has been offering services to support good lives for older people in South Australia since 1952.

As well as accommodation options across Adelaide, the Fleurieu Peninsula and East Melbourne, the group offers a range of health, wellbeing, respite and support services, help at home and social activities.

Our 1700 specialist staff and hundreds of volunteers share the belief that older people should be valued and respected, connected to their communities and in control of their lives.

For further information or comment, please contact Anna Randell on (08) 8159 3632, 0417 856 361 or ARandell@ach.org.au.