

# Media Release

**IMMEDIATE RELEASE**  
**May 2017**



## Aged care showcased at Information Day

ACH Group will throw open the doors of Rostrevor landmark Milpara as part of a free community Information Day about aged care next weekend.

The 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 cooking demonstration.

“We recognise that navigating aged care can be a daunting and complex task,” says Milpara’s manager Graham Harding. “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 and living at home
- Local community groups and activities
- Motoring advice from RAA
- Planning Ahead services
- Pharmacy advice from Chemist King
- Understanding finances – what it will cost
- Retirement housing – how it works
- Services for people living with dementia
- When is the right time for Residential Care

Local radio station Radio Italiana will produce a live outside broadcast on the day. Healthy chef Mel Haynes will run a cooking demonstration and share healthy recipe ideas.

Built in 2008, Milpara sits in the foothills of Rostrevor close to shops, community services and Morialta Conservation Park, and offers accommodation and care for 90 people. It embraces ACH Group’s Healthy Ageing Approach, promoting healthy, active ageing, and is fully accredited for five years. Milpara has a strong artistic focus with its active art group producing many quality works of art and publicly exhibiting at SALA each year.

“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,” Mr Harding says. “Our residents remain socially and physically active, with access to an on-site gym, community garden, artist in residence, coffee shop and club, and are connected to their local community.”

Milpara 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 Milpara

**WHO:** ACH Group Milpara, Healthy Chef Mel Haynes, Radio Italiana, RAA, Chemist King

**WHEN:** Sunday 28 May, 11am to 2pm

**WHERE:** ACH Group Milpara Residential Care, 147 St Bernards Road, Rostrevor

**Register:** Phone 1300 224 477 or visit [www.achgroup.org.au](http://www.achgroup.org.au) by Friday 26 May

---

## **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](mailto:ARandell@ach.org.au).**