

A photograph of an older man and a young boy sitting in a field of green plants. The man, on the left, is wearing a white flat cap, glasses, and a white button-down shirt. He is smiling and looking down at his hands, which are held out in front of him. The boy, on the right, is wearing a white button-down shirt and light-colored pants. He is looking down at the man's hands. The background is a soft-focus field of green plants.

A gift
for
lasting
change

The ACH Group Foundation
For Older Australians



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The ACH Group Foundation

The ACH Group Foundation constructively works to create new and innovative opportunities for older people to chase their dreams, develop meaningful roles and amplify their contribution to community and society.

We achieve our cause by funding innovative grants for older people that creatively strengthen independence, promote well-being and deliver healthy ageing outcomes. This in turn actively counters the common stereotypes and assumptions that are often attached to growing older.

With your help we can change the way we view ageing and create an exciting world to grow older in, while ensuring our collective learning and achievements shape a healthy future for everyone.

Leaving a gift in your Will to The ACH Group Foundation is a powerful way to make real and lasting change that will directly support older people and influence the way we view ageing in Australia.

100% of donations received by The ACH Group Foundation go directly to our cause. All administration costs are paid for through separate avenues of funding, ensuring your entire gift is directed to older people who will benefit from your support the most.

“
We achieve our cause by working alongside older people to enact real change.
”

Encouraging Good Lives in the Community

The ACH Group Foundation has been at the forefront of creating exciting opportunities for people to grow older with greater purpose.

The ACH Group Foundation has a proven history of listening and responding to the needs of older people.

Now, as we venture into a new decade of changing lives, we sincerely hope you will support our cause and join us in making our foundation, your foundation.

Some highlights include:

THE ARTS



- South Australian Living Artists (SALA) Projects and Events.
- Film Making Boot Camps and Public Cinema Screenings.
- The 'Sing for Joy Choir' as Featured on Channels 2, 7, 9 and 10.

HEALTH & LIFESTYLE



- Foundation Rooms for Specialised Rehabilitation and Restorative Care.
- Physical Pursuits & Exercise Programs.
- Special Interest Programs.
- Health & Nutrition Projects.

RESEARCH & SCHOLARSHIPS



- Brain Health Scholarships.
- The Kate Rhodes Memorial Scholarships.



Leaving a Gift in Your Will

Leaving a gift in your Will is an incredibly powerful way to make a real and lasting difference that will continue to live on in the lives of others. A gift can include a specific sum of money, a percentage of the residue of your estate, the whole of the residue of your estate, or other items such as shares or real estate.

After your family has been looked after, donating a gift from your estate to The ACH Group Foundation can make a tremendous difference to the lives of so many.

Your generosity will enable The ACH Group Foundation to continue supporting good lives for older people in the community.

A Living Bequest

Making a gift while you are still alive is another important option that some people prefer.

A Living Bequest:

- is a tax deductible gift that enables you to see the benefit of your donation while you are alive.
- can enable The ACH Group Foundation to get on with enacting our cause more fully, today.
- ensures greater choice over your wishes and the ability to personally input into other decisions.

“
**Together, we
will create real
opportunities
for people to
grow older with
purpose.**
”

The ACH Group Foundation Bequest Charter

WE ARE COMMITTED

The ACH Group Foundation is committed to empowering older people to make dynamic and productive contributions through initiatives that strengthen independence, promote wellbeing and support healthy ageing - all of which transform growing older into what we know as a 'Good Life'.

WE USE DONATIONS WISELY

100% of your gift to The ACH Group Foundation will go directly towards supporting life impacting grants for older people. All of our administration costs are covered through different avenues of funding.

WE RESPECT YOUR PRIVACY

We take every reasonable measure to protect your privacy. We will never share your information with third parties without your consent, and we will honour any request you make not to be contacted by us in a particular way, or to remain anonymous. Any information you provide will be held in strict confidence and shall not be publicly disclosed without your express permission.

WE VALUE YOUR FEEDBACK

We are always delighted to hear from our supporters and welcome feedback at all times. We promise to deal with your comments promptly and professionally. We would love to know if you have included The ACH Group Foundation in your Will, so we can acknowledge your pledge and thank you properly.

WE ACT WITH INTEGRITY

We gratefully appreciate any gift, no matter what the amount is. We understand that loved ones come first and we encourage you to discuss your intentions with them before finalising your Will. We appreciate that these types of important decisions need to be made in your own time and that your circumstances may also change over time. For these reasons we recommend that you should always seek legal advice when making or updating your Will.

WE ARE TRANSPARENT

We promise that we will use your gift wisely so that it has the greatest outcome for older people. We will always manage your gift with care and respect. We hold to best practice principles for governance and undergo formal financial audits annually that can be made available upon request. We can provide you with information on current foundation grants and invite you to join our Friends of the Foundation, if you wish. Your gift matters to so many and you matter to us.



The Importance of a Will

Not having a Will can create unnecessary heartache and worry for your family at a difficult time. Therefore, it is important to have an up-to-date Will to ensure that your wishes are clear in relation to how you want your estate to be distributed. It can also help to ensure that your estate can be administered quickly and minimise any potential tax consequences.

Items of sentimental, cultural, historical or religious value have a very special place in the hearts of family or community and a Will can help to ensure that those items are given to your desired beneficiary.

If you require assistance with preparing or updating your Will, it is best to seek professional advice through your solicitor. Your solicitor will also be able to advise you on the legal requirements of preparing a valid Will and will discuss the importance of appointing the right executors and trustees to administer your estate in accordance with your wishes.



Recommended Wording for Your Will

Please remember to seek professional advice when making or updating your Will.

If you decide that you would like to leave a gift in your Will to The ACH Group Foundation, we recommend the following wording:

"I give [describe asset, specific amount, portion of the residue or an asset, or the whole of the residue of my estate] to AGED CARE & HOUSING GROUP INC (ABN 99 437 071 895) located at 22 Henley Beach Road, Mile End, South Australia.

The receipt of the Chief Executive Officer, Chief Financial Officer, Treasurer or other Public Officer for the time being AGED CARE & HOUSING GROUP INC, shall be a full and sufficient discharge to my Trustee for my bequest and I direct that my Trustee shall not be obliged to see to the application of the benefit thereof."

To ensure that The ACH Group Foundation can be correctly identified, it is essential that you include in your Will:

Our name:
AGED CARE & HOUSING GROUP INC

Our address:
22 Henley Beach Road, Mile End,
South Australia

Our ABN:
99 437 071 895; and

Notice of the person who may accept the gift, for example the Chief Executive Officer or the Chief Financial Officer.

Should you have specific instructions attached to your gift (i.e. a specific purpose to which your gift is to be directed), it is important to include this information as well.



Margaret's Story

After having both hips replaced, 88 year old Margaret was happy to leave hospital and return home, but severe pain sent her back to hospital just a few months later. Her daughter heard about a service funded by The ACH Group Foundation that offers self paced rehabilitation and restorative support and accommodation for individuals or couples who need a little longer to get back on their feet – and all this without the usual red tape.

With the support and one-on-one attention from staff at ACH Group's Perry Park, where the Foundation Room is located, Margaret made a great deal of progress quickly. She had plenty of support during her rehabilitation and also had the opportunity to participate in activities and socialise with residents at Perry Park.

"The staff were so helpful, working with me so that I could regain my independence. I feel it was much better going to the Foundation Room than staying in hospital – the atmosphere is different and you have more social interaction."

"While at the Foundation Room I had the chance to get back to doing things for myself. For example, I would make my own breakfast in the kitchen there, which is something I would do at home as well."

Margaret has now returned to live independently in her own home. She continues to participate in community life, by joining in activities at the local community centre and can often be seen browsing the aisles at the library.

 Watch a short video for more of Margaret's story at ach.org.au/stories

“ I could regain my independence..... I had the chance to get back to doing things for myself.

- Margaret ”

Kevin's Story

I first heard about the Sing for Joy Choir when looking to connect my wife Gwyn to opportunities within our local community. We have been married for 55 years and now commitment takes on a deeper meaning as I adapt to the new role as a carer for Gwyn who has been diagnosed with memory loss.

The Sing for Joy Choir was a perfect opportunity for Gwyn, who has sung in several choirs and commenced solos at the age of 3. She loves to sing and enjoys the interaction that comes from being a member of a choir - and a choir that respectfully supports people experiencing various age related conditions.

Having been a clinical psychologist I knew my aim was to take time out for myself while Gwyn enjoyed rehearsals and performances with the choir. This was a great opportunity knowing Gwyn would enjoy herself, which gave me peace of mind knowing I wouldn't feel guilty having time out for myself. I was considering what I might do with my time when Gwyn was at choir - I had it all planned out!

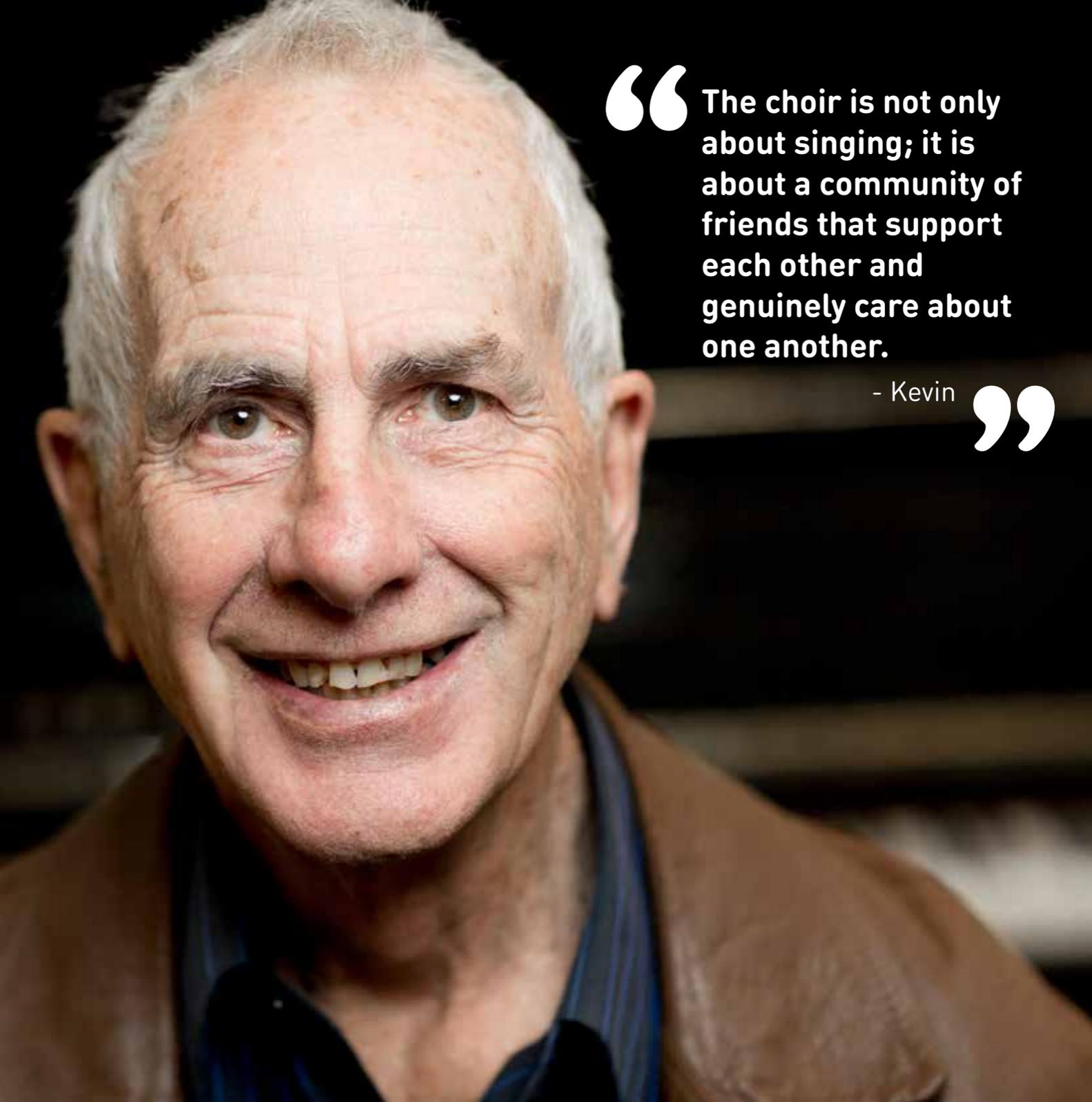
The first day I took Gwyn to the choir, I became attracted to the camaraderie and energy in the group and found myself also signing up as a choir member! This was not my plan, but I'm pleased it has become so.

The choir is not only about singing; it is about a community of friends that support each other and genuinely care about one another. I am finding others in a similar role to myself and have started an informal group where we meet monthly for coffee to support each other.

This year the Sing for Joy Choir has performed for the Come Out Children's Festival in a joint performance with 2,000 school aged children at the new footbridge over the River Torrens. We have also performed at the new Adelaide Oval and in Rundle Mall - even featuring on commercial television and radio!

I would like to endorse The ACH Group Foundation for its sponsorship of our choir and look forward to a fruitful and exciting year ahead.

 Watch a short video for more of Kevin's story at ach.org.au/stories



“ The choir is not only about singing; it is about a community of friends that support each other and genuinely care about one another.

- Kevin

”

Joan's Story

Joan has dedicated her career to working in the aged care field, directly supporting and advocating on behalf of older people. Throughout her career Joan diligently worked across a number of organisations during which time she pioneered many exciting initiatives.

When Joan recently reviewed her Will she decided to include The ACH Group Foundation as a beneficiary. Joan visited her solicitor who updated her Will in accordance with her wishes and then communicated this to The ACH Group Foundation on her behalf.

The ACH Group Foundation was deeply honoured to learn of Joan's decision. Joan told us, "I want to leave a lasting gift to an organisation that really does care about older people and assists them to live life as fully as possible. The ACH Group Foundation does exactly this and its values also match mine.

I am pleased to leave a gift where I know 100% of what I donate will directly go to improve the lives of older people into the future".

“
I want to leave a lasting gift to an organisation that really does care about older people and assists them to live life as fully as possible.
- Joan”

GLUE HERE

More Information

If you would like further information or if you would like to discuss leaving a gift in your Will to The ACH Group Foundation please simply complete this section and place in the post.

All communications will be treated in the strictest confidence.

Please tick:

- I would like to personally discuss the opportunity to leave a gift in my Will to The ACH Group Foundation.
- I have already included The ACH Group Foundation in my Will.
- Please send me a copy of the free Planning Ahead booklet.
- I would like to find out more about The ACH Group Foundation.

I would like to be contacted by:

- Phone - my preferred day/time for contact is _____
- Email
- Post

Title: _____

Given Name: _____

Family Name: _____

Address: _____

Postcode: _____

Telephone Number: _____

Email: _____

Thank you - we will be in touch soon!

**Please send to:
The ACH Group Foundation
PO Box 646
Torrensville Plaza
Torrensville SA 5031
Phone: 1300 224 477
Email: foundation@ach.org.au**

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“We achieve
our cause by
working
alongside
older people
to enact real
change.”

The ACH Group Foundation
For Older Australians



Delivery address:
22 Henley Beach Rd
Mile End SA 5031



**The ACH Group Foundation
For Older Australians**
Reply Paid 83838
Mile End SA 5031

No postage stamp required
if posted in Australia



Thank You!

Thank you for considering supporting The ACH Group Foundation by leaving a gift for lasting change that will impact the lives of so many.

If you have any questions please feel free to call us on **1300 224 477**, or you can email us at **foundation@ach.org.au**

Alternatively, please complete and send us the postage paid detachable section.

Your gift of kindness is a gift to older people who will benefit from your support the most.

Thank you!



ACH Group
22 Henley Beach Road
Mile End SA 5031
Tel 1300 224 477
foundation@ach.org.au
www.ach.org.au

ACH Group is bound by the National Privacy Principles in the Privacy Act 1988. These principles regulate the way we handle personal information about individuals. If you have any concerns or queries about our privacy policy, or if you would like further information about the way ACH Group handles personal information, please contact the Privacy Officer on (08) 8159 3600 or ask for a copy of our Privacy Statement. The ACH Group Privacy Policy is available on request. **Aged Care & Housing Group Inc.** ABN 99 437 071 895

ACH Group is a not-for-profit community organisation promoting opportunities and services to support good lives for older people.



www.ach.org.au



1300 224 477



ACH Group



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