

# Media Release

**IMMEDIATE RELEASE**  
**February 2018**



## Women's golf group tees off for inclusion

Members of a golf group for women living with younger onset dementia will take part in the Women's Australian Golf Open at Kooyonga Golf Club tomorrow (February 13).

ACH Group's Swing Fit Ladies' Golf Group has been invited to be part of a clinic run by PGA National Inclusion Coach, 2017 PGA Australian Teacher of the Year Christian Hamilton.

Joining the group will be members of Soldier On, an organisation for returned servicemen and women and other security agencies.

Anne Marie Knight, PGA Academy Coach at Adelaide Shores Golf Academy, has coached the group for the past 12 months.

"This program has really turned lives around – it gives these women the chance to get out and socialise with others who are in the same situation, to be physically active and challenge themselves," she said. "These women now have a group of friends they can call on for support."

She said golf was a game that was well suited to all skill levels. "Anyone can participate in golf because it's not too physically demanding. It's a walk in the fresh air; we go out and have fun and then sit down and have a coffee. You don't have to become a champion golfer; it's about enjoyment and social stimulation."

Group member Lee Martin, who was diagnosed with dementia two years ago at the age of 57, says she has loved being part of the group. "I hadn't played golf for years but it didn't matter," she says. "We all have so much fun; we don't take ourselves seriously, and we're all really good mates."

The Swing Fit Golf Group is part of ACH Group's Tailor Made Project, established in 2015 as a new respite model for younger people living with dementia, their families and carers.

The project has also supported photography, walking and computing groups.

Younger onset dementia is a condition that occurs in people under 65 years old.

"Research tells us that it is possible to live well beyond the diagnosis of dementia. We believe that people should be supported to continue to do the things they have always done as well as have the opportunity to try new things, stay connected and engaged," says ACH Group dementia expert Teresa Moran.

There are around 2,500 people living with younger onset dementia in South Australia. According to Dementia Australia, the number of people living with younger onset dementia in Australia will rise to 42,250 by 2056.

\*End Media Release\*

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## **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.

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