
APRIL 2021
For immediate release

ACH Group getaways a passport to discover South Australia

After 2020 which saw everyone stay at home, this year there has been a huge appetite for South Australians to discover their own state highlighted by the growing popularity of ACH Group's Social Links program and new getaways being added.

Carer Getaways, retreats for people aged 65 and over and their carers, are a key feature of the Social Links program. Trips that took place in summer along the Murray River and Kangaroo Island sold out quickly.

ACH Group Manager of Social Links, Katey Elding, said the retreats offer respite for carers, the opportunity for them and the people they care for to socialise and engage with like-minded people, knowing there are qualified staff to provide support, while discovering some of the state's most popular destinations.

"The feedback from our summer 2021 Carer Getaways was incredibly positive," she said.

"Carers loved the opportunity to relax and connect with other carers, while everyone remarked the food and accommodation was excellent, and they thoroughly enjoyed visiting parts of South Australia they hadn't explored in years.

"The upcoming getaways in May and June will again be along the River and to stunning Kangaroo Island."

With inquiries increasing about getaways, from May 2021 ACH Group will launch trips available for South Australians aged over 65 who are either supported with relevant government funding including the Commonwealth Home Support and Home Care Package programmes, accessed through My Aged Care and NDIS. Getaways can also be privately funded.

These getaways will be two- and three-night experiences, accompanied by qualified staff, exploring South Australian wine regions, the Flinders Ranges and Murray River.

"The feedback we have received is that older South Australians are really looking for organised trips where they can discover their own state, in a safe and relaxed supported environment, and meet new people," Ms Elding said.

In addition to the getaways, ACH Group's Social Links program includes art and choir classes led by professional artists and choir directors, concert series, Friday nights out over dinner, social footy and much more.

Carers have also connected through ACH Group's Explore SA small group tours with experiences at the Sprout Cooking School, Warrawong Wildlife Sanctuary and the Adelaide Fringe, taking place this year.

To learn more about the program and possible experiences visit achgroup.org.au/discover-and-explore/

All experiences and getaways follow COVID-19 safe protocols.

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 Lauren Bobrige on 0417 856 361 or LBobrige@ach.org.au.