

Newsletter | January 2026

Seniors HQ



Health & Wellbeing

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Welcome to our new Ballarat Community Health Seniors HQ Newsletter

Our aim is to provide you with information to help you stay connected to our services and maintain a healthy lifestyle with positive well-being and independence.

What to expect

In each edition we will bring you:

- 'BCH in Focus' for the latest news on BCH services, sites and people.
- Events happening soon that you may wish to attend.
- Articles on health and wellbeing topics.

Feedback

Your feedback matters. It helps us shape the way we support the community.

We welcome feedback at any time. Speak to our team or visit our website (bchc.org.au) for more information.

We encourage you to participate in our client surveys and we may invite you to join.

Feel free to tell us what you think about this newsletter at any time. We are looking at other ways we can seek your feedback on this newsletter. Please look out for further information in future editions.

Thank you

For sharing your experiences in our 2025 Annual Client Feedback Survey.

Learn more bchc.org.au/news/client_feedback_2025/

We're proud to support you, and grateful you've trusted BCH with your care. Your feedback tells us you feel more heard, more involved, and more confident managing your health and wellbeing with BCH by your side.

Our goal at BCH is to provide you with trusted, unbiased, clear and evidence-based information. When presenting externally sourced information we will always identify this. BCH has not been paid, given gifts, or offered any other incentives to promote this content. We have not verified the content and make no representations as to its accuracy or completeness. We encourage you to do your own research before acting on any of the information provided.

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BCH in Focus

As the year unfolds we will bring you up-to-date information about our programs and people who are here to support you to keep well.



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Maintaining an Active Body

Maintaining physical health and mobility is so important as we age, and many older people living at home are keen to improve their strength, balance and independence.

There is a range of tailored support available for people living with age-related health conditions and reduced mobility, which focuses on low-impact and low-intensity exercises.

People receiving Commonwealth Home Support Programme (CHSP) services may be eligible for a range of programs to stay active, socially engaged, improve mobility and regain/retain strength including

- CHSP Allied Health and Therapy Services
- Restorative Care Pathway under the Support at Home program
- You may also be able to access up to five Medicare-subsidised allied health services via a GP Chronic Disease Management Plan.

Engaging in regular exercise under the guidance of a health professional can have both physical and mental benefits, and keeping ageing bodies moving helps improve flexibility, confidence, and resilience. It can also improve physical well-being and boost your mood and overall outlook on life by releasing happiness hormones!

You could also consider speaking to a health professional to help help you create an exercise plan that you can do at home. Having someone present, such as a family member or support worker, is recommended to guide and assist you during the exercises.

Alternatively, you might like to consider group exercises, as they're a great way to socialise with others while staying active.

Source: [Get Smart Aged Care Consultancy](#)



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Spotlight on Dementia Support

Dementia Behaviour Management Advisory Service (DBMAS)

Caring for someone living with dementia can be both rewarding and challenging at times, so it's good to know that there is support for carers if challenging times do occur.

This free service is available 24 hours a day to assist carers when the behavioural and psychological symptoms of dementia are affecting a person's care. They will partner with the person living with dementia and their care network, to understand the causes and/or triggers that lead to changes in behaviour.

Some of their services include

- Assessment
- Clinical support, information & advice
- Care planning & referrals
- Case management
- Mentoring, education and training for carers

With specialist support for

- Younger onset dementia
- Aboriginal & Torres Strait Islander people
- People from Culturally & Linguistically Diverse (CALD) backgrounds

Their aim is to improve the quality of life for people living with dementia and their care network, so please don't hesitate to reach out anytime for their professional guidance and support. Sharing any tips and advice with your support workers is a really great way to ensure consistent and high quality care.

Contact Dementia Australia for more information

Ph: 1800 699 799 (24hrs a day)

<https://www.dementia.com.au/>.

Source: Get Smart Aged Care Consultancy



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Could you benefit from some one-on-one companionship?

If you haven't heard of the Aged Care Volunteer Visitors Scheme (ACVVS), it's a wonderful free program that aims to provide friendship and companionship to help older people feel less isolated.

Although we all enjoy some time alone, it turns out that [too much isolation](#) is bad for our health. In fact, research shows chronic isolation can be as harmful as poor diet, obesity and smoking.

On the flip side, as well as uplifting our spirits and increasing our happiness, social connection with others can also help

- Strengthen our immune system
- Recover faster after an illness
- Stimulate our brain and improve memory function
- Lower rates of depression

Here's how the visitors program works

When you join the program, you'll be matched with a volunteer visitor who shares similar interests to you. Visits to your home usually take place once per fortnight and last around one hour and include social activities that you both find mutually enjoyable. It could be as simple as enjoying a cuppa and a chat, or even getting out and about together!

Becoming socially isolated can happen to anyone, at any age and for a variety of reasons. So, if some quality, one-on-one time with a new friend sounds like something you would enjoy, simply make a request at this link

<https://www.health.gov.au/our-work/aged-care-volunteer-visitors-scheme-acvvs/request?language=en>

Here's how the free program has benefited others

<https://www.health.gov.au/resources/videos/volunteer-visitor-stories-sarah-and-betty>

Source: *Get Smart Aged Care Consultancy*

Program access and other support services

The Aged Care Volunteers Visitors Scheme (ACVVS) program is only available to older people who either have a Support at Home Package or have been assessed and are waiting on a Home Care Package.

Other local supports - the City of Ballarat Community Connectors offers a free service in our region that can support and provide assistance to residents 55 and over and their carers to connect with the local community. Further information about this service can be found at www.ballarat.vic.gov.au/community/ageing-well-ballarat/community-connector-service



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Free Events

Below are a few events happening soon that we wanted to share with you.

For further information about events that may be of interest visit

ballarat.vic.gov.au/community/ageing-well-ballarat
seniorsonline.vic.gov.au/

January 21st

Supporting people with dementia to stay at home longer

"It takes a village" is an online series designed to empower and upskill carers to support a person living with dementia to remain at home for as long as possible. With a strong focus on wellbeing and self-care, carers will be equipped to navigate some of the complexities and challenges of supporting the person they are caring for.

Learn more <https://www.dementia.com.au/it-takes-a-village-online-series-january-2026>

January 27th

Evening guided meditation series for busy carers

Throughout this gentle series, carers will be guided through a nurturing meditation designed to quieten the mind and create peace, presence and deep stillness.

Learn more <https://carergateway.benevolent.org.au/event/basking-in-the-light---meditation-series---online/>

January 30th

Ballarat Aged Care Expo

A free community event designed to connect older Australians, their families, carers, and industry professionals with local aged care providers and support services. The expo has a focus on ways to support healthy ageing along with knowing your rights so you can prepare for the future.

Learn more <https://events.humanitix.com/ballarat-community-aged-care-expo>

February 4th

Dementia Australia - Understanding changes in behaviour

This informative session will provide an introduction to dementia and changes to the brain, as well as the impacts of changed behaviour. It will introduce problem solving models, including strategies to minimise and respond to changes in behaviour.

Learn more <https://www.dementia.org.au/events/understanding-changes-behaviour-49>

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