

3.2 Are you an older adult looking for recreation options?

What does your local council offer?

Your local council may be able to link you into a range of recreational programs and may be able to assist in setting up a particular recreation or sporting group.

Most Council's employs an **Access for All Abilities (AAA) officer** who will be able to inform you of what Council can offer in the way of recreation options. This may include activities at Council operated leisure centres or at other venues. They may also have a directory of other options in your local area. You may want to read information sheet 4.7 of this kit 'How do I access my local council'.

Who else offers facilities and programs for recreation that are inclusive and accessible?

Your local **YMCA** runs different programs such as low impact aerobics (including water aerobics) and gym sessions. They also run weekend escape camps for adults. You can find your local YMCA by calling 9480 1177.

Your local **Neighbourhood House** also runs different recreation activities. To find your nearest Neighbourhood House contact your Local Council or alternatively call the Association of Neighbourhood Houses & Learning Centres on **9654 1104**.

Why do some eligibility criteria have an age limit of 64 years?

If the Government funds a program it may have a participation age limit of 64 years. This is because from 65 years and over programs fall under the 'aged' funding bracket rather than 'disability'. If you are concerned about your eligibility speak to the service provider.

Would you like further information about recreation and travel options?

Care For You can provide you with information and advice on recreation and travel options on 1300 785 350.

www.careforyou.com.au

Impact Leisure Services have an extensive holiday program including weekend and longer holidays phone 9568 6144.

The Commonwealth Respite and Carelink Centre (CRCC), Carerlinks North (Northern suburbs) or Respite Connections (Western suburbs) maybe able to assist with funding to help cover some costs. Call 1800 059 059 for further information.

Useful Recreation Contacts



Scope (Community Inclusion)	9894 8966
Art Reach (one on one)	9486 6413
People Outdoors (camping)	9350 5116
YMCA	9480 1177

Sailability	9597 0066
Ambleside Tours	9720 9800
Yooralla Recreation Service	9916 5801