



You are invited to participate in a discussion about improving the health, wellbeing and experience of older people living in The Entrance.

The ALICE (All Inclusive Care for Older People) project, aims to support people to remain independent and well, and to avoid the need for hospital visits or residential care.

We will be working with local communities to create local models of services and community connections that allow older people and their carers to receive support and best-practice care in the community and at home.

Where you come in

The Entrance has been identified as a pilot location for ALICE and we'd love your help to define what is needed – and what needs to be done differently.

We are holding two workshops for members of the community, carers, community groups and health and care services to help “co-design” an improved way of supporting older people living in The Entrance – particularly those with complex health and social needs.

The two workshops will be held at **Diggers@The Entrance**, 315 The Entrance Road, Long Jetty on 13 and 14 June, 10am to 2.30pm (lunch & refreshments provided).

What you can expect from the workshops

The first workshop will be about understanding the current state: what is working well for older people living in The Entrance and, importantly, what is not working well – issues, gaps and challenges.

The second workshop will be about designing a future state where older people living in The Entrance are better supported to live healthily, happily and independently, without the need for hospital visits or residential care.

What will happen with your feedback

All of the ideas, opinions and experiences we hear from people at the workshops will be captured and taken into consideration in the way health, wellbeing and community services are delivered in The Entrance in future – with a focus on identifying ‘quick wins’ that can be rolled out easily.

For more information contact the Central Coast Research Institute for Integrated Care on 0420 584 432 or ccri@newcastle.edu.au

Have your say on how to support better health and wellbeing for older people in The Entrance.