

Maintaining Independence at Home Program



Where: Healthy Futures Hub, 2/151 East Road, Seaford VIC 3198

Cost: Free

Parking: Free and close to the building entrance

Format: A fun and practical life skills program, led by occupational therapy students supervised by qualified occupational therapists.

Duration: 90 minutes

Who can attend:

People aged 50+ who want to attend a community-based program to discover practical solutions to maintaining independence at home in a social environment

To get involved or find out more, contact:

alliedhealthclinics@monash.edu or 9904 4415

Why you are invited

You are invited to take part in this program because you may benefit from improving balance, mobility, confidence, and everyday functional skills. This program is tailored for adults aged 50+ who would like education, information and group-based social connection around the topic of maintaining independence at home.

What does this program involve?

The Maintaining Independence at Home program is a community-based, small-group program. If you choose to take part, you will be assessed by a trained occupational therapy student and their supervising occupational therapist to understand your strengths, challenges, and goals.

You will then attend regular sessions covering topics such as task modification, home setup for safety and independence, evidence-based strategies to maintain health and well-being in adulthood, strategies to enhance health-related quality of life and meaningful time use, and activity pacing.

Possible benefits

While we cannot guarantee individual outcomes, you may experience improvements in your mobility confidence and your ability to move independently in daily life. You may also enjoy social connections and support from the group.

Possible risks

Sessions will be supervised and adapted for safety. We do not anticipate significant risks.

Do I have to take part?

Participation is voluntary. You may stop attending the program at any time.

If you choose to participate

A member of the team will contact you to arrange an initial assessment and discuss your goals as well as answer any questions.