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Development and Evaluation of the “Wellbeing in Older Age” Booklet

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By the year 2021, almost one quarter of the Western Australian population will be aged 60 or over. In response the Western Australian Government has developed an Active Ageing Strategy. This whole of Government framework aims to lead to a shift in community attitudes and planning around ageing by promoting partnerships with local governments and community organisations.

The Office of Senior’s Interests and Volunteering in conjunction with Sage, a Singaporean aged care organisation, convened a workshop in Singapore to explore ways to support positive mental wellbeing and promote the message that depression is not a normal part of ageing. Workshop participants were asked to commit one of five focus areas and to work together to identify one strategy that would meet a need in their focus area.

An action plan was drafted with the objective to develop a tool to empower seniors over 70 years who are active, mobile and live in the community, to adopt strategies that enhance their mental wellbeing. Then a health promotion tool was developed with input from several consumer reference groups.

This booklet, named *Wellbeing in Older Age*, was completed in November 2008, and was produced and printed by the Office of Seniors Interests. The booklet was then launched during Seniors Week and Silver Chain began distribution of the booklets shortly after. The tool was then evaluated to determine whether our clients read the booklet, found it useful, were prompted to think about ways they might improve or maintain their wellbeing, and if they set any goals.

Report Available

http://www.silverchain.org.au/upload/WellbeinginOlderAge_Oct08.pdf

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