

Healthy Canberra Grants: Focus on Healthy Ageing Successful Program Descriptions

Organisation Name	Alzheimer's Australia ACT Ltd
Program Title	Fill Your Bucket
Program Description	<p>The program will deliver a large scale community awareness and action campaign using the well-known the 'Bucket list' idea as a campaign motif to encourage people to undertake daily challenges to maintain brain health and functionality to increase their chances of ticking off items in their bucket list – and 'fill their bucket'.</p> <p>Alzheimer's Australia ACT will achieve this through delivery of an interactive media and community engagement campaign for dementia risk awareness and reduction</p> <p>A call to action for people in appropriate target groups to adopt dementia risk reduction changes is a central piece of the program. A web environment linking people to tools, resources and strategies and an interactive dementia risk assessment using the 'bucket' concept - where a hole can be plugged for each positive lifestyle behaviour adopted. The program will be built around risk reduction messages validated through research - that looking after your brain, body and heart will provide the best chance for good cognitive health into older age.</p> <p>Program partners will provide support to campaign messages through a range of community networks. The project will also create opportunities for future partners to engage with campaign.</p>
<p>2016-17 funding recommended: \$98,539 2017-18 funding recommended: \$161,891 2018-19 funding recommended: \$174,800</p>	

Organisation Name	Belconnen Arts Centre
Program Title	Dance for Wellbeing ACT
Program Description	<p>Belconnen Arts Centre will expand its existing Dance for Wellbeing program to six weekly classes, with one Belconnen and one Tuggeranong class per week for each identified condition. These classes are 90 minutes in length and will take place over 10 weeks each term, 4 terms per year, in line with the ACT school term. This schedule is based on successful program delivery to date and provides an opportunity for evaluation between terms, natural conclusions that encourage a positive sense of achievement, and regular breaks for returning participants. Classes will commence in February 2017 and conclude in June 2019, a total of 10 terms.</p> <p>Dance for Wellbeing ACT has been devised with purposefully selected and modified movements aimed to engage participants' minds and bodies. All activities will be consistent with Australian Physical Activity and Sedentary Behaviour Guidelines. The program creates an accessible, enjoyable, social environment for artistic exploration, appreciation and learning whilst enriching their health and wellbeing.</p> <p>Sessions focus on the aesthetic nature of dance, rather than diversionary therapy. Participants approach the activities as artists rather than as patients. Classes provide a supported social environment for interaction with other community members to share in a positive, stimulating activity. Participants will experience boosts to their confidence, transform their attitudes about living with a chronic illness, and gain a sense of physical possibility and creative achievement.</p> <p>Throughout the program, Belconnen Arts Centre will produce filmed content that aims to make these dance methodologies accessible to the ACT population who are unable to attend classes. For each condition targeted, we will produce five short videos for sharing online, to encourage a recognition of the value of dance in the early stages of diagnosis, and to provide a catalyst for social dance activities throughout the community.</p>
<p>2016-17 funding recommended: \$23,450</p> <p>2017-18 funding recommended: \$41,900</p> <p>2018-19 funding recommended: \$41,900</p>	