

Leisure and lifestyle

Leisure and lifestyle programs are an important part of the psychological, social, emotional, spiritual, cognitive and physical well-being of aged care consumers. Supporting consumers to make choices and decisions which maximise their participation in leisure and social activities ensures that they are more likely to experience a sense of purpose and belonging, greater levels of engagement, stimulation and fulfilment.

However, a lack of inclusive leisure and lifestyle programs which take into consideration diverse languages, lifestyles, cultures, and faith requirements can preclude consumers from participating in certain activities and lead to higher levels of social isolation, and seclusion. It is essential that leisure and lifestyle programs take into consideration the cultural and linguistic needs of individual consumers and that, in the case of residential facilities, these programs reflect the diverse preferences and requirements of the resident population.

Key Considerations

- Ensure that consumers are able to communicate their preferences in their preferred language.
- Codesign programs with consumers and their families to determine which resources and/or equipment are appropriate to facilitate their recreational activities.
- Support consumers to remain engaged with existing community networks and clubs.
- Foster links with local community organisations that share the culture, language, religion and interests of consumers.
- Facilitate family and community involvement in activities.
- Integrate activities with local community events.
- Plan regular outings to places of significance to your consumers from culturally and linguistically diverse backgrounds.
- Ask consumers and/or their families which festivals and special days they would like to celebrate, and how they would like to observe these occasions.
- Acknowledge and observe cultural and religious days and festivals as preferred by individual consumers.
- Explore the availability of community volunteers to provide social visits in the preferred language of consumers.
- Provide audio visual and/or printed materials to consumers in support of their diverse leisure preferences and religious observances.
- Support consumers' access to multicultural media (including books, radio, internet, TV and newspapers).
- Ensure that staff responsible for developing and implementing activities programs have been trained in culturally inclusive practice and working with interpreters.

Leisure and lifestyle (cont.)

Useful Resources

[Building Culturally Inclusive Social Support Groups](#)

Eastern Sector Development Team / Centre for Culture Ethnicity and Health

These help sheets are designed to assist social support groups understand the different elements required to be culturally inclusive. The Help Sheets should also be considered in conjunction with the EMR Alliance Connecting the Pieces video and resource that explains the unique aspects of diversity, person centred care and the relationship between these approaches.

[Aged Care Community Visitors Scheme](#)

Australian Government Department of Health and Aged Care

The Aged Care Community Visitors Scheme is a national program that provides companionship to socially isolated people living in Australian Government-funded aged care facilities.

[Seniors Card](#)

Victorian Government

The Seniors Card is a Victorian Government initiative in partnership with the private sector to encourage people who have retired or who are working part time to continue to engage with the community. Cardholders are able to obtain a wide range of discounted goods and services from participating businesses including travel, accommodation, hospitality, entertainment and leisure.

[The Companion Card](#)

The Companion Card allows people with a profound disability, and who require on-going attendant care, to participate in community activities and events without discrimination. Companion Cards can be presented at participating organisations where cardholders will not be required to pay an admission fee for their companion who is providing attendant care.

[Be Connected](#)

Australian Government

Be Connected is an Australia wide initiative empowering all Australians to thrive in a digital world. It has online learning resources as well as a Network of community partners - the Be Connected Network - who offer support so people can develop their digital skills and confidence. People can find a local place for friendly help and advice, or join the Network to help others.

Practice guide

Multicultural/Multifaith Calendars

Spiritual Health Association

Download the religious and cultural events calendar

Multicultural Aged Care

Download the multicultural calendar

Multilingual Media

The following links will assist you to provide access to newspapers, radio and television in different languages:

[Community Radio & TV Stations with Programs in Non-English Languages](#)

National Ethnic & Multicultural Broadcasters' Council

Search for multicultural and multilingual community programs around Australia, as well as general community radio stations.

[SBS Audio](#)

SBS audio has radio and podcast programs available in over 60 languages and can be downloaded via the SBS audio app or directly on the website. SBS audio is also available via live radio with different frequencies depending on the language and the location in Australia.

[SBS On Demand](#)

SBS On Demand provides free streaming of TV shows, films, and events, many of which are in other languages or have options for subtitles.

[Melbourne Ethnic Community Radio \(Internet Broadcasting Available\)](#)

3ZZZ Radio

Programs are available many languages including Arabic, Armenian, Assyrian, Austrian, Bosnian, Cambodian, Coptic, Croatian, Dutch, Egyptian, Filipino, Ghanaian, Greek, Hakka, Harari, Hmong, Hungarian, Iraqi, Irish, Italian, Japanese, Jewish, Karen, Laotian, Latvian, Lebanese, Macedonian, Maltese, Mauritian, Oromo, Polish, Punjabi, Romanian, Russian, Samoan, Serbian, Sinhala, Sudanese, Syrian, Tamil, Turkish, Cypriot Turkish, Vietnamese.

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