

Thrive at Vasey RSL Care

At Vasey RSL Care, we are committed to supporting every person's health and wellbeing to enable them to THRIVE!

The things that 'make us tick' and give meaning and purpose to our lives, vary for each of us.

We can classify wellbeing into five 'elements':

- **Cultural**
- **Emotional**
- **Physical**
- **Social**
- **Spiritual**

For complete wellbeing, it is important for each person to fulfill their need for each of these elements in ways that suit and satisfy them.

- **What fulfills each of these for you?**
- **How can we help you THRIVE?**

Our Lifestyle Staff are here to help you find ways to achieve and maintain meaning and purpose in your life, to maintain those hobbies and activities that already do this for you, to add to those, and to ensure that you live your best life possible.

As well as individual support, we offer a broad range of group activities that cater to the wellbeing needs of residents.



More information over page >>>

Note: each group activity has a main focus on one element of wellbeing. However, one activity may offer cultural wellbeing for one person, for example, and spiritual wellbeing for another. We are all unique! There is crossover between all and achieving complete wellbeing is the goal for every resident. Our staff are here to develop a personal program to achieve this goal for you.

Wellbeing Elements:

Group Program Examples:



Cultural

Activities that express our culture help us stay in touch with what shaped us as we grew up.

- ANZAC Day & Remembrance Day services
- Mother's Day and Father's Day
- AFL Footy functions
- St Patrick's Day celebrations
- Singing & music groups
- Bingo



Emotional

A positive outlook on life enables us to enjoy each day and cope with life's ups and downs.

- Arts & crafts groups
- Gardening group
- Knitting group
- Armchair travel
- Drumming group
- One-on-one chats



Physical

Looking after our physical wellbeing allows us to get the best out of life. It includes rest, food, medical support and physical activity.

- Walking group
- Zumba
- Tai chi and yoga sessions
- Bowling club
- Ball games
- 'Body & mind' classes
- Dancing, music & movement



Social

We all need to feel included and to belong. Our connections to others increase our quality of life.

- Men's group & Ladies' group
- Welcome committee afternoon teas
- Outings & trips
- Nail salon
- Trivia quizzes
- Visitor programs



Spiritual

Spirituality gives our lives purpose, meaning and hope. It is integral to religious faith, but there are many other ways that people find a connection to spirituality.

- Meditation
- Songs of praise & hymn singing
- Church and memorial services
- Religious celebrations