

The Benefit

For The Resident it:

- Improves physical health and fitness.
- Enhances quality of life.
- Helps to reduce stress.
- Alleviates boredom.
- Enhances self-esteem.
- Heightens creativity and awareness.
- Stimulates communication.
- Can help to alleviate loneliness and isolation by providing friendship, social contact and opportunities to participate in group activities.
- And most importantly it is fun!

For The Care Establishment, Elderwell:

- Fulfils the requirement of HIQA to have an occupational/recreation aspect within residential care.
- Is an attractive and beneficial addition to the care already on offer.
- Empowers residents through choice and participation.
- Facilitates and documents residents committee meetings to HIQA standards.
- Provides sessions that are independently insured.
- Supplies all equipment and materials for the program.

Next Steps

Our Mission at Elderwell is:

- To set and maintain a high standard of recreation for residents in long and short term care.
- To encourage participation, motivation and enjoyment for all.
- To promote equality, choice and participation.
- To create an environment where discussion and interaction is encouraged.
- To provide variety and stimulation at all Elderwell sessions.



Contact Information

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*Promoting the Well Being of
Older People in Residential Care*



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The Elderwell Program

The Elderwell program brings residents together once or twice weekly to engage in recreational activities to stimulate the body mentally and physically.

A typical session would take 1.5 to 2 hours where residents engage in light chair based activities, art & crafts, and social interaction, to name just a few.

The program creates a fun, healthy, and safe environment where residents can come together and enjoy the activities.

Elderwell recognises the need for a recreation program that is:

- Varied
- Age appropriate
- Inclusive
- Stimulating
- Social
- And fun!

All of the necessary equipment and materials for each program is provided by Elderwell.



Program Outline

Exercise

- Age appropriate exercise routines that increase or maintain range of movement, cardiovascular health and muscle strength.

Relaxation

- Music and breathing techniques to enhance relaxation and reduce stress.

Self Esteem

- Emphasizing the importance of, and enhancing self esteem.
- Overcoming barriers that hinder participation.

Creativity

- Arts & craft activities using a range of material to develop creativity and a sense of achievement.

Reminiscence

- Recollecting memories from the past.
- Reflecting & honouring the life and experiences of the individual.

Social Interaction

- Socialise and connect with other people while participating in a leisure activity.
- Meet and integrate new people.

Team Participation

- Team & group based activities creating a sense of light-hearted competition.

Dementia Patients

A separate and specialised program is also available for residents with dementia. We understand and cater for the residents specific recreative needs at all stages of dementia.

Our Organisation

Elderwell is a family run company dedicated to offering a selection of excellent recreational activities for older people.

Established in 2002 in response to the needs expressed by residents in care and their families, to provide engaging and stimulating activities.

Elderwell have been helping to raise standards of care through the provision of person centred activity programs provided in residential care.

Elderwell employs a team of facilitators who have over 25 years combined experience in caring for the elderly.

The team is led by Mary Ahern and David Ahern who are both experienced in working with older people and professionally trained:

Mary Ahern, Facilitator & Director

- Registered General Nurse.
- Tutor with FÁS for Care of the Elderly.
- Facilitator with the Cork Social and Health Education Project.
- Open University Certificates in "Care of the Elderly".
- Dípolma in Social & Personal Health Psychology U.C.C.

David Ahern, Facilitator & Director

- B.A. Natural Science T.C.D.
- B.A. Physiology T.C.D.
- MSc Physiotherapy (Pre-Registration) Q.M.U Edinburgh.