

## General Information

### Fees

Bass Coast Shire Council's Home and Community Care (HACC) service is jointly funded by Federal, State and Local Governments. Fees for these services will be determined at assessment and reviews.

### Diversity

Our past experiences, culture, religion, health, sexual preference, financial situation, etc all make us unique. We encourage you to talk with us about your needs and we will support you to use an interpreter, advocate or friend at any time. We also have translated information and experienced and trained staff.

### Privacy

In compliance with the provisions of the *Information Privacy Act 2000 and Health Records Act 2001*, Bass Coast Shire Council maintains the confidentiality and privacy of information and documentation for all clients. Client information is used and collected in line with the Information Privacy Principles and Health Privacy Principles.

### Advocacy

An advocate is welcome to be present at your assessment. An advocate is a person, friend or family member who speaks or acts on behalf of someone else. A suitable referral can be made for an advocate if you require one.



### Contact Details

#### Planned Activity Group Coordinator

**In person**

Cultural Centre  
91–97 Thompson Avenue  
COWES VIC 3922

**Postal Address**

PO Box 118  
WONTHAGGI VIC 3995

**Telephone**

1300 BCOAST (226 278)  
cost of a standard local call  
133 677 National Relay Service  
(for people with communication difficulties)

**Email**

[basscoast@basscoast.vic.gov.au](mailto:basscoast@basscoast.vic.gov.au)

**Website**

[www.basscoast.vic.gov.au](http://www.basscoast.vic.gov.au)

## Planned Activity Groups



These services receive funding from  
Commonwealth and Victorian Governments

## What is a Planned Activity Group (PAG)?

A Planned Activity Group is a great way to stay active, independent and connected with other people in your community. You will enjoy a range of social activities and outings within a small group environment. Our staff are on hand to organise and support the group. To find out more, contact one of our friendly PAG staff members.

## What activities are offered in PAG?

The people attending the group help to plan the activities, so you can be sure the programs will be ones you are interested in and enjoy. We always look for activities and outings that are fun, as well as helping keep you independent and active – both physically and mentally.

Activities are held both 'in-house' at Cowes Senior Citizens Centre and within the community, and may include:

- theme days and special events
- games, quizzes and bingo
- music and singing
- gentle exercise
- guest speakers
- outings – drives, BBQs, picnics, museums, movies
- craft and cooking
- concerts

## Who can access PAG – Eligibility?

PAG is designed to provide social support, particularly for people with dementia, those who are frail, aged or have a disability.

If you are a carer, PAG provides respite while the person you care for attends the group, giving you time to pamper yourself or catch up with friends.

To find out if you are eligible to join PAG, we need to meet you in your home. One of our trained and experienced Assessment Officers will talk with you about what supports you may need to continue living independently and connected in the community. Costs of attending the PAG will also be discussed then.

## Our PAG groups

### Day programs

Our day programs are held on Tuesday, Wednesday and Thursday at the Cowes Senior Citizens Centre between 9.00am and 3.00pm. These groups provide a mixture of indoor activities and outings for people living on Phillip Island and surrounding areas. We will meet with you to determine which PAG would best meet your needs.

*For people interested in attending a PAG (day program) and do not live on Phillip Island or the surrounding area, Bass Coast Regional Health, Bass Coast Community Health Service and Bass Valley Community Centre run a number of PAGs throughout the rest of the Shire.*

## Social outings in the community

Small group outings are held on Mondays offering people who are socially isolated an opportunity to meet new people and enjoy activities in the community. This is available to people living throughout the Shire and pick-up can be arranged at various locations.

## Trips away

We offer short 3 day holidays away throughout the year for people attending our PAG and, in some cases, their carers. These are a great break for you to go away with a small group, supported by trained and experienced staff.

If you are currently ineligible for our service please contact us if your circumstances change.

If you choose not to take up our services this will not affect your ability to access services in the future.

