



# Active Choices. Active People.

Our *Active Choices. Active People.* model of service promotes Consumer Directed Care(CDC) principles for individuals who access our services, which include;

- promoting a wellness or active ageing approach that emphasizes physical and mental health.
- opportunities to improve social participation to maintain or promote a person's capacity to live as independently as possible.
- a person-centered approach to support, promoting wellness and active participation in goal setting and decision making.
- timely and flexible services that respond to a person and their needs.



As you grow older, being healthy, physically active and socially engaged can have many benefits.

Here are some tips to help you achieve active ageing :

- **eat a balanced diet.** Not only does this help keep your body healthy, but your brain too.
- **do regular physical activity.** Physical activity helps you build muscles, control weight, cholesterol, blood pressure, diabetes and bone and joint problems (just to name a few). It can also help prevent falls and injuries. Always check with your doctor before undertaking new physical activities.
- **engaging socially with others.** Creating social relationships is good for your overall health and well-being, and of course, your mental health.

