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Innovative WA wellness team wins national aged care award

A West Australian team of allied health professionals who have developed an innovative wellness program for older people has won the Team Innovation Award at the 2014 HESTA Aged Care Awards.

The team from Ageing Wisely — who provide wellness services to retirement living facilities — won the national award for developing the Re3 Wellness Program.

The program provides simple lifestyle strategies that aim to improve physical, and cognitive function, and emotional well-being in one holistic program, thus the name Re3 — Re-generate the body, Re-ignite the mind, Re-discover happiness.

Ageing Wisely Managing Director, Paula Fiévez, said the program adopted a holistic approach to address age-related degeneration such as sarcopenia (loss of muscle mass), osteoporosis and reduced cognitive function.

“In our five-month trial of the program, participants aged between 60-92 attended education workshops and practical training sessions on key lifestyle strategies of the Re3 Wellness Program,” Ms Fiévez said.

“Using equipment similar to that used for testing NASA astronauts, the team saw improvements in participants in every physical parameter, as well as cognitive function and reduced incidences of depression.

“This included improvements in lower body strength (55 per cent), upper body strength (42 per cent), balance (52 per cent), pulmonary function (23 per cent), cognitive function, (10 per cent) and depression (20 per cent).”

HESTA CEO, Anne-Marie Corboy, presented Ms Fiévez with the Team Innovation Award during a dinner in Melbourne on 5 August 2014.

“We are honoured to acknowledge this team of allied health professionals and their work, which is clearly improving the health and happiness of older people across Australia,” Ms Corboy said.

The Re3 Wellness Program Team received a \$10,000 development grant courtesy of long-term HESTA awards supporter, ME Bank.

“The prize money will allow us to introduce this program into 10 new retirement living facilities across West Australia,” Ms Fiévez said.

The Outstanding Organisation Award winner, Feros Care in Queensland, also received a \$10,000 development grant from ME Bank.

The Individual Distinction Award winner, Graham Custance of Care Connect in Victoria, received a \$5,000 ME Bank *EveryDay* Transaction Account and \$5,000 towards further education.

HESTA is the leading super fund for health and community services, with more than 785,000 members and \$28 billion in assets. More people in health and community services choose HESTA for their super.

To learn more about the 2014 winners visit hestaawards.com.au

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