

Activities are held at:

- Mondays: San Remo and Wonthaggi
- Tuesdays: San Remo and Wonthaggi
- Wednesdays: Grantville Hall and Wonthaggi
- Thursdays: San Remo and Wonthaggi
- Fridays: San Remo (Dementia specific)
and Wonthaggi

All centres offer a warm safe environment.

Transport can be arranged.

Privacy & Confidentiality

Confidentiality of your personal information is respected at all times. Your information is handled in accordance with the Health Records Act 2001.

Access to your Health Information can be sought through the Information Privacy Act 2000.

Locations

Cowes	03 5951 2100	14 Warley Ave Vic. 3922
Corinella	03 5671 9200	48 Smythe St Vic. 3984
Grantville	03 5671 3500	Cnr Bass Hwy & Pier Rd Vic. 3984
Inverloch	03 5671 3343	14 Reilly St Vic. 3996
San Remo	03 5671 9200	1 Back Beach Rd Vic. 3925
Wonthaggi	03 5671 3333	235 Graham St Vic. 3995 (Hospital)
Wonthaggi	03 5671 3500	Cnr Watt & Billson St Vic. 3995



If you need an interpreter, please call the Translating and Interpreting Service (TIS National) on 131 450 and ask them to telephone Bass Coast Health on 03 5671 3333.

Feedback

Feedback forms, our fees policy and donation form can be found on our website www.basscoasthealth.org.au.

Funding Recognition

Bass Coast Health is supported by funding from the Commonwealth and State Government under the HACC program

Aboriginal Acknowledgement



Bass Coast Health acknowledges Aboriginal people as the traditional custodians of the land on which we operate. We commit to working respectfully to honour their ongoing cultural and spiritual connections to this country.

Helpful Emergency Contact Information

Emergency Services	000
GP Help Line	1800 022 222
Nurse on-call	1300 606 024
Lifeline	13 11 14
Beyond Blue	1300 224 636



Bass Coast Health
Graham St Wonthaggi Vic. 3995
PO Box 120 Wonthaggi Vic. 3995

t 03 5671 3333 f 03 5671 3300
e info@basscoasthealth.org.au
w www.basscoasthealth.org.au

Planned Activity Group (PAG)



What is a Planned Activity Group (PAG)?

Planned Activity Group (PAG), is a great way to stay active, independent and socially connected with others in your community.

PAG staff work with you, and the people who support you, and provide a program of various activities that aim to maintain and enhance your independence and social connections.

Our aim is for you to experience and participate in a healthier and more active lifestyle.

Fees

PAG is affordable through the generosity of our funding bodies, local initiatives and donations.

A small fee applies. Fees contribute to the provision of a hearty and healthy lunchtime meal and some costs of activities.

A person's inability to pay will not be a barrier to be able to participate in the Planned Activity Group program.

PAG Activities

Activities are aimed to address and meet your physical, social, cultural, emotional and recreational needs incorporating opportunities for support and social interaction.

We work with you and the people who support or care for you, to find out what you want to achieve and the things that are important to you.

We want to make sure you are at the centre of every decision. We will support you to do as much as you wish to build and maintain your independence.

Activities include:

- Outings (BBQ's, picnics, drives and places of interest)
- Sharing of skills, hobbies, knowledge and memories
- Games and quizzes, theme days. Fun and laughter
- Music and singing
- Gentle exercise
- Guest speakers
- Craft and cooking

Morning tea and lunch is included.

Eligibility

PAG Activities support you to remain living at home and to continue to be active and connected within the community.

The program is aimed to support;

- People who are frail and/or older
- People living with disability
- People living with dementia
- People with acquired brain injury
- Assisting carers and their families in their role by providing respite information and support

The PAG Service Coordinator will assess your eligibility based on your needs.

How can I join in?

Call PAG Service Coordinator 03 5671 9200.

An appointment will be made to assess your needs and to discuss with you what you would like to achieve from attending and the choice of activities available.