



An Active Aging Strategy For Retirement Communities

A practical framework that supports active living, independence and quality of life.

DISCOVER WHY • UNCOVER HOW • TAKE ACTION

The Bigger Picture



People are at different stages of aging and health.

Some are active and independent. Others may gradually become less active. Some may experience illness, injury or a period of rehabilitation before returning to everyday life.



Senior Plus provides opportunities to support active ageing at different points along this journey, with an emphasis on maintaining function and independence before decline becomes the focus.

A practical addition to your wellness offering:

Do you already provide wellness activities and services? Senior Plus can help make active ageing and wellness more accessible and easier for residents to act on, without requiring significant additional resources from the organisation.

It can use existing communication channels, resident engagement structures and appropriate health professionals already working within the community.

What is Senior Plus?



Senior plus is about more than exercise.

It is an Active Ageing Strategy designed to support active living, independence and quality of life.

Movement is an important component, but Senior Plus goes beyond exercise.

The framework brings together:

Movement

Acknowledging the importance of movement to support physical capability and function.

Lifestyle Education

Helping residents understand what matters and why to improve adherence and participation.

Behaviour change

Helping residents or members to translate knowledge into everyday behaviour

Resident Engagement

Creating and introducing accessible opportunities for residents to participate.

The aim is simple: To make active ageing part of everyday life, not simply another program.

From Care to Active Participation



Senior Plus is about taking people from professional care to everyday living.

Retirement communities may already have access to medical, nursing, rehabilitation, biokinetic, physiotherapy, occupational therapy, wellness and activity services.

These services are valuable. But professional intervention is only one part of maintaining health and function.

What happens when consultation and rehabilitation is over?

A few questions:

- How do residents maintain their gains?
- How do they remain active before a problem develop??
- How do they turn professional advice to everyday habits?
- How do we keep active aging visible between formal interventions?

Senior Plus provides a structured framework for the everyday part of active ageing — helping residents understand, participate and take practical action.

Senior Plus complements existing professional services.

Benefits of Senior Plus



Practical to Implement. Easy to navigate.

Senior Plus is designed to work with the systems, communication channels and services that are already part of the community.

For Residents:

- Structured active-ageing education and practical movement guidance
- Regular wellness topics and initiatives
- Support for maintaining independence

Ready to join the program turn to the next page

For The Organisation:

- A structured Active Ageing framework
- Content that can be communicated through existing channels
- Access for existing and new residents
- Up to four wellness drives or themed initiatives per year
- Ability to involve existing health professionals

Senior Plus can add structure and continuity to an organisation's wellness offering without creating a large additional operational burden.

Start the Conversation



Could Senior Plus fit your community?

Every retirement community is different.

The first step is not to introduce another programme. It is to look at what you already offer, what your residents need, and where Senior Plus could complement your existing approach.

Three Simple Steps

UNDERSTAND:

Look at your current wellness, activity and healthcare offering

IDENTIFY:

Identify opportunities to strengthen active ageing and resident engagement.

DEVELOP:

Introduce Senior Plus at a level that fits your community and develop the strategy over time.

Senior Plus is designed to strengthen what is already there NOT to replace it.

Interested to discuss possibilities within your community?

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