

**31 March 2023**

## **Tender Now Open – Intergenerational Programs**

Wentworth Healthcare, provider of the Nepean Blue Mountains Primary Health Network (NBMPHN), is excited to be funding a new and innovative **Intergenerational Program across the Nepean Blue Mountains region.**

Funding has been provided as part of the Australian Government's response to the Royal Commission into Aged Care Quality and Safety. NBMPHN is seeking suitable providers to design and deliver one or more Intergenerational Programs in the Blue Mountains, Hawkesbury, Lithgow and Penrith areas.

Intergenerational programs bring together older adults and children for regular, group-based activities that are usually held weekly over a defined time-period. Sessions can range from play-based interactions, leisure activities, pre-school visits, purposeful learning experiences and more.

Wentworth Healthcare CEO, Lizz Reay, said an emerging issue across NSW is that older people are prematurely accessing Residential Aged Care.

“One contributing factor may be that their physical and mental health is declining earlier than expected due to a lack of meaningful connections and activities designed to keep them healthier for longer,” she said.

“This is a new and innovative style of care, that has been shown to improve social connections and physical health outcomes for older people,” said Ms Reay.

This local program will bring together older people living in the community or Independent Living Accommodation, 65 years and over (or 55 years and over for Aboriginal and Torres Strait Islander peoples) and children aged 3-5 years for group-based interactions.

“The objectives are to foster meaningful engagement between the generations, enriching learning opportunities and improving the social, health and wellbeing outcomes for both older people and children,” she said.

Intergenerational Learning Australia's CEO, Greg Cronan, said making communication and learning fun and meaningful is important for both age groups and staff.

“Well-planned, purposeful and enjoyable intergenerational programs involving children and much older people, results in positive changes to their mood, behaviour, socio-emotional communication abilities, cognitive skills and overall wellbeing. Implicit to these interactions is reducing the loneliness and isolation that is experienced by many older people,” said Mr Cronan.

Proposals from a variety of organisations are welcome. The program design is flexible and can be based on a model that the provider chooses. Part of the initiative's goal is to support independent living for as long as possible.

**Tender submissions close 5:00pm Thursday 11 May.** For more information visit [www.nbmphn.com.au/tenders](http://www.nbmphn.com.au/tenders)



## For interviews or further information contact:

Bess Bosman

**Communications Manager - Media & Marketing**

T 0438 261 015

E [Bess.Bosman@nbmphn.com.au](mailto:Bess.Bosman@nbmphn.com.au)

Or

Krystle Goulding

**Communications & Media Officer**

T 02 4708 8199

E [Krystle.Goulding@nbmphn.com.au](mailto:Krystle.Goulding@nbmphn.com.au)