



**For more information on the
State wide services provided by
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Staying Active Staying Independent
Wellness Program SASI

Would you like to be part of our wellness program SASI?

The District Nurses **SASI** program aims to keep people active, healthy, independent and able to perform as many activities of daily life as possible.

The District Nurses **SASI** program delivers nutritional advice, an exercise program and falls prevention strategies. The program helps to keep people active, healthy and independent.



What are the benefits of getting involved?

- Staying active and being able to perform the tasks of everyday living generally means you are more likely to be independent.
- Being independent helps you stay in your own home.
- Being independent means you can make the decisions about your care. You get to choose what you need and how it is delivered to you.

What would being involved look and feel like?

Getting involved means you will get to try out different exercises and activities and identify health and wellness goals that will support you being active and independent.

You will also be asked to answer some health survey questions and the information from these will be used to identify some health and wellness goals that are unique to you and will be included in your **SASI** Care Plan.

Our community support workers will work with you to do the exercise program and achieve the goals you have identified. This focus will help you Stay Active and Stay Independent.

How do I get involved?

You can self-refer or your GP can refer you to SASI through My Aged Care on **1800 200 422** or visit **www.myagedcare.gov.au/**.

If you would like to know more about **SASI** please contact The District Nurses.

