



Advancing Healthy Ageing in South Africa...

through networking and collaboration

Margie Chapman

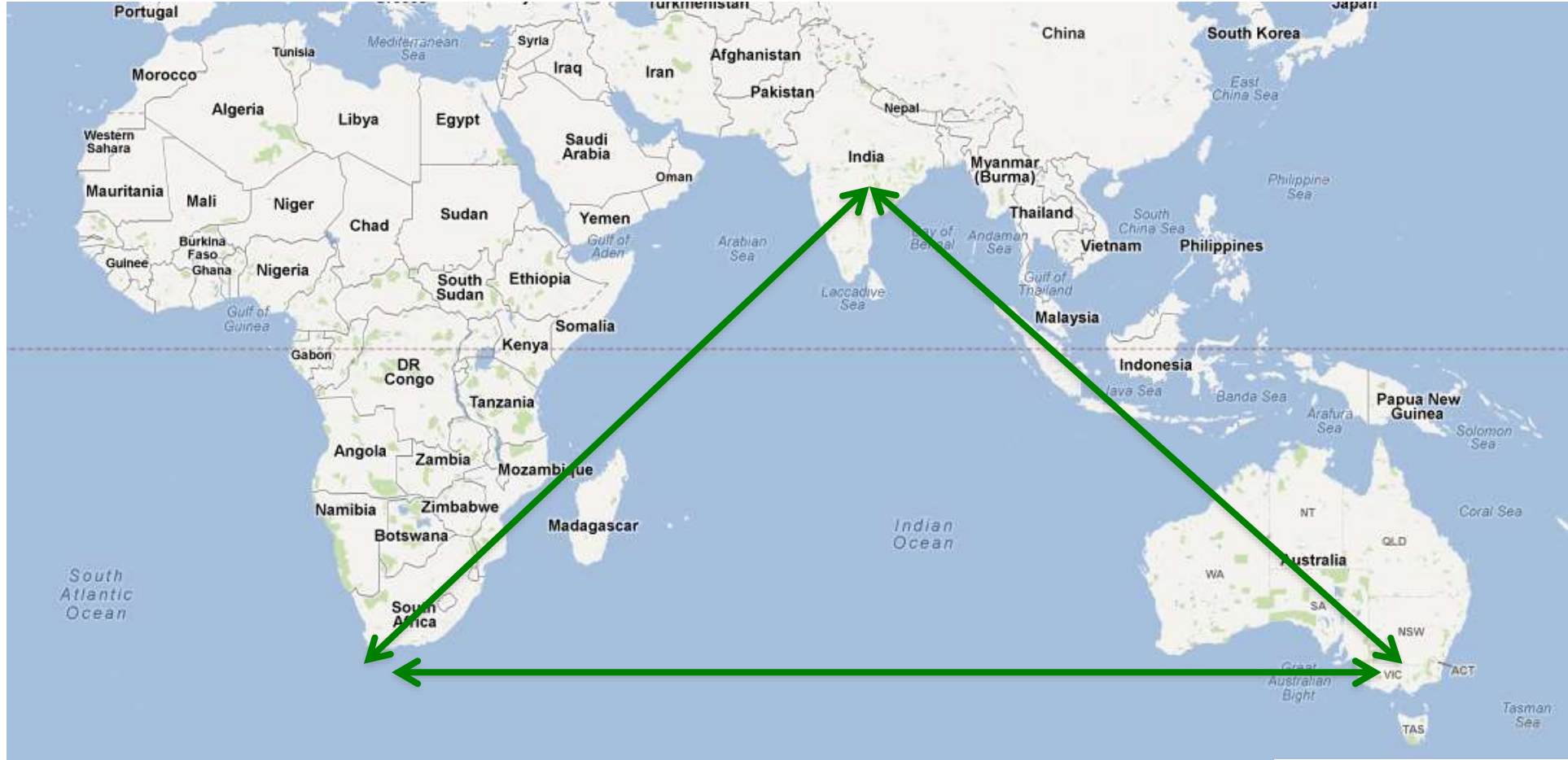




Stephen Cornelissen of Mercy Health and [Jo Boylan](#) of Southern Cross, at EAHSA in Lyon 2015 - worked together to support a healthy ageing project in South Africa....the ground work started! It is all about building authentic relationships. This conversation started at the IFA in Hyderabad in India in 2014...and now we see the fruits

Never underestimate the value of networking

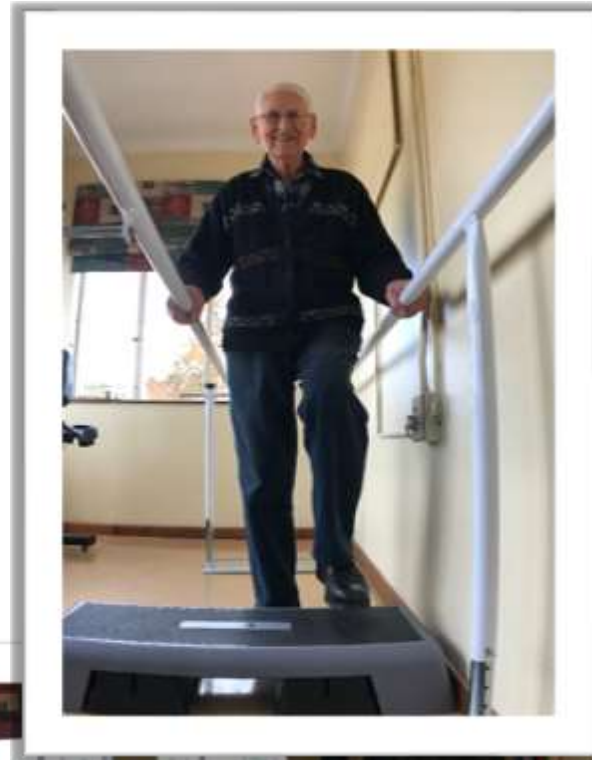




St Antonine's Old Age Home, Amakhazi, KwaZulu Natal



Silwerkruin Old Age Home, Wellington, Western Cape



Mercy Health

Care first



Small group training with the HOME EXERCISE AND LIFESTYLE PROGRAMME (HELP)




With sincere thanks to Southern Cross Care and Active Ageing Australia





Some training takes place outdoors !



Changing role of caregivers –
expanding their role to become
facilitators/encouragers/
motivators/health and wellness
promoters.....

working with each person to
optimise their intrinsic capacity;
*‘enabling them to do more of
the things that give meaning,
purpose & wellbeing’*

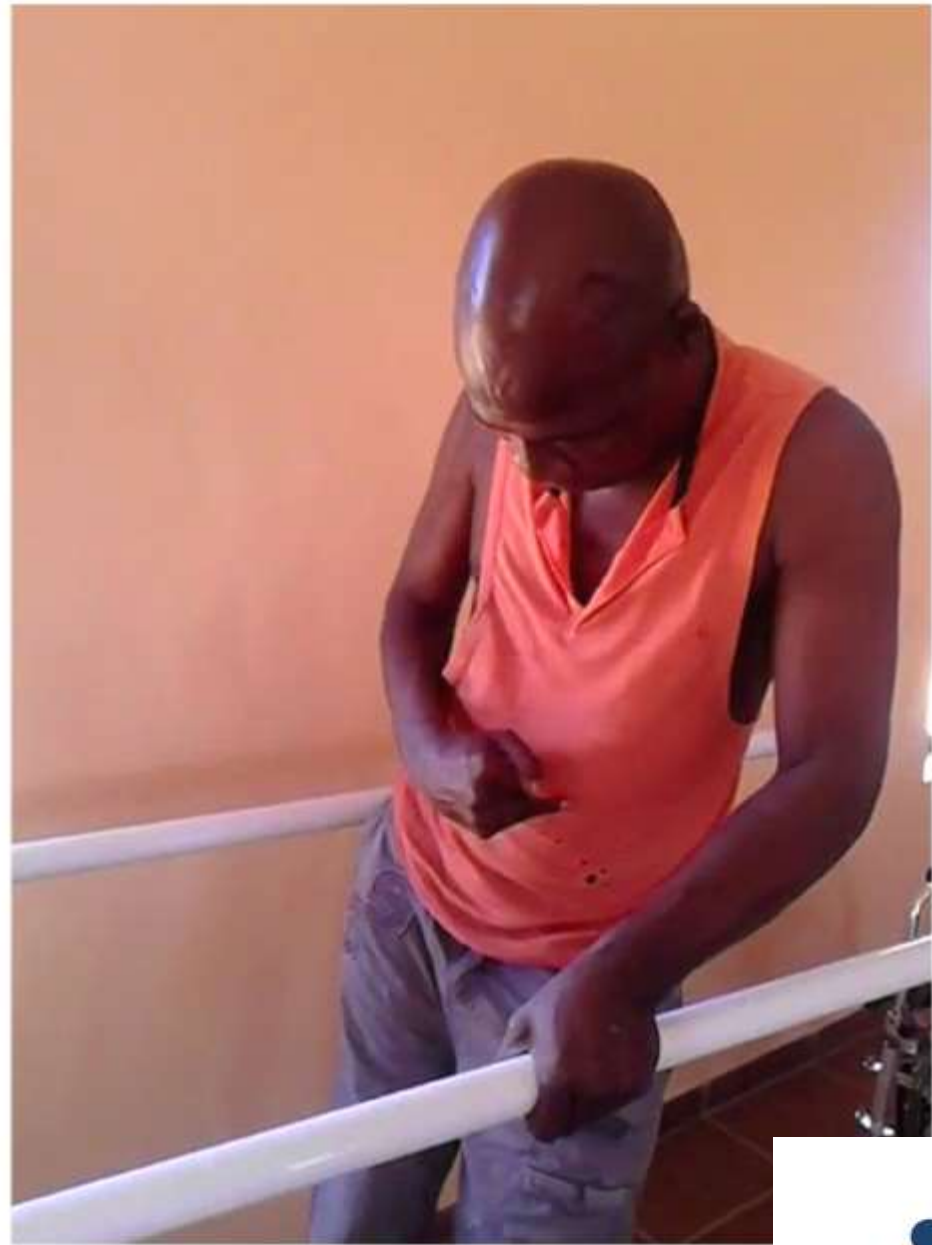


Celebration with certificates!



From wheelchairs to walking!







It's all about **Champions...** and **Visionaries...**

Each **country** needs a Champion – someone to enthuse other organisations, someone who is passionate and appreciative of the value of such connections.

Each **organisation** needs a Champion – someone who will keep the relationship alive

Ordinary people doing extraordinary things

- Ensuring ongoing commitment and enthusiasm from both sides – need to put into a relationship to get out of it
- Ongoing staff and management training to sustain learning and best practice
- To continue the journey beyond first contacts and exchanges



Partnerships take TIME... and... PASSION

Connections that last, and are sustainable,
are connections of the HEART.

This story of advancing healthy ageing in
South Africa is still unfolding and is one of

- Sharing ideas and wisdom
- Chance
- Opportunity
- Goodwill
- Connection
- The power of story telling
- Changed perceptions



“Our deeds are like a stone cast into the pool of time.
Though they themselves disappear, their ripples extend to
eternity”

- *anonymous*

Thank you



Margie Chapman
Take the Lead – living well, ageing well

Take the Lead and make Exercise a part of your daily living

ttlivingwellageingwell@yahoo.com
+27 845562076

