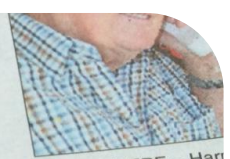


with hearing... isolation because communication is a struggle. But what if there was a telephone that amplified sound and displayed word-for-word captions of what the caller was saying? Seniors with difficulty hearing on the phone are being urged to take advantage of a subsidised service that does exactly that. Otherwise similar to a traditional telephone, the CapTel handset has big buttons and a large built-in screen that displays captions provided through the

equipment and handsets... erment and handsets... rented throughout eastern Australia for \$55 a year plus a \$50 refundable deposit. "Users get amplified sound first and if they miss what is being said they can read the words on the bright display screen," said Richelle South, of AccessComm, which distributes CapTel. CapTel has been available in Australia since 2012, and this year an advocacy and in-home

with training... Victoria, support teams are available to install the phone in the user's home and provide training on how to use it at no extra cost. CapTel community officers are also available to make presentations to community groups or retirement villages at no charge. 1300-107-546. www.accesscomm.com.au



HELLO THERE – Many have had their CapTel

Stimulate your mind: the rest will follow

WELLBEING is not only about good nutrition and exercise. Where seniors are concerned, especially those with limited mobility, there needs to be a good deal of thought and planning behind stimulating and enriching their lifestyle. The Diversional Therapy Group, based in Melbourne, has a dedicated team of diversional therapists who work with people of all abilities to create specialised leisure and health activities. Programs include chair tai chi, chair dance, guided meditation and cognitive activities. The group will travel to seniors in their home, whether it is a private residence, retirement village or aged care facility. Group sessions are designed to help improve quality of life and



CHAIR TAI CHI – Diversional Therapy Group works with people to enhance their wellbeing.

reduce depression, enhance memory and problem-solving skills, and increase mobility and co-ordination. Locations covered by the mobile service include Port Phillip, Bayside, Glen Eira, Sandringham and Toorak. Phone Jade Kestenberg, 0431-871-984, www.diversionaltherapygroup.com

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GET OUT & ABOUT

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