

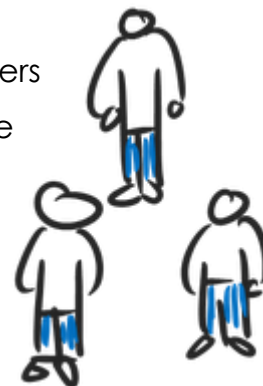
Healthy Ageing Education Program

The project aims to:

- Educate care workers and their supervisors/managers about positive ageing
- Promote positive health behaviour for safe, sustainable work
- Educate for “self-reliance”
- Educate to build “resilience”
- Use Positive Psychology & Health Promotion principles towards optimal health for a good life of work, family and social connectedness.

The impact of the project aims to be:

- Increased retention of mature workers
- Healthier, more invigorated, self-reliant and responsible mature workers
- Mature workers (and others) voicing and choosing a range of flexible work options as an alternative to resignation
- Younger team and mature members demonstrating mutual respect and appreciation of what different generations offer the workplace
- Happier teams, positive work culture promoted and understood



Success will be measured by:

- Staff satisfaction with the workshop delivered (80% target for completely met course objectives)
- 0% increase in resignation of team members over 55 over 5 year period (implies increase in retention of older workers - impact)
- 100% of injured workers successfully returned to work (all ages) - impact
- Rate of injury for older workers (over 55) does not exceed overall injury rate for the organisation – impact, and
- Increased prevalence of mentoring relationships across the organisation (outcome).