

healthy environment healthy people

A collaboration between
Bass Coast Community Health Service Inc. and
Bass Coast Landcare Network



Bass Coast Community Health Service





Our Goal

**To improve the physical and
mental wellbeing of older
people through modified
Landcare activities**

What is the issue?

- **Changing demographics in shire**
- **Specific needs of retirees**
- **Current Landcare model not conducive to older people**
- **Gardening-changes due to space and waterwise needs**

Proposal

- **Create a modified model of Landcare to enable older people to participate in activities appropriate for their age and fitness levels**
- **Engage services of a Project worker to establish the modified model**



Modified Landcare model

- **Seed collection, seed box planting, potting into tubes**
- **Modified planting activities**
- **Involvement in planting days**
- **Associated activities**



Project Outcomes

- **Adaptable to other communities and settings**
- **Can be used by other retirement populations**
- **Responds to current climate change, health and social issues**

