



Australian Multicultural
Community Services

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Initiatives to support Seniors during COVID-19

- Bingo in Italian and Polish – over the phone (several groups)
- Fortnightly Covid-specific newsletter with contributions from seniors
- WhatsApp Arabic-speaking Women Support Group (Coptic-Egyptian)
- Free meals for seniors, in partnership with RACV Foundation and Foodshare
- Welfare checks (weekly phone calls)
- Preparation and distribution of hygiene packs
- Distribution of food parcels (especially for seniors who are afraid to go to shops)
- Masks distribution, as required (sewn by AMCS volunteers)
- Pen Pal letters – exchanged between seniors and school students and younger members from the community
- Window visits
- Centre-based senior exercise classes now run online eg. - Tai Chi, Gentle Exercise, Yoga, Line Dancing and Seated Dance (through newly-established Facebook: Moving For Life AMCS)
- No Falls Workshop – Via Zoom
- In view of the lessening of the restrictions, AMCS has commenced Virtual Gardening Workshops for 20 participants: two workshops a week 10 each). Set up a Q&A session with our Garden Support Volunteer over Zoom for seniors to ask any questions regarding their own gardens
- Seniors Resource Kits which include daily gentle exercise and healthy living guidelines, sent to community houses + councils throughout Melbourne and also directly to seniors living in their own homes
- AMCS Care Packs
- AMCS Exercise Pack (printed instructions how to do light exercises at home)
- Calming meditation and muscle relaxation videos with instructions shared with clients to reduce levels of anxiety among clients during COVID-19
- Cognitive exercise videos with instructions
- Tele-groups: Telephone social support groups
- Easter Eggs Painting Competition
- Seniors' Art Show (virtual)
- Gardening Show and Tell competition of Facebook – encouraging seniors to send images of their Winter Gardens and short stories related to the gardening experience.
- Buckwheat hot packs (made by volunteers)
- Preparation and distribution of over 1000 Entertainment Packs among isolated seniors.
- Distributing of Age Care service and support offered to seniors from different ethnic backgrounds throughout pharmacies, medical centres and Deli4You.
- Identifying seniors who have no or limited family support

These initiatives have been made possible due to the generous support of our sponsors & partners:



Australian Government
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Foodshare 
Buy one, give one.

**RACV Community
Foundation**

