

## What is Café 94?

Café 94 is Multicultural Aged Care's social support group programme. We welcome culturally and linguistically diverse clients from all over the world, who are 65 years and over.



## What makes us unique?

We deliver culturally appropriate sessions and activities to include everyone's cultural needs and preferences.



We provide aged care information and resources in many different languages.

*"Café 94 gives me really useful information. I very much enjoy yoga time, the food is really great as well"* - Rosa

## What types of activities do we run?

### Bus trips

Regular bus trips to give clients an opportunity to connect socially through the scenic tours to various destinations, shared lunch, OP Shop tours, and garden walks at outdoor venues.

*"I love the bus trips and being out in the nature, I look forward to more trips to new places throughout the year"* - Linda

### Cultural Activities

We organise activities for clients to share their culture, provide social interaction and promote their wellbeing. Some of these include:

- Live music
- Dancing
- Cultural presentations (cultural costumes, celebrations of various national days, Christmas, Easter etc.)
- Art, craft and games (for example, Italian Carnevale masks, Easter bunnies, garden lanterns, mandala rock painting etc.)
- Experiencing different cuisines from all around the world

*"I feel happy whenever I come to Café 94. This is a great chance for me to communicate with everyone and share our own stories. I'm also in love with the music and dancing"* - Gloria



*"I am interested in doing art work. It is creative and it helps me challenge myself"* - Josephine

### Wellness Activities

We provide lots of opportunities to participate in health focused activities such as:

- Chair yoga to help improve flexibility, reduce stress, and promote overall wellbeing
- Puzzles, word search and colouring in activity packs to boost memory and mental wellbeing

*"I like Café 94 because I can socialise with people from different cultures"* - Virginia

## How can you access our services?

If you would like to be a part of our Café 94 programme, please register with MyAgedCare as a 'Multicultural Aged Care Café 94' client.

To do so, please follow the steps below:

**Step 1:** Call MyAgedCare on 1800 200 422

**Step 2:** Choose 'Multicultural Aged Care Café 94' in the social support group category

The MAC team can support you through the process and register with MyAgedCare on your behalf, if you wish.

We look forward to seeing you once you have registered.

If you choose to not register through MyAgedCare contact us to discuss further.

## Multicultural Aged Care (MAC)

94 Henley Beach Road  
Mile End SA 5031

**POST** PO Box 488  
Torrensville Plaza SA 5031

**PHONE** 08 8241 9900  
**FAX** 08 8352 1266  
**EMAIL** macsa@mac.org.au

[www.mac.org.au](http://www.mac.org.au)

## Confidentiality and Privacy

All personal information collected will be treated as confidential and private. No personal records shall be released without the consumer's or their representative's consent. Information will be stored securely and disposed of in a way which maintains confidentiality.

## Complaints and Feedback

Consumers' rights to express concerns, provide feedback or complain is important and is encouraged. We will actively seek your feedback, because it is an essential component of our continuous improvement to offer the services that best meet consumers' needs.

You can lodge a complaint by contacting MAC.

## Advocacy

You have the right to an advocate of your choice to support you. An advocate is a person who may stand beside you and speak on your behalf to protect and promote your rights.

## Co-contribution Fee

All Café 94 activities or services incur a small co-contribution fee.

If you have financial difficulties, please contact us.



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## Café 94 Social Support Group

