



# Info-Link Sheet

## Older Women's Wellness

### Women's Information and Referral Service

1800 817 227

Older Women Out There is a wellness project for women living in rural and remote areas. It is coordinated by NSW Agriculture's Rural Women's Network and funded by the NSW Department of Health



#### Wellness is:

- \* the spiritual, physical, mental, social and emotional well-being of individuals
- \* positive and dynamic
- \* a goal to strive for
- \* encompasses our spirit, as much as our body

The feeling of wellness gives back to the older woman a sense that she can live with fullness and richness in her life despite perhaps chronic ill health, reduced income, or physical or mental insecurity.

This feeling can restore what our culture sometimes denies: a sense of dignity, uniqueness, visibility and power.

Wellness doesn't simply imply good physical health but also good attitude and strength of mind.

Wellness doesn't imply sickness, treatments, frailty, institutions, memory loss, or any of the numerous shorthand descriptions of 'ageing'. Instead it captures the essence of women participating, playing, acting, working, contributing, and enjoying life.

Above all the concept of wellness

incorporates ideas about the challenge of ageing, as well as the potential.

All women can feel well... if they live in nurturing surroundings, have sustaining friendships, and work at getting the very best from and for their bodies.

Wellness is not a static state, like health, it requires ongoing attention to the details of social, spiritual and physical life.

Wellness is within the reach of all of us, yet constantly redefining itself as our minds and bodies develop to their optimum capacities.

*(Taken from "A Picture of Wellness: The story of Bankstown Older Women's Wellness Centre, 1997)*

### Resources and Assistance

#### Older Women's Network (OWN)

The OWN is run for and by older women. It provides a means through which older women can meet others with similar interests and challenges the stereotyped images of older women.

OWN aims to:

- \* provide enrichment, support & friendship;
- \* lobby for a fairer deal;
- \* encourage discussion about ageism and sexism;
- \* promote appropriate policy in older women's health, income security, housing, home support, services & transport;
- \* assist older women to develop skills;
- \* provide information to older women.

For more information about OWN or to find out about a branch near you, contact their Sydney office on Ph (02) 9247 7046, Email [ownnsw@zipo.com.au](mailto:ownnsw@zipo.com.au) or check out their new website at [www.zipworld.com.au/~ownnsw/](http://www.zipworld.com.au/~ownnsw/)



## Interesting web sites

<http://womenshealth.miningco.com/health/womenshealth/>  
<http://lifestyle.ninemsn.com.au/goodmedicine/>

Council on the Ageing <<http://home.vicnet.net.au/~cotaa/>>

## More Information:

Women's Information and Referral

Service (WIRS) freecall 1800 817 227

WIRS is a free & confidential telephone service for all women in New South Wales and is part of the Department for Women. WIRS can help you find information that you, your family or friends may need from anywhere in NSW from Monday to Friday between 9.00am and 5.00pm. If you ring after hours or on the weekend you can leave a message and someone will phone

you back. If you are deaf or hearing impaired you can contact WIRS on their TTY number 1800 673 304. For their translating and interpreting service call 131 450.

*This info-link sheet has been compiled by NSW Agriculture's Rural Women's Network as part of the Older Women Out There project. For more information contact the Rural Women's Network on Ph (02) 6391 3620, Fax (02) 6391 3650, Email [allison.windus@agric.nsw.gov.au](mailto:allison.windus@agric.nsw.gov.au)*

