



The Healthy and Creative Ageing Project



Acknowledgement of Country

We acknowledge the Traditional Custodians of this land.

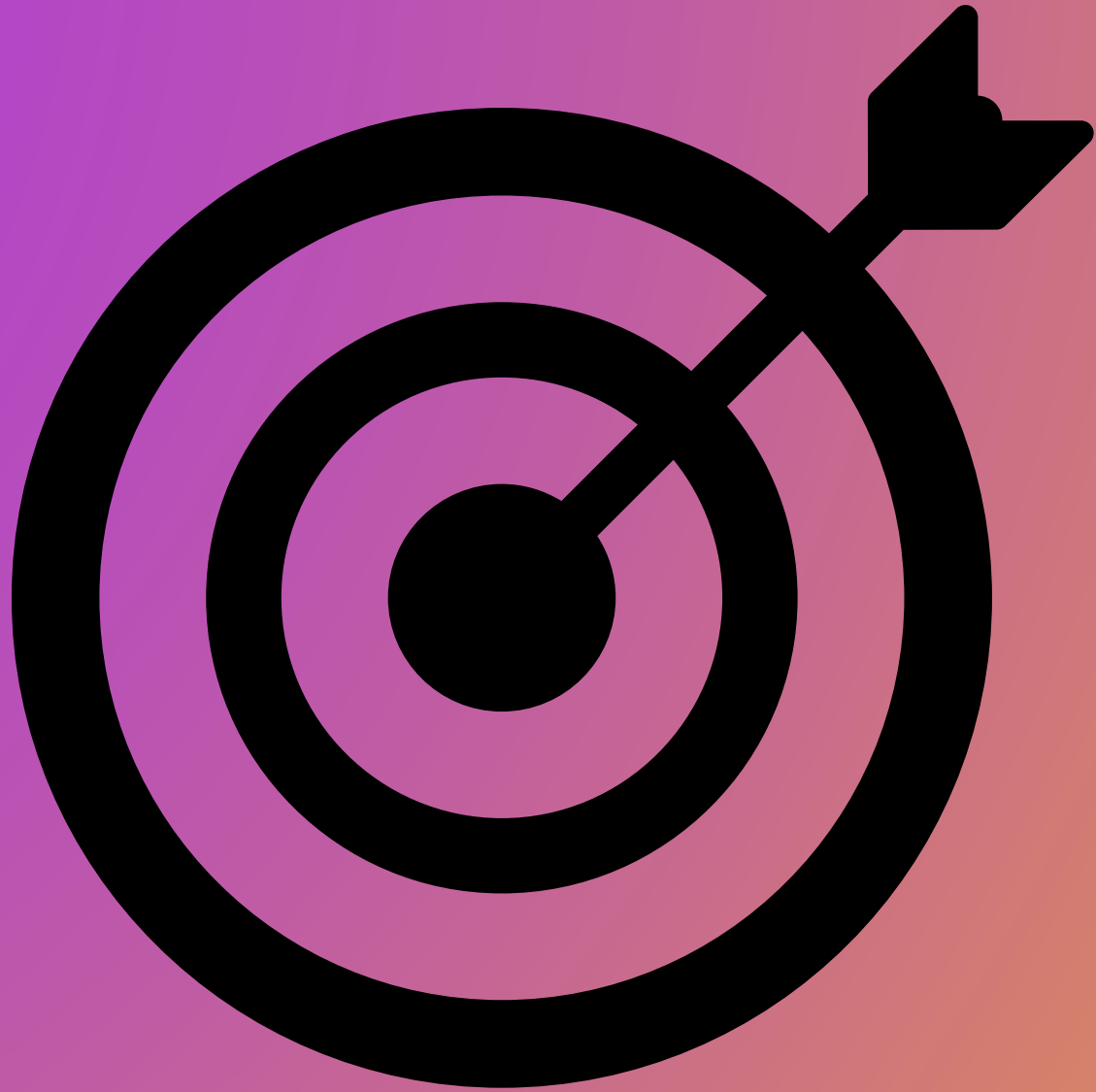
We acknowledge the waterways, the land, the sky and
all who inhabit this place, Country.

We acknowledge their ancestors, and Elders and
recognise those who continue to protect and promote
Aboriginal and Torres Strait Islander cultures.

We acknowledge the past and stand together
for our future.

The A Hidden Population Report by AIVL highlighted overlooked struggles, specifically among aging drug users, which inspired us to create this project.





Our objective/bridging the gap.

- To reduce social isolation
- Provide chronic pain support
- Offer Peer treatment support / case management
- Counselling services



Peer treatment
support

51

Art Therapy Group

25

Counselling

13

Transport

Unknown

Peer treatment support and case management.

51



ART THERAPY GROUP

25



ART THERAPY GROUP

25



ART THERAPY GROUP

25

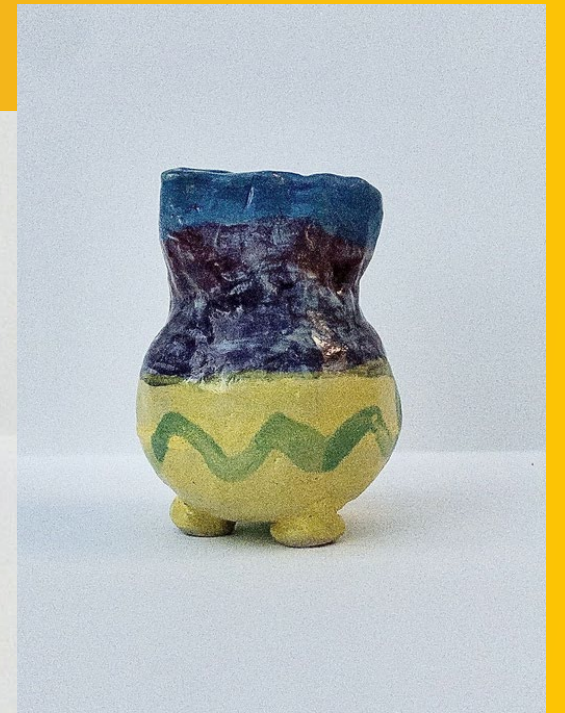


ART THERAPY GROUP

25



ART THERAPY GROUP



ART THERAPY GROUP



Excursions



showcase



CAHMA PRESENTS

HEALTH AND CREATIVE AGEING PROJECT

July 19 - 26

ART EXHIBITION

The Healthy and Creative Ageing Project ran across 2023-2024. It brought together people over 40 years with lived experience of drug use and other types of marginalisation to engage in creative activities.

The exhibition showcases artwork including drawings, ceramics and prints from participants along with personal experiences of ageing.

www.cahma.org.au

Opening Event (invite only)
Thurs 18 12-2pm
RSVP to canonh@cahma.org.au or 6253 3643

CAHMA Drop in Centre
Shop 17, Churches Centre
54 Benjamin Way, Belconnen

cahma phn Capital Health Network



showcase



Counselling

A total of 13 clients accessed the counselling services funded by the project.



Common Themes:

01

A fear of being left behind by their loved ones, particularly as children move on with their lives.

02

Grief from the loss of a partner.

03

Drug use sparked by unmanaged physical or emotional pain.

04

Frustration with the lack of support from doctors and family members.

05

A fear of confronting the trauma that is holding them back.

06

A strong desire to connect

Thank you

