



# Kapiti Activity Programme



Discover how Enliven  
can brighten your day...  
and even change your life



Enliven  
Central

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## Enliven Central

At Enliven we understand some things make for happier, healthier living no matter what your age or ability.

Things like having:

- a sense of community
- the companionship of family, whānau and friends
- independence and support to make decisions for yourself
- practical support when you need it.

Enliven works with you to achieve the things that are important to you. To do this, we provide a range of unique positive ageing services including day activity programmes, rest homes, retirement villages and practical in-home support.



## Kapiti Activity Programme

Enliven's activity programme in Paraparaumu provides a friendly, relaxed and fun place to socialise and keep active. The programme has been designed for older people, particularly those experiencing health issues, memory loss or dementia.

All activities are tailored to suit you and include:

- engaging individual, one-to-one and group activities that stimulate the mind and body
- modified exercise and games to support mobility
- opportunities for clients and their carers to build new friendships and share old times
- time out and peace-of-mind for carers
- personalised activity plans, developed by specialist staff, that focus on supporting you to maintain, or regain, your independence and wellbeing
- information, advice and social opportunities for family and whānau
- a nutritious lunchtime meal, plus morning and afternoon tea daily.



## Our unique approach

Enliven's Kapiti Activity Programme is different. Our programme is person-centred, flexible and responsive. It's developed and run by experienced diversional therapists.

This means you'll benefit from a tailored activity plan, designed to meet your unique needs, interests and abilities.

The large and secure space has a relaxed and supportive environment, which means that you can enjoy companionship, activity and laughter, as well as a quiet space away from it all if things ever get too much.

Best of all, we understand the importance of family and life at home. We work together to make sure that our participants, and their carers, get the most possible from the programme.



**Enliven:** supporting  
you to maintain your  
independence.







## Getting in **touch**

The Kapiti Activity Programme runs Monday to Friday from 10am to 3pm, and transport to and from the programme can sometimes be arranged.

If you'd like to know more about how the programme can support you or someone you know contact one of our friendly team members.

**Phone** 04 298 8060  
**Email** [kapiti.cottage@psc.org.nz](mailto:kapiti.cottage@psc.org.nz)  
**Visit** Kapiti Cottage, 14 Tongariro Street,  
Paraparaumu

**enliven**  
Maximising Independence  
PRESBYTERIAN SUPPORT CENTRAL

**For more information**

visit: [www.enlivencentral.org.nz](http://www.enlivencentral.org.nz)  
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