

The MAZI Project

(The 'Together' Project)



The **MAZI** Project aims to provide information and support to family carers and older people in the culturally and linguistically diverse (CALD) communities of Greek, Russian and Arabic-speaking (Antiochian and Coptic Orthodox-Lebanese & Egyptian) in Brisbane, Sunshine Coast and Gold Coast regions.

MAZI is funded by the Greek Orthodox Community of Saint George, Brisbane.

The MAZI Project provides:

- Dementia Support groups for carers of people living with dementia.
- Chronic Disease Self-Management support for seniors and carers.
- Well-being Classes for carers and older people from CALD backgrounds, focusing mainly on:
 - Physical Fitness Activities & Education.
 - Mental Fitness Activities & Education.
 - Diabetes Awareness Education.
 - Heart-health and other Chronic Diseases Awareness & Education.
- Information and cultural support to service providers, who work with carers of older people from the CALD target communities, to increase awareness of culturally appropriate aged care.



Join the MAZI Project Activities

Home Visits- Cultural Dementia Information

Dementia Education

- Dementia Carer Support Group Workshops.
- Community Dementia Information Sessions.

Chronic-Disease Education

- Chronic-Disease Self-Management Program Workshops for Seniors and Carers.
- Community Healthcare Information Sessions.

Resource Promotion

- Culturally Specific Tools
- Care Services Information Sessions
- GOC Care Website Resources & Facebook

Contact Us on:

P. 07 3249 1010

E. dimitria.notaras@goccare.com.au

facebook.com/goccare.com.au

w: **goccare.com.au**

36 Browning Street/
PO Box 3620, South
Brisbane, QLD 4101