

About Meaningful Ageing Australia

Membership of *Meaningful Ageing Australia* is open to all organisations that support, care for and/or provide accommodation for older people. Our member benefits are always expanding.

Meaning, Purpose and Connectedness are Everybody's Business

Meaning, purpose and connectedness are at the heart of quality of life and quality of care for older people. 'Spirituality' is the shorthand way of talking about these major themes for wellbeing. Spirituality is also integral to, but not confined by, religion and faith. It is about what gives us a purpose to our lives. It is about our sources of meaning and hope, which in turn is intimately related to our connectedness to ourselves, to others and to the world.

We are the Australian national peak body for spiritual care and ageing. We are a not-for-profit, supporting organisations to respond to the pastoral and spiritual needs of older people, their significant others, and their carers. Our mission is to ensure that all older Australians have access to high quality pastoral and spiritual care.

There is now a large body of evidence showing that pastoral and spiritual care is an essential part of holistic care for everyone, particularly older people including, importantly, those living with dementia.

The World Health Organisation views spirituality as inextricably linked to quality of life. Numerous studies demonstrate that spirituality is significant for older people, including reduced loneliness, improved mental health and resilience in ageing.¹

We support our members by providing the information and tools you need to deliver high quality pastoral and spiritual care; and by advocating for meaning, purpose and connectedness to be included in all care.

For more detailed information, go to www.meaningfulageing.org.au or contact our office admin@meaningfulage.org.au.

Sign up for our free newsletter today – via our website.

¹ See for example, Fenton, E., & Mitchell, T. (2002). Growing old with dignity: a concept analysis. *Nursing Older People*, 14(2), 19-21; Goh, A, Eagleton, T, Kelleher, R, Yastrubetskaya, O, Taylor, M, Chiu, E, . . .Lautenschlager, N. T. (2014). Pastoral care in old age psychiatry: Addressing the spiritual needs of inpatients in an acute aged mental health unit. *Asia-Pacific Psychiatry*, 6(2), 127-134; MacKinlay, E. (2012a). Care of Elderly People. In Cobb, M., Puchalski, C. & Rumbold, B. (Eds.), *Oxford Textbook of Spirituality in Healthcare*. New York: Oxford University Press; MacKinlay, E. (2012b). *Palliative Care, Ageing and Spirituality: A Guide for Older People, Carers and Families*. London: Jessica Kingsley.