



## **Making Farm Work Easier and Safer as we get Older**

### **Aim of the Workshop:**

The Making Farm Work Easier as We Get Older workshop program aims to:

- Help older farmers to acknowledge the ageing process and its impact on their work life on their farm or property
- Help farmers to understand a little more about the common effects of the ageing process on physical and mental processes
- Help farmers to identify the jobs that are getting harder for them to because of the ageing process
- Help older farmers to take action to achieve 2 outcomes –
  1. To make the older person fit for the job
  2. To make the job fit for the older person

The *target group* for the program is farmers over the age of around 55 years. If younger farmers are interested that would be good, as some changes could be planned for the near future.

The Older Farmers who have devised and steered this program have been firm that the program will be effective only if farmers are assisted to think through their recent farm work and life experiences, in the context of helping them achieve their own goals at this stage of their life.

The Workshop is NOT about Occupational Health and Safety, although if older farmers take the desired action the ultimate result will be improved safety on their farms for themselves and others.

The Workshop is NOT about being told what to do by experts. The principle for this program is that the farmers themselves are the experts. Indeed, there is strong evidence that the effects of ageing are very variable between people and the impacts on efficient and safe work

Resources provided to each participant:

1. The Great Idea Bank
2. Preventing Falls for Older Farmers

More Information contact:

Anne Taylor

[info@pass.org.au](mailto:info@pass.org.au)

Ph: 63986212