

## Eligibility and referral information

The Action Over Inertia program is available to adults (16 to 64 years) with a severe and persistent mental illness and/or psychiatric disability. As with all **within Australia** services, participation in the program is entirely voluntary.

You may refer yourself or be referred to **within Australia** from other agencies or your GP. Intake and assessment is undertaken with a support worker who will provide more detailed information on our services including Action Over Inertia.

The Action Over Inertia Workbook was developed and written by Terry Krupa et al. (2010) from Queens University in Canada. The Action Over Inertia program was developed from the workbook with permission from Queens University, and utilises the concepts and principles as part of an effective group program for clients of **within Australia**.

## within Australia

**within Australia** delivers accessible programs and services that help people achieve optimal health and wellbeing by being better able to respond to challenges they face in their daily lives. We work with people to overcome barriers, regain hope, reconnect with their communities and realise their goals.

We have been a leader in the delivery of community managed mental health and wellbeing services since 1992. In 2016 SNAP Gippsland became **within Australia**, reflecting our continued commitment to providing innovative people centred services, that help our clients achieve better outcomes.

*Services include: psychosocial rehabilitation, recovery services and educative programs to people living with mental illness, their families and carers. Our online training programs focus on developing resilience skills. All our programs and services are tailored to a person's individual needs, values and preferences.*

Telephone (all locations):  
**1300 737 412**

Correspondence:  
**P.O. Box 635  
Bairnsdale, VIC 3875**

### East Gippsland

**Bairnsdale (Head Office)**  
265 Main Street, Bairnsdale  
Fax: (03) 5152 6345  
Email: bairnsdale@withinaustralia.org.au

**Orbost**  
Orbost Regional Hospital – Health  
Counselling and Support Services Building  
29 Browning Street, Orbost  
Fax: (03) 5152 6345  
Email: orbost@withinaustralia.org.au

### Wellington

**Sale**  
1st Floor, 89 Raymond Street, Sale  
Fax: (03) 5144 5749  
Email: sale@withinaustralia.org.au

### South Gippsland / Bass Coast

**Leongatha**  
3 Church Street, Leongatha  
Fax: (03) 5662 5288  
Email: leongatha@withinaustralia.org.au

## Action Over Inertia

Action Over Inertia supports you in identifying the activities that are meaningful to you and provides relevant pathways, tools and resources which support active 'doing'.



**within**  
Australia

*working together for better  
mental health and wellbeing*

## What is the Action Over Inertia program?

Living with a serious mental illness can have a significant impact on how you spend your time and the sorts of activities you engage in. People with a serious mental illness may:

- spend more time on passive activities or rest
- spend less time or have limited access to community or social activities
- feel overwhelmed when taking part in activities
- have difficulty identifying activities they enjoy or find meaningful.

**“(Action Over Inertia) helped me understand how my daily activities can affect my overall health & wellbeing”** (Program Participant)

Action Over Inertia is a ten week program which supports you in overcoming the barriers which may be preventing you from deriving meaning and enjoyment from the wide range of activities that make up your daily life.

The program recognises that whilst living with a mental illness is challenging, it should not prevent you from leading a fulfilling life and engaging in a variety of meaningful activities, the benefits of which include:

- expressing your goals and values
- increasing your skills or knowledge
- improving your mental and physical wellbeing
- engaging in social interaction
- connecting with your community
- expressing your creativity.

## How is the program delivered?

Action Over Inertia utilises a collaborative approach based on occupational therapy techniques.

Delivered in hourly sessions over a ten week period the program begins by taking a ‘snap-shot’ of your current level of activity participation and explores seven dimensions of activity engagement:

1. balance
2. physical activity
3. structure & routine
4. the experience of meaning & purpose
5. satisfaction with activities
6. social interaction through activities
7. access to community environments.

Having established an understanding of your current activity participation, the program focuses on planning for change, exploring where, when, how and most importantly why you want to make changes.

Action Over Inertia supports you in identifying the activities that are meaningful to you. We provide you with relevant pathways, tools and resources which support active ‘doing’ as a means of gaining momentum towards meaningful participation.

## Program benefits – how will Action Over Inertia help me?

Living with a serious mental illness may disrupt your ability to participate in the activities you find meaningful. Establishing a balance between work, leisure, rest and self-care is an essential part of the recovery process and is vital for maintaining your mental and physical health and wellbeing.

Action Over Inertia enables you to realise the health and wellbeing benefits associated with activity participation by overcoming the barriers preventing you from participating in activities which are meaningful to you.

**“I thoroughly enjoyed the program and found it enlightening...I liked having to evaluate my daily activities and to rethink about how I spend my time”** (Program Participant)