



Creative Ageing

HenPower



Whiddon

About HenPower?

HenPower is a creative ageing program based around keeping chooks. The program is run by residents, staff and volunteers at Whiddon's residential care homes.

Whiddon are the first provider to offer HenPower in Australia. HenPower brings older people in residential care homes together with community volunteers, staff and 'henthusiasts' to combine keeping chooks with a structured arts and crafts program. HenPower isn't just for residents, the program is



at its best when residents, clients, staff, family members, local schools and the wider community are involved.

The HenPower program focuses on keeping chooks, the benefits of animal therapy and social and creative activities.

The benefits of HenPower

HenPower is part of Whiddon's Creative Ageing offering and has shown numerous health and wellbeing benefits including:

- improved general health and wellbeing
- significant reduction of depression
- reduction of loneliness
- brings the benefits of animal therapy into residential care, every day.

HenPower empowers older people to build positive relationships, participate and make decisions through keeping chooks.

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