



GLEN EIRA
CITY COUNCIL

EDITION 32 — JANUARY 2019

HEALTHY AGEING



IN THIS EDITION

- UTILITY RELIEF GRANTS
- NAVIGATING YOUR PROSTATE CANCER TREATMENT OPTIONS
- BEWARE FAKE TRADIES
- REGIONAL ASSESSMENT SERVICE
- PREPARE FOR THE SUMMER HEAT
- WHAT'S ON

BENTLEIGH.
BENTLEIGH EAST.
BRIGHTON EAST.
CARNEGIE.
CAULFIELD.
ELSTERNWICK.
GARDENVALE.
GLEN HUNTLY.
MCKINNON.
MURRUMBEENA.
ORMOND.
ST KILDA EAST.

Welcome to the 32nd edition of *Healthy Ageing*. This newsletter has been produced to provide older adults with valuable information about how to access local services, programs and events to maintain health, wellbeing and independence.

Utility Relief Grants

Utility Relief Grants (URG's) are offered by the Victorian Government to assist you to pay overdue energy (electricity and gas) or water bills at times that you do not have the capacity to pay.

URG's are available to the person who has the account with the energy or water provider, and who also has one of the following eligible concession cards:

- Pensioner Concession Card;
- Health Care Card; or
- Veterans' Affairs Gold Card.



If you don't have one of these cards, but are registered with your utility company's hardship program and are part of a low-income household, you may also be eligible.

The grant is available to renters and homeowners. You can apply for separate grants for each utility (electricity, gas and water).

The amount of each grant is based on the amount you owe at the time of application. It is capped at six months' worth of utility use, up to a maximum of \$650. A grant can only be given once every two years, per utility type, ie. electricity, gas or water.

For further information, contact the Victorian Department of Health and Human Services concessions information line on 1800 658 521, or visit services.dhhs.vic.gov.au/energy

If you need assistance completing an application for a URG or Non Mains Concession, contact Council on the Ageing (COTA) Victoria on 9655 2100 to book an appointment with the COTA Victoria financial counsellor.

Navigating your prostate cancer treatment options — Navigate trial

Low-risk prostate cancer often grows slowly or not at all, yet men faced with this diagnosis report more difficulty making a treatment decision than any other cancer clinical group.

Participants needed

The Navigate clinical trial needs participants to take part in a study assessing a new online tool designed to help navigate their treatment options.

Who is this study for?

Men who have been diagnosed with low-risk prostate cancer within the last three months; and are still deciding on their treatment options — one treatment option includes active surveillance (to be confirmed with your doctor).

Find out more ...

Check your eligibility and register your interest at www.navigateprostate.com.au. Partners are welcome to participate.

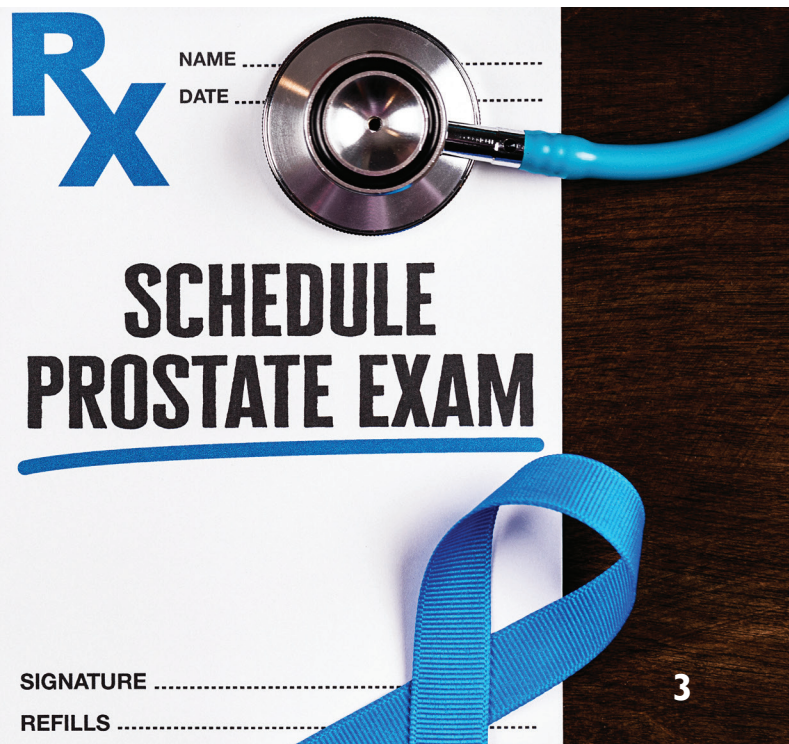
This National Health and Medical Research Council funded project (sponsored by Swinburne University) is recruiting both online and from Peter MacCallum Cancer Centre, Cabrini Health, Austin health, Alfred Health and Western Health.

Navigate Research Team

P: 03 8559 7453

E: navigate@petermac.org

W: www.navigateprostate.com.au



Beware fake tradies

As the weather warms up, fake tradies (also known as travelling con men) will be knocking on doors and dropping leaflets, offering home improvement services.

Consumer Affairs Victoria is warning homeowners that if an offer sounds too good to be true, it often is.

Fake tradies offer to do jobs, such as driveway resurfacing, painting, roof repairs and tree lopping at cheap rates.

These dodgy operators tend to vanish after completing little or no work, leaving behind a consumer, who has already handed over a sizeable cash deposit.

Fake tradies can be sophisticated in how they attract business. They often use:

- flyers that have industry standard logos, Australian Business Numbers (ABN) and Australian Company Numbers (ACN);
- websites that look genuine;
- signage on light poles or traffic lights; or
- door-knocking with 'today only' specials.

They may approach people while they are working in the garden. They often target older Victorians and vulnerable people who may live alone, and pressure them to say yes to their home improvement services.

Consumer Affairs Victoria is warning the public to beware of fake tradies and be selective when enlisting the services of a tradesperson.

Don't simply rely on a flyer to make a decision, instead, try to obtain three written quotes and speak to family and friends for their recommendations.

You can ask a suspected fake tradie to leave if they approach your property. If they refuse, they are breaking the law.

Visit Consumer Affairs Victoria's website for tips on fake tradies tactics at consumer.vic.gov.au/faketradies

If you suspect a fake tradie may have approached you, report them to the hotline 1300 133 408.



Flashy flyers from fake tradies



Nearly half of the money lost to fake tradies in 2017-18 began with a flyer.

Even if their flyer looks legitimate, they might be fake tradies or travelling con men.

Be wary-

Before they visit your home, visit our website:

consumer.vic.gov.au/faketradies

To report a fake tradie call 1300 133 408.



Regional Assessment Service

If you are aged 65 years or over, before you can access any government aged care funded services, you must register with My Aged Care.

My Aged Care may refer you for an assessment. If you need low level support to stay independent in your home this may involve referring you for a Home Support assessment. The Home Support assessment is conducted by the Regional Assessment Service (RAS).

The assessment takes place in your home. During the home support assessment the RAS assessor will work with you to develop a support plan that reflects your needs, goals and preferences.

The outcome of your home support assessment may include referral to Commonwealth Home Support Program services such as transport, social support, domestic assistance, personal care, home maintenance,

meals, home modifications, nursing and flexible respite services.

If your needs are more complex My Aged Care may refer you to the Aged Care Assessment Service (ACAS) for a more comprehensive assessment.

You can call My Aged Care on 1800 200 422:

Monday to Friday 8am–8pm

Saturdays 10am–2pm

Sundays and national public holidays
CLOSED

Translating and Interpreting Service:
call 13 14 50 and ask for 1800 200 422.

National Relay Service (NRS):
visit www.relayservice.gov.au to choose your preferred access point or contact NRS Helpdesk on 1800 555 660.

You can also on contact My Aged Care www.myagedcare.gov.au

Prepare for the summer heat

Summer is a busy time in Glen Eira and we all welcome the longer days and warmer weather that it brings.

While summer is a chance to catch up with family, friends and neighbours, it also brings additional safety risks.

Extreme heat kills more Australians than any other natural disaster — and it can affect anybody.

Those most at risk are older people, young children and people with a medical condition.

What should you do?

It's important to plan ahead to reduce the risk of ill health from the heat. Listen to your local weather forecast or visit www.bom.gov.au/vic

To check current heat health alerts, visit www2.health.vic.gov.au

How can you help?

On days of extreme heat, if anyone

you know is likely to be at risk during a heatwave, help them get the advice and support they need. It's important to look after those most at risk in the heat — your neighbour living alone, older people, young children, people with a medical condition and don't forget about your pets.

Keep in touch with friends and family who may need help. Call or visit them at least once on any extreme heat day and encourage them to drink plenty of water.

Key contacts:

- In an emergency, contact Triple Zero (000).
- NURSE-ON-CALL: 1300 606 024 for 24/7 expert health information and advice.
- 24/7 VicEmergency hotline: 1800 226 226.
- 24/7 Maternal and Child Health Line: 13 22 29.



Glen Eira City Council Gallery hours:

Monday to Friday, 10am–5pm.

Weekends, 1pm–5pm.

Closed public holidays.

Admission is free.

The Gallery is wheelchair accessible.

There is also accessible parking in the car park.

Public transport: tram route 64,
bus route 623.

www.gleneira.vic.gov.au

arts@gleneira.vic.gov.au

Glen Eira
City Council
gallery

Exploring nature**Works from public gallery collections**

22 January–10 February

This exhibition explores diverse interpretations of the landscape and the natural environment in Australian art, encompassing paintings, photography, drawings, and ceramics. Spanning over 100 years of Australian art, the exhibition will include the work of major Australian artists Fred Williams, Arthur Boyd, Emma Minnie Boyd, Clarice Beckett, Max Meldrum, Brett Whiteley, Ponch Hawkes, Stephen Bush, Peter Daverington, Valerie Sparks and other artists.



Fred Williams

Lysterfield Landscape 1973

Oil on canvas

107 x 93 cm

Glen Eira City Council art collection

© The Estate of Fred Williams

The cultural significance of local government art collections is celebrated, through a richly layered selection of historical and recent acquisitions. From the atmospheric seascapes of renowned modernist Clarice Beckett, to majestic fantasy visions of nature by contemporary artist Peter Daverington, the exhibition encourages a rich engagement with the natural world.

PARTY
IN THE
PARK

UNDER
THE STARS

Killing
♥ Heidi

SATURDAY 19 JANUARY
PACKER PARK