



GLEN EIRA
CITY COUNCIL

EDITION 35 — OCTOBER 2019

HEALTHY AGEING



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The *Healthy Ageing* 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.

Glen Eira City Council Seniors Festival 2019

Check out this year's *Seniors Festival* brochure for details on all of the events available throughout the *Festival*. The *Festival* features an array of events, a chance to try new activities, find out some history, relax and be entertained.

Don't forget the State Government will provide eight days of free public transport for Victorian Seniors Card holders in metropolitan and regional Victoria from Sunday 6 October to Sunday 13 October.

The *Glen Eira Seniors Festival* program is available at all Glen Eira Libraries, Council's Service Centre, senior citizen centres and community houses. For further information or to have a hard copy posted to you, contact Council's Service Centre on 9524 3333.

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

What makes older adults visit gambling venues?

On reaching our 'senior' years, many people will have experienced loss — children leaving home; parents dying; lost friends due to death; moving house or otherwise. Often, you may no longer be employed or could potentially experience a chronic illness and/or disability that doesn't permit you to be as active as once you were. You may be struggling with finding yourself on your own, experiencing difficulty in making new connections and subsequently feeling lonely. Waking in the morning with only yourself as company and no significant people or pets around, can be a predictor to feeling lonely and isolated. Importantly though, some people relish living on their own. We all deal with loss and being alone in different ways. Some of the things you may be doing to avoid such feelings may be drinking too much alcohol, staying in bed, or gambling.

Counsellors working with **Gambler's Help Southern** find that it's not unusual for people to speak about how gambling and/or drinking can be an escape from feelings of loneliness, anxiety or isolation — not having to spend time in an empty home on your own. There are many ways to manage the feelings of anxiety, depression and loneliness and one way is to speak with a counsellor at Gambler's Help. A counsellor can encourage you to learn strategies you can weave into your everyday life to make you feel a little more comfortable.

If you would like to speak with one of the counsellors, please phone their friendly intake team on **9575 5353**.

Gambler's Help is free, confidential and supportive.



Access Travel Pass

Do you or someone you know have a disability that makes it difficult to consistently touch a Myki pass on and off? An Access Travel Pass may make it easier for you to use public transport.

To be eligible for an Access Travel Pass you must:

- have a significant permanent physical disability, cognitive condition or mental illness;
- be unable to consistently touch on or off due to your condition;
- be able to travel independently on public transport, without assistance from a carer or companion; and
- be a Victorian resident.

The pass enables free travel on:

- metropolitan trains, trams and buses;
- V/Line trains and coaches;
- regional town buses; and
- regional services that have a contract or service agreement with Public Transport Victoria.

Application forms and more information is available online at www.ptv.vic.gov.au/tickets/myki/concessions-and-free-travel/access-travel-pass/ or call 1800 800 007.

You can also visit one of the PTV Hubs:

Southern Cross Station (on the concourse near the corner of Spencer and Collins Streets) and at 750 Collins Street, Docklands.



Upright and independent

People of all ages trip, slip and fall but as we age, the consequences of a fall can be life changing. Falls are a common cause for older people being admitted to hospital or moving to a nursing home.

Did you know that 60 per cent of falls happen in and around the home?

Some of the problem lies with us and our changing bodies as we age and some with our houses and gardens.

Below are some tips on improving safety in and around your home to prevent a trip or slip becoming a bad fall.

Improve safety in your home by:

- having good lighting in your home;
- removing clutter and making sure walkways and corridors are kept clear;
- repairing or replacing carpets that have worn areas, holes or long threads;
- checking that mats and rugs are secure and have no wrinkles — put adhesive strips on all mats and rugs, including those in the bathroom;
- wiping up spills immediately;
- installing grab rails in the bathroom (towel rails are not usually strong enough to use as grab rails); and
- installing support rails near steps if there is no hand rail.

Improve safety in your garden by:

- clearing away garden tools.
- avoiding using ladders;
- removing mosses, fungi and lichen that make garden paths slippery when wet;
- marking the leading edge of outside steps (for example, with white paint) so they are easy to see;
- installing grab rails next to steps that do not have hand rails;
- making sure outside steps are well lit;
- keeping paths well swept; and
- repairing broken, uneven or cracked paths, patios and other walking surfaces.

Look after your health by:

- staying up-to-date with routine health checks;
- having your eyes checked regularly;
- managing medications;
- eating a healthy diet;
- exercising to improve your balance, strength and flexibility; and
- wearing shoes that are comfortable and fit well with slip-resistant soles.

If you want to know more, Glen Eira City Council and Caulfield Community Health Service invite you to a workshop offering tips to prevent a trip or slip becoming a bad fall.

Date: Thursday 14 November

Time: 1pm–3pm

Venue: DC Bricker Pavilion, Princes Park, Caulfield South

Access car park from Beech Street

Bookings: Essential

Contact: Council's Service Centre on 9524 3333



Caulfield
Community
Health Service
Part of AlfredHealth



SCAMS

Recent scams for older adults to be aware of are:

- door knocks from people claiming to be officers from Council offering services such as home care packages; and
- phone calls from people claiming to be from organisations that offer home care packages and services with cheaper costs.

It is important to remember that Council officers do not randomly knock on people's doors offering to sell services. Council officers will only show up at a pre-arranged time to provide home care services, such as cleaning and personal care. All Glen Eira City Council officers carry ID badges and will produce them on request.

If you are unsure, contact Council's Service Centre on 9524 3333 to check that the person is employed by Council and ask to speak to their supervisor.

All home care packages and services are accessed through My Aged Care. If you do get a call, tell them you will think about the offer and phone the My Aged Care contact centre on 1800 200 422. The staff at My Aged Care can tell you if the organisation is a registered provider and give you the correct phone number to call and discuss. Chances are the person does not work for the organisation or the organisation doesn't exist.

As the weather warms up, scammers and conmen are out again with offers to fix your roof for a very cheap price — but only if you pay now. Always ask them to give you a quote and get another quote from a trusted source — there is a very good chance nothing is wrong with your roof.

If the scammer/conmen insist on you paying now and offer to drive you to an ATM or bank, alarm bells should ring.

Points to remember:

- never use a phone number or other contact details they have given you, check with someone you trust as there is a good possibility the contact details are to another conman ready to take the call;
- never pay with vouchers such as i-tunes purchased at the supermarket; and
- if you feel threatened and go to the bank with them, tell the bank teller you are feeling threatened and being forced to take the money out. They have been trained in how to assist you.

Commonwealth Home Support Programme

If you're 65 or older, you may be eligible for services through the *Commonwealth Home Support Programme (CHSP)*, which is subsidised by the Federal Government.

CHSP provides a range of services, including:

- domestic assistance;
- personal care;
- shopping;
- delivered meals;
- home maintenance;
- social support at home; and
- social activity groups (at our Leila Road venue).

How do I access support?

If you're seeking support for the first time, you must register with My Aged Care (MAC).

MAC is the starting point for accessing Federal Government-funded services, and they decide on your eligibility for CHSP-funded services.

After you register, MAC will refer you to either the Regional Assessment Service (RAS) or Aged Care Assessment Service (ACAS). They'll conduct an assessment in your home, discussing what you can manage independently and any assistance you need.

If you're eligible for assistance, RAS or ACAS will refer you to your preferred service providers. If we're your preferred provider, a member of our Community Aged Care team will contact you and discuss when services will start.

For further information, visit the My Aged Care website or call 1800 200 422 from 8am to 8pm, Monday to Friday and 10am to 2pm on Saturday.

Glen Eira City Council

Seniors Festival

October 2019

Wicked Widows: A wickedly funny comedy by Alan Hopgood

Sunday 20 October

2pm–4.30pm, showtime: 2.30pm



Glen Eira Town Hall — Theatrette
Corner Glen Eira and Hawthorn
Roads, Caulfield

Cost: Free

Bookings: Essential by Thursday
17 October

Contact: Council's Service Centre
on 9524 3333

Three women meet for lunch in strange circumstances. First of all, the hostess fails to appear. Secondly, they all turn out to be widows, one of them still grieving. Gradually, the purpose for the 'surprise' lunch becomes clear.

Written by Alan Hopgood from the research of Dr Susan Feldman the play has been described as wicked and funny.

The play starring Margot Knight, Kirsty Child and Jenny Seedsman has toured widely and proved so popular that a second act was added to follow the later lives of the widows.

Join us for a glass of wine before the show then following the performance enjoy light refreshments and a chance to meet the cast.

Please note: doors open at 2pm.

Springvale Botanical Cemetery tour

Tuesday 22 October

10am–2.30pm



Bus will depart Duncan MacKinnon Pavilion car park
Corner North and Murrumbeena Roads, Murrumbeena

Cost: Free

Bookings: Essential by Thursday 17
October (limited places available)

Contact: Council's Service Centre
on 9524 3333

Join a fun and informative bus tour, which will showcase Springvale's magnificent botanical gardens, multi-cultural diversity and history. The tour will conclude with a light lunch.

Please note: this tour is available for Glen Eira residents only. Bus will depart 10am sharp and return at approximately 2.30pm.

Indigenous flora and fauna walk at Mallanbool Reserve

Thursday 31 October

11am–1pm



Mallanbool Reserve
Corner Leila and Murrumbeena Roads, Murrumbeena

Meet at Frogs Hollow Playground
Packer Park, Leila Road
Murrumbeena

Cost: Free

Bookings: Essential by Tuesday 29
October

Contact: Council's Service Centre
on 9524 3333

Guided by a representative of the Boon Wurrung Foundation we will be taken on a journey through the First Nation people's way of life, which included harvesting plants, fishing and hunting.

We invite residents to join us on the last day of the *Seniors Festival* with this fascinating guided walk followed by a light lunch.