

April 2020 Edition 215

## Your Newsletter

We would like to ensure that Snippets is discussing topics that are important to you. If there are specific topics or themes you would like added, please contact Seniors Enquiry Line and we will try our best to address them in future issues.

## Quote of the Month

“It’s not so much what we have in this life that matters. It’s what we do with what we have.”  
- Fred Rogers

## Contact Details

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**Seniors Enquiry Line** is an information and referral service for Queensland seniors, proudly sponsored by the Queensland Government and operated by UnitingCare.

## Fun Fact of the Month

### Age doesn't determine success.

In 1996 Judge Judy first stepped in front of the studio cameras with no prior experience. She was 50 years of age. Judge Judy now sits in the Guinness World Records for the longest performing TV jurist/arbitrator.



## Benefits of Being Active

We all know that leading an active lifestyle is good for us. If you participate in regular moderate physical activity, you can expect to enjoy numerous health and social benefits, including:

- reduced risk of heart disease and stroke
- reduced risk of developing high blood pressure
- reduced blood pressure in people who already have high blood pressure
- reduced risk of becoming overweight



- reduced risk of developing diabetes and prevention and treatment of non-insulin dependent diabetes - it has been estimated that 30 to 50 percent of new cases of type 2 diabetes could be prevented by appropriate physical levels of activity
- better bone and muscle development and prevention of osteoporosis
- improved muscle flexibility, strength and endurance
- reduced risk of dying prematurely
- reduced risk of falling, and improved mobility and strength for older adults
- improved quality of sleep

For more information call the Seniors Enquiry Line on 1300 135 500.

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## Tips for Approaching Vehicle Mechanics

Many people don't know where to start when there is a need to diagnose a problem with the vehicle. The Office of Fair Trading has tips on how to approach mechanics/workshops.

- Look for a reputable repairer. Are they qualified, do they have the correct equipment and what reviews do they have? You might also want to ensure they are a member with the peak body for the Queensland automotive industry, the Motor Trades Association of Queensland (MTAQ).
- Ensure you authorise all maintenance and repairs. You can also obtain a copy of what you have authorised to occur (e.g. a quote) prior to leaving the repairer and you may also instruct them that any authorisation needs to be signed or agreed to in writing by yourself.
- Verify vehicle maintenance or service requirements with your log book. If you only want a service of your vehicle, make sure you get to know your log book. Sales staff may try to add extras to the job which may not be required in a particular service. Your vehicles log book will list out what the manufacture states should be serviced and when. Knowing this information may also help you to budget your upcoming vehicle expenses.
- Shop around and request a quote. Sometimes repairs are a matter of professional opinion. Ensure the quote outlines the repairs including the costs of parts and labour.
- Diagnosing a fault in a vehicle. You can ask for/negotiate a reasonable diagnosis time and set a limit on how much you are prepared to spend with the repairer.
- Be specific and clear where you explain the vehicles problems. The more information you can give the repairer the better.

Further information can be found of the Office of Fair Trading website <https://www.qld.gov.au/law/fair-trading> or by calling Seniors Enquiry Line on 1300 135 500.

## Preventing Falls

April No Falls, a national and international campaign to educate and raise awareness on falls prevention and help those at risk of falling to stay on their feet. Statistics show that 1 in 3 people aged 65+ will have a fall and this rate increases with age. As our senses (sight, hearing, and touch) decline we are at higher risk of slipping, tripping or falling.

Here are a few considerations that may help you stay on your feet and reduce the risk of a slip, trip or fall as you get older.

- Review your wardrobe. Shoes with laces or ill fitted clothes may increase the risk of tripping.
- Communicate with your doctor about the medications you take to assess whether they may increase your chances of falling.
- Improve your balance and strength by joining a club in your local community.
- Assess to your home and yard. Do you have sufficient lighting? Do you need grab rails or a lower bed? Would it be helpful to update your bathroom setting?

To discuss further call Seniors Enquiry Line on 1300 135 500.

## Helplines

- **COVID-19 Helpline** – 1800 020 080
- **COVID-19 Community Recovery Hotline** phone number – 1800 173 349
- **National Debt Helpline** – 1800 007 007
- **Superannuation Hotline** – 13 10 20
- **ATO** – Tax Help Program – 13 28 61
- **Health Advice Line** - 13 43 25 84
  
- **Mental Health Support & Counselling Services.**
  - Lifeline - 13 11 14
  - Beyond Blue - 1300 224 636
  - MensLine Australia - 1300 789 978
  - Salvation Army Care Line - 1300 363 622