



# SNIPPETS

August 2013 Edition 141

Seniors Enquiry Line

Linking Seniors with  
Community Information

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### Quote for the Month

Greek proverb:  
A society grows great  
when old men plant  
trees in whose shade  
they know they shall  
never sit.

### Contact Details:

Phone: 1300 135 500

TTY: (07) 3867 2591

Email: [sel@uccommunity.org.au](mailto:sel@uccommunity.org.au)

Web:

[www.seniorsenquiryline.com.au](http://www.seniorsenquiryline.com.au)

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

## Free Jazz & Swing Night at New Farm

On Friday 16th August, Seniors Enquiry Line is hosting its annual function at Riverside Receptions at New Farm from 6.30pm to 10.30pm.

There are limited tickets still available - don't miss this wonderful evening with music & dance, free supper, dancing exhibition, and lucky door prizes.

Phone Seniors Enquiry Line ASAP on 1300 135 500 for your free ticket.

## Mindspot

Mindspot is a free telephone and online service for Australians with stress, worry, anxiety, low mood or depression. It provides assessments, therapist-guided treatment courses and referrals to help people recover and stay well.

Anxiety and depression affect up to 20% of adults each year, but less than 40% of those people seek treatment. Mindspot aims to improve access to information and treatments. The ten-week courses will not cure overnight, but can be very helpful.

Go to [www.mindspot.org.au](http://www.mindspot.org.au) or call 1800 614 434 (8am to 11pm, any day)



## Licence Reform For Older Drivers

Currently, drivers aged 75 and over must carry a medical certificate at all times, which may be issued for a few months or for up to five years. However, from 1st January 2014, when you need a new medical certificate it will only be valid for a maximum of 12 months.

If, on the 1st January, you have a medical certificate which doesn't expire for some years, you will still be able to use this. When it expires, your new certificate will then be valid for up to 12 months.

If at any age you develop a long-term or permanent medical condition that is likely to adversely affect your ability to drive safely, you must inform Queensland Transport promptly. You cannot wait until you renew your licence.

For further information, phone Queensland Transport on 13 23 80.

## What's On

### Seniors Week 2013

17th to 25th August

Celebrate the valuable contributions of older people. To find out about events in your local area, go to <http://cotaqld.org.au/events/upcoming> or phone Seniors Enquiry Line on 1300 135 500.

### Lord Mayor's Seniors Gala Cabaret - Brisbane

18th August 12:30pm – 3:00pm

Enjoy the cream of our seniors talent in this entertaining one-off performance in the main Auditorium of City Hall. Cost: \$5, bookings required, phone Ticketek on 13 28 49.

### Mackay Lifeline Bookfest

8th – 11th August 9.00am – 4.00pm

Come along to Mackay's fundraiser for Lifeline, and score some amazing books for amazing prices!

Venue: Paxton Markets, River Street, Mackay.

Phone: 07 4944 2300

**Other events on Seniors Enquiry Line's 'Events' pages include:** Seniors' Week Luncheon in Townsville, International Café for Seniors at Robina, Gympie Music Muster, Twilight Archaeology Talk in Toowoomba, Spring Flower Show at Toowong.

## Express Plus Seniors App

Centrelink has an Express Plus Seniors App which is now available free at the iTunes App store for iPhone, iPad and iPod touch devices. An Android version for android devices can be accessed by visiting the official Google Play store. More than 2.2 Million pension holders in Australia are already registered with Centrelink to use its online services. This latest mobile App will be a great asset for travelling seniors to keep track of their pensions and other monetary benefits.

Pensioners using the App can view and add personal details, claim an advance, report income and even place requests for their Centrelink statements through their Smartphones or tablet devices. If you prefer to visit Centrelink you will still be very welcome.

To use an Express Plus mobile app you need to register for Centrelink Online Services. You can do this online, or by phone on 132 307, or in a Centrelink service centre.

## Financial Abuse Prevention

The Australian Bankers' Association (ABA) has developed fact sheets to help customers avoid being victims of financial abuse. The fact sheets are:

- **Protecting yourself from financial abuse:** This is a plain English guide which provides information about financial abuse and outlines the steps customers can take to better protect their money and their property.
- **Setting up power of attorney** to help manage your banking needs: This covers what customers need to know in order to set up power of attorney arrangements and what they can expect from banks. Customers must weigh up the risks and benefits and make a decision based on what matters most to them, without pressure from anyone else because these arrangements can be misused.

Financial abuse is a serious issue with far reaching consequences. It can happen to anyone, but some people may be at greater risk, including older Australians, people with a disability, people experiencing mental illness or emotional challenges, and people who are socially isolated.

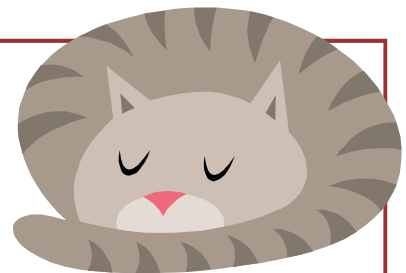
The fact sheets are available at: [www.bankers.asn.au/Consumers](http://www.bankers.asn.au/Consumers) (click on 'Financial Abuse Prevention' on the left-hand menu), or by phoning Seniors Enquiry Line on 1300 135 500.

If you or someone you know is being financially abused, you can phone the Elder Abuse Prevention Line on 1300 651 192.

## Sleep Right

The Australian Government's National Prescribing Service has a factsheet called 'Sleep Right, Sleep Tight' with tips to get a good night's sleep.

If you'd like a copy, go to [www.nps.org.au](http://www.nps.org.au) or phone Seniors Enquiry Line on 1300 135 500.



## 2014 Queensland Week funding

Community groups and organisations can now apply for funding to host events which celebrate the uniqueness, heritage and aspirations of communities across Qld during Queensland Week 2014, from 31 May to 8 June.

Applications close Friday 30 August 2013. Guidelines can be downloaded at [www.queenslandweek.qld.gov.au](http://www.queenslandweek.qld.gov.au) or phone 07 3405 5215 for more information.