



# SNIPPETS

January/February 2016 Edition 168

Seniors Enquiry Line

*Linking Seniors with  
Community Information*

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### Quote for the Month

There is no pleasure worth forgoing just for an extra three years in the geriatric ward.

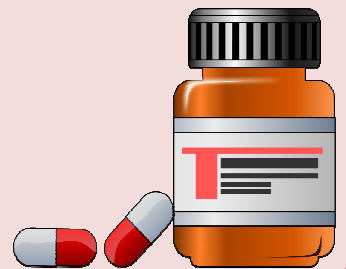
~John Mortimer

## \$1 Discount PBS prescriptions

Pharmacists are now able to discount by \$1 the cost of a prescription subsidised through the Government's Pharmaceutical Benefits Scheme (PBS). The discount is optional, though some pharmacy chains are already offering the \$1 discount.

For pensioners, the cost of a prescription is now \$6.20, but chemists will be able to charge \$5.20 instead. For general consumers, the cost now is \$38.30, but can be discounted to \$37.30. Chemists who pass on the discount will lose the money. If you want the discount, you will need to shop around.

Although patients who don't reach the PBS Safety Net can be better off, those people who **do** reach the Safety Net would still pay the same amount before they reached the eligibility thresholds, although it will take them longer. When pensioners reach the Safety Net medicines become free, while for general patients the price will drop to \$6.20.



### Contact Details:

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[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.

## Aged Care Complaints Commissioner

The Aged Care Complaints Scheme has been replaced by the Aged Care Complaints Commissioner who is now responsible for resolving concerns about aged care services that are funded by the Australian Government, including services provided in the home.

If you have a concern about aged care, it is best firstly to let your service provider know about your concerns. This can be the fastest and most effective way to find a solution. However, if you don't feel comfortable speaking with your service provider, or if your complaint hasn't been resolved, you can contact the Aged Care Complaints Commissioner at [www.agedcarecomplaints.gov.au](http://www.agedcarecomplaints.gov.au) or phone 1800 550 552. The website has further information and factsheets.

## What's On

### Red Cross Wills Day - Robina

25<sup>th</sup> February 10am – 4pm

Make or update a simple Will from just \$75. Phone 1800 811 700 to book an appointment with a solicitor through the Red Cross.

**At:** Community Centre, 196 Town Centre Dr, Robina.

### Have A Go! Festival - Toowoomba

20<sup>th</sup> – 21<sup>st</sup> February 2016 10am – 4pm

Have A Go! at a wide range of heritage trades and crafts: leather plaiting, pyrography, stick whittling, weaving and more. Cost: \$12.50 adult, \$10 conc.

**At:** Cobb+Co Museum, 27 Lindsay St, Toowoomba.

**Phone:** 07 4659 4900

### Morning Melodies: Lonnie Lee Cairns & Rockhampton

A trip down memory lane with a true pioneer of the Australian pop music industry. Cost: \$17-\$20.

Cairns – 22<sup>nd</sup> February, Phone 1300 855 835  
Rockhampton – 29<sup>th</sup> February, Phone 07 4927 4111

**Other events on Seniors Enquiry Line's 'Events' pages include:** Australia Day at Bundall, Jondaryan Woolshed, Highfields, Yeppoon, and Townsville; The Phantom of the Opera – Cairns; Conservation Clinic at South Bank; Sand Safari at Surfers Paradise; The SS Dicky Story – Nambour; Mon Repos Turtle Encounters in Bundaberg; Stanthorpe Apple and Grape Harvest; Dementia Forum for Carers – Carina.

## Free Spectacles

Under the Spectacle Supply Scheme (SSS), you may be eligible to receive a pair of free basic prescription spectacles, once every 2 years.

To apply for assistance, you must:

- be a permanent resident of Queensland and
- have held a health care card, pensioner concession card, or Queensland Government Seniors Card for at least 6 months and
- have a clinical need for spectacles as determined by an optometrist/ophthalmologist.



If you would like extras such as tinting, UV protection or a hard coating, you will need to pay for these.

To apply, book an eye examination with an optometrist who is registered with SSS. The optometrist will help you to complete an application form. To find registered optometrists in your area, go to [www.health.qld.gov.au/mass](http://www.health.qld.gov.au/mass) or phone Seniors Enquiry Line on 1300 135 500.

## Exercise – Key to Healthy Ageing



As we grow older, an active lifestyle is more important than ever – and January is a great time to re-assess our activity level!

Regular exercise can help boost energy, improve health, manage symptoms of illness or pain, lose weight, maintain independence, improve confidence, enhance mobility, improve sleep, and it's good for your mood and memory.

A good website about ageing well is [www.helpguide.org](http://www.helpguide.org) It has information about exercise and fitness, eating well, sleeping well, living life to the fullest and more. It also discusses myths about exercise and ageing such as:

**Myth 1:** There's no point to exercising. I'm going to get old anyway.

**Myth 2:** Elderly people should save their strength and rest.

**Myth 3:** Exercise puts me at risk of falling down.

**Myth 4:** I'm already too old to start exercising.

**Myth 5:** I'm disabled. I can't exercise sitting down.

For a discussion about these myths, and other information, go to [www.helpguide.org](http://www.helpguide.org) and type 'exercise myths'. Or if you don't have internet access, phone Seniors Enquiry Line on 1300 135 500 for a printed sheet about the myths and the benefits of exercise.

## Women's Legal Service New Helpline

The Women's Legal Service (WLS) has a new free helpline, 1800 WLS WLS (1800 957 957), which will be staffed by specially trained workers. These workers will be the first point of contact for women throughout Queensland seeking FREE legal advice about family law or domestic violence.

The Helpline will run 5 days per week from 9am to 3pm. There will be a choice of day or evening appointments, by phone or in person with a solicitor (subject to availability).

WLS will continue the operation of their Rural, Regional and Remote (RRR) Legal Advice Line for RRR women on 1800 457 117 on Tuesdays between 9:30am and 1:30pm.

### Copying Snippets Articles

Organisations are welcome to copy this whole newsletter at any time. However, if you wish to copy any of the articles for your publication, we would appreciate your including:

*This article is from Seniors Enquiry Line: see [www.seniorenquiryline.com.au](http://www.seniorenquiryline.com.au) or phone 1300 135 500.*