



# SNIPPETS

November 2013 Edition 144

**Seniors Enquiry Line**

*Linking Seniors with  
Community Information*

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### Quote for the Month

Those people who think they know everything are a great annoyance to those of us who do.

~ Isaac Asimov

### 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.

## Deeming Rates Lowered

Part-pensioners who receive income from financial investments will benefit from the lowering of the social security deeming rates from 4th November 2013. Some self-funded retirees may also benefit by now qualifying for a part-pension.

The deeming rate will decrease to 2% (from 2.5%) for financial investments up to \$46,600 for single pensioners, and \$77,400 for pensioner couples. The upper deeming rate will decrease to 3.5% (from 4%) for balances over these amounts.

For further information, contact the Department of Human Services or the Dept of Veterans' Affairs. Alternatively, Seniors Enquiry Line can provide some information on 1300 135 500.

## Financial Help

Seniors Enquiry Line has information regarding various avenues for financial help, from financial counselling to no-interest loans, mortgage relief loans, Centrelink loans, Reverse Mortgage/Home Equity loans, free financial advice, concessions and discounts, Senior Shopper service, financial abuse, emergency help etc.

For details and referrals, phone Seniors Enquiry Line on 1300 135 500.

## Home Medicines Review

A Home Medicines Review, funded by the Australian Government, is a free service which checks medicines of eligible people in their home. Eligibility criteria may include: taking over 12 doses of medicine per day, difficulty in managing medicines, recent release from hospital, and more.

The pharmacist provides the GP with a report, from which the GP and patient agree on a medication management plan. The service aims to help people manage their medications more effectively by avoiding unwanted side effects. See your doctor for more information.



## New Scams

Recent new scams we have been advised of:

- a caller claiming to be from Centrelink said that with the change in government, Tony Abbott wants to give a little more money to those struggling the most – of course the caller needed to know bank account details!
- a second caller said she was from a business, Australian Grain, who were making discreet philanthropic \$6000 payments to help out older Australians if they just sent a small amount of money through to release the payment.
- a Canadian holiday competition was 'won' by a couple who also received new luggage as part of the prize. On careful examination of the luggage, methamphetamine was found hidden in the lining. When travelling, remember not to carry another person's luggage or parcels, and don't allow another person to pack your bag.

Notify the government's ScamWatch of any scams, at [www.scamwatch.gov.au](http://www.scamwatch.gov.au) or phone 1300 795 995.

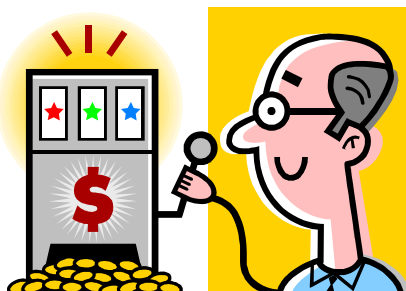
## Gambling Help Service

Most of us enjoy gambling in some way or other, whether it's a ticket for the lottery, a flutter on the pokies, or a game of bingo. But for some people gambling becomes a problem when it:

- starts to affect your physical health or how you feel about yourself
- hurts you financially
- causes problems with family, friends or employers
- gets in the way of work, leisure or other activities.

If you recognise any of this in yourself, a family member or anyone who you know then you can get help and they can get help. For free, confidential online, telephone, or local face-to-face information, counselling and support for anyone impacted by gambling, call the Gambling Helpline on 1800 858 858 or go to [www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)

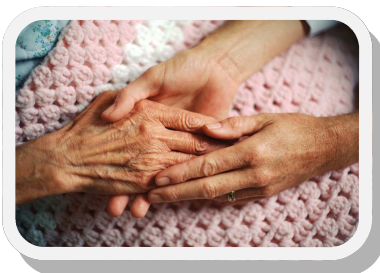
Problem Gambling impacts as many people as type 2 diabetes or stroke and heart disease. You don't have to carry the burden alone – there is help and hope.



## Norma's Project:

### Preventing the sexual assault of older women

Norma's Project is calling for older women, family members and service providers to participate in confidential interviews or an online survey about what makes older women vulnerable to sexual assault.



The researchers from La Trobe University, the National Ageing Research Institute and the University of Melbourne have received over 70 interviews and surveys and hope more people will share their stories and views.

You can participate by contacting the Chief Researcher Dr Catherine Barrett by phone: (03) 9479 8702 or email: [c.barrett@latrobe.edu.au](mailto:c.barrett@latrobe.edu.au) or by going to the project website: [www.normasproject.org.au](http://www.normasproject.org.au)

## What's On

### Mobility Scooter Safety & Education - Ipswich

8th November 10:00am – 2:00pm

Come along to a free session for information on mobility scooters, try out a scooter, and enjoy refreshments.

**Venue:** Ipswich RSL Services Club, North Ipswich

**Phone:** 07 3202 4116

### Anti Discrimination Workshop – Innisfail

12th November 1.00pm – 3.00pm

A free session on unlawful discrimination, harassment, the complaints process and more. Bookings essential.

**Venue:** 13-17 Donald St, Innisfail.

**Phone:** 07 4037 2100 or 07 4043 8400.

### Bush Christmas Exhibition – Toowoomba

22nd Nov – 1st Dec 9:00am – 6:00pm

Handmade presents, mouth watering gifts or unique stocking stuffers at this gift exhibition. Free Entry.

**Venue:** Masonic Centre, 58 Neil Street, Toowoomba.

**Phone:** 07 4696 4529 **Web:** [www.bushchristmas.com](http://www.bushchristmas.com)

**Other events on Seniors Enquiry Line's 'Events' pages include:** Keeping Happy Chickens – Maleny, Good Food & Wine Show - Brisbane, Mulgildie Bunyip & Pie Festival, Poetry in Paradise – Robina, Morning Melodies: Spirit of Christmas in Townsville.