



SNIPPETS

December 2013 Edition 145

Seniors Enquiry Line

Linking Seniors with
Community Information

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Joke for the Month

First the doctor told me the good news: I was going to have a disease named after me.

~ Steve Martin

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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.

Council Cabs

Some Councils have council cab services which organise shared taxis at scheduled times for residents who find it difficult to get to their local shops. The Councils with this service are: Brisbane, Gold Coast, Sunshine Coast, Logan and Ipswich.

You can generally use a council cab if you are over 60 years old or mobility impaired, although you may need a Centrelink Card for some councils. Cost is between \$1 and \$3 per trip.

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

Accommodation Choices

The publication, *'Accommodation choices for older Australians and their families: what older Australians and their families need to know'*, provides practical advice and options relating to a large range of issues concerning accommodation choices.



Apart from information about the various accommodation options available at and beyond retirement, the publication provides information on finances and how living arrangements may impact on pension payments. It also provides practical advice on selling the family home whilst on the pension, as well as the implications of renovating, moving in with family, and more.

The online version of the document is available at www.dss.gov.au (type 'accommodation choices' in the search box at the top). It contains more up-to-date information than the printed document, which was published in September 2010; copies of the 2010 book are available by calling 1800 050 009.

What's On

Christmas Day Lunch and Cruise – Burrum Heads

25th December 11am to 2pm
Cruise includes lunch on Xmas day, on the 'Burrum River Quest', a 10m vessel. Cost \$48.00. Book by 14th Dec.

Venue: Departs Burrum Heads

Phone: 07 4129 5749

Web: www.burrumriverquest.com.au

Seniors Computer Workshop - Lawnton

10th December 10am to 3pm
Bring your computer, laptop, iPad along – learn new skills in a free workshop with qualified instructors. Delicious finger food provided!

Venue: Spectrum Training - 10 Leanne Cres, Lawnton.

Phone: Abby on 07 3881 3310

Townsville Senior Citizens' Open Day

December 9th 9am - 2pm
The day will showcase the Centre's activities. Also, there will be entertainment, morning tea and a sausage sizzle. Cost: Gold coin.

Venue: Senior Citizens Centre, 16 Ryan St, Belgian Gdns.

Phone: 07 4771 6419

Other events on Seniors Enquiry Line's 'Events' pages include: Discover the iPad – Caloundra, Woodford Folk Festival, Cairns Carols by Candlelight, Spirit of Christmas - Toowoomba, Lord Mayor's Carols in Brisbane, Rockhampton's Christmas Ball, Carols on the Beach – Surfers Paradise.

Mortgage Relief Loans

Short-term assistance may be available to people experiencing difficulties with their home loan repayments, due perhaps to unemployment, accident, illness or another crisis such as a flood.



Mortgage Relief is an interest free loan, but provides short-term assistance only. If you are experiencing long-term financial problems, seek advice from a financial counsellor about other options to resolve these problems.

For more information, go to www.hpw.qld.gov.au (type 'mortgage relief' in box at top right) or phone 1300 654 322. For financial counsellors, phone Financial First Aid on 1800 007 007.

Advance Health Directive

An Advance Health Directive is a document in which you give instructions about your future health care. It includes directions about the withdrawal and withholding of life sustaining measures in particular circumstances. It comes into effect only if you are unable to make your own decisions.



People who are seriously ill are often unconscious or otherwise unable to communicate their wishes – at the very time when many critical decisions need to be made. So it's wise to make your wishes known before this happens. Also, an Advance Health Directive (sometimes called a 'living will') can take some of the pressure off family and friends because they are fully aware of your wishes, and any decisions that they may have to make is done from an informed position.

The best time to make an Advance Health Directive (AHD) is now, before any urgent health condition arises. However, it is particularly important to make one if you are about to be admitted to hospital, or you have a chronic medical condition.

In completing an AHD you will have to consult your doctor and discuss the document's options. It is also important that you discuss the AHD with your family.

It is a good idea to give copies of the AHD to your doctor, family and/or friends. You might also want to carry a card with you stating that you have an AHD, and medical staff can refer to the document when needed.

A copy of an Advance Health Directive form can be purchased from most newsagents. It can also be printed from the Dept of Justice and Attorney-General website: go to www.justice.qld.gov.au and type 'advance health directive' in the top right-hand box. Further information: phone Seniors Enquiry Line on 1300 135 500.

Ageing with Disability

Groups and organisations might find useful a practical handbook, 'This is our space: Ageing with Disability' which was developed by the Australian Government and the Council on the Ageing. The book provides information, strategies and tools to support the inclusion of older people with disability in community-based activities. To download the book, go to: www.dss.gov.au and type 'this is our space' in the search box.