



SNIPPETS

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Seniors Enquiry Line

*Linking Seniors with
Community Information*

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Quote for the Month

Politics, it seems to me, for years, or all too long, has been concerned with right or left instead of right or wrong.

~ Richard Armour

Contact Details:

Phone: 1300 135 500

TTY: (07) 3867 2591

Email: sel@uccommunity.org.au

Web:

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.

Password Problems

What happens to passwords if you die or lose capacity? Many of us have various passwords for online access: perhaps to open our computer, to operate online bank accounts, for Facebook, email accounts, Paypal accounts etc. If we die or lose the ability to make our own decisions, and haven't left passwords with a (highly) trusted person, then our family and/or our executor or Enduring Power of Attorney can end up with major problems and frustrations at what can be an extremely emotional time.

This is becoming an increasing issue as more seniors, including 70% of baby boomers, have an online presence.

Brian Herd of Carne Reidy Herd Lawyers has written an article '**The perils of passwords for the disabled & deceased**' which explains some of the problems through a case study, and suggests some issues to consider. If you would like a copy of this article, please phone Seniors Enquiry Line on 1300 135 500.



Your Rights at Retirement

A new booklet, "Your Rights at Retirement: A guide to making decisions and navigating your entitlements in later life" has been released by the Age Discrimination Commissioner, Susan Ryan. The book is a one-stop reference manual to help people navigate the complex decisions, services and supports that are part of managing their retirement.

Topics include government support, aged care, health, finance, wills and end-of-life decisions, abuse, scams, accommodations options and more. The book is not an authority on any one topic. Rather it is a beginning point, and includes contact details of many services available.

The booklet can be downloaded at www.humanrights.gov.au/publications-home/all Otherwise, Seniors Enquiry Line has a limited number of copies which can be posted out – phone 1300 135 500.

What's On

Retirement Villages Info Session - Caloundra

17th September 10am – 12pm

This free session will cover legal options including forms of tenure, fees, protections and more.

Venue: Caloundra Library, 8 Omrah Ave, Caloundra.

Phone: 07 5491 1255 or 1300 542 727

Springtime on the Mountain – Tamborine

27th – 29th September 9am – 4pm

Visit private gardens and the beautiful Tamborine Mountain Botanic Gardens for displays of bulbs, camellias and magnolias for which the mountain is renowned. Trail passes \$15 per person.

Phone: 07 5545 3334

Parkinson's Queensland Unity Walk – Port Douglas

15th September 9am – 12pm

This event's focus is a leisurely stroll for a great cause, raising funds for research and support for people living with Parkinson's.

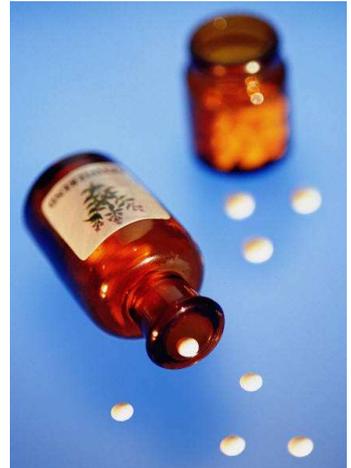
Venue: AFL Sports Complex, Wharf St, Port Douglas

Phone: 1800 644 189

Other events on Seniors Enquiry Line's 'Events' pages include: 'Wings Over Warwick', Symphony Under the Stars – Brisbane, Ballandean Vineyard Walk with Sunset Wine & Cheese, Cairns Tropical Wave Multicultural Festival, Pier Festival - Urangan

Disposal of Unwanted Medicines at Pharmacies

We all understand the dangers of keeping out of date or no longer needed medicines in the home, both because of children and also for when we may become confused by the variety of medicines previously prescribed and then superseded by subsequent medicines.



Medicines poured down the sink can go through the water treatment process unchanged, which may pollute our waterways. Putting medicines into the rubbish bin usually means they end up in land fill, which can pollute our soil or air.

To dispose of unwanted medicines safely, you can simply **take them to any pharmacy in Australia**. It doesn't have to be the one you purchased the medicines from, and the service is free. The pharmacy will arrange for the medicines to be transported to a disposal depot where they will be destroyed in a high temperature incinerator.

Residential Aged Care Financial Information

The National Information Centre for Residential Aged Care (NICRAC) is a new Residential Aged Care financial information service established for a trial period to assist those requiring guidance on financial matters when moving into a residential aged care facility.

NICRAC is a free, unbiased and confidential service, where consumers will be able to speak directly to a specialist information officer to discuss aspects such as: the costs involved with the various types of facilities, the assessment of Government income support eligibility, issues to be considered regarding estate planning, the family home and other financial assets, as well as how the transition can impact the partner if applicable.

To speak to an information specialist at NICRAC, phone 02 6280 0234, Monday to Friday 9am to 5pm.

Dementia Awareness Week

Dementia Awareness Week will take place from 16 to 22 September, with World Alzheimer's Day occurring on 21 Sept. The theme this year is 'Brain Health: Making the Connections', encouraging brain-healthy life-styles, early detection and increased awareness of dementia.

There will be various community awareness activities, including a Health and Wellness Expo (Brain Health) on 20 Sept at Hillstone, St Lucia Golf Links, Carawa St, St Lucia from 8.30am to 12.30pm. Speakers will include international guest speaker, Dr Kristine Yaffe, MD, who will speak on prevention strategies.

Phone Alzheimer's Australia on (07) 3895 8200 for more details.

