



SNIPPETS

April 2016 Edition 170

Seniors Enquiry Line
*Linking Seniors with
Community Information*

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Quote for the Month

All you need is love.
But a little chocolate
now and then
doesn't hurt.

~ Charles M. Schulz
(cartoonist)

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.

Learning to use Computers Broadband for Seniors

A Broadband for Seniors (BFS) kiosk is a place with access to computers, the internet and some training, for anyone 50 years or over who wants to learn how to use a computer and surf the internet free of charge.



BFS kiosks are located in different types of organisations; for example, RSL Clubs, neighbourhood centres. You should check with the kiosk host organisation about their individual requirements when you first make contact. There is no cost, however a club membership fee may be required by some organisations to cover club insurance.

If you do not have a BFS kiosk in your area or cannot attend a kiosk for any reason, you still can make full use of the free Online Tutorials on the BFS website, anywhere with internet connection.

For more information, go to <http://bfseniors.com.au> or phone the BFS Helpline on 1300 795 897.

Private Health Insurance

From April 1 2016, private health insurance costs are increasing by a weighted industry average of 5.59 per cent. Many people are considering reducing their cover, or possibly cancelling it.



Some ways you might be able to save on health insurance premiums are: pay a higher excess, pay by direct debit, reduce your cover, pay your annual premium in advance, shop around for a better deal.

For independent advice free of commissions, go to www.privatehealth.gov.au or phone 1300 737 299.

What's On

The Kings of Swing – Cleveland

16th April 2:00pm - 3:30pm

Unforgettable songs from the late '50s through to the present with Greg Aspeling backed by Les Wilson's Swing Force Big Band. Complimentary morning tea, from 1.00pm. Cost: Adult \$27, Conc \$21.

Venue: Redland Performing Arts Centre, 2-16 Middle Street, Cleveland.

Phone: 07 3829 8131

Web: www.rpac.com.au

Clydesdale & Heavy Horse Field Day – Gatton

30th April 9:00am - 6:00pm

Enjoy working horse exhibitions, breed judging, heavy horses in action, and more. Adults: \$15, Seniors \$10.

Venue: Lockyer Indoor Equestrian Centre, Woodlands Road, Gatton.

Phone: 07 5465 8857

Web: www.gattonheavyhorses.com.au

Pioneer Weekend – Herberton

14th - 15th April 10am - 5pm

See demonstrations of blacksmithing, wood chopping, tin panning, small engines, as well as carriage rides, local entertainment and more. Cost: Normal admission of \$27/\$25.

Venue: Historic Village, 6 Broadway, Herberton.

Phone: 07 4096 2002

Web:

www.historicvillageherberton.com.au



Other events on Seniors Enquiry Line's 'Events' pages include: Lifeline Bookfest – Bokarina, Maleny Wood Expo, Laidley Heritage Festival, Monto & District Show, Julia Creek Dirt N Dust Festival, Undara Outback Rock & Blues Festival.

eHealth Records - North Qld

The Australian Government is trialling a new approach to electronic health records. *My Health Record* will give both patients and health professionals immediate access to all of their necessary health information online to improve care outcomes, reduce duplication and provide vital information in emergency situations.

In the trial, residents in the Northern Queensland Primary Health Network (covering Mackay up to Cape York/Torres Strait) will receive a letter explaining that an electronic health record will be created for them, unless they choose to opt out. Opting out must be done from 4 April 2016 to 27 May 2016.

For more details, go to www.myhealthrecord.gov.au or phone 1800 723 471.

'Dying at Home'

'Dying at Home' is a booklet which aims to empower, inform and encourage individuals, their families and friends to talk about dying. If you are faced with a life-limiting illness, what do you need to plan for, and how do you go about it? What support is available and from where?



The booklet covers such topics as these, as well as equipment at home, pain and symptom management, funeral planning and more.

Despite 70% of people wanting to die at home, currently only about 14% do so. It is important to discuss your wishes with family, your doctor and palliative care specialists in order to have plans in place.

The booklet has been put out by Home Instead Senior Care, a provider of in-home care for older people. You can obtain a copy by phoning Seniors Enquiry Line on 1300 135 500.

Adult Proof of Age Card

For people who do not have a passport or a driver's licence, Queensland Transport produces a photo ID card, the Adult Proof of Age Card, which can be used as means of identification. The card replaces the earlier 18+ card which is however still valid.

The Adult Proof of Age Card costs \$62.20, and you need to show at least three documents from the list on the application form, to prove your identity. For many people, the documents will be: a full Australian birth certificate and two of the following: Medicare card, debit or credit card, a Centrelink or DVA card.

You can now choose whether or not to display your residential address on your Adult Proof of Age card. An address can be useful where proof of residence is needed. It will be printed on the reverse side of the card. For those who already hold an Adult Proof of Age card and want their address displayed, you are able to get a free address label to attach to the back of their card.

For application forms, phone Queensland Transport on 13 23 80 or Seniors Enquiry Line on 1300 135 500, or go to a drivers licence issuing centre (where your photo will be taken and your card issued).

Queensland Multicultural Awards

The Queensland Multicultural Awards 2016 will recognise the valuable contributions of Queenslanders who support and promote a united, harmonious & inclusive community. Nominations for awards close on 3rd May. For more details and for nomination forms, go to www.qld.gov.au (use search box at top right) or phone 13 74 68.