



# SNIPPETS

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**Seniors Enquiry Line**

Linking Seniors with  
Community Information

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### Quote of the Month:

Love your family and use your things, as the other way around never works.

Joshua Fields Millburn

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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

## Congratulatory Letters

If you or someone you know is celebrating a special birthday or anniversary, you can request a congratulatory letter from the Premier of Queensland, Prime Minister of Australia, Governor-General or Her Majesty The Queen to mark the occasion.



For 90th birthdays a request can be made for a letter from the Prime Minister and the Premier of Queensland and for 100th, 105th and 110th birthdays, letters can be requested from Her Majesty The Queen, the Governor-General of Australia, the Prime Minister of Australia, the Governor of Queensland and the Premier of Queensland.

For a 50th (Golden) Anniversary, letters can be requested from the Prime Minister of Australia, the Premier of Queensland and the Governor of Queensland. For 60th (Diamond) Anniversaries requests can be made for letters to be sent from Her Majesty The Queen, the Governor-General of Australia, the Prime Minister of Australia, the Governor of Queensland and the Premier of Queensland. Considerations can be made under special circumstances for both anniversaries and birthdays.

For further information, phone **13 74 68** or go to:

[www.qld.gov.au/seniors/recreation-staying-connected/congratulatory-letters/](http://www.qld.gov.au/seniors/recreation-staying-connected/congratulatory-letters/)

Or call Seniors Enquiry Line on **1300 135 500** and we will be happy to send you an application form to assist with the process.

## DO NOT CALL REGISTER



The Do Not Call Register is a secure database where individuals and organisations can register, check or remove their Australian telephone, mobile and fax numbers to opt out of receiving most unsolicited telemarketing calls and faxes. Registration is free and you only need to do it once. Once registered, the number will stay on the register indefinitely unless the number owner or their representative removes the number. For more information, go to: [www.donotcall.gov.au](http://www.donotcall.gov.au) or call **1300 792 958**

## Influenza Vaccination

Given that summer is now officially over, it is timely to remind everyone that all people over the age of 65 are able to receive a free influenza vaccine, as they are in the heightened risk group, amongst others. To receive your influenza vaccination, visit your local doctor or immunisation provider. It is important to note that while the vaccine is free, a consultation fee with your doctor may apply.



## CPI Increase

As of 20 March 2017, a change in the age pension amount has occurred to keep in line with the CPI (Consumer Price Index). The rate of increase has been deemed at 1.3%, which is an extra \$11.20 per fortnight for singles and \$16.80 per fortnight for couples.

## Advanced Health Directive Forms

An Advanced 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 unable to communicate their wishes - at the very time when many critical decisions need to be made. Also known as "The Living Will", the Health Care Directive can take pressure of friends and loved ones because they are fully aware of your wishes.

It has been discovered that the Advanced Health Directive form is no longer available from many post offices. Queries made by the Seniors Enquiry Line suggest that some newsagents still stock them, however there may be a cost of up to \$9.50. If this is your preferred option then it may be best to contact your local newsagent. The form is also available on the internet, free of charge at:

[http://www.justice.qld.gov.au/data/assets/pdf\\_file/0007/15982/advance-health-directive.pdf](http://www.justice.qld.gov.au/data/assets/pdf_file/0007/15982/advance-health-directive.pdf)

If you are in need of one of these forms, please call Seniors Enquiry Line on **1300 135 500** and we will be able to send you one.

## 10 Questions to Ask

If you are considering moving into an aged care residential facility, you most likely want to be as informed as possible. A series of leaflets have been written by experts within the aged care sector, including doctor and nurses, that are designed to assist people with understanding the process and identifying the right questions to ask. These leaflets are titled "10 Questions to Ask" and are written to give the reader knowledge so that each person can make a sound judgement based on their individual circumstances. These may be useful when:

- Searching for a high quality residential aged care facility
- Reviewing the quality of your current residential aged care facility
- Deciding between two residential aged care facilities that appear similar

For more information go to:

[www.10questions.org.au/index.html](http://www.10questions.org.au/index.html)

or contact: My Aged Care, Phone: 1800 200 422 or [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

Seniors Enquiry Line staff will be happy to assist you source these leaflets. Just call **1300 135 500**

## What's On

April is a very busy month with both Easter and school holidays occurring. As such, most regions see this time as a time for additional activities to occur within the community.

To find an activity within your area, a good local source is generally the library. They frequently hold activities that cater for children, parents and grandparents of all ages that are designed to engage and enhance family involvement and interactions. These are also a great opportunity to meet others and develop friendships with peoples of similar interests.

Another great local resource is your local council. Many of their websites have upcoming events listed within the region that are designed to educate, entertain and inspire locals and create a sense of community.

If you would like assistance in finding the contact details of your local council office or library, Seniors Enquiry Line on **1300 135 500** will be happy to assist.