

# SNIPPETS

July 2015 Edition 162

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### Joke for the Month

A reporter interviewed a 103 year-old woman:  
"And what do you think is the best thing about being 103?" the reporter asked.

"Simple," she said. "No peer pressure."

### Contact Details:

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**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.

**Seniors Enquiry Line**  
*Linking Seniors with  
Community Information*

## Budget Planner

MoneySmart has an excellent Budget Planner with a calculator which enables you to work out where your money is going. The planner is at [www.moneysmart.gov.au](http://www.moneysmart.gov.au)

The Budget Planner can be simplified by using the 'Budget planner wizard', which asks basic questions about your situation (e.g. whether single or not, children, pets, home ownership, debt, savings etc) and then reduces the categories to those which are relevant to you.

If you do not have access to the internet, MoneySmart also has a booklet, 'Managing your Money' which includes a simple budget planner. Phone Seniors Enquiry Line on 1300 135 500 for a copy.



## Do Not Call Register

You can list your home, personal mobile or fax number on this register to reduce telemarketing calls. Registration is free and you now only need to do it once - the listing is permanent. Once numbers are listed, telemarketers and fax marketers must not phone them.

Previously, after a period of time, your number was removed from the register, so you may have noticed an increase in the number of unwanted calls. If you registered in the past, you might want to check that your registration is still current.

Some groups can still contact you after you register. These include registered charities, research companies, registered political parties and educational institutions. **The Register is not designed to stop scam calls and you should be cautious when receiving unsolicited calls.** (Note: You can call Seniors Enquiry Line on 1300 135 500 to register for Infochat, a phone service which keeps you more up to date with scams and other information.)

To register for the Do Not Call Register, or to check your current registration, visit [www.donotcall.gov.au](http://www.donotcall.gov.au) or call 1300 792 958.

# Commonwealth Home Support Programme

On 1 July 2015, the transition to the new Commonwealth Home Support Programme (CHSP) begins. The CHSP combines four programs:

- Commonwealth Home and Community Care (HACC) Program
- Planned respite - National Respite for Carers Program
- Day Therapy Centres Program
- Assistance with Care & Housing for the Aged Program

The new CHSP is one consolidated program providing entry-level home support for older people who need assistance with daily living to keep living independently at home and in their community.

**Importantly, people receiving services under the existing programs will continue to receive the same level of support when the CHSP begins.** Also, there will be appropriate safeguards for those least able to afford to contribute to their care.

The CHSP benefits older people and carers through: streamlined access to entry-level support services, a standardised national assessment process and entry point through My Aged Care, and increased focus on a restorative approach.

Instead of a mandatory fees policy, the federal government recently announced that a principles-based fees policy is expected to be released in late July. The new fees framework will enable providers to move their fee charging practices towards national consistency over time. A national guide will be developed which describes the current varying fee arrangements in order to make them more transparent.

For more information, go to My Aged Care at [www.myagedcare.gov.au](http://www.myagedcare.gov.au) or phone 1800 200 422.

## Centrelink Financial Seminars

Centrelink's Financial Information Service officers provide seminars on various topics.

Seminars on 'Aged Care Fees And Charges' cover: entry into different levels of care, costs, options for your former home and pension issues. The next such seminars will be held at: Southport 14 July; Cannonvale 15 July; Upper Coomera 7 Sept; Nerang 7 Sept.

Other Centrelink seminars in various areas cover topics such as: Understanding your Pension, Superannuation, and Retirement Income Streams.

For more information and to make a booking, go to [www.humanservices.gov.au](http://www.humanservices.gov.au) and type 'book seminars' in the search box, or phone 13 63 57 from 8 am to 5 pm.

## What's On

### Seniors Health & Lifestyle Expo - Tweed Heads

23<sup>rd</sup> July 9:00 am to 1:00 pm

Free information and education for seniors.  
Free entry.

**Venue:** Twin Towns Services Club

**Phone:** 0409 277 430



### Senior Fest - Trinder Park

16<sup>th</sup> July 9:00am to 1:00pm

Attend presentations and find information on seniors topics. Sausage sizzle and tea available.

**Venue:** Recreation Hall, Laurel Street, Trinder Park.

**Phone:** 07 3387 4999

**Other events on Seniors Enquiry Line's 'Events' pages include:** Golden Voices Workshop – Cairns, Growing With Your iPad – Coolum, Park & Village Legal Info Session – Helensvale, Jumpers and Jazz in July Festival – Warwick, Cairns Indigenous Art Fair, Rockhampton River Festival, Yellowbelly Country Music & Poets Festival - St George, The Art of Book Making – Thuringowa.

## Safely Home – Dementia Bracelet

The Safely Home program, a joint initiative of the Qld Police Service and Alzheimer's Australia (Qld), provides a stainless steel bracelet for people with dementia who are at risk of wandering and becoming disoriented or lost. It is also suitable for anyone with intellectual disabilities at risk of becoming lost.

The bracelet helps police and community members reunite a missing person with their loved ones quickly. The bracelet is engraved with a toll-free telephone number and a unique identifying code which links directly to a database that can be accessed by police at all times, from any location. There is a concealed clasp to prevent the wearer inadvertently removing it.

Thanks to generous funding from the Lowood Slimmers Group, the Safely Home program is a free service for people with dementia in Queensland.



For more information, please call the National Dementia Helpline on 1800 100 500, or go to <https://qld.fightdementia.org.au/about-us/safely-home>