



SNIPPETS

October 2015 Edition 165

Seniors Enquiry Line

*Linking Seniors with
Community Information*

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Quote for the Month

The surest sign that intelligent life exists elsewhere in the universe is that none of it has tried to contact us.

~ *Bill Watterson*
(of Calvin & Hobbes)

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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.

PalAssist - Palliative Care

PalAssist is a free Queensland-wide 24-hour telephone and online service for palliative care patients, carers, family and friends who are seeking practical information and emotional support.

The health professionals who operate PalAssist can connect you with the organisations and resources you need, including referrals to all local area palliative services. Contact them on 1800 772 273 or go to www.palassist.org.au

Grandparents Day

25th October 2015

Grandparents Day is celebrated in Queensland on the last Sunday in October. The day is an opportunity for grandchildren and the community to thank grandparents for their love and support.

You might like to celebrate Grandparents Day by: having a family picnic or bbq in the park, cooking a family recipe, taking a family portrait or playing a game from your childhood.

For other ideas, or to download or order free Grandparents Day posters, stickers and postcards, go to www.qld.gov.au & type 'grandparents day' in the Search box. If you don't have access to the internet, phone Seniors Enquiry Line for assistance on 1300 135 500.



Pension Increase

Following indexation linked to Consumer Price Index, the maximum Age Pension for single people is now \$867 a fortnight (a rise of \$6.80 per fortnight), and for couples combined it is \$1,307 (a rise of \$10.20 per fortnight for a couple).

There are also increases to other payments, and small increases to Rent Assistance and some other supplementary payments. Full details of rates and thresholds which date from 20 September can be found at www.dss.gov.au/benefits-payments/indexation-rates-september-2015 or phone Centrelink on 13 23 00, or Seniors Enquiry Line may be able to answer your questions: phone 1300 135 500.



What's On

Free Travel Expos

Expos are at: Robina on 7th October, Red Hill 10th Oct, Bundaberg 13th Oct, Hervey Bay 14th Oct, Ipswich 21st Oct, Maroochydore 17th Oct, Toowoomba 28th Oct.

Visit a free RACQ expo to find information for your next dream holiday!

Phone: 1300 888 449

Web: www.racq.com/travelevents

Retirement Living Options: Strathpine & Arana Hills

Free legal information on retirement living options, presented by the Park and Village Information Link (PAVIL), a service of the Caxton Legal Centre.

20th October at Strathpine Library, Ph 07 3214 6333

21st October at Arana Hills Library, Ph 07 3214 6333.

Morning Melodies - Cairns

12th October 10:00am – 12:00pm

From The Seekers to Nashville: Old favourites and ballads with performer, Keith Potger. Cost: \$20.

Venue: Cairns Civic Theatre, cnr Sheridan & Florence Sts, Cairns.

Phone: 1300 855 835



Other events on Seniors Enquiry Line's 'Events' pages include: Toowoomba Gemfest & Jewellery Show, Will Power – Beerwah, Seniors Variety Morning – Elanora, Smoky & Herb – Brisbane, Illumination Concert – Hervey Bay, Confident Computing – Logan Central, Thoroughly Modern – Bowen Hills, Bush Poet's Breakkie – Highfields.

Home Care Packages

From 1 July 2015, all Home Care Packages are being delivered on a Consumer Directed Care (CDC) basis. CDC means:

- you have more say in the care and services you access, how it is delivered and who delivers it
- you will have conversations about your needs and goals
- you will work in partnership with your service provider to develop your care plan
- you agree to the level of involvement you will have in managing your care package
- you will have a greater understanding about how your package is funded and how those funds are spent through your individualised budget and monthly income and expense statement
- your service provider will monitor and provide you with ongoing formal reviews to ensure that your package still meets your needs.



CDC allows you to exercise more choice in what services are delivered and where and when they are delivered. If your needs change you can have a reassessment to see if you need to change your package.

If your needs cannot be met using your Home Care Package budget, then you may need to be reassessed to see if you are eligible for a higher level of package, or use your own money to top up the service.

For more information, go to www.myagedcare.gov.au or phone 1800 200 422.

Cybercrime Online Reporting Network

The Australian Cybercrime Online Reporting Network (ACORN) is a government policing initiative. It is a national online system that allows the public to securely report instances of cybercrime. It also provides advice to help recognise and avoid common types of cybercrime, as well as advice for those who have fallen victim.

Common forms of cybercrime include hacking, online scams, online fraud, identity theft, attacks on computer systems, and illegal or prohibited online content. ACORN makes reporting cybercrime easier and more convenient for all Australians.

You can report and learn more about cybercrime on their website:

www.acorn.gov.au



ACORN
Australian Cybercrime Online Reporting Network

National Carers Week

National Carers Week will be celebrated throughout Australia from 11th to 17th October 2015 to recognise the huge contribution unpaid carers make to the nation. Carers play an incredibly important role, supporting older people or those with disability, mental illness or chronic illness or pain.

Carers themselves can experience social isolation, financial difficulties, more feelings of fatigue and depression, and find it hard to maintain employment, enter the workforce or participate in education.

The community organisation, Carers Queensland, represents the diverse needs and interests of carers, and provides information, education, counselling and other support services.

Various events are held throughout Queensland in Carers Week. To find details of these events, or for information about support from Carers Queensland, go to www.carersqld.asn.au or phone 1800 242 636.