



# SNIPPETS

September 2015 Edition 164

Seniors Enquiry Line  
*Linking Seniors with  
Community Information*

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### International Day of Older Persons

1st October 2015

Life is short, break the rules. Forgive quickly, kiss slowly. Love truly. Laugh uncontrollably and never regret anything that makes you smile.

~ Mark Twain

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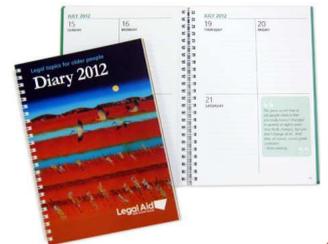
Seniors Enquiry Line is an information and referral service for Queensland seniors, proudly sponsored by the Queensland Government Department of Communities and operated by UnitingCare Community.

## 'Legal Topics for Older People' Diary

The Queensland Aged and Disability Advocacy (QADA), with funding through Legal Aid Queensland, has produced the 2016 *Legal Topics for Older People* Diary for Queensland.

The diary provides seniors with information on important legal topics of concern to seniors and how to access support services and available resources. Topics include wills, aged care regulations, consumer issues, funerals, carers, protecting against elder abuse, neighbour disputes, and more.

The diary is available from QADA at a cost of \$10 (plus \$5 postage for 1 diary, \$10 for 2 or 3, \$15 for 4 to 6 diaries). For a copy of the diary, phone 1800 818 338 or email [info@qada.org.au](mailto:info@qada.org.au)



## Home Safety Switches

Do you have safety switches on all the electricity circuits in your home, and do you know how to test them?

A safety switch shuts off electricity supply when current leakage is detected. This avoids serious electric shock and possible electric burns by stopping the current flowing through a person. It is not a circuit breaker which is installed to protect circuit wiring and appliances.



The Queensland government has a brochure which tells you everything you need to know about safety switches to ensure you, your family and your home are safe. The brochure is available at: [www.worksafe.qld.gov.au/safetyswitches](http://www.worksafe.qld.gov.au/safetyswitches) or phone Seniors Enquiry Line on 1300 135 500 for a copy.

## What's On

### Retirement Living Options - Caboolture

7<sup>th</sup> September 10am – 12pm

Free community legal information session presented by the Caxton Legal Centre

**Venue:** Caboolture Library, Hasking Street, Caboolture  
**Phone:** (07) 3214 6333

### Toowoomba Carnival of Flowers

18 – 27<sup>th</sup> September all day

This award winning carnival has spectacular gardens, live music, local food & wine and more.

**Venue:** Various locations throughout Toowoomba  
**Phone:** (07) 4688 6661 **Web:** [www.tcof.com.au](http://www.tcof.com.au)

**Other events on Seniors Enquiry Line's 'Events' pages include:** Bookfest – Magnetic Island, Brisbane Festival, Quilts for all Seasons – Cooroy, GLITTER (LGBTI) Festival - Gold Coast, 'Orchids in Paradise' – Mackay, Bundaberg Flavours Festival, Women's WWI Peace Army – Bowen Hills, Cairns Festival, Orchid Show – Mt Coot-tha, Rock N Blues Fest – Kandanga.

## R U OK? Day 2015

R U OK? Day, on 10th September 2015, is a national day to remind all Australians to regularly check in with family and friends, asking "are you OK?".

It is suggested that you: Ask – Listen – Encourage – Follow up. Research shows that people with strong relationships are more likely to cope with life's ups and downs.

For more information, go to [www.ruok.org.au](http://www.ruok.org.au) or call Seniors Enquiry Line on 1300 135 500.



## Incontinence

The Continence Foundation of Australia provides information on funding, referral and products for bladder or bowel control problems. They also offer free resources for individuals, carers and professionals to help treat weak bladder, leakage, constipation and bedwetting.

Carers can request a copy of the booklet, 'Help for people who care for someone with bladder or bowel problems.'

The Continence Aids Payment Scheme (CAPS) is an Australian Government Scheme that provides a payment to assist eligible people who have permanent and severe incontinence, with some of the cost of continence products.

More information is available at [www.continence.org.au](http://www.continence.org.au) or phone the National Continence Helpline on 1800 33 00 66.

## Scams in Australia - \$45 million

Australians have reported losing \$45 million to scams already this year and 45,000 complaints have been made, as scammers are becoming increasingly sophisticated. Scams succeed because they look like the real thing and catch you off guard when you're not expecting it.



About 53% of scams are via phone calls, 27% via email, and smaller numbers through the internet, mail, text messaging, social networking and others.

The Australian Competition and Consumer Commission has launched a new Scamwatch website with details of: types of scams, steps to take to reduce loss and prevent further loss, and how to report a scam. Details are at [www.scamwatch.gov.au](http://www.scamwatch.gov.au) If you don't have internet access, phone 1300 795 995 to report a scam.

Be on guard – scams target people of all backgrounds, ages and income levels across Australia.

If you receive a phone call from someone saying you are owed money or they want to give you money, and they then ask you for your personal or banking details or to pay a fee, hang up. If in doubt, look up the government department or organisation yourself and phone them.

Be careful with emails – do not click on links unless you know and trust the source.

Some recent scams include those supposedly from government departments, energy providers, airlines, door-to-door tradespeople, Australian Federal Police, the NBN, scams on social media, and scams targeting migrants.

Seniors Enquiry Line has details of many of these scams, and we are happy to send you an **information sheet** about them: please phone 1300 135 500.

## Australia Post - Likely Changes

Australia Post is proposing to increase the basic postage rate to \$1 instead of 70 cents and they are also planning to introduce a two-speed letter service, where regular letters can take an extra two business days.

The changes are currently being assessed, and may occur in January 2016. There is no proposal to increase the price of concession stamps or stamps for Christmas cards.



If you have a Pension card or other Centrelink health card, you are entitled to obtain a **MyPost concession card** which entitles you to obtain up to 50 stamps per year at 60 cents each. You can apply for the card through a Post Office.