

# YOUR Voice

City of Kingston Senior's Newsletter

Winter 2024

## In this Edition

- 2 'Ask and Connect' Kingston Services Expo 2024
- 2 Financial Information Sessions
- 2 New activities at Westall Community Hub
- 3 Winter Safety Reminder
- 3 Can we prevent falls?
- 4 Tips for saving money and keeping warm
- 4 Aged Care Reform updates
- 5 Respite Care – giving carers a break
- 5 SimplyCARE Coastal Cottage Respite
- 5 SMRC Support for Carers Program
- 6 Dignified and Respectful Decisions
- 6 AccessCare information session

## Your Life. Your Choice

Free community workshop for people aged 55+. At the session you can learn from legal and financial experts about staying in charge of your finances. Hear stories and professional tips for staying safe and in control.

Presentation includes:

- **Failing to Plan is Planning to Fail. Wills and Powers of Attorney** by William Betts, Deputy Director of Legal Services and Practice Manager – Civil & Crime, Peninsula Community Legal Centre
- **Empowering Your End-of-Life** by Katie Adler of Tidy Endings, End of Life Doula Services of Melbourne
- **Maintaining Your Financial Safety** by Christine Jones, Lead Financial Counsellor, Better Place Australia

Special performance by comedian Monica Dullard.  
Hosted by Jimmy Loverocket.

Thursday 13 June 2024  
10.30am to 1pm (Doors open at 10am)

Kingston City Hall, 979–985 Nepean Hwy, Moorabbin  
Close to bus stop and train station.  
Free parking at the rear of the venue.

Light lunch provided. Bookings are essential.



**YOUR LIFE. YOUR CHOICE.**

FREE EVENT for people aged 55+

**Hear about:**

- Wills and Powers of Attorney, William Betts (Peninsula Community Legal Centre)
- Empowering Your End-of-Life, Katie Adler (Tidy Endings)
- Maintaining Your Financial Safety, Christine Jones (BPA)

**SPECIAL PERFORMANCES BY:**  
**JIMMY LOVEROCKET & MONICA DULLARD**

- Light lunch provided
- Free parking at venue, close to bus/train

**THURSDAY 13 JUNE 2024**  
10.30am - 1.00pm  
**KINGSTON CITY HALL**  
979-985 Nepean Hwy, Moorabbin

**BOOKINGS ARE ESSENTIAL:**  
Contact Kingston Arts Box Office on **9556 4440** or scan



In partnership:



You can book by visiting [kingstonarts.com.au/Whats-On/all-events/Your-Life.-Your-Choice](https://kingstonarts.com.au/Whats-On/all-events/Your-Life.-Your-Choice) or phone **9556 4440**.

## 'Ask and Connect' Kingston Services Expo 2024

**Tuesday 12 November, 10am – 3pm**

Kingston City Hall,  
979-985 Nepean Hwy, Moorabbin

This year's Expo is for anyone in the Kingston community seeking support and/or ways to stay active.

The Expo will provide an opportunity to meet approved aged care and disability service providers and other support services including financial, legal, carer support, palliative care, mental health, navigating the aged care system and NDIS.

You can find information about low-cost community activities, exercise programs, and social groups. You may also learn about paid or volunteer employment opportunities. It is a free event, don't miss it! Save the date in your calendar and tell your family and friends. There will be more information about the Expo in the August (Spring) edition of this newsletter.

## Financial Information Sessions

**58 Viney St, Clarinda**

A Financial Information Services Officer from Services Australia will deliver three sessions at Clarinda Community Centre, 58 Viney St, Clarinda:

**Thursday 13 June, 11am – 12pm**

**Superannuation** – contributions, caps, income streams from Super.

**Thursday 20 June, 11am – 12pm**

**Downsizing your home** – what you need to know!

**Thursday 27 June, 11am – 12pm**

**Age Pension your choices** – assets test, limits, income, rates and more!

To book, call ☎ **8551 1200** or email ✉ **ClarindaCC@kingston.vic.gov.au**

## New activities at Westall Community Hub

**35 Fairbank Road, Clayton South**

- **Art classes**, Tuesday 10am–12pm. An art class to learn all about art techniques, colour mixing and mediums like acrylics, watercolours and sketching.
- **Sewing group**, Wednesday 10am–12pm. Join the group to sew Boomerang bags, or work on your own project, in the company of like-minded people, learning and socialising together.
- **Chatty Café**, Friday 10am–12pm. Meet people in your community in comfortable, safe environment for a cup of tea / coffee and biscuits and a chat.
- **Move & Connect**, Friday 10am–11am. Connect with your mind and body using various activities from relaxation to expression through movement from a place of ability.

For more information visit 🌐 [kingston.vic.gov.au/community/activities-and-places/community-hubs/westall-community-hub](https://kingston.vic.gov.au/community/activities-and-places/community-hubs/westall-community-hub), call ☎ **9581 3050** or email ✉ [westallhub@kingston.vic.gov.au](mailto:westallhub@kingston.vic.gov.au)

**MOVE and CONNECT**

**FRIDAYS | 10am - 11am**

A moment to connect with your mind and body using various activities from relaxation to expression through movement from a place of ability. No prior experience required.

**\$5 per session**

Please wear closed shoes.  
BYO Water bottle.

**Westall Community Hub**  
 📍 35 Fairbank Rd, Clayton South  
 ✉ westallhub@kingston.vic.gov.au  
 ☎ (03) 9581 3050

For interpreter services please call 📞 TIS National 131 450





### Winter Safety Reminder

With Winter approaching, we start using heaters and other equipment to stay warm.

To be safe please remember to:

- ✓ Check all heaters – gas and electric – at the start of every winter for wear and tear, and safe operation.
- ✓ Ensure that heaters are in a safe, stable location where people or pets can't accidentally knock them over.
- ✓ Check electric blankets thoroughly – faulty blankets can overheat, cause a shock, burn or start a fire. Inspect it by laying it out flat on the bed, turning it on and checking for hot spots.
- ✓ Roll electric blankets rather than fold them when not in use.
- ✓ To fill a hot water bottle, use hot – never boiling water.
- ✓ Replace hot water bottles at least every two years. They may look OK, but the rubber could be perished on the inside.
- ✓ Wrap hot water bottles in a towel or pillowcase to avoid direct contact with skin.

For more information visit

[healthdirect.gov.au/winter-health-hazards-at-home](https://www.healthdirect.gov.au/winter-health-hazards-at-home)

## Can we prevent falls?

Falls are a common problem for older people and can result in admission to hospital or premature transition to a residential care facility.

The likelihood of a fall can increase due to our natural ageing process which can include reduced eyesight, weaker muscles, stiffer joints, deteriorating balance, slower reaction times, cognitive loss and reduced feeling in the feet and legs. These changes usually occur slowly over the years, so we may not notice them. There are also other factors that may contribute to our risk of falling including poor diet, trip and slip hazards, insufficient lighting, health problems or side effects of medication.

### To avoid falls and injuries from falls:

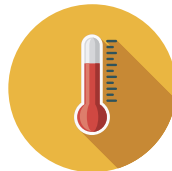
- ✓ Have regular check-ups with your doctor to ensure your medical conditions are well managed.
- ✓ Eat a variety of foods and drink enough water – ensure appropriate nutrition.
- ✓ Physical activity can improve our balance, muscle strength and flexibility, keep bones strong, increase energy level, reduce sleeping problems, and help to control blood pressure, blood sugar level and weight. It is recommended to be physically active for at least 30 minutes every day. Tai Chi, dancing or group exercise programs can strengthen muscles and improve balance. Talk to a physiotherapist about suitable balance and strengthening exercises / activities and managing pain. A physiotherapist can advise on appropriate walking aids to increase steadiness. It is important that walking aids are adjusted to individual needs and properly maintained.
- ✓ Those who have osteoporosis, talk to your doctor about appropriate vitamins and / or mineral supplements or other medication, appropriate exercise and /or dietary changes.
- ✓ Wear comfortable and well fitted shoes with slip-resistant soles.
- ✓ Use non-slip mats, handrails, and consider sitting in the shower.
- ✓ Keep outdoor paths free from moss and fallen leaves.
- ✓ Keep walkways clear, free from any obstacles e.g. tape down electrical cords, mark changes in floor level, check outdoor paths for cracks and uneven areas.
- ✓ Regularly check your eyesight.
- ✓ Ensure indoor and outdoor spaces are well lit, especially when moving around. Mark obstacles or hazards so they stand out e.g. highlight the edges.
- ✓ Don't rush and pay attention to surroundings.
- ✓ Make a plan to get help in the event of a fall e.g. arrange personal alarm and make sure your helpers can get in.

For more information visit [betterhealth.vic.gov.au/health/healthyliving/falls-prevention-at-home](https://www.betterhealth.vic.gov.au/health/healthyliving/falls-prevention-at-home)

# Tips for saving money and keeping warm this Winter

There are lots of ways to keep warm, while keeping heating bills under control.

- ✓ **Set your heating to 18–20 degrees.**  
Each additional degree of heating can add between 5–10% to energy use.
- ✓ **Don't heat the entire house.** Only heat the rooms you use. Keep the doors shut on areas you don't use through the day such as bedrooms or bathrooms.
- ✓ **Keep showers short.** Hot water can account for over 20% of your home's energy use. Aim to keep showers to 4 minutes (even though the temptation might be to stay in a hot shower longer).
- ✓ **Open curtains to the sun, and cover windows at night.**  
Let the winter sun warm your home during the day, but close curtains and blinds at night to stop the heat from escaping. Up to 40% of heat can be lost through windows.



## Small changes that can make a big difference

If you own your own home, small changes can make a big difference:

- ✓ **Draught seal your home.** Fit draught seals (available from all hardware stores) around openings of windows and doors.
- ✓ **Quality curtains and window pelmets.** Choose fabrics that insulate well, such as curtains with a thermal lining. This can make a surprising difference. Invest in fitted pelmets, also called window boxes, to help stop warm air escaping.

## Kingston is offering Home Energy Upgrade Assessments

Kingston has engaged a trusted, accredited provider to conduct home energy upgrade assessments. This service is free and provides you with tailored advice for how you can improve the energy efficiency of your home, and reduce bills.

For more information and to register visit:

📄 [kingston.vic.gov.au/environment/sustainability/how-to-be-more-sustainable](https://kingston.vic.gov.au/environment/sustainability/how-to-be-more-sustainable) and click the 'Reducing your emissions' drop down menu. If you don't have computer, visit your local library and ask librarian for assistance or call Kingston Customer Service on 📞 **1300 653 356**.

## Aged Care Reform updates

In February 2024 the Department of Health and Aged Care published the 'Changes to Aged Care in Australia' booklet on their website.

The booklet outlines reforms to improve the quality and accessibility of aged care services for older people. Very interesting reading for those who want to learn more about the aged care reform, including the following topics:

- Accessing Aged Care – Getting Started with Aged Care
- Shifting to person – centred care
- Easier assessment system
- Updates on new Aged Care Act
- Improving in-home aged care
- Improving residential aged care
- And more

A copy of the booklet can be downloaded from

📄 [health.gov.au/resources/publications/changes-to-aged-care?language=en](https://health.gov.au/resources/publications/changes-to-aged-care?language=en)

Information about the new Support at Home program can be found at 📄 [health.gov.au/our-work/support-at-home](https://health.gov.au/our-work/support-at-home)

The EngAged monthly e-newsletter contains updates on the aged care reforms and ageing well. If you would like to subscribe to EngAged newsletter or see previous editions visit 📄 [health.gov.au/using-our-websites/subscriptions/subscribe-to-aged-care-newsletters-and-alerts?language=und](https://health.gov.au/using-our-websites/subscriptions/subscribe-to-aged-care-newsletters-and-alerts?language=und)

If you don't have a computer or a family member who can assist with accessing this information, please visit your local library and ask the librarian for assistance.

## Respite Care

### Giving carers a break

Respite care is when family, friends or a respite service takes care of the person you care for to give you a break from your caring role.

It can take place at home, in the community, at a centre or in a residential care facility. Respite care can be provided for a few hours, overnight or a weekend, or up to a few days or weeks at a time. If you are suddenly unable to provide care e.g. due to illness or injury, you can request Emergency Respite.

To enable quick and easy take over of the care by a respite care service you can prepare an emergency care plan which can include emergency contacts, the care needs of the person you care for, medical information and contacts, information on medication and carer emergency cards. To download the template of the Care Plan visit [carergateway.gov.au/sites/default/files/documents/2019-04/emergency-care-plan.pdf](http://carergateway.gov.au/sites/default/files/documents/2019-04/emergency-care-plan.pdf)

For more information about support for carers and respite services visit: [carergateway.gov.au](http://carergateway.gov.au) or call **1800 422 737**.



Australian Government



## SimplyCARE Coastal Cottage Respite

**Southern Peninsula Community Care Inc.**

169-171 Eastbourne Rd, Rosebud

SimplyCARE Coastal Cottage offers short-term overnight respite care in a home-like environment. It is a small welcoming suburban home, located on Mornington Peninsula, providing individualised care to the person being cared for. This respite service is available through My Aged Care referral to people living in the South East area who are primary carers of older people, including people living with dementia.

For more information call **(03) 5986 5255** or email [csm@simplycare.org.au](mailto:csm@simplycare.org.au)



Southern Migrant & Refugee Centre

## SMRC Support for Carers Program

**Southern Migrant and Refugee Centre**

39 Clow St, Dandenong

SMRC Support for Carers Program provides services to people from culturally and linguistically diverse backgrounds who provide unpaid care for older people or people with disabilities, including mental health conditions.

The program enables carers to take a break from their caring role and provides them with the support they need to maintain their own wellbeing.

Services offered by the Program include:

- short-term respite
- counselling and life coaching
- peer support meetings
- social outings
- regular workshops and seminars
- individual support and assistance.

A support of the care relationships can improve the health of both the carer and the care recipient, creating a relaxed environment that encourages independence. Through peer support meetings and social outings, the Program gives carers a chance to create long-term friendships with other carers. The Program supports carers on a regular weekly, fortnightly, or monthly basis. Respite services can be provided for up to three months and include **in-home respite domestic assistance and personal care**. Monthly workshops and seminars provide carers with necessary skills to manage daily interactions with a person they care for. This service is available for residents of City of Kingston, Monash, Greater Dandenong, Casey and Cardinia Shire.

For more information call **9767 1900** or email [smrc@smrc.org.au](mailto:smrc@smrc.org.au)

## Dignified and Respectful Decisions

A new free resource for Victorian Seniors and their families.

Palliative Care Victoria recently launched the Dignified and Respectful Decisions project – a new set of resources filled with information and support for families and substitute decision-makers who are caring for a loved one who can no longer make decisions for themselves.

The information is designed to help prepare family carers for the different types of decisions they may need to make on behalf of their loved one without decision-making capacity. It provides guidance on developing a sound understanding of what your family member would want for ongoing care and at end-of-life, particularly when no advance care plan or advance care directive is in place. The resource also includes tips on how to care for your own wellbeing during a time that can be both difficult and unpredictable.

Please visit the website [pallcarevic.asn.au/dard](http://pallcarevic.asn.au/dard) and meet Nola and Marlene – two family members with lived experience of caring for a family member who can no longer make decisions for themselves. You can also view a range of animations that bring to life some of the decisions and challenges that you may face as carer for your family member in care.

We also have printed resources that you can download from the website, or you can request a free resource pack by emailing [dard@pallcarevic.asn.au](mailto:dard@pallcarevic.asn.au) or call **9662 9644**.

## AccessCare information session

On Tuesday 23 April, Kingston's AccessCare team hosted two free information sessions at their Mentone office. The purpose of these sessions was to provide older community members with information about in-home care support services and how to register with My Aged Care.



Thank you to everybody who attended either the morning or evening session – we hope you found the information helpful no matter where you are on your own aged care journey.

For those of you who couldn't make either session, we wanted to pass on a few of the key takeaways:

- Australia's federal government subsidises the cost of in-home care support services through two key programs: the Commonwealth Home Support Programme (which offers entry-level support) and Home Care Packages (for people with more complex health needs).
- To access either program, you will need to be aged 65 or over, or if you are Aboriginal and Torres Strait Islander, you need to be aged 50 or over. The first step is to register with My Aged Care, which is the gateway to government-funded aged care services.
- Next, you will need to be assessed to determine exactly what level of care you need. This assessment (which will take place at your home) takes into account your age, your living situation and your ability to perform basic daily living tasks without extra help.
- Whether or not you currently need in-home support service, it's a good idea to register sooner rather than later. My Aged Care receives a high number of requests so it can take time to process assessment requests, depending on assessment demand and wait times. It's free to register, so we encourage you to consider registering with My Aged Care now, so that should a time come when you do need support services, you'll be able to access them much quicker.

If anyone has any further questions about My Aged Care, AccessCare or in-home care in general, please do not hesitate to reach out to our team on **1300 819 200** or via [info@accesscare.org.au](mailto:info@accesscare.org.au).

As a City of Kingston service, AccessCare is here to provide confidential and completely obligation-free advice and assistance to all Kingston residents whenever you need a little support. You can also request a copy of AccessCare's handbook to be sent to you by contacting our team and providing your mailing address.



For information about activities, or to provide feedback about this newsletter, please contact Alina Urbanczyk, Social Inclusion Officer **0409 767 438** or P.O. Box 1000 Mentone, VIC, 3194, or email [alina.urbanczyk@kingston.vic.gov.au](mailto:alina.urbanczyk@kingston.vic.gov.au)

**City of Kingston**  
Inclusive Communities Team  
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**1300 653 356**