

COMMUNITY

Chat

ISSUE 6, Winter 2019



Living and ageing well

WELCOMING NEW FACES

Our Community Chat readership has grown significantly this edition, with an influx of new community clients joining the Uniting AgeWell family.

This follows a decision in February by Maribyrnong and Hobsons Bay City Councils to appoint a not-for-profit provider to deliver its in-home support services from 1 July 2019, and we were thrilled that both councils supported the appointment of Uniting AgeWell as their preferred provider.

This significant growth in our services in the western metropolitan region is a clear sign of our commitment to enhance the scope, volume and quality of services in this region.

Over the past few months, we have worked closely with both Councils to ensure clients and staff – who were offered employment with Uniting AgeWell – experience a smooth transition.

In another exciting step in the ongoing development and strength of Uniting AgeWell, the organisation became an incorporated entity on 1 July 2019.

While incorporation will simplify our company structure and enable greater autonomy, our service delivery, staffing, non-profit status, Uniting Church affiliation and values will remain unchanged. An article in this edition of *Community Chat* explains the benefits in more detail.

July 1 also heralds some important changes being introduced by the Australian Government. This includes the introduction of a new Charter of Aged Care Rights and the publication of Home Care Package pricing information in a new standardised format on the My Aged Care website to enable people to



more easily understand and compare pricing information. Details of these changes are explained on Page 10.

As you are aware, influenza is very contagious. It can affect people of all ages, but is particularly dangerous for our older population. With Australia now heading into the peak influenza season and the number of confirmed cases already significantly higher than last year, it's important we all know how we can reduce the spread of infection.

Having the flu vaccine annually is a great place to start and it's not too late to book yours with your GP or pharmacist. Practicing good hand hygiene, covering your face to sneeze or cough and staying home if you feel unwell are other important preventative measures.

Remember, everyone has a vital role to play in helping protect the vulnerable people in our community.

Andrew Kinnersly
CEO Uniting AgeWell

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STEPPING OUT WITH FRIENDS

The bonds between the members of the Preston Walking Group grow greater with every step, as do their health outcomes.

The Preston AgeWell Centre's new program was introduced in February to increase community engagement, support clients' independence and improve wellbeing. Due to demand, the program now runs twice a week.

At 2pm on Mondays and 9am on Fridays, each group of eight clients and at least two staff members hits the pavement, then catches up for refreshments afterwards.

"We do some stretches at the centre, walk for about 45 minutes, then come back to share morning or afternoon tea and do some relaxation exercises together," Program Manager Julie Anderson said.

"Walking around the oval is great practise for our clients because of the soft surface of the grass, and we have the support of an exercise physiologist or physiotherapist on each walk."

It is well known how important exercise is for maintaining good health but several group members said pain or a lack of motivation often prevented them from exercising alone.

"It's a distraction when you've got others around you," said Dot Lane, who participates in the Friday group. "You don't think about the aches and pains because you're busy socialising."



Each group member has their own fitness goals and mobility challenges, but what unites them is their growing confidence and sense of achievement.

"I discovered I was able to walk around an oval twice," Patricia McIntosh said. "I had never tried it before, to be quite honest, but I did it once and thought I might do it again. It felt terrific."

i If you would like to join one of the Preston Walking Groups, contact the Preston AgeWell Centre on T: 9416 8433.

Joining research project to help all

Helping to improve the medical understanding of conditions and develop treatments and cures is very important to Frances Allen.

The Uniting AgeWell Hawthorn AgeWell Centre client jumped at the opportunity to be involved in a Uniting AgeWell and Victoria University study into sarcopenia – age-related loss of muscle mass and strength.

"I'm all into research projects," said the 84-year-old after undergoing a simple 10-minute DEXA body density scan as part of the project.

"I think that's the way to find out the latest treatments. I'm hoping to find out any exercises or treatments to help me remain mobile."

Frances is one of 108 Uniting AgeWell clients who have signed up to take part in the sarcopenia study, Your Muscles Matter.

The project team is investigating whether the incidence of sarcopenia reduces as participants gain muscle mass, strength and function, as well as any other health benefits.

All participants completed exercise tests, the DEXA body density scans and a survey about their diet. They are following tailored exercise programs and will be reassessed in November.

The results of the Your Muscles Matter study will be published after its mid-2020 completion.



NANNA VON'S BOOK DEBUT

Yvonne Williams has achieved something she never thought possible – she has persevered against all odds and become a published author.

At 77, Yvonne decided to write the ultimate children's book, complete with poems and verses to music.

Over the next three years, she wrote *The tales of Cleo and Oscar* from the comfort of her Geelong Uniting AgeWell independent living unit where she has lived for almost a decade.

While writing the book, she endured one of the loneliest, most challenging periods of her life but refused to give in.

"I wrote the book for my grandchildren and used the penname 'Nanna Von' because that's what they call me," she said.

"My oldest grandchild, Georgia, was the most beautiful girl and at one stage she thought she might illustrate the book.

"Georgia had type-one diabetes and when I was coming to the end of writing it last May, she died unexpectedly at just 22. When she died, I thought I couldn't go on with the book."

Yvonne did find the strength to continue and last August, on her 80th birthday, she launched her book in memory of Georgia.

"I'm very satisfied and my grandchildren love it," she said.

"I look back on it and think it's quite a nice story."

The story is about two cats – Oscar and Cleo – and their owner Mrs Wimpy. The pair go on adventures across the

country from Queensland to Winchelsea; meeting cane toads, kangaroos and a retired swagman, and getting into mischief.

"I wanted it to contain a lot of Australiana and I thought of it as a timeless or classic-type book," she said.

"The adventures are all things that cats would do – no matter where they are in the world."

Yvonne's Uniting AgeWell home care package, which includes cleaning, gardening, shopping and allied health and therapy services, ensures she has the energy and time to dedicate to achieving her goals.

"I have a magnificent package," she said. "Uniting AgeWell is very, very good to me. It's absolutely brilliant."

With time up her sleeve, Yvonne plans to print another 100 copies of her book – bringing the total to 300 – and sell them at the Queenscliff Market. She also plans to connect with film companies and pitch the book as a potential children's animation.

The tales of Cleo and Oscar is a true blue Australian production – printed in Melbourne, proofread in NSW, typeset in Queensland and illustrated by Geelong artist John Hughson.

It is available to buy online on Book Depository and Amazon, or to borrow from the Geelong Regional Library Corporation, National Library of Australia and State Library Victoria.

MAXIMISING YOUR PACKAGE

Get the most out of your Home Care Package

The average Home Care Package-holder has \$5,898 of unspent funds that could finance important services, equipment or supports, according to the Aged Care Financing Authority.

Every person on an Australian Government-funded Home Care Package is allocated funds to support them to live well at home, but sometimes not all the money is spent each year by the client. This accumulates as unspent funds.

Uniting AgeWell Home Care Eastern Region Program Coordinator Ing Tjahjono said not all clients realised the full benefits of their package.

She said Uniting AgeWell supported clients to maximise the use of their Home Care Package to support their health and wellbeing.

“Those funds have been allocated to support you to remain connected and experience a sense of wellbeing, choice and independence wherever you are on your ageing journey,” she said.

“We want to empower you to maximise your package and ensure you are getting all the services and supports you need to live well, to the full value of your funding from the Government.

“It’s important to make the most of the opportunity to maintain your independence and care requirements at home”.

Uniting AgeWell clients Allan and Joy MacCaskill recently purchased new electronic adjustable beds with their unspent funds.



After years of restless nights due to Allan’s Parkinson’s, the pair are finally sleeping well.


“We got the beds that adjust up and down with a remote control and they came with pillows and pillow tops,” Joy said.

“We’re very happy with them. Every time Allan moved in our old queen bed, I would wake up. They make a big difference.”

Client Advisor Di Cerini also recently told the MacCaskills that Allan’s Home Care Package could fund wound dressings for a sore toe – a move that will save them considerably.

The use of unspent funds is determined by the needs of each client but may include in-home respite, gardening, cab charges, wheelchairs, home modifications, shoes for comfortable walking, recliner chairs, taxi cards and technological devices.

Ing said Uniting AgeWell staff could work with clients to ensure they were maximising their Home Care Packages.

 For more information about your Home Care Package, contact your Client Advisor or call Uniting AgeWell on T: 1300 783 435.

The services available to Home Care Package-holders can include, but are not limited to, the following:

Care services	Care can include
Personal services	Supervision and assistance with: <ul style="list-style-type: none"> ◆ Bathing, showering, personal hygiene, dressing, undressing and using dressing aids
Nutrition, hydration and diet	<ul style="list-style-type: none"> ◆ Meal preparation ◆ Assistance with special diets due to health, religious, cultural or other reasons
Management of skin integrity	<ul style="list-style-type: none"> ◆ Bandages, dressings and skin emollients
Mobility and dexterity	<ul style="list-style-type: none"> ◆ Sleep aids, including bed rails, lifting devices, pressure-relieving mattresses
Leisure, interests and activities	<ul style="list-style-type: none"> ◆ Accessing social and community activities
Domestic services	<ul style="list-style-type: none"> ◆ Dry cleaning of clothing that cannot be machine washed ◆ Rehabilitative support or access to rehabilitation ◆ Transport and personal assistance ◆ Minor home modifications



KEEPING SAFE AND SOCIAL

Ensuring her mother's needs are met and that she is safe at home are vitally important to Janice Bulbul.

Janice's mother, Marjorie, who has been diagnosed with dementia, has lived in her home for more than 50 years and is able to remain living independently with some support from Uniting AgeWell.

While a member of the family is always with Marjorie overnight, her family worked during the day and Marjorie would often go looking for something to do.

It left Janice and her sister, Cathy, worried about where their mum was and whether she was safe.

"She is a very social person and as you get old you lose some of your friends, which makes it a bit a harder to get out and about," she said.

"Mum wanted to be with other people."

Uniting AgeWell's services were a game-changer for the family.

Marjorie now receives assistance with personal care at home, joins the social activities at the Forest Hill AgeWell Centre

three days a week and goes on a small group outing with other women once a week.

"I think the social contact with other Uniting AgeWell clients is the most valuable thing," Janice said.

"She will have a coffee with like-minded friends, they might do a few word games, play bingo or have a music group and she enjoys that. The staff also encourage mum's independence."

Uniting AgeWell Regional Manager Home Care Melbourne Ana Mubaslat said home and community care was tailored to the individual needs of each client and could be delivered in consultation with families.

She said the services provided were flexible and responsive, ensuring people had choice and peace of mind.



Want to know more? Contact T: 1300 783 435 or visit unitingagewell.org

Have you thought about getting a Companion Card?

Companion Cards make attending many ticketed events easier for people with permanent disabilities, by providing carers with free entry.

The cards are issued to people with significant, permanent disabilities, who can demonstrate they are unable to access most community activities and venues without attendant care support.

That support may include significant assistance with mobility, communication, self-care, or learning, planning and thinking, where the use of aids, equipment or

alternative strategies do not enable the person to carry out these tasks.

To obtain a free companion ticket, Companion Card-holders should present their card when purchasing a ticket or paying an entry fee at participating venues and events.



To apply for a Companion Card in Tasmania, call T: 1800 009 501, and in Victoria, call T: 1800 650 611. For more information, visit www.companioncard.gov.au

INTRODUCING UA LIMITED

On 1 July this year, Uniting AgeWell took the important step of becoming an incorporated entity.

Incorporation marks an exciting development in the organisation's history, creating a simplified, less confusing company structure and enabling greater autonomy.

Historically, Uniting AgeWell has operated through two state-based divisions of the Uniting Church – The Uniting Church in Australia Property Trusts (Victoria)/(Tasmania) and two business entities, Uniting AgeWell Victoria and Uniting AgeWell Tasmania – which can be confusing and inefficient.

While it remains wholly owned by the Uniting Church in Australia, the new company, Uniting AgeWell Limited, will become the legal entity providing all aged care services and the single employer, replacing the two state-based entities.

"This is a natural progression for an organisation like Uniting AgeWell and reflects its business maturity, financial strength and robust governance processes," Uniting AgeWell's Chief Financial Officer Graeme Barnes said.

"The important thing for our valued clients, staff and volunteers is the day-to-day operations of our organisation



will not change; Uniting AgeWell will maintain its current procedures, client service levels, Resident and Services Agreements, staffing, management and systems and will continue as a not-for-profit organisation and registered charity."

i For further queries relating to this change, please contact your site manager, Client Advisor or email our friendly staff at askUA@unitingagewell.org



Help us to

STOP FLU!

Don't get complacent.

We all have a role to play in preventing the spread of influenza



Get this year's
flu vaccination



Cover your face to
sneeze or cough



Wash your hands
thoroughly



Stay at home if
you feel unwell

YOUR GUIDE TO PLANNING FOR THE INEVITABLE



Getting your paperwork in order

Throughout our lives we work hard to secure our families' futures. We all want to ensure our assets and finances are secure and our wishes are understood in the event of our passing or infirmity.

A legal professional can help you protect your assets by developing various documents, including an estate plan, Will, enduring power of attorney and enduring guardianship.

An estate plan includes your Will and other directions on how you want your assets distributed after your death. A good estate plan should minimise the tax paid by your remaining family and help reduce the likelihood of family disputes.

It is important all older Australians prepare a Will – an accurate representation of how you want your property and possessions distributed after you pass away – and review it every three to five years. In the event a person dies without a Will, they have no say in how their assets are distributed.

An executor is responsible for the entire administration of an estate and for carrying out the wishes outlined in a Will. Many people appoint the Public Trustee (Tasmania) or State Trustees (Victoria) to be their executor rather than a family member or friend.

Enduring power of attorney is a legal document that allows you to appoint somebody to manage your financial affairs if for any reason you lose the capacity or choose not to make financial decisions.

It is important to choose your representatives carefully as they will be responsible for making legal and financial decisions on your behalf.

Spirituality in dying

Uniting AgeWell understands how important spiritual care and wellbeing is when preparing for the end of one's life.

Our Chaplains are available to provide support across Uniting AgeWell's residential sites or to facilitate connections between community clients and their local congregation, minister or pastoral care team.

Uniting AgeWell Director of Mission John Broughton said Chaplains provided a safe and sacred space to have conversations about an individual's wishes, care needs, emotional support needs, and to offer a comforting presence at the end of life.

"We embrace and encourage spiritual expression which is meaningful to our residents and their families, regardless of their beliefs or religious background," John said.

Another important document older Australians should consider developing is an advance care plan. This document will ensure your decisions about care and treatment are respected if you are no longer able to speak for yourself.

In Victoria, advance care plans can include legally binding advance care directives, including specific instructional directives about the treatment a person consents to or refuses, and directives that describe the person's views and values.

To develop an advance care plan, start by talking to your GP or health professional.

Resources

Public Trustee (Tasmania)

T: 1800 068 784

www.publictrustee.tas.gov.au

State Trustees Victoria (Victoria)

T: 9667 6444

www.statetrustees.com.au

ASIC Money Smart (National)

<https://www.moneysmart.gov.au/>

They say there are only two guarantees in life – death and taxes. Both are difficult to comprehend, often confronting and easier to process with planning and professional support. Thinking about our own death can be particularly difficult for some people but planning ahead can save family members additional stress when the time comes, and ensure your life and legacy are honoured in the way you intend.

To promote the incorporation of spirituality into end-of-life care across a range of sectors, Uniting AgeWell helped pioneer a new training resource with Meaningful Ageing Australia, UnitingCare Australia and Uniting.

The Spirituality of Dying Workshop was designed to support employers in the health, aged care and community services sectors to train staff on the importance of spirituality for human living and dying.

John said spiritual care was “core to quality end-of-life care” and the training resource would ensure more people had access to spiritual care wherever they were.

If you would like to connect with a Uniting AgeWell Chaplain or your local Uniting Church congregation, contact John Broughton on 1300 783 435 or email jbroughton@unitingagewell.org

Ticking off your wish list

Is there something you have always wanted to do but never got around to it? Writing a wish list is a fun way to define your life goals and set about achieving them.

Uniting AgeWell’s Wishing Well program can help community clients achieve their dreams thanks to the generous support of corporate sponsors at its Annual Charity Golf Day and community donations received throughout the year.

The Wishing Well program has helped realise dreams for many people, including Craig Johnston who raced laps in a sports car, Dulcie Reeve who rode in a helicopter on her 90th birthday, Helen Cherrie who went to the WWE (World Wrestling Entertainment) Super Show-Down and John Ronk who took his wife out for a special wedding anniversary dinner.

If you have a wish, talk to your Client Advisor about whether the Wishing Well program can help you. For more information about the program, or to donate, contact our Wish Coordinator on T: 9133 5012 or wishingwell@unitingagewell.org

Funerals

Your own funeral can be hard to think about, but planning ahead can save your family members stress or money during a difficult time.

If you want to be remembered on your own terms, planning your funeral is the best way to go about it.

You can work with a funeral director, document your wishes in your Will or provide your plan to someone you trust.

There are many things to consider when planning your funeral. They include:

- ◆ Would you prefer a religious or secular service?
- ◆ Would a private family service at home or your favourite outdoor location be more suitable?
- ◆ Do you want to be buried or cremated?
- ◆ What type of grave do you want? Eg. monumental grave, head stone, lawn grave, plaque
- ◆ What songs, music or readings do you want included?
- ◆ Who do you want to prepare or read your eulogy?
- ◆ Do you want to choose your own pallbearers?

A growing number of Australians, including Uniting AgeWell clients and residents, are planning ‘eco’ or ‘green’ funerals to reduce their impact on the environment.

“There are so many options available to reduce your carbon footprint,” said Uniting AgeWell Palliative Care Specialist Kerry Whitlock.

“We’re seeing an increasing number of people choose to be buried in biodegradable coffins and one woman who chose to be buried in sheepskin. We had another client who chose a cardboard coffin that her grandchildren painted beautifully.”

Depending on how a person would like to be remembered, a funeral could cost anywhere from \$4,000 to \$15,000, according to Australian Securities and Investments Commission’s (ASIC) Money Smart. Paying for your funeral ahead of time can ensure no one feels pressured to come up with a large sum of money quickly, in the event of your death. There are many options for funding funerals in advance, including pre-paid packages, bonds and insurance.

Deciding how to plan for or fund your funeral is a big decision. Uniting AgeWell suggests readers talk to their family and professional advisors prior to signing any paperwork.

HITTING THE ROAD WITH FRIENDS

Geoff Eadie enjoys getting out and about, visiting his old haunts and observing how much Hobart has changed over the years.

The 92-year-old has the opportunity to explore his hometown with like-minded people through Uniting AgeWell's Motor and Munch group – aptly named because they take regular bus trips and eat together.

Once a fortnight and one Saturday a month, Geoff and the 'Motor and Munchers' head out for a scenic drive around the greater Hobart area and sit around a big table to share lunch or a snack.

"It's really good," said Geoff. "It's something to look forward to."

Team Leader Ria Padman said the group was established in 2017 to reduce social isolation and enable home care clients to connect with others in their community.

"We have about six to eight regulars and several other clients come along every now and then," she said.

"The group members are encouraged to nominate outings but our team also makes suggestions like museum displays, local events or tourist attractions."

On previous outings, the Motor and Munch group has enjoyed a decadent high tea and walk through the enchanted Peter Rabbit Garden at the Riversdale Estate in Cambridge; and



spent the day at Hobart Warf, learning about the history of the IXL Building.

Geoff always enjoys watching the scenery out the window of the bus and the jovial conversations he has with his Motor and Munch friends.

"One gentleman, who is 80, and I always sit together on the bus and have a joke," he said.

"Sometimes we're the only blokes so we always have a beer together."

After each outing, he says everyone in the group is thankful for the experiences they have shared with new friends.

i For more information about Motor and Munch, contact Uniting AgeWell's Southern Tasmania Home Care team on T: 6282 1193 or for information about other social groups across Victoria and Tasmania, call T: 1300 783 435.

More clarity for older Australians

The Australian Government is making it easier for older people to understand their rights and make informed decisions about their care.

From 1 July, all aged care providers were legally required to conform to the new Charter of Aged Care Rights, while a standardised pricing structure is enabling people to easily compare the cost of home care services across providers.

The Charter covers fundamental protections like safety, quality care, independence, information, personal privacy, control, fairness and choice.

Uniting AgeWell is required to deliver a signed copy of the Charter to all our customers or a representative, who will also have the opportunity to co-sign the document, by 30 September 2019 (for residential care) or 31 December 2019 (for home care).

However, clients are under no obligation to sign the charter and return it.

All home care providers now publish their Home Care Package pricing information in a new standardised pricing schedule, introduced following consumer concerns about a lack of transparency and clarity on home care pricing information.

Uniting AgeWell's Home Care Package pricing schedule can be found on its website (unitingagewell.org) and the Australian Government's My Aged Care portal. Existing Home Care Package clients will be contacted by their Client Advisor in the coming weeks.

i For more information about the new Charter of Aged Care Rights, visit tiny.cc/AgedCareRights or visit myagedcare.gov.au to find out more about the standardised pricing structure.



Uniting AgeWell Project Officer Juliette Goodall (left) at the Girrawheen Art Exhibition launch with artist Barbara Morrison and her daughter Alice.

ART UNITES COMMUNITY

Art is more than a creative outlet – it enables people to tell their story, to contribute to the community and connect with others.

Uniting AgeWell's Girrawheen AgeWell Centre team observed this first-hand in May when the opening of its inaugural community art exhibition attracted a crowd of more than 200 people.

Visitors filled the centre's hall and it was 'standing room only' in the garden, as people lined up to see the exhibition entitled "Belonging".

Ninety-three works were submitted by Uniting AgeWell clients and artists associated with eight other local community organisations, including Lions Club Brighton, Connect Health Bentleigh and Brighton Art Society.

Regional Manager AgeWell Centres Melbourne, Amanda Mehegan, said there was a great feeling of community and connection at the launch event.

"In each of the works and artist statements, the creators explored what belonging meant to them and why they felt connected to something – a place, an animal or people," she said.

"We encouraged everyone to take the time to look at the beautiful pieces and read the statements, learn about the artists' stories and talk to our team about our programs."

The exhibition was made possible through a generous donation from Brighton business owner and Girrawheen volunteer, Bill Dove.

'Belonging' continued throughout May. Ten paintings sold during the exhibition, with the funds going directly to the artists.

News in brief

World-first medication service

Uniting AgeWell has introduced a new program aimed at reducing medication-related harm and improving community clients' quality of life. The new world-first model of care by Ward Medication Management, called 'Thrive', provides clients with regular medication monitoring, tailoring and a review using DNA analysis. **To register your interest in the program, talk to your Client Advisor or call T: 1300 783 435.**

Transitional community care boost

Tasmanian Health Services has extended its Transition Care Program (TCP) – Community Packages contract with Uniting AgeWell by another two years. Through the agreement, Uniting AgeWell delivers short-term programs to support older people in North West Tasmania to regain confidence and independence after a hospital stay. The contract has been extended until 31 January, 2021.

How are you tracking?

The Australian Government has launched a new website to provide people aged 45 and older with a clear picture of how they are tracking and how to prepare for the future. Life Checks asks users questions about four key areas that research has shown are integral to a person's wellbeing: health, work, finance and social life. The website then provides users with a free advice plan, including suggestions on positive steps towards better health and greater security. **For more information or to do a Life Check of your own, visit lifechecks.gov.au**

Restorative care boost

Uniting AgeWell has secured 18 additional Short-Term Restorative Care (STRC) packages, aimed at supporting seniors to improve function and boost their wellbeing at home. The new packages, announced in January, were part of the Government's \$58 million funding boost that created 775 additional STRC packages. The Melbourne Northern Metro home care team – which already delivers 10 packages – received eight additional packages in early 2019, while the Melbourne Eastern Metro home care team acquired 10 new packages this financial year.

For the diary

September

Dementia Friendly Communities: 30 September, Kingsville, Victoria

This Dementia Australia information session will explain the signs and symptoms of dementia, the challenges experienced by people living with dementia and how being a dementia-friendly community can benefit people living with dementia, the broader community, businesses and organisations.

Information: RSVP to Anita Ukalovic, T: 9680 0500, AUkalovic@unitingagewell.org

Dementia Awareness Month: September, Australia-wide

Dementia Awareness Month is an initiative designed to encourage all Australians to become more dementia aware and to get a better understanding of what it's like to live with dementia. Events will be held across the country during September.

Information: dementia.org.au/dementia-awareness-month

October

Melbourne Recital Centre pop-up concert: 8 October, Forest Hill, Victoria

The Melbourne Recital Centre is coming to Uniting AgeWell Strathdon Community for the Celebration of Ageing Well. Come along and watch a performance by the Flinders Quartet.

Information: Esperanza Rimando, T: 9133 5005, ERimando@unitingagewell.org

Victorian Seniors Festival: 6 – 13 October, Victoria-wide

More than 2,500 free or low-cost events will be held across Victoria to celebrate the 2019 Victorian Seniors Festival. Events will be held across Uniting AgeWell's Victorian sites this week for the Celebration of Ageing Well.

Information: seniorsonline.vic.gov.au/festivalsandawards

Seniors Week: 14 – 20 October, Tasmania-wide

Council on the Ageing's Seniors Week is a celebration of older people, with a particular emphasis on the many and various connections that occur in communities and neighbourhoods. Events will be held across Uniting AgeWell's Tasmanian sites this week for the Celebration of Ageing Well.

Information: cotatas.org.au/programs/seniorsweek

National Carers Week: 13 – 19 October, Australia-wide

Events and activities will be run across Victoria and Tasmania to celebrate National Carers Week, aimed at raising awareness about the diversity of carers and caring roles in your local community.

Information: carersweek.com.au

Bendigo Agricultural Show: 25-26 October, Bendigo, Victoria

The Loddon Mallee South Ladies Garden Group is entering the Bendigo Agricultural Show's 'recycled container' competition. Head down to the show and see how the ladies have repurposed old shoes, using succulents.

Information: Marilla Bonnet, T: 0437 862 101, MBonnett@unitingagewell.org

November

Melbourne Cup Luncheon: 5 November, South Arm, Tasmania

Uniting AgeWell has invited community services clients to celebrate the race that stops the nation at the South Arm RSL from 12pm to 3.30pm.

Information: Sarah Giameos, T: 6282 1150, sgaiameos@unitingagewell.org

Here to help

Uniting AgeWell offers a broad range of community services that enable older people to remain active and independent, and living in their own community as long as possible.

Choosing the right service to meet your needs is important. The Uniting AgeWell team can inform and guide you, tailoring a program of services that help you meet your goals.

Speak to our friendly team today and find out how we can support you to live and age well at home.

 **1300 783 435**

 **unitingagewell.org**