

Newsletter of IDEAS



MAY | JUN 2019

SENIOR YEARS



**IDEAS does
information
so you can
do life.**

Disability Information
Free, Accurate & Independent



info@ideas.org.au



1800 029 904



www.ideas.org.au



[@disabilityinformation](https://www.facebook.com/disabilityinformation)



[@IDEASAU](https://twitter.com/IDEASAU)

I'M FREE
Take Me!



Editorial - *Diana Palmer* **IDEAS Executive Officer**

Welcome to this edition!

IDEAS is currently facing a major funding cliff from June 30 as the only grant opportunity available to us has been released at the Eleventh Hour and if we are successful, its implementation won't be until September. This edition focuses on services, supports and resources for older Australians to live their best

life in a culturally rich and diverse community. The new IDEAS website has a rich tapestry of resources and services and supports especially for older Australians with disability and age related disabilities. Please refer to the Senior Years category on our website at www.ideas.org.au for more information or to discover services and supports near you.

IDEAS welcomes the Prime Minister's announcement of a *Royal Commission inquiry into Violence, Abuse, Neglect and Exploitation of People with Disability* in Australia, and acknowledges the vital role information and advocacy services play in protecting the rights of People with Disability. Both state and federal entities must be mindful of upholding the *United Nations Convention on the Rights of Persons with Disabilities (UNCRPD)* when withdrawing funding for these services.

We are campaigning strongly for our survival and need your support. Please let your local member know how you feel about the work we do and what the gap will be for you if we aren't here. Follow us on Facebook and Twitter, share our messages to show your support. In the lead up to the Federal Election on May 18, it is more critical than ever for people with disability and the people who love and support them, to let their voices be heard by candidates, MPs and Ministers.

People with disability have been asking for better access to information since the *Shut Out Report in 2009* and we are still waiting for that to be addressed. IDEAS wants to continue providing information to enable people with disability to make informed decisions about their daily living. We provide information that is free, accurate and independent. We do information, so you can do life. We don't want to hang up on people with disability, their carers and supporters.

I hope you enjoy this edition.

Regards,
Diana

What's inside

Latest Ideas.

- 4 Our New Website
- 5 Help us help you
- 6-7 Women's & Men's Health
- 8 Flu vax: for a greater good
- 9 New Commissioner for NSW



NDIS News.

- 10 NDIS for 65+
- 11 My Aged Care



Feature: Senior Years.

- 12-13 Stroke Recovery NSW
- 14-15 Radio 2RPH
- 16 NSW Elder Abuse Hotline
- 17 Falls Prevention
- 18-19 Grandparents as Primary Carers
- 20-21 Dementia Care



Travel and Transport.

- 22 Transport Concessions
- 23 Community Transport
- 24-25 Sit, Stay!



Equipment and Technology.

- 26-27 Artificial Intelligence Mirrors
- 28-29 Personal Alarms
- 30 Sensory Blankets



Coming Events.

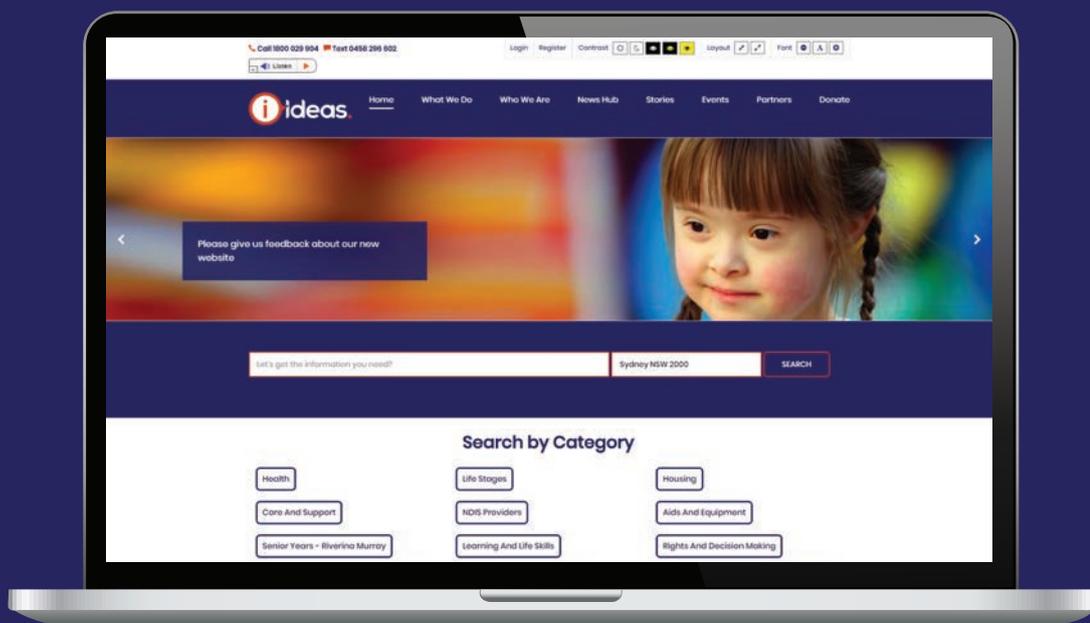
- 31 What's On: May - June 2019





**IDEAS does
information
so you can
do life.**

**We have a brand new
website.**



We've been busy building our new website! With a fresh new look and a whole new layout. We've collated user feedback and consulted with auditors and web developers to change the way our website works and looks, to better meet community expectations and increase usability.

We'd love to hear what you think, so please go to www.ideas.org.au and send us your feedback!

Connect today.



IDEAS is a not for profit organisation and is currently funded by an ILC National Readiness Grant. Our funding agreement will end in June of this year. We are lobbying for information and advocacy services for Australians with disability to continue to be funded at both State and Federal Levels.

We don't want to #HangUp on people with disability! People with disability and the people who love and support them can call us 8am-8pm Monday to Friday. We provide specialised disability information, which is free, accurate and independent. We do information, so that you can do life.

We are a registered charity, and we need your help! Amounts over \$2 are tax deductible, and any amount will help. All proceeds go towards helping us help people with disability, their families and carers, and every little bit helps.

YOU CAN DONATE NOW ONLINE

www.ideas.org.au

1800 029 904

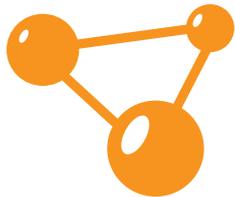
DID YOU KNOW?

In 2017-18 each IDEAS information officer made on **average 13 calls to answer a single enquiry**

3766
calls answered in 2017-18

2550
TOTAL ENQUIRIES TO THE INFO LINE

Women's & Men's Health

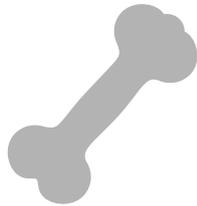


Mammograms

Women between 50 and 74 should have a check every two years to help early detection of breast cancer.

Bone Density

Bone density testing is advised following a fall and subsequent fracture.



Skin Examinations

A person noticing a change in a mole or spot, or one developing is advised to have their skin checked.

Body Mass Index (BMI)

BMI and waist circumference are two ways to measure a person's healthy or otherwise weight.



Blood Glucose Testing

To check for, and to monitor diabetes. A high level of glucose in the blood may indicate diabetes or being at risk of diabetes.

Women's Health Check

Men's Health 'Spanner in the Works'

Cars, trucks, utes or motorbikes, whatever men favour, it is a pretty safe bet that it gets a service and check over quite regularly. Every 1,000 kms or at registration time. This ensures it runs at its optimum level and costly repairs are avoided further down the track. Sadly, the same can't be said for many men with their own health, with the common platitudes of "It's not too bad", "I'll battle on", "I don't have time to see the doctor" or similar offered as an excuse.

In this day of "Dr Google", the amount of information available can be overwhelming and again men may not be inclined to wade through it to seek an answer. The "Spanner in the Works" initiative by the Australian Men's Shed Association provides several topical health messages in ways that are understandable and achievable.

Men's Health Checks

Blood Pressure Testing

High blood pressure can show as a headache, dizziness, chest pain or a stroke. Low blood pressure is serious in elderly people at risk of a fall from feeling light-headed or dizzy.

Eye Tests

on a regular basis can help to maintain good eye health. Glaucoma is identified as an age-related condition.



Cervical Screening Tests

have replaced the Pap smear and are used to detect the human papilloma virus (HPV). Women aged 25-74 should have their first cervical screening test 2 years after their last Pap smear.



Dental & Hearing

Recommended every 12 months.

Cholesterol Tests

Also known as lipid profile tests can show the levels of cholesterol and other fats in the blood and help to identify a risk of heart disease and stroke.



Bowel Cancer Screening

Test kits are sent to eligible people aged 50-74. Results can help to highlight the early stages of the disease.

It sets out some things that can be done, suggestions as such, to improve their health and promote their chances of a longer and happier life. It sees that even minor adjustments such as a little more exercise, can have a major impact on the health of men, and can extend to other areas of their lives such as relationships and work. The use of “maintenance schedules” outline some age-related health issues of different age groups. They provide information and a checklist of what to discuss with your “mechanic” or GP. There are resources on the website with additional information available from Health Speakers and peak body organisations.

SPANNER IN THE WORKS CONTACT DETAILS

www.malehealth.org.au

IDEAS ID: 81902

Flu vax: for a greater good

This year, more than 6 million doses of the influenza vaccine have been secured to ensure Australians who are most at risk of getting sick during this year’s flu season are able to access free influenza vaccines through the Australian Government’s **National Immunisation Program**.

You are eligible for a free flu shot if you are:

The infographic consists of four overlapping circles, each with a photograph and a text overlay. The first circle shows a young girl with pigtails and the text 'Child 6 mth -5 yrs'. The second circle shows an elderly couple embracing and the text 'Over 65'. The third circle shows a pregnant woman being examined and the text 'Pregnant or suffering a chronic condition'. The fourth circle shows a woman and a young girl smiling and the text 'ATSI 6 mth +'.

The flu is more than a cold. Symptoms of the flu, or influenza, include fatigue, aches, fevers, chills, cough, sore throat, runny nose and headaches. It can be extremely debilitating, and in extreme cases, even fatal. Getting your free influenza vaccination not only protects you from catching the flu, but also protects everyone you come in contact with, including infants who are too young to be immunised (0 to 6 months). You can get your free flu vaccine from any registered National Immunisation Provider (NIP). It's important to get the flu shot each year, as the virus changes and recent evidence suggests that protection diminishes over time.

An enhanced trivalent vaccine, Fluvad® (Seqirus), is being supplied for those aged 65 years and over. Most people will develop immunity within two to three weeks of vaccination. As influenza usually occurs from June, with the peak around August, getting your vaccination now will allow you to develop immunity before the flu season hits its peak.

NATIONAL IMMUNISATION HOTLINE CONTACT DETAILS

- 1800 671 811
- www.immunise.health.gov.au
- IDEAS ID: 57846

Information sourced from Department of Health 2019 influenza vaccines

New Commissioner for NSW



The NSW Government will establish an Ageing and Disability Commissioner from 1 July 2019, to better protect adults with disability and older people from abuse, neglect and exploitation in home and community settings.

The Commissioner will be a new, statutory authority which aims to strengthen the State's ability to respond to abuse, neglect and exploitation of people with disability and the elderly in home and community settings. Its key functions will include:

- Receiving, triaging & investigating allegations.
- Supporting victims & supporters during and after an investigation.
- Reporting on systemic issues in the sector.
- Raising awareness & educating on what to do and when.
- Managing the official Community Visitors program.

This is distinct from the NDIS Quality and Safeguards Commission and Aged Care Commission, which are responsible for safeguarding the quality of NDIS registered and aged care services respectively.

The NSW Government has established the Commissioner in response to a number of inquiries, including the NSW Ombudsman's ***Special Report on Abuse and neglect of vulnerable adults in NSW*** and the ***Parliamentary Inquiry into Elder abuse and the implementation of the NDIS in NSW***, all highlighting the need for the Government to more adequately respond to and prevent cases of abuse, neglect and exploitation of vulnerable people. If you require assistance before the establishment of the Commissioner, you can seek help from Elder Abuse Hotline (pg.16) or the National Disability Abuse and Neglect Hotline.

NATIONAL DISABILITY ABUSE AND NEGLECT HOTLINE CONTACT DETAILS

 1800 880 052

 IDEAS ID: 34378

Information sourced from Family and Community Services (FACS)

**NDIS for 65+**

The Commonwealth Continuity of Support (CoS) Programme was established to ensure older people with disability who are not eligible for the NDIS, will still be supported.

Eligibility for the CoS Programme is:

- based on an individual's circumstances and criteria
- only for pre-identified clients and service providers.

The CoS Programme will make sure that:

- older Australians who are receiving state and territory-managed specialist disability services are supported to receive similar services to those they received before the change.
- services for clients will not need to change and people will not need to move.
- continuity of support arrangements will allow clients to continue to receive services.

Your services should not change and you will not need to move. You will continue to receive your current disability services from your current service provider. If your service provider decides to stop your services, the Australian Government will endeavour to find another suitable provider so you receive a similar level of support.

If you are not eligible for the CoS Programme and are aged 65 and over, other support options are available to enter aged care. My Aged Care is a free service that provides information on how to access aged care services.

NDIS CONTACT DETAILS 1800 800 110 www.ndis.gov.au **IDEAS ID: 71366**

Information sourced from NDIS

My Aged Care



My Aged Care is the start point to access Australian Government funded aged care services for people aged 65 and over or 50 and over if you are Aboriginal or Torres Strait Islander. You may be eligible to receive a home care package to get you help at home, short-term help to get you back on your feet, or care in an aged care home.

You need a comprehensive assessment by an Aged Care Assessment Team (ACAT) or Aged Care Assessment Service (ACAS) in Victoria, to work out if you are eligible for a home care package, residential care in an aged care home, residential respite care, short-term restorative care, transition care or other services that you need. These are known as Consumer Direct Care (CDC) packages.

Home Care services include things like domestic assistance and help around the house, gardening assistance, home maintenance, personal care including bathing, toileting and dressing and assistance with food preparation, taking medications, continence management. Home Care is all about maximizing your independence and allowing you to live in your own home for as long as possible.

If you are not eligible for a Consumer Directed Care (CDC) option, you may still be eligible for home care services under the Commonwealth Home Support Programme (CHSP). Eligibility for the CHSP is determined at assessment by the Regional Assessment Services (RAS).

Contact the My Aged Care call centre Mon-Fri 8 am-8 pm, Sat 10 am-2 pm or visit their website any time for more information.

MY AGED CARE CONTACT DETAILS

 1800 200 422

 www.myagedcare.gov.au

 IDEAS ID: 68930

Information sourced from My Aged Care

SENIOR YEARS

Stroke Recovery NSW

Stroke is one of the largest health issues facing older Australians with over 56,000 strokes occurring in Australia each year, equating to one every 9 minutes. At any one time it is estimated there are over 240,000 people living with the effects of stroke within our community. Stroke kills more women than men. More women die from stroke each year than breast cancer and more men will die from stroke than prostate cancer. Stroke is more prevalent in older Australians, often occurring without any warning. No one is ever prepared for stroke with family and carers are often unsure where to go for assistance.



**STROKE RECOVERY
ASSOCIATION NSW**
REDUCING THE IMPACT OF STROKE

The Stroke Recovery Association NSW is an organisation advocating for and providing a range of stroke support and information services for those impacted by stroke. It aims to maximise the recovery of individuals who are affected by stroke and reduce the impact on their family/carers and the community. Supporting over 40 Stroke Recovery Clubs and support groups in NSW, it further assists in alleviating the feelings of isolation that many people experience following a stroke.

Many may experience ongoing feelings of frustration, depression, anger, resentment, a sense of powerlessness and fatigue. It is during these times that the person who has had a stroke and their family can benefit from contact with a support group. The Association supports survivors in their recovery process, providing a range of services including telephone counselling, and advice, information, advocacy and support. It also establishes and provides ongoing assistance to Stroke Recovery Clubs. These clubs provide opportunities for survivors and carers to meet and share experiences, provide mutual support, promote social inclusion and are a meeting place for people to share their knowledge and experiences. They provide an opportunity for group activities, speech practice, exercises and outings. Clubs are an excellent source of companionship for all those affected by Stroke, including families and carers.



At a Stroke Recovery Club meeting, you will be able to learn more about stroke, share experiences, make friends, receive emotional support, enjoy guest speakers, have social outings, and become inspired to move forward, enjoy guest speakers, have social outings and just have a cuppa together.

With the introduction of a 'Virtual Stroke Support Group' this year, there is the opportunity for every Stroke survivor to join one of the Stroke Recovery Clubs. A wide range of events and activities are held throughout the year. Contact the Association today or visit the website for more information.

STROKE SYMPTOMS

Remember, recognize and act fast



Face

drooping



Arm

weakness



Speech

difficulties



Time

to call

STROKE RECOVERY ASSOCIATION NSW CONTACT DETAILS

 1300 650 594

 www.stroknsw.org.au

 IDEAS ID: 2103

Information provided by Stroke Recovery Association NSW

SENIOR YEARS

Radio 2RPH

2RPH is a radio reading service that aims to inform, educate and entertain New South Wales' listeners. It features readings from daily newspapers, international and domestic magazines, and books for those with print disabilities.

It operates daily between 6:30am and 11:30pm, with the BBC World Service on overnight. The station relies on volunteers to be readers, announcers, producers, operators, editors and office workers. Currently, there are 180 volunteers.



Created to meet the needs of the print disability community in NSW, the audience was originally viewed as audio receptive or audio dependent. More recent and wider research, has expanded this view to comprise other listeners who tune into 2RPH such as:

1. Those who are blind, or who have low vision;
2. Those who are isolated, e.g. house bound, hospitalised, etc;
3. Those who may have difficulty understanding written information, e.g. a person with an intellectual disability, those who are illiterate or who have English as a second language;



4. Those who are time poor, drive for a living, are unable to purchase or access a range of published content on a regular basis, or just enjoy the diverse style of delivery provided by 2RPH.

Programs specifically for older people include:

- **Ageing with Attitude**, a fortnightly 30-minute program broadcast on alternate Saturdays at 20.00 (8pm). It takes the view that age is nothing, attitude is everything and explores how older age can be a satisfying and emotionally healthy time of life. Living with joy, and understanding the inter-relationship of body, mind and spirit. It is aimed at the 75 - 100 years.
- **Optimal Life**, a fortnightly 30-minute program broadcast on alternate Thursdays at 20:30 (8:30pm) and repeated on Sundays at 09:00. Delivering relevant, informative and entertaining articles for people between the ages of 55 and 75 years, this program is sponsored by Seniors Rights Service.



RADIO 2RPH CONTACT DETAILS

-  02 9518 8811
-  www.2rph.org.au
-  IDEAS ID: 40042

Information provided by 2RPH

SENIOR YEARS

NSW Elder Abuse Hotline

"Elder abuse can be defined as a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person. Elder abuse can take various forms such as physical, psychological or emotional, sexual and financial abuse. It can also be the result of intentional or unintentional neglect." - World Health Organisation (WHO – 2002)

The NSW Elder Abuse Helpline & Resource Unit provides information, support and referrals relating to the abuse of older people living in the community across NSW. Practical assistance and easy-to-understand information for older people, family members and frontline workers is available on ways to reduce and prevent abuse.

Community education and training for frontline workers will be conducted, and information sessions presented to community groups.

The Helpline collects key data to help inform best practice in terms of elder abuse policy and prevention moving forward.

From July 2019, the Elder Abuse Helpline Resource Unit will fall under the management of the NSW Ageing and Disability Commissioner.

New National Hotline 1800ELDERHelp (1800 353 374)

This is a new initiative with trials consisting of five specialist elder abuse units, three health justice partnerships, and four case management and mediation services. By the end of June, each state and territory will have a trial site established.

ELDER ABUSE HOTLINE CONTACT DETAILS

 1800 628 221

 www.elderabusehelpline.com.au

 **IDEAS ID: 71257**

Information sourced from Elder Abuse and WHO websites



Falls Prevention

According to the NSW Government, falls are the single most costly injury in the health system. Upward of 27,000 hospitalisations and over 400 deaths are the result of a fall. People aged 65 and over fall at least once a year and some fall more often. Locations such as aged care facilities and hospitals have a higher propensity of falls.

There are many ways to reduce the risk of falling. Here are some useful tips:

-  Drinking enough fluids,
-  Do regular exercise to keep muscles strong and lessen joint stiffness,
-  Eat healthy and nutritious food,
-  Follow the directions of prescription medication,
-  Wear appropriate shoes with a comfortable firm fit; this includes slippers.
-  Don't walk in socks,
-  Avoid wearing long robes, trousers, skirts or dresses
-  Hazard proof your home; remove loose rugs and repairing worn carpets.
-  Wipe up spills when they happen to avoid slippery situations,
-  Be sure to have enough lighting, especially on stairways and entrances,
-  If you use a walking aid be sure you do so at all times
-  Consider marking the edge of steps so they are easier to see.



This is an abbreviated version.

To see the full article visit: www.ideas.org.au
Or call us to receive a hard copy posted to you.

SENIOR YEARS

Grandparents as Primary Carers

Grandmas, grandpas, nonnas and pops, nannas and das become primary carers of their grandchildren in one of three main ways:

- Following a parenting order made by the courts,
- Following state orders for the care and protection of children or
- Through informal arrangements that may or may not have the consent of parents or the state.

However the children come, and they can be aged anywhere from infants to late teens, there is considerable change for both parties. The numbers are very incomplete but there seems to be around 30,000 children under the age of 15, who live with grandparents alone. (Source HILDA Survey 2004).



The first thing for grandparents to know is that while each circumstance is unique, they are not alone, even though it might certainly feel it. The reasons that lie behind grandparents becoming the sole caregivers of children is usually:

- Parents substance abuse (in more than two thirds of families)
- Child neglect
- Parents mental illness and
- Family violence



Many grandparents get involved to stop children entering the foster system. Support groups are an important lifeline for grandparents raising their grandchildren. This has shown to increase resilience and humour. Key also to assisting these new families to access to the Parenting Payment and Family Tax Benefit.

Grandparents of children with special needs, require support to deal with the complexity of their needs, and they and the children need assistance to deal with the grief and loss experienced by all generations. Here are some tips to encourage good feelings and ease adjustment for new families:

- Set up a daily routine of mealtimes, bedtimes and other activities so that children have predictability in their lives
- Help the grandchildren to feel that they are “home” by making room for them and their belongings
- Talk with your grandchildren, and make sure they understand they can always talk with you
- Reward good behaviour with praise and practise positive discipline
- Have just a few rules, explain and agree on them with the children and stick to them
- Find shared activities like reading, and cooking or meal preparation
- Take up a sport or outdoor activity for the children with your support. This will get them out, provide them with a healthier life and be a stress reliever for you.

Call Centrelink's Grandparent Adviser Line to make sure you can access assistance with payments and services for parenting, and to access healthcare assistance.

Call IDEAS on 1800 029 904 for more information, including support group contacts and resources which can help you navigate the system.

GRANDPARENT ADVISER LINE CONTACT DETAILS

 1800 245 965

 www.humanservices.gov.au

 IDEAS ID: 81907

Information sourced from Department of Human Services

SENIOR YEARS

Dementia Care



Figures from the Australian Institute of Health and Welfare (October 2018), show there are over 400,000 people with dementia in Australia, with 55% being women. In Australian aged care facilities, more than 50% of the residents have dementia. Of people aged over 65 almost 1 in 10 people have dementia, and by 2028, the figure will have risen to 589,000. Dementia is the single greatest cause of disability in Australia for those aged over 65 years.

With such information it is not surprising that there is now a movement to establish dementia-friendly communities. They are defined as places “where people living with dementia are supported to live a high quality of life with meaning, purpose and value” (*Dementia Australia*). The consensus is that for dementia-friendly communities to succeed:

- people need to be aware of and understand dementia;
- people with dementia need to remain active in their own lives;
- respect and empathy are top of the list when looking after, or dealing with people with dementia;
- businesses need to be staffed with people who are educated in the most appropriate ways to interact with people with dementia;



- support is provided for people with dementia by their employers, so they aren't 'retired' prematurely from paid employment;
- environments and locations are safe and accessible,
- and members with dementia are welcomed and included in social groups and organisations.

Two locations in Australia are leading the way with dementia-friendly communities. Korongee, is a suburban village designed specifically for people with dementia. Located in Glenorchy in Hobart's north, it draws upon the model of De Hogeweyk village in the Netherlands. Currently being built and it will be open from mid-2020. A supermarket, cinema, café, beauty salon and gardens will be included in this complex.

A second location is Kiama on the South coast of NSW. A joint venture between a number of entities the aim is to make Kiama dementia-friendly. The Alliance has a range of people, namely those with dementia, representatives from local government and community organisations, businesses and schools.

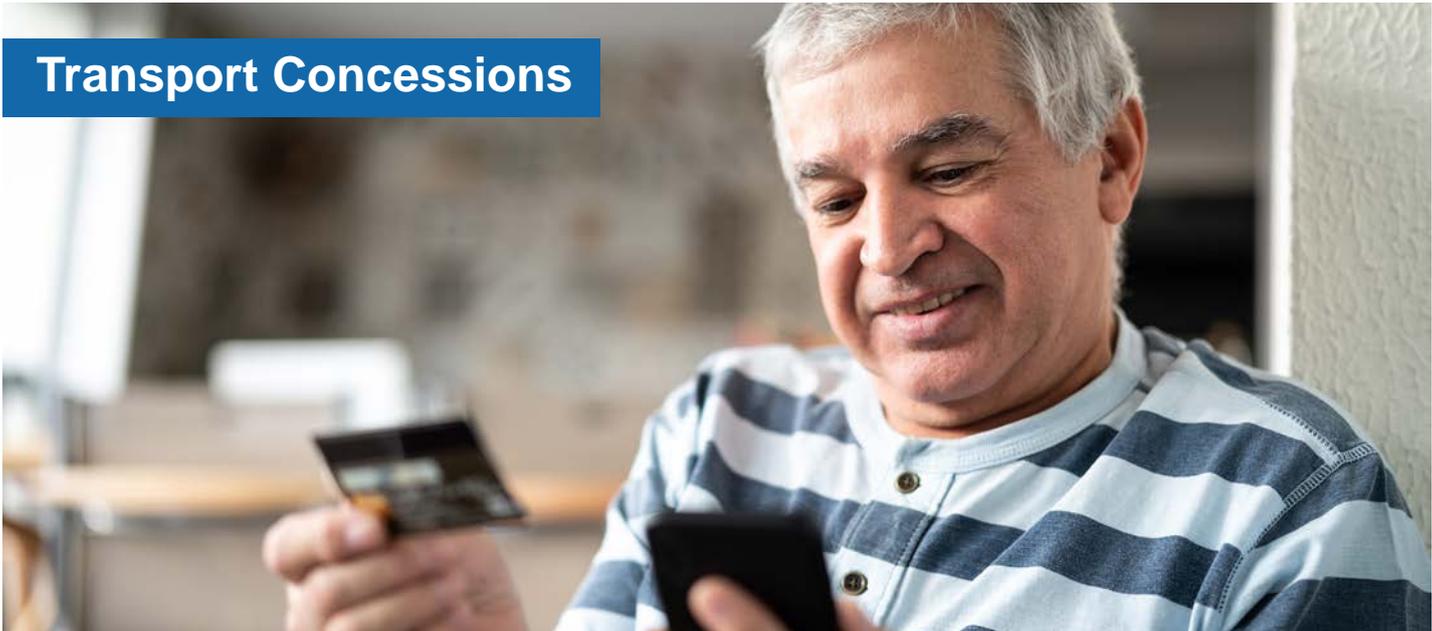
Regular meetings ensure the provision of advice and support, and opportunities for discussion to promote Kiama. Training is provided and there are resources to support businesses to become dementia-friendly. Information sessions help to raise awareness of dementia for all members of the community. Volunteering, employment and social opportunities are promoted with local organisations. The physical environs in and around Kiama are being improved with more appropriate signage in public areas. A website called "OurPlace" pinpoints dementia-friendly areas in the local community. It lists the following locations: Kiama, Darwin, Port Macquarie, Bayside/Brisbane and Bribie Island. York and Manjimup in WA were pilot sites with Alzheimer's WA, and Margaret River and Toodyay, are set to become dementia-friendly communities.

OURPLACE CONTACT DETAILS

 www.ourplacemap.com

 IDEAS ID: 81922

Information sourced from Dementia Illawarra, ABC News and Kiama Municipal Council



Transport Concessions

If you have a Seniors Card issued by any Australian state or territory, you are entitled to concession fares on public transport in NSW. You will need to apply for a Gold Opal card on the Opal website.

You must carry your Seniors Card when travelling on a concession fare as proof of entitlement or you may be fined. Some Seniors Cards are not accepted.

Pensioners Concession travel

If you have a Pensioner Concession Card, which is issued by Centrelink if you are receiving an eligible Centrelink payment, such as the Age Pension or Disability Support Pension, you are entitled to concession fares on public transport in NSW. You will need to apply for a Gold Opal card on the Opal website.

You must carry your Pensioner Concession Card when travelling on a concession fare as proof of entitlement or you may be fined.

Concessions are generally not available on private ferries, event shuttles buses, chartered bus services and Great Southern Rail services.

Veterans and War Widows and Widowers

Ex defence with service-related disabilities as well as war widows and widowers are entitled to a range of free or concession travel. You can apply for a free (Silver) Opal Card when you apply for your specific concession card from Transport NSW.

<p>TRANSPORT NSW CONTACT DETAILS</p>	<p>OPAL CONTACT DETAILS</p>
<p> 131 500</p>	<p> 13 67 25</p>
<p> www.transportnsw.info</p>	<p> www.opal.com.au</p>
<p><i>Information sourced from Transport NSW</i></p>	



Community transport services are available to a wide range of people who require transport to recreation and shopping areas, medical and social services and for social contact.

Community transport services are locally based in communities and assist people experiencing transport disadvantage, including: people who are financially disadvantaged, isolated, lack public transport or have a mobility impairment, older people who are frail and their carers, people with disabilities and their carers.

Transport for NSW provides services under three government programs.

Commonwealth Home Support Program

The Commonwealth Home Support Program (CHSP) provides funding for older eligible individuals and is aimed at supporting individuals in staying independent and in their own home for longer. This funding is for the provision of community transport services via community transport providers. My Aged Care manages assessment for eligibility to receive CHSP support.

Community Transport Program

The Community Transport Program (CTP) assists individuals who are transport disadvantaged owing to physical, social, cultural and/or geographic factors. Individuals who do not qualify for other support programs may be eligible for community transport.

Community Transport Service Providers

A list of community transport service providers can be downloaded from the website or telephone 02 8265 6962

Information sourced from Transport NSW

Sit, Stay!



House-sitting or Pet-Sitting is where you stay, watch over and care for people's houses, gardens and pets while they are away, in exchange for free accommodation. It is a great way to travel and keep costs down. You can live like a local in any corner of the earth, as you while away your time with just a few small errands each day.

Benefits for the homeowner

Pot plants are being watered, the house looks lived in and secure, mail/ papers are collected, bins are put out/in, pets are being fed, walked, cared for and loved.

For the house-sitter

Travel, new opportunities, not having to pack the kitchen sink, and free accommodation into the bargain.

House sitting is ideal if:

- You are retired or travelling
- You are renovating or saving for a home
- You want to move and are testing the ideal location
- You love pets or animals
- You need to keep rent or accommodation costs low

Tips for first time house-sitters:

References are an advantage. Obtain them from people of standing in your community that have known you and can vouch for your good character. If you cannot obtain a written reference, permission for the enquirer to contact them for a verbal recommendation is a good idea.

Tips about building your profile for house-sitting or pet sitting websites:

- State if you are a non-smoker
- Take note of animals you are happy and experienced to care for and if you care for indoor pets
- Use a clear, current photograph
- Note any special skills you have
- Pay attention to spelling and grammar
- Add references if available.

On your stay:

- Make a good first impression
- Stick to the homeowner's guidelines and expectations
- Ask for a list of emergency contacts eg the Vet, trusted friends
- Treat every house-sit like a new job and make an effort to get to know the needs of the homeowners and the pets
- Keep in regular contact and show that everything is under control
- Have a daily checklist so you don't forget an important task
- Respect privacy
- Clean and change sheets and tidy before you leave.

Leave the home in better condition than when you found it, or even leave a parting and thoughtful gift.



This is an abbreviated version.

To see the full article visit: www.ideas.org.au

Or call us to receive a hard copy posted to you.

Artificial Intelligence Mirrors



Detecting symptoms of Parkinson's and Alzheimer's

Simon Cullen is an Artificial Intelligence (AI) and computing specialist who has developed a program that can track body movements associated with Parkinson's disease and Alzheimer's.

As people go about their day doing everyday tasks such as brushing their teeth or doing their hair, a video camera positioned above the mirror can capture images of their movements.

A computer program developed in conjunction with doctors and occupational therapists can assess the video and identify signs and the severity of symptoms. These symptoms can then be tracked over time to observe the progress of the disease. Health professionals can then obtain a report.

Based at the University of South Australia's Innovation and Collaboration Centre in Adelaide, Simon Cullen's motivation for designing this product was to help keep older people in their own homes for longer while also reducing the number of visits they made with their doctors and other health professionals.

For people in regional and remote areas there are obvious benefits and it highlights the power of technology to shrink the distance between patients and clinicians.

Regular testing and the resultant information obtained can assuage family concerns about a loved one and reassure them that they are okay to remain living in their own home. It can also support the decision of when it is time for a change and movement into assisted care.

The integral piece of technology used in this design is the computer vision system that uses AI to track movement and compare it to known Parkinson's symptoms. A "movement skeleton" of what a person does and an associated report is then accessible by family members and relevant health professionals through a web interface.

An evaluation of a person may be done using the mirror in two ways. Firstly and more passively, observations are made of the person engaging in normal and everyday activities such as brushing their teeth and in the case of Parkinson's the mirror can detect if there are tremors present. A second and more active approach is by way of games and the use of a pointer, which is followed on the mirror.

It is still in its infancy with Cullen endeavouring to have an advanced prototype for the mirror developed by year's end. He aims to take it to the Consumer Electronics Show (CES) in Las Vegas in January 2020 and to SXSW in Texas in March 2020.

A South Australia start up, Lookingglass, based at UniSA's Innovation and Collaboration Centre, recently released an artificial intelligence (AI) web app that can detect early-stage Parkinson's disease.

Users simply upload a video recording and while it uploads, a computer vision system simultaneously uses AI to track movement and compares it with known Parkinson's symptoms. A report is created almost instantly.



LOOKINGGLASS CONTACT DETAILS

 lookingglass.co

 hello@lookingglass.co

 **IDEAS ID: 81913**

Information and image sourced from The Senior

Personal Alarms



Personal alarms help you keep safe, especially when you are living alone or are on your own overnight. This is a huge problem for older Australians, who might find themselves in a medical emergency and unable to seek help. As you grow older, your balance, agility and overall health and wellbeing can be reduced and you might become more prone to falls and health emergencies such as heart attacks and stroke.

Personal alarms are communication devices that are worn on your body, for instance on your wrist or around your neck. They can often be stylised and look just like jewellery and incorporate medical history and allergy tags and other vital personal identifiers. Wearable mainstream devices such as smart watches can also include personal alarm and medical ID functionality. Personal alarms and enabled mainstream devices can auto-dial or message a 24 hour emergency response service, family member or friend to let them know you need assistance. Assistance can be sent to you remotely and get you back on your feet or get you triaged and transported to hospital as required. If you have been identified as requiring Assistive Technology for personal care and safety, personal alarms can be paid for with either your NDIS or Aged Care package.

As the NBN continues to roll out, it is important to note that your personal medical alarm or auto dialler may not work properly once you have migrated to the NBN network. You need to contact your personal alarm supplier or monitored service provider and ask if your service will be affected by the changeover. If it is going to be affected, you need to find out what you can do to make sure your personal

alarm still works properly. The changeover can affect monitored and unmonitored personal alarm services as well as auto diallers, which connect to family or friends as opposed to a monitored service.

There are many more services and products to choose from in this category, too many to list here, so please contact our call centre on 1800 029 904 so we can give you the options you need to make an informed choice.

LIVE LIFE ALARMS CONTACT DETAILS

- 1800 936 774
- lifelifealarms.com.au
- IDEAS ID: 81782

DID YOU KNOW?



IDEAS is now open from

8AM - 8PM AEDT/AEST

Monday to Friday

- Toll Free: 1800 029 904
- Email: info@ideas.org.au
- LiveChat: www.ideas.org.au

E-BILITY.COM

LOOKING BACK ON 2018



215
Vehicle listings

155
Equipment listings



59,965 PAGE VIEWS

HELPING PEOPLE WITH DISABILITY TO SELL THEIR SECONDHAND ITEMS FOR OVER 21 YEARS



CONTACT US NOW

SALES@E-BILITY.COM
OR
1800 029 904
ASK FOR THE EBILITY TEAM

Sensory Blankets



Sensory blankets may also be referred to as Fiddle Quilts, Fidget Quilts, Touch Quilts, Fiddle cushions, Twiddle mats, busy blankets or Fidget aprons. Actions such as pulling at clothing, rubbing hands together, and generally keeping the hands moving are all signs of a person with anxiety and possibly with Alzheimer's or dementia. An effective way to temper these actions and the associated anxiety is with sensory therapy. Such simple touch-based activities can sooth a person's busy hands in a safe and dignified way.

Sensory blankets are tactile and visual with the aim being to occupy, soothe and perhaps excite a person who has Alzheimer's or dementia. With different textures of fabric such as silk, wool or satin, and a variety of things such as pockets, flaps, zips, keys and Velcro stripes attached, sensory blankets are ideal for people who have restless hands and crave repetitive and perhaps familiar activities. The most appropriate blanket is the one that sparks a person's memories, maybe of a past occupation or a long-term interest.

This has the added benefit of kindling conversations about a person's life and interests. It is often said that a person with memory-loss can remember things from years ago but not what they did yesterday. What a great way to rekindle some long-forgotten memories of an earlier time and connect in a deep and meaningful way. The end goal is to engage the person in something fun and interesting, and to keep their busy hands occupied. Happy Senses was established in 2013 and founded by sensory artist Bliss Cavanagh, who features in PLATFORM, a mobile art installation space that IDEAS have co-developed with Eastern Riverina Arts.

HAPPY SENSES CONTACT DETAILS

 happysenses.com.au

 IDEAS ID: 81918

What's On: May - June

6 May - iPad Course for Deaf Seniors - Wollongong

Community Gateway, 26 Atchinson Street, Wollongong, NSW, 2500

Contact: info@deafsociety.com

8-9 May - ATSA Independent Living Expo

Sydney Olympic Park, Sydney, NSW, 2127

Contact: 1300 789 845 or info@interpoint.com.au

12 May - Mothers Day Classic

The Mother's Day Classic is an annual event across Australia to do something active and fun on Mother's Day, while remembering those who have been affected by or who are living with breast cancer and raising money for breast cancer research.

More info: www.mothersdayclassic.com.au

15 May - ATSA Independent Living Expo - Brisbane

Royal International Convention Centre, Bowen Hills, QLD, 4006

Contact: 1300 789 845 or info@interpoint.com.au

4-5 June - Seniors Expo Gold Coast

Gold Coast Event Centre, Bundall, QLD, 4217

Contact: 02 9025 9392 or www.goldcoastseniorsexpo.com.au

15 June – World Elder Abuse Awareness Day

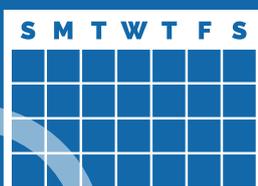
World Elder Abuse Awareness Day is celebrated to highlight ageism and inequality in our society, elder abuse. You can attend an event to celebrate near you.

More info: elderabuseawarenessday.org.au

10-16 June – Men's Health Week

Men's Health Week is the opportunity to make positive differences in the lives of men and boys. You can start an event or join one near you.

More info: www.menshealthweek.org.au



To find more events in your area, visit the IDEAS Website and browse the **Events Calendar**

www.ideas.org.au



Power Blog

Would you like to get paid to share your story?

An Australian First - a platform designed to give power to people with disabilities by allowing them a space to share their stories and art and get paid for it. Send us your 'pitch' today!

For more information please contact:



1800 029 904



marketing@ideas.org.au



**Did you know you can get the
Newsletter in Email and Audio?**

**Disability Infoline
1800 029 904**

Text: 0458 296 602 - LiveChat: www.ideas.org.au

**Disability Information
Free, Accurate & Independent**

IDEAS is a free telephone information service for people with disability, their family, carers and other supporters.

Ask us the questions, we give you the answers and you make the decisions.

IDEAS accepts selected advertisements and articles for the Newsletter of IDEAS, although this does not provide an endorsement of these actual services or products. You should always consult with a health professional before making a decision based on your individual needs. IDEAS gratefully acknowledges funding from the NDIS, the Australian Government through the Home & Community Care Program & the New South Wales Government FACS (Families and Community Services Department).