

seniorsvoice

NORTHERN TERRITORY

KEEPING NT SENIORS INFORMED

Published by



The peak body
for NT Seniors
since 1969



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KATHERINE EXPO IN PICTURES PAGE 7 – PLUS DARWIN AND ALICE PREVIEWS

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CINEMA



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GREENFIELDS
LIVING

Seniors Voice reaches milestone

Sue Shearer, CEO, COTA NT

When our Seniors Voice column in the community newspaper section of the NT News was discontinued in June 2019, we felt at risk of losing touch with those Territorians for whom we advocate. After all, not everyone is able to – or wishes to – access digital information and services.

A standalone *Seniors Voice* publication was first launched in March 2021. However its current design and format – in quarterly print and digital editions – was launched in February 2022 thanks to the generous sponsorship of Marshall and Cherry Perron.

100,000 Voices in the NT

We are now publishing the 10th edition of our paper, which means this month sees the 100,000th Voice released into the Territory.

We believe it's a milestone to be celebrated and I would like to take this opportunity to personally thank my staff for their ongoing contributions and commitment to Seniors Voice. It has been a team effort since day one.

Digital divide?

I would also like to thank the advertisers whose financial contributions to Seniors Voice help keep us in print (literally). As time moves on, there may be less need for COTA NT to bridge the so-called *digital divide*, but we do not believe we are there yet. Maybe you believe differently? We would be happy to hear from you either way.

Your contributions count

My thanks go to our Club and Associate Members, Sponsors and Supporters too, who support our work through financial and in-kind contributions. Every dollar



Our fundraiser movie is a great excuse for a slightly fancy evening out!
Photo: Kim Farrar for COTA NT

raised helps us to deliver *Seniors Voice*, as well as our events and programs.

Support our fundraiser

This May, we are seeking to increase our funds through our fundraiser movie, *Mrs. Harris Goes to Paris*. We are hosted at the iconic Deckchair Cinema

in Darwin, the premier venue for outdoor sunset movies. The evening will include a raffle prize, a prize for the best dressed/best-frocked member of the audience and delicious high tea style supper items. Please do support us and come along to the evening (more details on page 11).

Territory Seniors | Info

Northern Territory Government
Switchboard 08 8999 5511

NT Concession & Recognition Unit
1800 777 704 (free call)

Seniors Card 1800 441 489

Help Accessing Aged Care 08 8941 1004

Multicultural Support 08 8941 1004

Services Australia: Centrelink, Age Pension,
Health Cards, Financial Information,
Concessions, Loans, Retirement 132 300

Medicare 132 011

Disability, Sickness, Carers 132 717

Elder Abuse Helpline 1800 353 374

My Aged Care 1800 200 422

Aged Care Complaints Commissioner
1800 951 822

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seniorsvoice
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Main cover photo: Mel Bethel Photography for COTA NT at Katherine Seniors Expo 2024. Small right-side photo: Mindil Beach by Steve Lock, Darwin Camera Club.

Seniors Voice acknowledges the Australian Aboriginal and Torres Strait Islander peoples as the Traditional Custodians of the lands on which we live, learn and work. We pay our respects to their Elders, past, present and emerging.

Katherine connections

Seniors and community members in Katherine recently enjoyed the fourth COTA NT Expo coming to K-town. What a great day it was and all Darwinites arrived home safely despite the weather. Thank you again to all our wonderful exhibitors for turning out in great spirits and being more than ready for conversations and (friendly) interrogations. To date, the feedback has only been positive.... so see you again next year?

World Elder Abuse Awareness Day (WEAAD) – 15 June 2024

We try to do what we can as an advocacy organisation to highlight the social issues that affect seniors such as elder abuse and domestic and family violence (DFV). Sadly,

the Territory's statistics for DFV are some of the worst in Australia. Our Grandparents Day project, our work on safety (alarms, awareness raising and workshops), our support of the *No More* campaign, our efforts to understand seniors experience of ageism all underpin our awareness raising and education project for this year's WEAAD.

We welcome your help in telling people about the day, about the problem of elder abuse and encouraging school children to take part in the *Respect Starts Here* competition.

Voluntary assisted dying community consultations

The final report from the Expert Advisory Panel is due to government in July, but there is still time for you to have your say about developing a

framework for assisted dying legislation. To have your say, you can:

- provide a submission by Tuesday 30 April 2024 via email to vadinquiry@nt.gov.au
- post to Priorities Delivery Unit, GPO Box 4396, Darwin NT, 0801

Consultation closes 30 April.

You may also like to let your elected Member know about your views, as Members will have conscience votes (see page 12 for details).

Expos coming up

We are eagerly looking forward to our next two major Expo events in Darwin (Saturday 29 June) and in Alice Springs (Tuesday 13 August). How far have we travelled since 2014? This is now our **9th** Expo in

Darwin and our **6th** Expo/ Seniors Day in Alice Springs.

Exhibitor registrations are open for both Expos on our website at www.cotant.org.au/seniors-expos.

Seniors Month

Finally, remember to let us know if you are hosting an event for Seniors Month. For it to be in the print calendar, you need to register your event at the end of May if possible (see page 10 for more information).

There will be more from *Seniors Voice* in July, including news of what's coming for Seniors Month, Grandparents Day survey results, winning art and the usual mix of news, articles, Letters and more.

Letters to the Editor should be addressed to ntseniorsvoice@cotant.org.au.

Visits help improve seniors' lives

The Aged Care Volunteer Visitors Scheme (ACVVS) supports volunteers to regularly visit older people in-person to give friendship and companionship. Visits are available to anyone receiving government subsidised aged care services in an aged care home or through a Home Care Package.

Regular visits from volunteers can help improve the quality of life of older people and give them a stronger sense of connection and belonging.

Becoming an aged care volunteer visitor can be a rewarding and life-changing experience. You will make

friends, share stories and help someone who might be feeling isolated or lonely.

Volunteers usually visit for an hour once a fortnight at a time that suits both the volunteer and the older person. During a visit, a volunteer and older person can do anything they both feel like doing such as enjoying a chat over tea, taking a walk or working on a joint hobby.

Older people can be referred for volunteer visits by aged care service providers, family members or friends, or they can refer themselves.

For further information visit www.health.gov.au/our-work/aged-care-volunteer-visitors-scheme-acvvs

Alternatively, get in touch with Anglicare NT

- Stephanie Bradley, Anglicare NT
- Email volunteers@anglicare-nt.org.au
- Phone 08 8928 0620

The story of friends, Angelique and Ishy

Ishy has enjoyed regular weekly visits from Angelique in Alice Springs for almost 10 years!

After all this time, Ishy and Angelique feel like kin. Every year on Ishy's birthday, Angelique and her husband take Ishy out to her favourite restaurant. Together with Ishy's friends, they recently celebrated her 94th birthday.



Old friends, Ishy (pictured left) and Angelique met through the Aged Care Volunteer Visitors Scheme.

Angelique says of her friendship, "Ishy is such a blessing and an inspiration in my life, and I would be lost without her."

Photo and story supplied by Anglicare NT.

Respect for our elders starts here

COTA NT is working with Relationships Australia NT (RA-NT) to raise awareness of elder abuse, provide information and promote RA-NT's support and services for families experiencing elder abuse.

World Elder Abuse Awareness Day (WEAAD) on 15 June is a day which unites people in opposition to the abuse and suffering inflicted on older people. Sadly elder abuse is a worldwide problem, not one confined to any one state, territory or country.

This year, COTA NT and RA-NT will be holding two WEAAD events on 12 and 13 June in Alice Springs and Darwin respectively. These free community events will

offer information about elder abuse and support services, but will also be about sharing stories and experiences of ageing together over morning tea. If you wish to attend either event, please email activities@cotant.org.au, call COTA on **08 8941 1004** or book via [eventbrite](https://www.eventbrite.com).

COTA NT and RA-NT are also organising the **Respect Starts Here** initiative. This is a competition for Northern Territory primary school children (aged 5 to 12) in which they are asked to enter a drawing to show the Northern Territory what respect for elders means to them.

This competition will not only generate awareness of elder abuse but may also serve as a catalyst for starting age-

appropriate discussions about elder abuse. COTA NT and Relationships Australia NT are hopeful that education about elder abuse and domestic violence can start in our primary schools.

Support and help

If you know any primary aged children consider asking their parent, carer or teacher to talk about the competition. If they want advice about how to start age-appropriate conversations about abuse, they can contact Relationships Australia NT.

Phone: 1300 458 600

Relationships Australia NT can help older people and their families to resolve or prevent family conflict, have 'difficult conversations' and

improve communication skills, and reduce the risk of abuse, exploitation or neglect. Support is available from Aboriginal staff, interpreters are available for languages and Auslan.

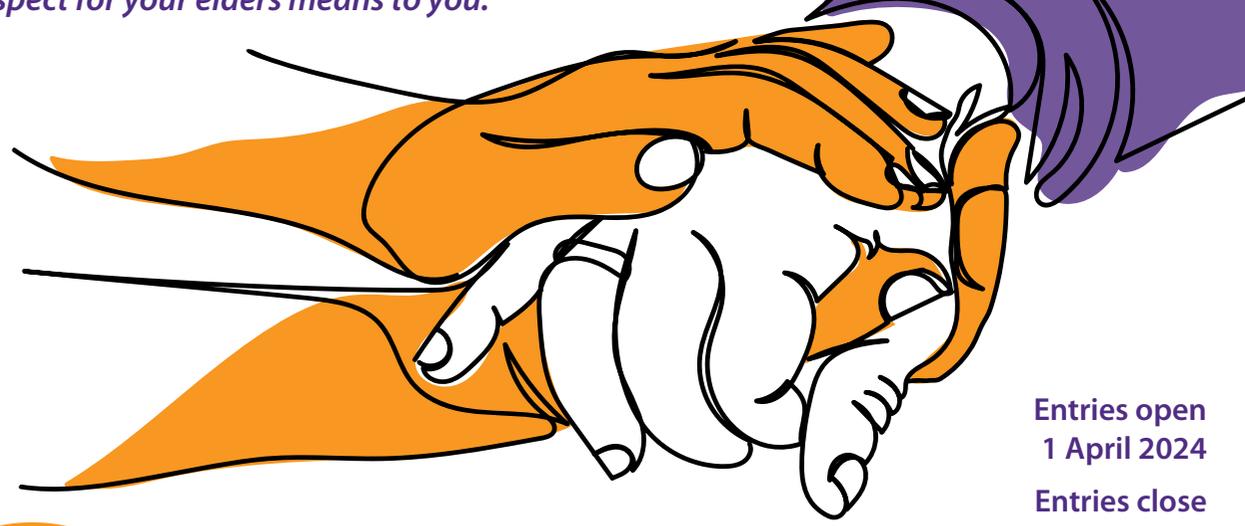
RESPECT STARTS HERE
Stopping elder abuse before it starts

SCHOOLS COMPETITION

If you're a Northern Territory student aged 5 to 12, enter the *Respect Starts Here* competition to show the Northern Territory what respect for your elders means to you.

**Do you love to draw?
Can you help us create a better place to live?**

Submit a drawing on RESPECTING ELDERS for your chance to win.



Entries open
1 April 2024
Entries close
31 May 2024

YOUR ART
on public display
and published
for over 246 000
Territorians

Head to www.cotant.org.au/respect-starts-here for more information



There's no excuse for elder abuse



Katherine Expo proved a hit...

COTA NT's Katherine Seniors Expo held on 7 March proved popular with exhibitors and locals with over 40 exhibitors in attendance and around 250 people coming along to talk to them.

Supported by the Northern Territory Government, COTA NT's Katherine Expo is now in its 4th year, has become a fixture on the Katherine calendar and continues to grow.

Attendees found answers to questions on health and aged care, finances, retirement, legal matters, consumer affairs, health and wellness, employment opportunities, training and workers' rights, volunteering opportunities, carers support, concessions, digital literacy and online connections, safety, consumer rights and protection, estate planning and more.

Expo was also visited briefly by Selena Uiibo MLA, Member for Arnhem who later expressed her appreciation for COTA's work and advocacy for senior Territorians.

"We just want to reach out with a note of thanks for a terrific COTA NT expo in Katherine last week... where we could make connections with the valued seniors of this community and rural and remote community members as well. We greatly appreciate all of your hard work – as well as the yummy treats for lunch. Thanks again for all the support and congratulations on a good event."

More Expo photos are published to the COTA NT website: www.cotant.org.au/photos/. Photos: Mel Bethel Photography for COTA NT.



and now it's Darwin's turn!

Registrations from exhibitors are already coming in thick and fast for COTA NT's 9th Seniors Expo in Darwin. Hosted once again at the CDU Marrara Stadium, Expo is on Saturday 29 June between 10am and 12pm.

Expo remains a free event, open to all members of the community and features information stalls, demonstrations and entertainment, plus the ever-popular (and delicious) free morning tea and gold-coin outdoor BBQ. A notable difference this year will be the use of convention-style exhibitor booths inside the stadium. It is hoped these will address the amplification issues of last year's event, as well as providing safer access to exhibitors and information.

Exhibitors are encouraged to apply for a booth online via the COTA NT website, www.cotant.org.au/darwin-seniors-expo-2024.

Registrations close on Sunday 16 June and successful applicants will be sent an exhibitors information pack prior to the day. New exhibitors can find out more about these Expos online (www.cotant.org.au/seniors-expo/darwin-seniors-expos) or by phoning Lorna McLaughlin, Activities Coordinator at COTA head office on 08 8941 1004 (Wednesdays to Fridays).

Expo is proudly supported by the Northern Territory Government, Netball NT and Territory 104.1 FM, its Club and Associates and Supporters.



Darwin Seniors Expo 2023: TeamHealth
Photo: William Carroll for COTA NT



AnglicareNT

We are here to help!

Anglicare NT's services uphold the choices and rights of older people, supporting you to live in dignity, engage in social activities and participate in the community.

Services include:

- Commonwealth Home Support Program
- Home Care Packages
- Aged Care Volunteer Visitors Scheme
- Care Finder
- Transition to Care
- Financial Inclusion
- NDIS Services and Support Coordination

Proudly supporting the
2024
Seniors Expo



Contact Anglicare NT in
Darwin, Palmerston, Katherine,
Alice Springs or Nhulunbuy
P: 08 8985 0000
E: anglicare@anglicare-nt.org.au

anglicare-nt.org.au



CatholicCare NT

AGED CARE ADVOCACY

Are you an older person who has worries about Aged Care?

Or are you worrying about an older person and their care needs?

Contact **CatholicCare NT** to ask a question or make an appointment.

OPAN: 1800 700 600

Alice Springs - Tel: (08) 8958 2400

Tennant Creek - Tel: (08) 8962 3065



Have you been a Victim of Crime?
Need information or support?

Victims of Crime Peer Support Groups

Free fortnightly meetings in Darwin
Wednesday Evenings 6 - 7:30pm

For more information or to register
Email: admin@victimsofcrime.org.au
Phone: 1800 672 242
www.victimsofcrime.org.au

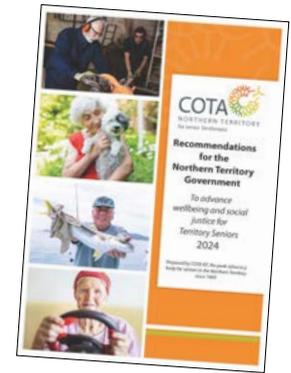
Boost for bus safety

The NTG announced that transit safety officers and private security officers will be across Darwin and Palmerston bus routes for two more years.

Transit safety officers can help to reduce anti-social behaviour by patrolling buses, bus stops and interchanges.

Transit safety officers can direct a person to leave a bus, interchange or stop, issue on-the-spot fines, arrest and detail a person if they have reasonable ground to believe a person has committed an offence and seize dangerous articles from someone who has been arrested.

Private security officers are also hired to keep drivers and passengers safe across the bus network.



COTA welcomes this announcement as concerns about safety on public transport were identified in its recent Seniors Card Members survey and highlighted in our Recommendations to NTG. We also recommended emergency response capability. We invite you to let us know how you feel about travelling on public transport. [Letters to the Editor.](#)

Senior's SAFETY ADVICE

All Territorians have the right to safer, better connected and more inclusive Territory Communities.



Home Safety

- Put valuables in a safe place.
- Don't become complacent.
- Always remember to Stop. Look and Lock.
- Utilise the *How Safe Is My Place* for a home security assessment.

Personal Safety

- Be aware of your surroundings.
- Be alert and walk with confidence.
- Keep your valuables on you.
- Let a friend or family member know where and when you are going out.



Online Safety

- Don't share personal information over the phone or internet.
- Avoid opening suspicious texts, pop-up windows attachments or links sent to you.
- Keep personal details and passwords secure.

Keeping connected

- Get neighbourly, introduce yourself to your neighbours.
- Start a hobby, join a club or volunteer.
- Connect via the internet if you have friends or family who live away.



independence matters
Australian Independent Retirees

AIR NT

AIR NT promotes the independent lifestyle of Territorians aged 50 +

We aim to assist fully or part self-funded retirees (and those planning their retirement) to enjoy the benefits of living in the Territory while ensuring our unique needs are met.

We convene meetings with presentations on topics of interest to members and guests either in or approaching retirement.

Meetings are on 2nd Monday of the month 5.30-7pm at Tracy Village Sports Club, Tambling Terrace Lyons and via Zoom.

Contact us at www.airnt.org
info@airnt.org

0422 022 408



Telstra switching off 3G on 30 June 2024

Source information: [Telstra](#)

Telstra is switching off 3G on 20 June 2024 which means that if you have a device that can ONLY use 3G, you won't be able to connect to Telstra's network after this date.

Telstra may have already contacted you if your device is affected. Information about mobile devices, watches, NextG Wireless Link, Internet of Things, Antennas and Go Repeaters and Medical Alerts is available on the Telstra website, www.telstra.com.au/support/mobiles-devices/3g-closure.

If your device doesn't support VoLTE emergency calling, you

will not be able to make an emergency call to 000 on the Telstra Mobile Network.

- Not all VoLTE enabled devices support emergency VoLTE calling, meaning they will not be able to make an emergency call to 000 once 3G closes.
- If somebody needs medical help and presses an alert button that relies on 3G, the alert will not be sent. This could delay emergency response.
- Once the 3G network closes, any device that can *only* connect to 3G will no longer be able to send a signal, initiate a data session, voice call or send an SMS.
- To be clear, if somebody needs medical help and

presses an alert button that relies on 3G, the alert will not be sent. This could delay emergency response.

- If your device supports 4G, in most cases it will continue to work. However, if it can make or receive voice calls, you'll also need to check with the supplier you purchased it from whether it supports Voice over LTE (VoLTE). Some older devices do not support voice over the 4G network.
- If you do have a 3G-only device, or one that doesn't support VoLTE, changing the SIM doesn't affect the device's ability to access the 4G network. We recommend you contact your supplier as soon as possible to upgrade.



To find out if your mobile phone is impacted you can SMS 3 to 3498.

Support from Telstra

Online on the Telstra website ([here](#)), by phone or in person (book an appointment at your nearest store).

Call **13 22 00** (Monday to Friday, 8am to 7pm AEST, Saturday, 9am to 5:30pm AEST)

Free flu vaccines

NT Health has advised that for the first time, those most at risk of severe influenza will be able to receive a free vaccine from participating pharmacies as part of the National Immunisation Program (NIP).

The NIP schedule provides free routine vaccinations for adults:

- People with specific medical conditions *Influenza*
- All Aboriginal and Torres Strait Islander adults *Influenza*
- Aboriginal and Torres Strait Islander adults 50 years and over *Pneumococcal and shingles*
- People 65 years and over *Influenza and shingles*
- People 70 years and over *Pneumococcal*

NT Health has advised that the 2024 influenza (flu) vaccination is now available for all Territorians over the age of six months. Territorians can access the vaccination from their GP, health clinic (including remote health clinics) and some community pharmacies.

Flu vaccination is recommended annually between April and June as the Northern Territory (NT) enters the dry season. For more information, including eligibility to receive the flu vaccine for free through the NIP, visit NTG's [Flu vaccination webpage](#) or call NT Public Health on **1800 008 002**.

Territory Services

Territory Services is a new online services portal where people can go to perform a transaction with the NT Government (NTG).

With NTG services spread across several NTG websites, it can be difficult to find where to go apply for a sports voucher or book a campsite. Territory Services is a portal that will direct you to the right place for the service you need.

There are currently 60 services in the portal, including:

- Concessions and rebates
- Driving and transports
- Births, relationships and death
- Media releases
- Government grants.



This number is set to grow as more services are digitised.

It is important to note that Territory Services offers Territorians and businesses *another* option to access NT Government services.

Using services through front counters, phone, mail and email are all still available.

If you have any feedback on the new service portal, use the feedback link under 'Connect with us'.

View the new website at, <https://service.nt.gov.au/>

Seniors Month ahead

If you are organising an event for the Northern Territory's Seniors Month in August, you can get your event listed in the Seniors Month Calendar, regardless of whether you received grant funding from the NT Government or not.

Simply make sure COTA receives your event registration in plenty of time.

For the *print* calendar, you will need to submit event registrations by **Monday 27 May 2024** to meet the production deadline.

If you cannot make this deadline, you should in the first instance contact COTA NT.

Ways to submit your event

1. Via the event form (preferred method) You can enter the details of your event directly into the online version of the calendar using the submission form here, www.cotant.org.au/events/territory-seniors-calendar/add.

The beauty of this method is that you are in control of your event data and can upload an image of your choice.

If you encounter a technical glitch, it may be that someone is trying to enter an event at exactly the same time as you and you should try again later. If you have problems using the form, COTA NT staff can help you. Simply call Head Office on **08 8941 1004**



(open Mondays to Fridays, 9am to 3pm).

2. Use a Word-based event registration form

You can also download the event registration form from the COTA NT web page, www.cotant.org.au/seniors-month

Fill in all the details and email the event registration form to activities@cotant.org.au.

3. Send details by email

You must include all event details including event name, description, date, time, venue, costs, booking details and organiser contact details.

Portable long service leave Bill

The Northern Territory Government (NTG) aims to support the retention of skilled and experienced workers in the community services sector with a new Bill that remedies the inequity of access to long service leave for some of the Northern Territory's lowest paid workers.

On 21 March, the NTG introduced the Portable Long Service Leave Bill to establish a portable long service leave scheme for community services sector workers.

The Bill recognises the transient nature of workers moving between employers in the community services sector, meaning they often do not

achieve the necessary length of service with a particular employer to qualify for access to long service leave after 10 years of service.

By recognising a worker's employment in the community service sector, rather than just with a single employer, they will have improved access to long service leave. It is estimated that approximately 10,000 people employed in the Northern Territory will be covered by the scheme. It is also hoped that the Bill will encourage the retention of skilled workers and incentivise them to remain in the sector.

This Bill has been a long time in the making and follows a 2019-20 consultation with the community services sector.

The Bill provides the proposed model and administration of the scheme.

The community services sector will continue to be engaged while details are fully developed and before the scheme becomes fully operational. Professions in the community services sector that would be covered by the scheme include respite services and day care services, crisis assistance and accommodation support services, disability services, community legal service providers, social workers, health and wellbeing services in Aboriginal communities provided by an Aboriginal controlled health service.



Seniors Month runs from 1 to 31 August 2024

It is an opportunity to become involved in a new activity and connect to the community.

The printed Seniors Month calendar is typically available from mid-July in over 70 outlets including libraries, electorate offices, community and shopping centres.

The online version of the calendar will be available on the COTA website [here](#) but the calendar also accepts event listings all year round.

We can't take you to Paris, but we can promise you the stars!

Fundraiser for COTA NT

Mrs. Harris Goes to Paris

Sunday 26 May, 5.45pm (doors open), 7pm (film)
Deckchair Cinema, Jervois Rd, Darwin

For those who dare to follow their dreams...

- Dress in your best frock! And be in to win the Best Dressed prize
- Purchase high-tea style supper
- Enjoy a critically-acclaimed movie made for the dreamers out there
- Enter the raffle* and see if your lucky number brings you treasure!

* raffle winners must be present on the night

Concessions \$15



COTA NT has a movie fundraising *Mrs. Harris Goes to Paris* at Darwin's iconic Deckchair Cinema on Sunday 26 May.

This absolute delight of a movie, set in the 1950s, follows the adventures of a widowed cleaning lady who falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook, but the very future of the House of Dior. This is the third film adaptation of the 1958 novel *Mrs. Harris Goes to Paris* by Paul Gallico and stars Lesley Manville and Isabelle Huppert.

A great night out for anyone who loves fashion – or old-fashioned cinema – this much acclaimed movie has appeal for all ages. High tea style supper and refreshments will be available for purchase on the night, plus raffle tickets and there is of course a prize for the best dressed movie goer.

What film reviews say about *Mrs. Harris Goes to Paris*

"What a treat to go back in time when fashion was so glamorous and proper."

".... it was like food for my soul."

"It's a rare cinematic treat."

"Adorably mood lifting..."

All proceeds from the night go towards supporting the work of COTA NT.



Doors open 5.45pm, movie starts at 7pm, stars come out shortly after!

Tickets available online or in person at the Deckchair Cinema box office or Visitor Information Centre, 6 Bennett Street, Darwin City Centre

www.deckchaircinema.com

Read more about the Deckchair Cinema on page 17.

What choice will our pollies make for us?



Sue Shearer, CEO, COTA NT

Well, time is nearly up for community consultations in regard to the Voluntary Assisted Dying proposed legislation. These are scheduled to finish on the 30 April, with the report to be finalised and handed to the NT Government in July.

Then comes the big question, especially with the looming NT election in August.

Will whoever forms the NT Government follow through with the recommendations of this report or will it just gather dust, as do so many of the reports that government has requested?

COTA NT hopes that all the hard work done by the VAD expert panel will not be wasted and legislation regarding VAD will be enacted.

We heard some harrowing stories, spoke to various religious organisations, visited Indigenous communities and held consultations with the multicultural community. We also spoke at length with health practitioners involved in the myriad of health services that are delivered.

We have tried to gather as many opinions, suggestions and directions from our diverse Territory community as possible in order to form and prepare our report; and to make recommendations that are representative of the community wishes, but with appropriate safeguards in place for the vulnerable in our community.

When the report is given to the government, there is a very real chance that the upcoming Territory election may stall the introduction of the proposed VAD legislation. With only 11 parliamentarians committing to support the proposed legislation when it is enacted, that leaves 13 parliamentarians that are sitting on the fence.

Have these parliamentarians gathered opinions from seniors in their electorates?

In 1995, the Territory government was brave; are we brave again? Or will we be the only place in Australia that will not prepare and enact VAD legislation?

Parliamentarians must remember what the acronym VAD means. It means **Voluntary** Assisted Dying – and it is our CHOICE – so do not deny Territorians their choice! We may choose not to use VAD, we might choose palliative care, but the operative word here is choice.

I urge you to ask your MLA to represent your views and to uphold a democratic conscience.

If a Bill offering Territorians the choice of assisted dying was presented to Parliament, Members of the Legislative Assembly will be able to free vote.

They have been allowed by Chief Minister Eva Lawler and Opposition

Leader Lia Finocchiaro to be guided by their conscience.

According to the NT News, 44% of pollies (11 Members) had voiced support of the Territory having voluntary assisted dying legislation in place.

Below is the summary of the paper's findings.

Ngaree AH KIT	Karama	Supports
Marie-Clare BOOTHBY	Brennan	Undecided
Joel BOWDEN	Johnston	Not clarified
Manuel BROWN	Arafura	Undecided
Joshua BURGOYNE	Braitling	Supports
Steven EDGINGTON	Barkly	Undecided
Lia FINOCCHIARO	Spillett	Undecided
Natasha FYLES	Nightcliff	Supports
Mark GUYULA	Mulka	Undecided
Jo HERSEY	Katherine	Undecided
Paul KIRBY	Port Darwin	Supports
Robyn LAMBLEY	Araluen	Against
Eva LAWLER	Drysdale	Supports
Gerard MALEY	Nelson	Undecided
Nicole MANISON	Wanguri	Supports
Mark MONAGHAN	Fong Lim	Undecided
Lauren MOSS	Casuarina	Supports
Chanston PAECH	Gwoja	Undecided
Brent POTTER	Fannie Bay	Supports
Kezia PURICK	Goyder	Supports
Mark TURNER	Blain	Supports
Selena UIBO	Arnhem	Undecided
Kate WORDEN	Sanderson	Supports
Bill YAN	Namatjira	Undecided
Dheran YOUNG	Daly	Undecided

Let them know what you think Contacts for our MLAs are here parliament.nt.gov.au/members/by-name

Thoughts on grieving

Klem Hedenig, COTA Member

**“The world breaks everyone and afterwards some are strong at the broken places.”
Ernest Hemingway**

Hemingway’s powerful statement speaks to the universal human experience of facing adversity including the loss of loved ones and overcoming it.

Grief is the natural emotional response to the loss of someone close, such as a family member or friend. Grief can also occur after a serious illness, a divorce or other significant losses. Grief often involves intense sadness, and sometimes feelings of shock and numbness, or even denial and anger.

People experience grief in many different forms and stages but, typically, manifests as intense and sometimes overwhelming sorrow and distress. For most people, the intensity of grief eases over time and the episodes of grief become less frequent. Grief and loss are a normal part of life, just like any other emotion, but knowing that we will all experience loss doesn't make navigating it any easier.

Metaphors used to express grief

- Being stuck in a hole
- Utter chaos
- Confusion and disorder
- Emotional rollercoaster
- Grief is shattering
- Burying my future.

Personal thoughts on grief

- It never occurred to me that you can love someone just the same – after they have gone. *Lucy Kalanithi*
- No one ever told me that grief feels so much like fear. *C.S Lewis*
- Grief taught me that I can reach out – if I only dare. *Jean DeBlieu*
- There is no quick ‘fix’ to grief. *Anonymous*

Psychologist Marilyn Mendoza, Ph.D. suggests that family and friends can make a huge difference to someone who is grieving, but that many of us don’t know what to say to them. We feel uncomfortable and then say something that comes from a place of caring but can anger and upset the bereaved. Despite being aware that others are trying to comfort them, such comments actually make them feel worse.

The following are examples of the most offending:

- You need to put this behind you.
- It was not meant to be.
- I thought you would be more upset.
- He brought this on himself.
- Everything happens for a reason.
- It is not good to visit the grave so often.
- Others have it worse than you.
- You must be strong.
- Why are you still crying?
- She wouldn’t want you to be so sad.



Marilyn Mendoza says the common theme of the above comments is that they are judgemental and controlling. We try to minimise and fix the grief, but only manage to make it worse. Fortunately, mourners have also confirmed that there are many helpful and compassionate things you can say to help them with their grief, such as:

- I don’t know how you feel, but I am here to help in whatever way you need me.
- I am sorry for your loss.
- I wish I had the right words to say. Just know I care.
- I am sorry you have to go through this.
- Let’s go have some coffee.
- I will keep you and your loved one in my thoughts and prayers.
- I am just a phone call away.
- I’m bringing dinner over.

These responses are helpful because they are not judgmental or controlling. No one can take the grief away; these comments are supportive and do not try to fix the unfixable. They do not tell the mourner what to think, do, or feel.

Some communication hints:

Listen – don’t say much – really take in what the person is saying and notice their body language (nod, say mmm, etc)

- Be ‘human’ (not God)
- Be ‘with’ – be with the bereaved and take them seriously
- Do not judge
- Do not solve
- Know where to guide the person for support
- Become ‘grief literate’.

At some point, we will all be in this situation. Simply ask them how they are coping and listen to what they have to say. Use the deceased’s name when talking. Tell funny stories about them or share special memories. There is no magic wand that can take away the pain and grief. The best any of us can do is to be there and be supportive and you can never go wrong being kind, considerate, and caring. Klem

References:

- www.psychologytoday.com/au/blog/understanding-grief
- www.healthdirect.gov.au/grief-loss
- *Dementia Australia Helpsheet: Grief and Bereavement after the Death of Someone with Dementia*

Being prepared with an APP

Sarah Edwards, Principal Legal Officer
Central Australian Women's Legal
Service (CAWLS)

It is not always an easy task to put plans in place for our last days, but it is an important one. From where you live, to what kinds of medical treatments you receive, to what happens to your property, there are a number of questions that can be answered ahead of time to make things as easy as possible for your loved ones.

Luckily, you don't have to make these plans alone. Many people rely on their support networks and professionals to assist them with their planning, which can be done well ahead of time to prevent stress in the future. Two of the most common documents that people wish to put in place as they consider end of life care and estate planning are a Will and an Advanced Personal Plan (APP).

Advanced Personal Plans are used to plan how you would like decisions to be made about your care and lifestyle if you can't make those decisions for yourself. They can be used to give decision-making power to another person (or people), and they can also provide details to your loved ones and treating professionals about what your priorities are in end of life care, and what kinds of treatments you do or don't want to receive. They can also be used to allow people to deal with your financial and legal

affairs when you are not able to do so yourself.

You may have heard this kind of thing referred to as an "Enduring Power of Attorney" or an "Enduring Guardianship", but they are now known as *Advanced Personal Plans* in the Northern Territory. It is often helpful to complete your Advanced Personal Plan with a trusted support person as well as someone who knows about your personal medical needs, such as your General Practitioner. You do not usually need a lawyer to make an Advanced Personal Plan, but it can be a good idea to discuss it with a lawyer ahead of time, particularly if you are giving decision-making powers to another person.

You cannot use an Advanced Personal Plan to determine what will happen after your death. That is where your Will comes in. There are cheap do-it-yourself Will kits available for people who feel comfortable preparing their own Wills. If you would like some additional help, or if your wishes are a bit more complex, then it can also be a good idea to ask a lawyer to prepare your Will.

Ultimately, the important thing to remember is that preparing in advance for your end of life care might be an unpleasant thought, but it is far better than leaving things to chance. It is a good idea for anyone, in any stage of life, to have a plan in place.

CAWLS is available to provide free and confidential legal advice to all women and non-binary people in Central Australia or the Barkly Region.



Photo: COTA NT – CAWLS
at Alice Springs Expo 2022

CAWLS is available to assist with domestic and family violence issues at any time during their opening hours with no appointment necessary. Appointments for free legal advice on other issues can be made by contacting the CAWLS office with clinics being offered on Tuesdays and Thursdays. Legal advice can also be provided over the phone with our free call number 1800 684 055 for clients in the Central and Barkly Regions. CAWLS will be talking about their services in-person at the Alice Springs Seniors Expo on Tuesday 13 August.

CAWLS
Women's Legal Service

Free Call: 1800 684 055
Phone: (08) 8952 4055
E-mail: enquiries@cawls.com.au



www.cawls.org.au

**A free and confidential
legal service for all women
in Central Australia and
the Barkly Region**



We can help you with

- Planning a Will
- Assisting with an Advanced Personal Care Plan
- Protection from Elder Abuse
- Guardianship Concerns
- Financial Counselling for different stages of life
- Domestic Violence
- Family Law
- ... & other legal issues

Call us on **1800 684 055** to make an appointment
for a free & confidential advice session with our team of lawyers

World-class health care facilities come closer to home

A new state-of-the-art hybrid operating theatre will be built at Alice Springs Hospital.

Local Alice Springs and Darwin-based business Scope Building NT will construct the \$7.9 million operating theatre.

Focusing on contemporary and innovative technology, the new operating theatre will enhance the experience of patients and staff, while also providing supporting infrastructure including a scrub room, control room, store room and plant room.

The construction of the theatre will ensure the Central Australian community has access to world-class healthcare facilities close to



Photo by Anna Shvets: For illustration purposes only

home, reducing the elective surgery wait times and the number of patients transferred interstate for procedures.

The completion of the hybrid theatre at Alice Springs Hospital will increase overall capacity to meet future demand, as well as improve overall patient safety.

Works were anticipated to commence in February 2024. The project is set to be completed by the end of the year with patients being welcomed early 2025.



FREE Home Security Assessments

Your safety is our priority and we're here to support you.

Book a free Home security assessment today. We believe that everyone deserves to feel safe and secure in their own home.

One of our officers will attend your property and provide advice and recommendations to improve your security and overall safety.

Victims of Crime NT



victimsofcrime.org.au

www.facebook.com/victimsofcrimnt

Central seniors get savvy

More than 30 people attended two free workshops at the 50+ Community Centre during February and March focused on consumer rights, keeping safe online and avoiding scams and scammers.

Visit www.scamwatch.gov.au/types-of-scams

The best way to protect yourself is through awareness and education.

The *Little Black Book of Scams* is recognised internationally as an important tool for consumers and small businesses to learn about scams including:



For news of upcoming workshops and events, check in with Deb at the 50+ Community Centre, visit the [Territory Seniors Calendar](#) or follow [COTA Alice Springs](#) on Facebook.

- the most common scams to watch out for
- ways scammers contact you
- tools scammers use
- the warning signs
- how to protect yourself
- where you can find help.

Download the latest version from scamwatch website, www.scamwatch.gov.au/research-and-resources/the-little-black-book-of-scams

COTA Northern Territory
Aged Care Navigators

Advance Personal Plans & Home Care Packages Information Session
Thursday 2 May, 10am
includes morning tea

Seniors Centre
49 Haddock Street, Tennant Creek

Information and discussion about Advance Personal Plans and Home Care Packages with Debbie Pepper, Aged Care Navigator and Sue Shearer, COTA NT.

This talk is free and all are welcome to attend. No bookings required.

For info call Debbie Pepper 0423 828 558

COTA Northern Territory
Relationships Australia Northern Territory

Join COTA and RA-NT for morning tea and conversation about getting older, exploring issues and concerns and sharing stories.

- Enjoy the chance to connect with others
- Help Relationships Australia NT rename their Elders program
- Find out more about the problem of elder abuse and services and support.

World Elder Abuse Awareness Day Event
Sharing Stories and Support Conversation and Morning Tea
Wednesday 12 June, 9.30am to 11.30am (free)
50+ Community Centre, 11 Wills Terrace, Alice Springs

Bookings for catering purposes required
Call COTA NT 08 8941 1004 or book via eventbrite

Let's talk about connection, what matters to you and what is great about ageing.

SENIORS EXPO

COTA NT's Alice Springs Seniors Expo for 2024 will be held on Tuesday 13 August, between 10am and 2pm.

Registrations are now open for exhibitors on the COTA NT website, www.cotant.org.au/alice-springs-seniors-expo-2024/

Exhibitor fees

- \$25 for COTA NT Club and Associate Members*
- Registration fees from \$80 to \$760 depending on exhibitor's gross income.
- Registrations close 30 July.

Webinars may increase finance confidence

Services Australia has a library of webinars online, which you can watch in your own time.

These webinars are free and are designed to help people increase their confidence with financial matters.

You can also book into live webinars.

Recorded webinars and topics and dates for 2024 webinars are listed on this page,

www.servicesaustralia.gov.au/financial-information-service-live-webinars

If you want to access a webinar but do not have internet access, you could

contact your local library who may be able to assist or ask a friend who has internet access to watch with you.

If you are in Darwin or Alice Springs, you can contact our [Activities Coordinator at COTA NT](#), as we may be able to arrange viewings for you in our office. Throughout the year, COTA NT invites Services Australia to its offices in Darwin to deliver in-person workshops. Details of these are sent out in our email news updates and posted to our website calendar.

To sign up for COTA NT's email news, visit our website page www.cotant.org.au/cota-nt-news/newsletter

Topic	Watch	Date recorded
Retrenched and looking for work	Watch now	8 November 2023
Age Pension your choices (Part 2)	Watch now	17 October 2023
Age Pension your choices (Part 1)	Watch now	12 October 2023
Gifting and Lump Sums	Watch now	20 September 2023
Aged Care Basics	Watch now	13 September 2023
Mortgage Basics and Creating Savings	Watch now	24 August 2023
Retirement Income Streams	Watch now	22 August 2023
Planning for your Retirement years and Working beyond Age Pension age	Watch now	28 July 2023
Superannuation Basics	Watch now	25 July 2023
Financial Fitness	Watch now	27 June 2023
Super for Women	Watch now	23 May 2023
Disability and Carers	Watch now	27 April 2023
Understanding Home Equity Access Scheme and Reverse Mortgages	Watch now	30 March 2023
Accommodation Options in Retirement	Watch now	28 March 2023
Aged Care Fees and Charges Part 3	Watch now	8 December 2022
Aged Care Fees and Charges Part 2	Watch now	7 December 2022
Aged Care Fees and Charges Part 1	Watch now	6 December 2022

Part of the team

Community Bank
Nightcliff,
Coolalinga,
Katherine and
Alice Springs

1300 236 344

 Bendigo Bank

Investment scams

Australians lose more money to investment scams than any other type.

Don't lose your life savings to a money-making opportunity that's too good to be true. Scammers use convincing marketing and new technology to make their investment sound too good to miss. They promise you big payouts with little or no risk. They often use pressure tactics to get you to act fast, so they can steal your money.

Find out how to protect yourself,

www.scamwatch.gov.au/types-of-scams/investment-scams

Stamp prices to increase

Following a decision on the basic postage rate by Federal Government, stamp prices are set to increase.

Following assessment by the independent Australian Competition and Consumer Commission (ACCC), the Government will not oppose Australia Post's proposed increase to the cost of an ordinary stamp from \$1.20 to \$1.50 for letter delivery. The ACCC noted the increased costs of delivery combined with reduced revenue puts pressure on the financial sustainability of Australia Post's letter services.

Deckchair Cinema is opening for the dry!

James Parker

The iconic Deckchair Cinema has been closed for 5 long months over the wet season but on April 10th we finally threw open the gates for the 2024 season!

The team has been working on some great new initiatives to keep the cinema moving forward. You can expect the same great combination of food and film in a stunning location, but this year there will be some new touches to make the experience even more magical.

On busy nights there will be two caterers serving from different stations to reduce

the queues and to give our customers more choice. This is in addition to having a different caterer each night of the week! There will also be a \$1 discount on food for customers who bring their own plates and utensils, something that our members have been requesting for a number of years, and a brand new area to wash your dishes when you are finished.

The 2024 opening night was a classic Deckie experience with local live music, a fancy second caterer bringing a range of decadent sweets and a fantastic film and special guest – Jazz Money! Jazz is an award winning artist, poet and filmmaker. WINHANGANHA is

Jazz's debut feature and has been produced in partnership with the National Film and Sound Archives. It is a beautiful reimagining of the record of Indigenous Australia held within the archive set to a new original score.

There are many other gems in Program One to look forward to, classics and contemporary films such as the music biopics *Back to Black* and *Bob Marley: One Love* (circle 4th of May in your calendars for the music double!). Michael Caine stars in *The Great Escape* which is a fundraiser for the National Trust.

When you attend a Sunday Night Fundraiser at the cinema you know the money raised

will go to a local charity or not-for-profit organisation, in 2023 we raised an amazing \$53,000.

We'll be at the Seniors Expo, come say g'day and have a yarn about the films that you're excited about this year. We're also always keen for feedback about the cinema and anything we could do better.

Important contacts:

- www.deckchaircinema.com for all things Deckchair Cinema
- www.flixinthewet.com for tickets to the Flix films above
- info@deckchaircinema.com or **08 8941 4377** for general enquiries and help with memberships or gifts.



Image credit: Tourism NT

Real life: letters, Qs and NT chats

Medical support allowance

A lady called COTA NT regarding energy bill support from NT Concessions. Her husband is having treatment for cancer and needs the air con on 24 hours a day – so their consumption has increased more than the concession allows.

COTA NT referred this enquiry to the NT Concession Unit at Department of Territory Families, Housing and Communities who replied:

Thanks for sending through the below referral. The team have made contact with Mrs [name withheld] to provide information in relation to [the] situation and the information has been well received.

For awareness if you happen to receive similar queries in the future, under the NT Concession scheme there is a medical support allowance of an additional \$154 that can be claimed only once members have reached the NT Concession cap for electricity of \$1,200 per financial year.

There is information about this online that members can be directed to [Electricity concessions | NT.GOV.AU](https://www.nt.gov.au/energy/concessions). The information on the website includes a link to the form members need to complete. Section 3 of the form requires supporting documents to accompany the completed application form.

Either A. Evidence that the member is accessing the Centrelink payment, Essential

Medical Equipment Payment.

OR

B. A letter from a medical specialist that is currently managing the condition. The letter is required to detail the member or their dependent's medical condition, and any medical equipment required, which requires greater power and water consumption.

The form is at the bottom of the web page [Ed.]



Financial help to make wills

I am making enquiries for my elderly mother. We're looking for financial advice to assist her with her will etc. Can you direct us to anyone? She is an NT Senior. Thank you

Our reply:

Thank you for your email. Most banks have financial advisors, so may be try your bank or your mother's bank first? There are also some legal firms in our [NT Seniors Card Discount Directory](https://www.nt.gov.au/nt-seniors-card/discount-directory) that offer a discount for doing wills etc. The major legal firms like Ward Keller and De Silva Hebron are good solid firms that do wills although we are not sure of fees. Darwin Community Legal Service (DCLS) could also assist your mother.

Where you can use NT concession cards

Am I able to use my NT Concession card in Indonesia for accommodation?

Neville, Darwin

Our reply:

The NT Concession card is only a NT Government initiative – so no, it would not be valid in Indonesia, nor would your NT Seniors Card. Additionally,

- View information about the concessions you can receive with a **NT Concession Card** [here](#)
- View more about the discounts you receive with the **NT Seniors Card** [here](#).

Transferring home care packages interstate

Case as presented to our Aged Care Navigator:

Jan's parents live interstate and now that her mother had passed away she is concerned about her father because he is now completely socially isolated. She would like him to come to the Territory and live in the granny flat under her house but his physical needs are beyond her ability to care for him. He does have a level 3 home care package.

Our Aged Care Navigator replied:

My Aged Care is a national program administered by the Commonwealth. His home care package can be transferred to a service provider in the NT. Jan will need to find a service provider here that has the capacity to service the package. Service providers will assist with the transfer so that there is no gap in service provision. There is no exit fee payable to the interstate provider.

Home modification needs identified

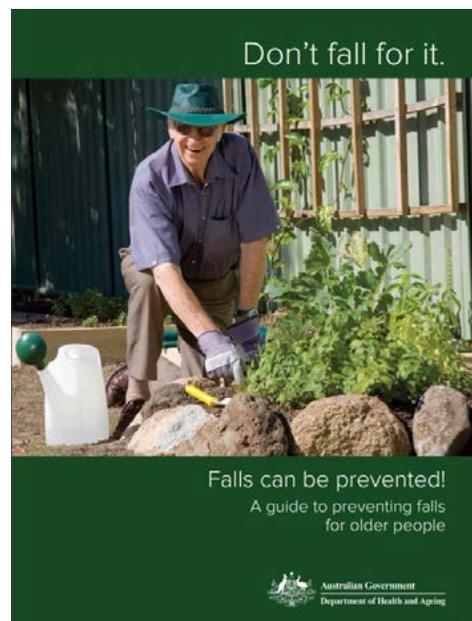
Mary called our Aged Care Navigator because she needs a walking frame as she has fallen a couple of times.

Our Aged Care Navigator's support:

As she lives in a regional area the ACN met her at a coffee shop near her specialist's office in Darwin, as she visits regularly.

After discussing her situation, other than her need for a walking frame, she revealed that she feels unsafe in the bathroom and using the stairs. She agreed that she would benefit from some minor modifications to her house, especially hand rails and a seat in the shower and a hand rail for the front step.

The Aged Care Navigator was able to use the internet to assist her to complete an online referral to My Aged Care.



This publication offers some useful tips on fall-proofing your surroundings. Download your copy [here](#) (or contact the COTA NT Office for a copy).

What happens to joint owner bank accounts and self-funded super accounts when someone dies?

From the Westpac webpage:

Are joint bank accounts frozen when someone dies?

In most cases, if an individual forming part of a joint account dies, the surviving account holder will gain full access to the funds and continue to be able to operate the account. The funds do not form part of the deceased estate.

Do all joint bank accounts have rights of survivorship?

Generally, the 'principle of survivorship' applies to jointly held bank accounts. This means that in the case of a joint account holder's death, the surviving joint account holder receives the remaining funds, and full control of the account.

From the Australian taxation Office webpage:

When a self-managed super fund (SMSF) member dies,

the SMSF generally pays a death benefit to a dependant or other beneficiary of the deceased. This should be done as soon as possible after the member's death.

If the recipient is a dependant of the deceased, the death benefit can be paid as a lump sum or income stream. The income stream can be new or a continuation of an existing income stream.

If the recipient is not a dependant of the deceased, the death benefit must be paid as a lump sum.

Access to superannuation?

Advice on access to my superannuation please!

Robert, Marrara

Our reply:

Unfortunately COTA NT does not offer advice as none of us are qualified under ASIC rules and regulations – but if you are over a certain age you can take out your preserved amount without paying any tax. If you have salary sacrificed to your super – this is taxable.

I would suggest that you contact your bank as they often have financial advisors who are fully trained in these matters.

Thoughts on the last issue of Seniors Voice

What a great issue! It's absolutely crammed with interesting and helpful information.

Dr, Denise Lawungkurr Goodfellow

We replied, thank you!

A centre for shots?

Have you ever thought about Seniors-only, free vaccination days at some convenient place?

I'm 66, so eligible for a COVID-19 booster, the new shingles vaccine, a flu shot and who knows what else. After being humbugged and my car keyed at Palmerston medical clinic and having to go into Darwin City for flu shots at a pharmacy, can't we have safe free centres, a couple of days a week in Palmo and Darwin? My former workplace used to be able to organise free vax days, so why not COTA?

John, Palmerston

Our reply:

We did try to organise COVID and flu shots and to have practitioners here at COTA – but no-one was really interested in this – but we may try again. Sorry to hear

about your misfortunes while at Palmerston. I get mine done at Chemist Warehouse – and there is a Chemist Warehouse at Gateway – maybe try them?

Meals on Wheels

My brother is 65. He suffered a stroke in May 2022 and has been left with disabilities. He is a NDIS recipient and has a Support Worker. I'm wondering if he is eligible for your Meals on Wheels program? At a telephone apt today, my brother's Doctor at Palmerston Regional Hospital suggested I approach you. I assist my brother as he struggles with speech and is not able to use devices. I am in South Australia. He lives in Wulagi, NT.

Karen Smith

Our reply: Our Aged Care navigator will contact you.

Have your say

Send your letters, questions or comments to the Ed.

- Letters should be no longer than 300 words and can be positive, negative or informative in tone.
- Provide name and address.
- Letters should state a problem or issue.
- Explain your view and an opinion or recommendation.



By post

NT Seniors Voice
GPO Box 852
Darwin NT 0800

By email

ntseniorsvoice@org.au

Happiness on TV

Beyond the gloss: Navigating the realities of specialised aged care services



In a scene that resonates with many, Felipe excitedly shows Mafalda a new toy he purchased, lured by its advertisement on TV. The ad promises boundless happiness, yet the reality was sadly different – the toy, was just a tiny thing. This moment serves as a metaphor for the experiences of many when seeking aged care services. The glossy advertisements often promise a service that seems to perfectly meet our needs, only for the reality to fall short of expectations.

For families and individuals navigating the complex landscape of support for older Australians, especially those from culturally and linguistically diverse (CaLD) backgrounds, the disparity between the advertised service and the actual experience can be particularly striking.

It's a scenario we've all encountered at some point. An advertisement, whether on TV or in a glossy magazine, captures our imagination. We're drawn in, compelled to check out the product or service, only to find it's nothing

like what we envisioned. This sense of disillusionment is even more pronounced in our digital era, where online purchases can lead to varying levels of disappointment upon delivery.

This analogy extends into the realm of aged care services, particularly up until February 2023. When seeking someone to help us or our loved ones live comfortably at home, we desire the best. Many factors come into play, including, at times, guilt for not being able to provide care ourselves. We were directed to the My Aged Care (MAC) portal, to "Find a Provider" and select the type of service we needed. A list of providers would appear, each promising availability and specialised care, from staff speaking multiple languages to offering meals from diverse cuisines and supporting all faiths. These promises bolstered our confidence in receiving supportive, respectful care.

However, reality often paints a different picture, especially in the Northern Territory. The diversity is rich, but matching staff backgrounds with client needs has proved challenging. It became clear that more than flags and pictures were needed to provide *genuinely* inclusive services.

Frustrations grew, leading to calls for the MAC portal to reflect the real capabilities of service providers. The *Royal Commission into Aged Care Quality and Safety* echoed this sentiment, recommending that all specialisations listed on My Aged Care be verified.

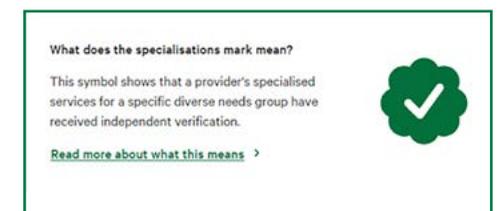
Thus, the *Specialisation Verification Framework* was introduced. From the end of February 2023, any specialisation not independently verified by an Australian Healthcare Associates (AHA) assessor was removed from MAC.

Providers now must demonstrate their specialised care capabilities for various groups, including Aboriginal and Torres Strait Islander peoples, culturally and linguistically diverse backgrounds, financially or socially disadvantaged individuals, veterans, and more. This verification ensures that older Australians from diverse backgrounds can access reliable information when selecting an aged care service provider.

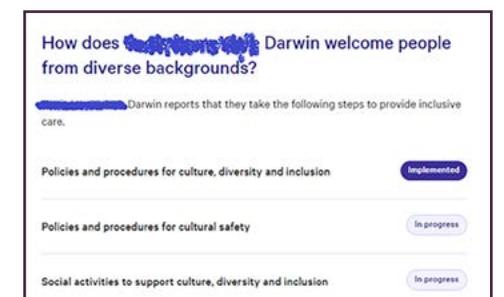
What does this mean for providers without listed specialisations? They likely still offer excellent services.

In the NT, the low numbers of clients from specific categories or the difficulty in matching – staff cultural backgrounds may affect specialisation claims. However, providers are encouraged to pursue more inclusive services. The Action Plans linked to the Aged Care Diversity Framework offer a starting point, suggesting actions and resources for any provider to implement, reflecting different commitment levels.

When reviewing a provider on My Aged Care, it's worthwhile to check the *Details* under **Specialised Care**.



A provider might not have a green tick yet but could be working towards policies that foster inclusive care.



These efforts demonstrate a willingness to adapt services to the diverse needs and experiences of individuals.

For more information on Specialised Care or to compare different providers, feel free to contact Cecilia Chiolero, PICAC NT Manager

- picac@cotant.org.au
- 08 8941 1004 (Mon to Fri, 9am to 3pm).

Time on your hands?

Guest columnist Rob Hudson talks about his absorbing and very fulfilling new interest which not only gets him out and about in Darwin, but overseas too.



Photo: Storm over Darwin CBD by Rob Hudson

At last year's Royal Darwin Show, I spent about 30 minutes looking at all the photos on display and selecting my favourite for the People's Choice Award. I love that type of thing.

I had a chat to the chaps there from the Darwin Camera Club and they suggested I come along to one of their monthly meetings. I ended up doing that and I have been going along ever since.

It is a small but very active Club. Soon after joining I travelled with a group of members to Bali to take photos of the temples and waterfalls. I couldn't believe it! Bali! With the Darwin Camera Club! Our tour guides specialised in photographic tours. This meant a couple of early rises to get those sunrise shots but I loved it.

Each month we have a different photography outing. One of my favourite outings has been Knuckeyes Lagoon. We gathered there early to capture the bird life, the mist and the softer light.

Street photography at the Parap markets was a

good experience too; totally different of course but it has colour, activity and variety. We also visit the Mindil Beach market each year.

Last month we visited the Chinese museum and temple, then walked along taking photos of the murals on the buildings on Cavenagh Street and Austin Lane.

Photography is a private activity so we branch off and do our own thing. However, it's good to socialise too; afterwards we visit the nearest coffee shop. I must admit I like the social side as much as taking the photos.

The best thing for me about the outings is that it gets me out of my apartment. I have visited places like Fogg Dam that I haven't been to for decades. We have a natural mini-Kakadu within an hour's drive of Darwin to experience and photograph.

To find out more about the Club, come to a meeting, follow the Club on [Facebook](#), visit the Club at Seniors Expo on 29 June or at the Royal Darwin Show in July. Or phone: Rob 0415 277 298 / Steve 0418 618 325.



New Classes
Charles Darwin
University, Casuarina



Get stronger today

Are you recovering from an illness or injury? Have you had a hospital stay? Or are you simply looking for a more active life?

No matter what your goals are, our Stronger Today classes and one-on-one allied health services are the perfect fit to get you fit.

Designed for people aged 50+, our services are tailored to your individual needs.

Call or visit our website to get started.

1800 852 772

SouthernCrossCare.com.au

PEARL
Better for life®

Southern Cross Care (SA, NT & VIC) Inc.
ARBN 129 895 905, South Australia, liability limited

COVID-19 guidelines for 2024

Source:
[Department of Health and Aged Care](#)

As with all vaccinations, people are encouraged to discuss the vaccine options available to them with their health practitioner. You can also use the [booster eligibility tool](#) to determine whether you are eligible for a COVID-19 booster vaccination.

75 years and older

Recommended every 6 months.

65-74 years

Recommended at least every 12 months, but can receive every six months. Talk to your healthcare provider about the risks and benefits.

18-64 years

With severe immunocompromise: Recommended at least every 12 months, but can receive every six months. Talk to your healthcare provider about the risks and benefits.

Without severe immunocompromise: Can receive every 12 months.

The continued importance of COVID-19 vaccination

COVID-19 vaccination remains the best way to protect yourself from serious illness or death from COVID-19. Here's why it's still important to get vaccinated:

- Preventing severe illness: Vaccines are your best protection against severe illness, hospitalisation, and death from COVID-19.

- Protection for everyone: Vaccinations are particularly important for those aged 75 years and over or those with severe immunocompromise that increase their risk of severe COVID-19.
- Keeping your guard up: Protection from COVID-19 wanes over time. Regular vaccinations, tailored to your age and health needs, ensure ongoing protection.

Booking your COVID-19 vaccine

You can get the COVID-19 vaccine at participating GPs and pharmacies in the NT.

Healthdirect's Service Finder [website](#) helps you find COVID-19 vaccine clinics and lists providers that offer:

- wheelchair access
- no appointment necessary (walk-ins accepted)
- low-sensory spaces
- languages other than English spoken
- bookings for patients without Medicare
- bulk billing.

You can also call Health Direct on **1800 022 222**.

Book at an Aboriginal health clinic

Darwin/Palmerston Danila Dilba Health Services – call 08 8942 5400 press * for the vaccination centre

Katherine

West Health Board Aboriginal Corporation – call 08 8971 9300

Sunrise Health Service – call 08 8971 9500

Wurli-Wurlinjang Health Service – call 08 8972 9100



Image by Wilfried Pohnke from Pixabay

Alice Springs Central Australian Aboriginal Congress – call 08 8951 4400

Tennant Creek GP at the hospital (Anyinginyi Health) – call 08 8962 4633

East Arnhem Miwatj Health – call 08 8939 1999

Book at Nhulunbuy

Book online [here](#).

Do the 3

1. Stay social It keeps your brain active and it is thought that socialising helps delay onset of the dementia and avoids isolation and depression.

2. Keep active e.g. walking, swimming. Get assessed for supports such as a walking frame or bathroom handrails.

3. Stay on your feet Slips or trips are falls that didn't happen. Warning signs are decreased sense of balance or physical/health decline. Take preventative measures – eliminate fall hazards and see your doctor.

Do something about it!

(Hip fractures involve long recovery periods and are often the quickest way to enter a nursing home, as are other fall related injuries and conditions.)

Help navigating aged care

The Aged Care Navigators (ACN) program run by COTA NT in Darwin and Alice Springs provides information and support for all members of the community about aged care services.

The program aims to ensure the aged care needs of older people from all backgrounds are being met and that people have access to appropriate and relevant information before making decisions about aged care including but not limited to:

- Up-to-date and relevant information about aged care options and the aged care system
- Help to access aged care support
- Your rights and choices regarding aged care
- Changing aged care service providers
- Making formal complaints about aged care.

Contact Janet Brown (Darwin) 0466 544 552 or Debbie Pepper (Alice Springs) 0423 828 558

(Leave a message if your call is not answered as both staff work part-time. They will get back to you.)



Empower your fitness journey

Sharon Kelly, Superageing

Navigating the world of fitness over 50 doesn't mean settling for the same old routines. It's about discovering empowering ways to exercise that cater to your needs and inspire continued growth. One often overlooked gem is seated aerobics – a highly effective and adaptable form of exercise.

Seated aerobics: A hidden gem

Seated aerobics, contrary to what many might think, is not just a toned-down version of standing workouts. It's a comprehensive exercise form that builds strength, improves flexibility, and enhances cardiovascular health – all while seated. This approach is particularly beneficial for those with mobility issues, balance concerns, or anyone looking to reduce joint strain while still getting a full-body workout.

The science behind seated exercise

Recent research has shed

light on the efficacy of seated exercises. Studies have shown that seated workouts can significantly improve upper body and core strength. Moreover, these exercises can elevate heart rate to a moderate intensity level, making them an excellent option for cardiovascular health.

Incorporating resistance bands and balls

To add variety and challenge to your seated aerobics routine, consider incorporating resistance bands. These versatile tools not only add intensity to your workouts but also aid in building muscle strength and improving range of motion. They can be used for pulling and stretching exercises, which are crucial for maintaining muscle function and joint health.

Balls not only add a fun dynamic to the class they are also very effective at training your core.

Mind-body connection: seated yoga and Pilates

Seated exercises are not limited to aerobics; seated



Super agers at one of Sharon's seated aerobics classes, a more challenging workout than many may think!

yoga and Pilates are fantastic for enhancing the mind-body connection. These practices focus on breath control, precision, core control and flowing movement, offering a holistic approach to physical and mental well-being.

Technology as your ally

Embrace technology to enhance your fitness journey. They offer online communities where you can share experiences and advice. Technology can be a powerful tool in staying motivated and informed.

As you embark on or continue your fitness journey, remember that age is just a

number. Seated aerobics and other tailored exercises offer a path to not just maintain but improve your physical and mental health. With the right approach, tools, and mindset, you can transform your fitness routine into an empowering and enjoyable part of your daily life.

Visit the Superageing website to check for Sharon's online and in-person classes.

Seated aerobics is held in Darwin and via Zoom on Wednesdays, 9.30am.



SUPERAGEING SHARON KELLY

COTA NT will be at the All Abilities Expo on 16 May. Come down and say hello!

Find out more about our work – our advocacy for seniors, events and activities, volunteering opportunities and programs offering support for seniors including Aged Care Navigators for those



seeking access to age care services, NT Seniors Card for cost of living



All Abilities Expo
Darwin Grown Disability Event!

FREE Community Event - www.idainc.org.au

Thursday 16th May 2024

CDU Netball Stadium - Marrara | 235 Abala Rd, Marrara NT 0812

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Free Entry | Free Morning Tea & BBQ | Live Music
Interactive Information Stalls | Performances & Demonstrations



DARWIN SENIORS EXPO

SATURDAY 29 JUNE 2024, 10AM – 2PM

**CDU Stadium, Sitzler Netball Centre,
235 Abala Road, Marrara**

*The original, best and biggest Expo event
for senior Territorians – now in its 9th year!*

