

seniorsvoice

NORTHERN TERRITORY

KEEPING NT SENIORS INFORMED

Published by



The peak body
for NT Seniors
since 1969



ACCELERATE ACTION

The Dry Season begins and is already busy with advocacy, events & news

INSIDE: CALLS FOR VAD, NEWS, VOLUNTEERING, HEALTH & FITNESS, EVENTS & LETTERS

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GREENFIELDS
LIVING

Accelerating action



Sue Shearer,
CEO, COTA NT

Through February and March, our regular program of activities has been happening in Darwin, Palmerston, Coomalie and Berry Springs. This has included Fit for Life classes in Pilates, seated aerobics, tai chi and strength training, dementia friendly activities, multicultural support program activities, plus social groups for sewing and music. We have hosted the Travelling Suitcase (embroidery classes) and a sold-out lunch and trivia quiz event to mark International Women’s Day.

The IWD theme for 2025 was **#AccelerateAction**. A great theme which perfectly encapsulates our busy Dry season for both events and our advocacy work.

Our first Seniors Expo for the year was held in Katherine and from all accounts, Katherine Seniors enjoyed themselves. There were a record number of exhibitors for our fifth expo – over 43 this year and they provided much-needed information.

The Federal Department of Health and Aged Care were on hand to advise seniors about the changes to the *Aged Care Act* which comes into force on the 1st July. A host of the exhibitors provided information on health and safety and seniors also enjoyed a morning tea provided free of charge. There were lots of conversations and seniors connecting once again with each other.

Our Darwin Seniors Expo, scheduled for the 28th June, is now in its tenth year and what a ride it has been. From its beginnings on the lawns of the Museum and Art Gallery

of the NT to the Palmerston Recreation Centre and now the NT Netball Stadium at Marrara – my, how we have grown.

We already have many organisations registered and have a fantastic prize donated by sponsor, Air North. Do come along and enjoy another wonderful day designed especially for you. Entry is free and there will be local seniors with music and another free morning tea. It will be lovely to see everyone connecting with each other and maybe even having a dance or two. This is our diamond year, so we are encouraging everyone to dig out the diamante and bling up!

Seniors Month is fast approaching. The month of August is dedicated to events for seniors throughout the Territory. COTA NT will be organising a trivia quiz event (hugely popular at our IWD event in March) and events in Coomalie and Berry Springs.

We are also organising a forum with Darwin Community Legal Service.

One of the speakers will be the Chair of the Aged Care Council of Elders, Mrs Anne Burgess. Don’t miss this opportunity to found out about the Council of Elders, who represent seniors throughout Australia. Other speakers are being finalised as we speak and the forum is scheduled for the 7th August in Darwin and 13th August in Alice Springs (the day after the Alice Springs Seniors Expo on the 12th August).

We ask all event organisers planning a Seniors Month event to let us know in plenty of time about their event details, so we can produce the Seniors Month Calendar as early as possible.

Stay safe and travel well.

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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Main cover photo: Katherine Seniors Expo 2025 by Mel Bethel Photography for COTA NT

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.

Advocates implore the Territory Government to act on voluntary assisted dying legislation

Last month, COTA NT published a special edition of Seniors Voice dedicated to an appeal to the NT government to prioritise the enactment of VAD legislation for the Northern Territory without any more delay.

The edition was sent with a letter to each Territory Member asking them to act. Since its publication, Sue Shearer, Chief Executive Officer of COTA NT, has given interviews with Territory media and spoken to government representatives and community members, who are growing increasingly vocal in their support.

The publication included the suggestion from Marshall Perron, former Chief Minister of the NT Government, of how the current NT Government can advance without delay and without cumbersome bureaucracy by proceeding with a revised **Rights of the Terminally Ill Act (1995)**.

Of this Act, a staunch opponent at the time said of it some years later,

“While it was in operation, I can honestly say that I thought it was good legislation in that, once passed by this house it survived every attack by academics and theologians.

When it was finally over-ridden, one would have to say in all honesty that that legislation

needed not one word of amendment in terms of its workability in delivering the intent of the legislature.”

*“Debates Day 1 - Tuesday 11 August 1998”.
Legislative Assembly of the Northern Territory, Darwin. 11 Aug. 1998*

Advocacy groups calling for voluntary assisted dying legislation in the Northern Territory include COTA NT, Go Gentle Australia, Northern Territory Voluntary Euthanasia Society (NTVES), Australian Independent Retirees (Northern Territory) and National Seniors Australia.

Another long-time advocate is Territorian, Lori Martin. Her letter to COTA NT is shown on the next page. Lori shared her story about her silent battle with chronic obstructive pulmonary disease publicly with *Go Gentle Australia* on 18 March and we share it again with her permission.

The original article can be accessed [here](#).

Support choice

Support Go Gentle’s vision of everyone having choice at the end of their life.

- Take the 2025 Voluntary Assisted Dying Survey [here](#).
- Share the survey link www.gogentleaustralia.org.au/vadsurvey
- It doesn’t matter if you don’t know much about VAD – all responses help.
- Read 2024 Survey [here](#).

www.cotant.org.au/nt-seniors-voice

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seniorsvoice

NORTHERN TERRITORY

SPEAKING OUT FOR NT SENIORS



VAD

The NT has waited for nearly 30 years... VAD legislation is needed now.

INSIDE: LEADING ADVOCATES CALL FOR ACTION ON VOLUNTARY ASSISTED DYING (VAD) LEGISLATION, COMMUNITY OPINION, VAD ACROSS AUSTRALIA



DENIED



WANT CHOICE



WAITING 27 YEARS



IT IS TIME



“You don’t have to agree with it, but you should get out of the way of those of us who wish it for ourselves.”

73% of survey respondents out of a total of 1396 agreed that a person should be able to choose when they die.

Voices growing louder

The Hon Jo Hersey, Member for Katherine keeps in touch on a regular basis with what the issues and concerns of Territory seniors are.

Here she is pictured with Sue Shearer at COTA NT’s office with the special edition of Seniors Voice calling for action from the government to create legislation around voluntary assisted dying without delay.



For many of us, there is no time to wait

Territorian Lori Martin has lived a life filled with adventure and contribution to her community for over 50 years. But now, her days are consumed by relentless suffering and the growing terror of a slow, powerless and undignified death.

Aged 54, Lori was diagnosed with chronic obstructive pulmonary disease (COPD) – a degenerative lung condition that slowly suffocates its victims. Every breath becomes a battle and organs that rely on a plentiful supply of oxygen slowly deteriorate in stages.

"I used to think breathing through a straw was bad enough but as my chronic disease progresses, even that would be a luxury. Mine is a hideous, silent condition.

"In time I will be bedridden. Eating and talking will become more difficult if not near impossible. Current friendships will fade and I will be left, alone with nursing staff. This is my reality. I stay and linger, struggling for every breath. But I'm not near the end yet. It gets much worse."

As everyone's COPD is different, patients rely on respiratory specialists – and the support from those who are fighting the same battle. For Ms Martin, the nearest support group is 300km away – a journey that is too exhausting for her. Even the short trip to the shops is a

major struggle. The illness is consuming her life.

"My days are filled with Google searches of substances used on death row, how to tie a hangman's noose, carbon monoxide poisoning and the like," Ms Martin said. "Thoughts turn to: Do I dare drive off (a) bridge and what if I end up paralysed instead of dying?"

The former tour guide, businesswoman and founder of the Katherine Region of Writers Group has chosen to share her darkest thoughts to raise awareness for "silent battles" that don't get talked about enough. "But I don't want your sympathy," she said. "I don't want anyone fussing. I'm far too independently minded. But I do want to retain some form of dignity. Desperately."

Ms Martin's request is one that numerous other Territorians share: To be allowed to end the suffering. To be allowed to die – with grace and dignity. The plea is direct and dire.

"I urge you to consider passing voluntary assisted dying Territory-style into law," Ms Martin said.

"For many of us, there is no time to wait. For some of us the matter is urgent.

"Be compassionate and help us end suffering if we choose it. Voluntary assisted dying is not mandatory.

"It's about hope. It's about choice. For most, the alternative is horrendous."

Ms Martin's only other option would be to move interstate, where assisted dying is legal. But even that is not a realistic solution.

"My current options are a long, drawn-out, painful, uncomfortable death or to move interstate.

"As daily tasks are becoming mountainous now, I don't dare contemplate the difficulties of moving house, finding new medical and support persons, leaving my friends behind and attempting this journey with strangers. This is my home. I'm a Territorian."



Lori Martin. Picture supplied.

"The groundwork has already been done," Ms Martin said. "Consultations in communities and towns throughout the NT have been completed. An extremely varied panel of experts in their chosen fields have come together and provided their recommendations. Now it's up to our politicians.

"This isn't about death. It's about choice. About dignity. About hope."

A Letter to a Compassioned Community

I often wonder at Edmund Hillary and Tenzing Norgay's view from the top of the mountain. The planning, the preparation. The gutsy endurance just to get there. Imagine for a minute if you will, their range of emotions. Much, I would dare to suggest, like those of a person who has been provided the choice of Voluntary

Assisted Dying. After a mind-numbing existence bought about by constant pain. A soul-destroying feeling of powerlessness as you watch your body's slow decline. The loss of dignity. VAD gives hope. It gives one control. It restores faith and humanity to those who choose this end-of-life path. It is not mandatory.

The NT Model, after wide reaching consultation, includes stringent guidelines. You don't have to agree with it, but you should get out of the way of those of us who wish it for ourselves.

Allow us to rise from the depths of despair and take one last breath from the top of the mountain.

Let's get this done.

For your consideration, thank you
L Martin, Edith Farms NT Senior

COTA Australia releases election agenda

Older Australians want to see political leaders commit to a range of cost of living measures in the lead up to the federal election, including the introduction of a Seniors Dental Benefit Scheme, an increase in rental assistance for eligible seniors and for innovative programs to help older women find affordable housing.

COTA Australia's [Election Agenda for Older Australians](#) has been sent to political parties and calls for action to address ageism, measures to protect people against scams, and for wait times for people waiting for aged care support at home to be reduced to no longer than 30 days.

Cost of Living

1. Fund dental care for seniors through Medicare.
2. Review and increase rental assistance payments for eligible seniors.
3. Provide direct energy bill relief for pensioners and Commonwealth Seniors Health Cardholders.
4. Require NBN providers to offer an affordable basic internet plan for seniors.
5. Expand the lower-income super tax offset scheme (LISTO) to ensure those earning between \$37,000 and \$45,000 are included.
6. Create innovative programs to help older women find affordable housing and improve their financial knowledge.

Tackling Ageism

7. Create a national plan that improves outcomes for an Ageing Australia and tackles ageism.

Strengthen Protections

8. Require businesses to accept cash payments and prohibit debit card fees.
9. Create a peer-led training and support service for victims of online fraud and scams.
10. Provide elder abuse prevention and support services – including for older women experiencing family violence.

Accessing Health and Aged Care

11. Ensure people requiring aged care services in their home

don't have to wait longer than 30 days for the support they need.

12. Test a program that provides medical care at home to help older people avoid hospital stays.

You can stay up to date with COTA's election activities and join the COTA Australia Election Panel by visiting:

cota.org.au/election25





Seniors' Rights Service

Have Your Say

NT Older Persons' Abuse Prevalence Survey 2025

DCLS invites people over 50 from across the Territory to complete the survey. Your participation will help inform the development of policy, programs, and services to help keep older people safe.

Scan the QR code with your phone's camera or enter the link into your internet browser



<https://www.surveymonkey.com/r/HCS275H>

1800 812 953 for more info

GET READY

FOR THE 2025 LOCAL GOVERNMENT ELECTIONS

OUR TERRITORY
YOUR VOTE

 **CHECK**
Check your enrolment details are correct at aec.gov.au

 **PLAN**
Plan where you will vote. You'll need to vote in your local area or apply for a postal vote, details will be on our website.

 **VOTE**
Voting is open on Monday 11 to Saturday 23 August.

NEED HELP? Contact the NT Electoral Commission

 **1800 698 683**

 **ntec@nt.gov.au**



ntec.nt.gov.au



Northern Territory Electoral Commission
EVERY VOTE COUNTS

PGA returns

The Challenger PGA Championship returns to Palmerston with competitors from across the globe teeing off at the Palmerston Golf and Country Club from 28 to 31 August 2025, competing for a share of \$200,000 in prize money.

For the first time, the final two rounds of the event will be televised live around Australia and into New Zealand. Various clinics will take place during the week of the Championship, including a junior clinic with the pros, a junior Pro-Am, a ladies' clinic, a clinic to engage Indigenous children in the sport and a sponsors' Pro-Am golf day.

Archibald visits Alice

For the first time in its more than 100-year history, Australia's most prestigious portraiture prize, the Archibald Prize, is coming to Alice Springs marking a major cultural milestone for the Northern Territory.

The Archibald Prize 2024 exhibition will be at the Araluen Arts Centre 24 April to 15 June 2025, offering art lovers, locals and visitors the chance to see remarkable portraits of notable Australians who have shaped our nation's social, cultural, and political landscape.

Seniors celebrated through art awards

The Portrait of a Senior Territorian Art Award competition supported by the Department of People, Sport and Culture opened in mid-February and remains open until Monday 9 June.

The competitions are managed by Tactile Arts.

The exhibition of entries and winners will run from 12 July to 17 August at the Araluen Arts Centre in Alice Springs.

Running alongside this long-running competition, is the relatively new *Selfie with a Senior*. This competition is sponsored by COTA NT for a third consecutive year and entries also close on 9 June.

Both competitions aim to honour and celebrate seniors by capturing their likeness through art and photography. There is a prize pool of over \$12,000 up for grabs.



SELFIE WITH A SENIOR 2025

Entries are now open
1st Prize \$1,000
2 Runners up each receive \$100 voucher

To enter visit: post.com.au/selfie-with-a-senior

1. Take a selfie with a Senior Territorian
2. Share the story of how they inspire you
3. Submit your application

Portrait of a Senior Territorian Art Award is organised by Tactile Arts and supported by the Northern Territory Government. For more information visit post.com.au.
NB: Neither competition is managed by COTA NT

Apply now. Submissions due by Monday 9 June



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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

Expo is back in June for 10th anniversary

COTA NT brings back its hugely popular Seniors Expo event for Darwin and surrounds on Saturday 28 June between 10am and 2pm at the CDU Marrara Stadium (Sitzler Netball Centre, 235 Abala Rd, Marrara).

The event is supported by the Northern Territory Government, Netball NT, Territory FM 104.1 and Air North. Air North is offering a prize trip for 2 including return flights between Darwin and Dili plus 2 nights at the 5-star Palm Springs Dili Hotel for one lucky Expo entrant.

Organisations, agencies, service providers and

businesses are invited to register as Exhibitors. This is the 10th year of Expo for COTA NT and to celebrate this diamond year, exhibitors are encouraged to bling out with their best diamante to compete for the *Best Dressed Diamond* stand.

The venue will be organised similarly to last year's with wide, easy-access aisles, contained and well-lit exhibitor booths. Parking, entry and morning tea is free for all patrons. The Hon Lia Finocchiaro Chief Minister of the Northern Territory will launch the event on the day.

Registrations, updates and information on the [COTA NT website](http://www.cotant.org.au).

Seniors Month 2025



Seniors Month in the Northern Territory will be held from 1 to 31st August. It is a very special time for NT seniors as many organisations and groups go the extra mile to create events especially of interest to older people.

Seniors Month grants closed on the 19th April and the Department of People, Sport and Culture (Northern Territory Government – NTG) will advise people about the outcomes of applications.

All organisers of events for seniors in August are invited to submit their event details to COTA NT. For the 9th consecutive year, COTA NT will produce a digital and print copy of the August calendar on behalf of the NTG.

It is anticipated that the printed calendar will be available by mid-July from selected destinations in the NT.

Event listings for inclusion in the printed calendar will be required by **27 May 2025**.

COTA NT is accepting event registrations online [here](http://www.cotant.org.au) and via Word form available [here](http://www.cotant.org.au).

Costly health issue

A [Deloitte Access Economics report](https://www.deloitte.com/au/insights/industry/healthcare) revealed the cost of incontinence to Australia in 2023 increased to \$100.4 billion.

The report found:

- An estimated 2.4 million men and 4.8 million women live with some form of urinary and/or faecal incontinence.
- In 2023, the direct health cost of incontinence was \$66.6 billion plus an additional \$33.8 billion cost

in lost wellbeing.

- 71% of people living with incontinence are 65 or under.
- By 2032, the number of Australians living with some degree of incontinence will rise to 8.6 million, representing 34.1% of the population.

The Continence Foundation of Australia is calling on healthcare providers, policymakers and the public to prioritise incontinence as a significant health issue.



Get your copies

Seniors Voice is supported by sponsors, advertising and community members.

It is free to read in print and digital formats and distributed to over 100 destinations in the Northern Territory. If you want to receive Seniors Voice printed copies at your office, business, community centre, let us know.

Due to cost restrictions, we are not able to offer delivery to individual addresses.



COTA
NORTHERN TERRITORY
for senior Territorians

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This workshop is led by Janet Brown, Aged Care Navigator for COTA NT with guest speakers from the NT Public Guardian & Trustee and nbn™ Australia

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Limited places available. Payment is required at time of booking. Book online or if help is required, call COTA NT on **08 8941 1004** during office hours (Monday to Friday, 9am to 3pm except public holidays)

www.cotant.org.au

COTA NT | The voice of seniors since 1989

Sponsored by: Airport Development Group





Big changes are planned for aged care in 2025. But you'd never know from the major parties

Hal Swerissen, Emeritus Professor of Public Health, La Trobe University. Published 10 April 2025 in *The Conversation*. Reproduced under Creative Commons licence.

There has been little new in pre-election promises for Australia's aged-care workers, providers or the 1.3 million people who use aged care.

In March, Labor announced A\$2.6 billion for another pay rise for aged-care nurses in addition to previous pay increases.

There's been nothing substantial on aged care from Labor or the Opposition since.

Major changes are scheduled for the sector later this year, four years after the damning Royal Commission report into aged care. Yet no additional funding has been announced.

Estimates suggest funding is short around \$5 billion to address losses by residential care providers or the shortfall in Home Care Packages.

What can we expect this year?

A new *Aged Care Act* will come into force on July 1 with a much greater emphasis on the rights of older people to get the care that suits their needs. This will mean:

- a new system to regulate aged care
- a new independent complaints commissioner
- a new *Support at Home* program for older people who want to live at home, and in the community
- changes to fees for residential aged care.

But a number of problems remain and it is not clear the reforms being introduced this year will fix them.

Access is still an issue

Access to aged care continues to be a problem, particularly in

rural and remote areas.

The system is difficult to navigate for often vulnerable and confused consumers and their families.

The government relies heavily on the [My Aged Care website](#) to inform older people and their families about aged care options. But this provides only basic information and it is difficult to get individualised support.

There is also a "digital divide" for a significant group who are unfamiliar with, and lack confidence in, using online services.

So we need a much greater emphasis on providing local "one stop shops" for personalised support and advice, particularly when people first enter the aged-care system. These services could be provided through Centrelink or new regional aged-care offices.

About one-third of older people say they need help to live at home. But to get assistance you need an aged-care assessment and that process too needs improving.

Waiting times for assessment have blown out, with reported delays of up to five months.

Older people prefer to stay at home

There are some concerns the number of new aged-care beds is not increasing fast enough. For instance, there are shortages of residential aged care in particular areas such as Canberra.

But admission times to residential aged care generally have not increased and occupancy rates are declining. This suggests older people would prefer home to residential care.

Yet increased demand for home-care packages is not being met.

For those who need more intensive services at home, waiting times remain stubbornly and unacceptably long because there aren't enough home care packages.

Despite years of complaints, there are still more than 80,000 people on the waiting list for care at home.

The new *Support at Home* program will introduce an eight-level system of support. The highest level of home-care funding will increase to \$78,000 to bridge the gap between funding for home and residential care. But many more intensive care packages for home care will be needed to reduce waiting times.

The *Support at Home* program also introduces significantly higher out-of-pocket costs for older people. Such costs for everyday services – such as meals, cleaning and gardening – currently funded through the Commonwealth Home Support Program will increase significantly.

Most controversially, there will also be greater out-of-pocket costs for "independence" services including personal care, social support, respite care and therapy.

Staff shortages still a concern

For aged-care providers, chronic workforce shortages are still the biggest problem. Recent increases in wages for aged-care workers, including nurses, are a step in the right direction. But wages are still low.

It remains hard to attract staff, staff turnover is high

and staff are under-trained, risking the quality of care. Shortages are particularly acute in rural areas.

The aged-care industry is calling for streamlined migration, better training and incentives for regional workers to make up the shortfall. But so far no new election announcements have been made.

No real reform

Despite changes we'll see from July, the organisation and financing of aged care remains fundamentally unchanged.

Overall, Australia's aged-care system is still heavily privatised and fragmented. In 2022-23 there were 923 home-care providers, 764 residential-care providers and 1,334 home-support providers, nearly all in the private and not-for-profit sectors.

The Commonwealth continues to manage the sector through a cumbersome combination of highly centralised regulation and prescriptive funding contracts.

It has not put into place an effective, regional management structure to plan, organise and govern the sector to drive quality, innovation, equity, responsiveness and efficiency.

Nor has the Commonwealth been willing to adequately finance the system either through a levy, a social insurance scheme or via increased taxation. Instead, it's upping the reliance on user fees to meet the cost of providing services.

This article is reproduced from The Conversation and is not necessarily representative of COTA NT's viewpoint.

Where are the beds?

Many older Territorians are keenly aware of the acute shortage of aged care beds in the NT.

According to NT Health, currently 60 to 80 elderly Territorians are hospitalised on any given day, which contributes to severe overcrowding in Royal Darwin Hospital. Earlier this year, NT Health confirmed the former NT government had not found any providers that could both build and manage a promised aged care facility with 60 beds, 12 of which had been intended for specialist dementia care.

Federal Labor has now

committed to building the same facility with double the number of beds. COTA NT's Sue Shearer has pointed out more than half those 120 beds would be immediately snapped up by the waitlist. "Now I'd say we need at least 200 beds," she said. "We have the fastest growing number of seniors in the country... they need to be able to age very safely and have the care they deserve."

She believes whichever party forms government needs to do more to attract aged care staff to the NT and support First Nations Territorians living remotely to age on country.

Ageing or thriving?

In your later years, will you simply get older or thrive?

This question was online recently and it was opined that people who thrive in their 70s gave up 7 things in their 50s... these were:

1. Unhealthy eating habits
2. Sedentary lifestyle
3. Living on autopilot
4. Negative self-talk
5. Need for busyness
6. Holding onto regrets
7. Fear of change.

R U OK

R U OK? has launched a free practical resources activity book including games, puzzles, quizzes with personal stories and conversation tips.

Also available in Simplified Chinese, Arabic, Greek, Korean and Vietnamese.



Download [here](#).

SCAM WARNING



STOP

each time you are asked to send money or give your private information.



CHECK

with family and friends and others that know about scams.

If it seems too good to be true... it is usually a scam!



ACT

call NT Consumer Affairs if you think it's a scam. We can help. Call us on 1800 019 319



MENTION

to family and friends. Scams only work on people who don't know about them.

NORTHERN TERRITORY CONSUMER AFFAIRS

Follow us on Facebook to hear about new scams in the NT. Search for 'Northern Territory Consumer Affairs' on Facebook and follow us today.

If you have been scammed, report it

If you have already fallen victim to a scam, Northern Territory Consumer Affairs would urge you to report it.

Often it's not possible to recover your money but you can fight back by alerting authorities of trending scams. This information helps them to target education and awareness campaigns to help reduce the effectiveness of new scams.

Where to report if you have been scammed

- **Banking:** Your bank or financial institution
- **Cybercrime:** [Australian Cyber Security Centre \(ACSC\)](#) Hotline 1300 CYBER1 (1300 292 371)
- **Financial and investment scams:** [Australian Securities](#)

[and Investments Commission](#)
1300 300 630 Monday to Friday 8.30am to 5pm

• **Fraud and theft:** Your local police – call 131 444. In the Northern Territory call your local police station.

• **Spam:** [Australian Communications and Media Authority](#)
1300 850 115 (9am – 5pm AEST, Mon to Fri, except public holidays)

• **Tax related scams:** [Australian Taxation Office](#)
1800 467 033
8am to 6pm (AEST) Monday to Friday

Report any scams to NT Consumer Affairs

Contact NT Consumer Affairs on telephone 08 8999 1999 or 1800 019 319 or email consumer@nt.gov.au

Aged Care Specialist Officers (ACSO)

You, your family or a representative may be able to speak to one of Services Australia's Aged Care Specialist Officers. This is a free service available in Darwin, Palmerston and Alice Springs to help you with your aged care matters.

They can help you by:

- providing in-depth information on the different types of aged care services
- checking if you're eligible for government-funded services and making a referral for an aged care assessment
- providing financial information about aged care services
- helping you appoint a representative for My Aged Care
- connecting you to local support services.

To book an appointment with an Aged Care Specialist Officer, face-to-face or via video-chat **call 1800 227 475** or ask at your local Services Australia service centre.

Stolen Generations Redress Scheme

Stolen Generations survivors aged 50 and over are eligible for aged care services or may already be receiving care.

If you support First Nations people who may be eligible for redress, we encourage you to share information on the Territories Stolen Generations Redress Scheme.

Stolen Generations survivors were removed as children from their families and/or communities. This redress scheme is for survivors from the Northern Territory, Australian Capital Territory and the Jervis Bay Territory. Applications close 31 August 2027.

More information:

- [Territories Stolen Generations Redress Scheme](#)
- email: help@territoriesredress.gov.au
- For more information please **call 1800 566 111**

Source: Department of Health and Aged Care eNews. Subscribe [here](#).

Free training for aged care workers

The Department of Health and Aged Care is working to build a valued, skilled and supported aged care workforce.

Free training opportunities are available for aged care workers in palliative care, dementia care, infection prevention and control, culturally safe, inclusive and respectful care.

Nurses and personal care workers can continue professional development and gain qualifications through online training and recognition of prior learning.

Find out about training opportunities [here](#).



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.

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1800 852 772

SouthernCrossCare.com.au

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ARBN 129 895 905, South Australia, liability limited

Real life: letters, Qs and NT chats

Expo made positive connections for us

Attending the Senior Expo was a pleasure. It was an honour to showcase our Silver Warriors class for the Y Katherine and connect with many individuals.

It's been amazing to see how much impact our demo class had on the day and it is fulfilling to witness the positive effect to those individuals.

Look forward to seeing you guys next year!

Bena Edmund, The Y Katherine

A good turnout at the YMCA

Yesterday COTA and the seniors had a seniors expo in Katherine. I could not be there but Jen, my electorate officer does a great job representing me when I am not in Katherine. Many of the seniors were there. We gave them a raffle prize which they raffled on the day. There was a good turnout at the YMCA in Katherine.

Mrs HERSEY (Katherine), Hansard extract from 27th March Parliamentary Sitings

Information and fellowship for the community

The COTA Expo held at the Y Katherine was most enjoyable event, providing information and fellowship to our community.

Thank you to COTA for organising the event and to all who contributed.

We hope our stall was informative and tea bags and rum balls enjoyable.

Gillian Hagggar, Katherine Senior Citizens

Help needed in dealing with landlord

Dear COTA Team,
Sorry for disturbing you and hope this finds you well.

I am renting a tiny studio directly from the landlord and I feel very uncomfortable in his presence.

I am 57 y.o. and live here alone, and there is an inspection this Saturday morning .

Do you know if I can ask anyone to be present during the inspection?

I just moved to Darwin and I don't know anyone here.

Also, the landlord refuses to give me details of the trust account where he is supposed to keep the bond.

What are my options?

I am aware of the Residential Tenancy Act, which states that a landlord must, at the written request of a tenant, give to the tenant a written statement of certain details in relation to the account in which is held the security deposit paid in relation to the tenant. I have requested these details several times in writing and still don't have them. He alleges that he has given these details to me but I have never received them. I asked him to resend the alleged email with the details but he

refused to do so. Instead, he keeps threatening me with eviction. I emailed him the copy of the above section of the Residential Tenancy Act, yet he ignored my requests.

I should be very much obliged to you if you would be kind and help me out.

Thanking you with kindest regards, *B.D.*

Our reply:

Thank you for reaching out, and please don't worry—you are not disturbing us at all.

I've attached the Tenants Advice Service flyer from the Darwin Community Legal Service (DCLS). They offer free legal advice and advocacy on tenancy matters and should be able to assist you further. I strongly recommend contacting them as soon as possible – their team is very experienced and supportive.

Call on NTG to improve safety for scooter users

Good morning Sue and Team,

Following the tragic assault on the 101-year old mobility scooter driver and checks with others I may recommend the following be implemented by the NTG at government's expenses.

One – Mobility scooter users are already handicapped persons and deserve the attention and support by the NTG.

Two – Emergency situations (assault, health or otherwise) can be encountered by the user on daily basis.

Three – The installation of one combined light (on top of a pole) and sound system on the scooter can be life saving.

Four – The activation is very simple. If the user feels in danger or unwell, he/she just pushes a button and the alarm goes off. This means people in the vicinity pay attention and assist.

Five – COTA can play the lead role in this project.

Please feel free to pass my message on to COTA Australia. I am ready to assist.

Franz Kratschmer, Darwin

Veteran in need of support

“Hello, please Paul is 69 years old veteran and in need of support to access the community and socialise, please kindly reach out to him to assist. His friend Chris will speak on his behalf as Paul has hearing issues.”

(enquiry via COTA NT website)

Our Aged Care Navigator replied:

“My suggestion that you download [The Veteran's Guide to Living Independently - Accessing DVA Services](#).

This guide provides you with information about the range of DVA services to keep you living independently at home.

Veterans' Home Care provides entry-level (low care) services to Veteran Gold Card and eligible Veteran White Card holders with an accepted service-related injury or condition.

Services range from a little bit of help with household jobs to community nursing services and aids and equipment to help you stay mobile and self-reliant at home.

The cost for services with DVA is substantially less than those provided by My Aged Care. If the support from DVA does not meet your needs you would need to apply for an assessment under My Aged Care.

If you need further information or assistance, please call DVA on 1800 VETERAN (1800 838 372*) or My Aged Care (1800 200 422*).

* Calls from mobile phones may incur additional charges.

We must keep discussions around VAD at the forefront of public debate

Dear Ms Shearer

Thank you for contacting me regarding this deeply important and personal issue. I appreciate your advocacy for compassionate end-of-life choices. We must keep discussions around Voluntary Assisted Dying (VAD) at the forefront of public debate in the Territory.

Every individual deserves dignity, compassion, and the right to make informed decisions about their end-of-life care. When in government, Labor laid the essential groundwork to enable a conscience vote on VAD, and we remain firmly committed to progressing this vital reform through Parliament.

Recognising the importance of compassionate and dignified end-of-life care, the Northern Territory Government established an independent Expert Advisory Panel on VAD in late 2023. This panel, led by the Hon Vicki O'Halloran AO CVO and Duncan McConnel SC, delivered comprehensive recommendations in July 2024 for a safe and practical framework for VAD.

While timing constraints prevented legislation from being introduced before the Territory election, Labor committed to reviewing these recommendations thoroughly and introducing VAD legislation for a conscience vote if re-elected. It is deeply disappointing for Territorians that Chief Minister, Lia Finocchiaro MLA and the CLP have indicated VAD is not a priority for their government.

The ongoing advocacy and engagement from organisations such as COTA NT, Go Gentle Australia, the Northern Territory Voluntary Euthanasia Society, and other community groups are essential in advancing this critical issue.

Your voice and advocacy are crucial in this ongoing conversation, and we remain committed to supporting the introduction of compassionate and dignified end-of-life choices for all Territorians.

Thank you again for your advocacy on this critical issue.

Selena Uibo, Leader of the Opposition
April 2025



Have your say

Send your letters, questions or comments to the Editor.

By email
communications@cotant.org.au

By post
COTA NT
Seniors Voice
GPO Box 852
Darwin NT 0800

Time for VAD legislation?

Yes it is time but unfortunately our Chief Minister does not consider this a priority. We are being discriminated against by not having the same rights as the rest of Australia to access a peaceful and dignified death. I'm extremely disappointed that I voted for the CLP who won't even discuss enacting this legislation when there are already models they could adopt to immediately enact this legislation.

Gail Dickin via COTA Facebook

Is there a petition to voice pro VAD?

So is there a petition we can sign to voice for pro VAD in NT? If a petition under weak Labor can stop a grog shop opening surely a petition for VAD under Liberal is way more important? Lia make a name for yourself!!!

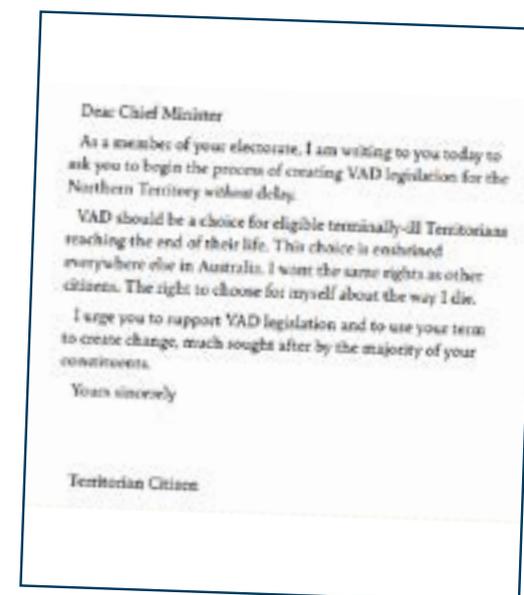
Deb Rob via COTA NT Facebook

In our [special VAD edition of Seniors Voice](#), we published 'What you can do' to tell the Chief Minister or your local member that having VAD legislation is important to you and that it is time to take action.

1. Send an email
2. Write a letter
3. Make a phone call
4. Have a chat in-person

We also included a sample letter (shown below).

See pages 4-5 for more on the current state of affairs.



[TOP SHOT]

SENIORS VOICE SUPPORTS THE PHOTOGRAPHIC TALENTS OF NORTHERN TERRITORY SENIORS AND ENCOURAGES POSITIVE DEPICTIONS OF AGEING.



The Top Shot in this issue was taken by Mel Bethel at our Katherine Expo on Wednesday 26 March.

We couldn't resist naming this photo as our Top Shot for this edition of Seniors Voice as it captures the sheer joy of making conversation and connection. May it never go out of fashion. If you want your photo to be considered for this spot, [contact us](#).

Sign up to COTA NT's free e-News [here](#)

Your details will not be shared with any 3rd party

New aged care navigator for Alice



COTA NT has appointed a new Aged Care Navigator, Janet Bradbury, for Alice Springs and the surrounding area. Janet replaces Debbie Pepper and will be at the 50+ Community Centre, 11 Wills Terrace on Tuesdays, Wednesdays and Thursdays between 9am and 2pm.

Janet is a highly experienced medical professional and will be delivering support and services to COTA NT Members and seniors in the community including:

- Help in accessing government-funded aged care services
- NT Seniors Card program services for Business Partners and card holders
- COTA NT membership support
- Activities such as Seniors Expo (August) and workshops around advance personal plans, safety and more.

You can contact Janet on 0423 828 558.



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1300 1300 50

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Katherine Expo highlights

Lorna McLaughlin, COTA NT

COTA NT was delighted to be back in Katherine for a fifth consecutive year with its Seniors Expo 2025. The weather gods were smiling down on us and all our exhibitors arrived and departed safely this year!

We received wonderful feedback from the community about the event and on behalf of the COTA NT team, I'd like to extend thanks to our event sponsors, the Northern Territory Government, Community Bank Katherine, The Y Katherine and the Heart Foundation Walking Group, my colleagues, our Club and Associates, supporters and all the other exhibitors and community members who made the day one to remember. Without you all, we would not have been able to create this unique event.

Thank you too to those people who have taken the time to write to us or comment on our social media – we read all your feedback.

More photos from the day can be viewed on our [website](#).

Photos by [Mel Bethel Photography](#) for COTA NT.



Katherine seniors keeping busy!

Gillian Hagger, Katherine Seniors Citizens Association

Katherine Seniors Citizens Association meets every Wednesday at 10am in the Community Hall, 14 Bernard Street (behind BOAB Caravan Park). Regular weekly meetings have

commenced for the year. Monthly meetings are held on the first Wednesday of the month with outings and activities organised for the other weeks. A wide variety of outings are being organised and will be announced as the cooler dry weather arrives.

Our AGM is on the 7th May.

Craft mornings continue at the Hall in Bernard Street every Friday at 9.30am. BYO craft. The club has some materials that everyone can use. Some members lunch together after the morning's activities. Guest speakers provide interesting topics once a month and we welcome visitors.



Discover your upside of ageing

LiveUp is a free guide, funded by the Australian Department of Health and Aged Care, that supports you to stay independent through healthy ageing.

Packed with tips, information and personalised resources, LiveUp's refreshed website has everything you need to age your way.

Activities directory

Find local activities and filter results to match your needs and goals.

Personalised healthy ageing quiz

Get tailored product and activity suggestions based on your answers.

Printable exercise sheets

Step into health and enjoy the benefits of movement for your mind and body.

A library of articles

Explore evidence-based articles that align with your healthy ageing goals.

**Visit liveup.org.au or speak to a Navigator
for free on 1800 951 971**

Legends master the rules of the game

Robyn Simmons (Photos supplied)



In October 2019, COTA NT under the direction of CEO Sue Shearer decided to sponsor Walking Netball. Who'd ever heard of this, a game for "seniors"? This happened soon after the new CDU Stadium, Sitzler Netball Centre had been built in Marrara and we were all encouraged to go along and give it a try.

We have been having fun, forming friendships and keeping ourselves active ever since with up to 28 men and women turning up on a Wednesday morning followed by a cuppa and a chat.

It was at one of our mornings when one of the girls thought we should make up a team and go to the Pan Pacific Masters Games at the Gold Coast in November.

We needed 12 players and a bit of commitment and we were away. Registrations were done, accommodation booked and the excitement grew.

We were lucky enough to get a sponsorship from "Nakers Marine." He paid for uniforms and T-shirts so that was a great bonus.

November came around quick enough and we are off to Surfers Paradise for our adventure. It was definitely a learning curve as we learnt even more rules about Walking Netball. It was a fun time and we definitely didn't disgrace ourselves although we only won one game.

Give it a go!

Walking Netball can be played by anyone regardless of age, fitness level or netball experience.

In the NT, games are played in Darwin, Palmerston and



Darwin Walking Netballers at the Pan Pacific Masters Games.

Alice Springs. Contact local centres for more information.

- **Darwin** Call Skye **0428 524 787** or email participation@netballnt.org.au
- **Palmerston** email palmerstonnetball@hotmail.com
- **Alice Springs** Call Alice Springs Netball Association **08 8952 7392** or email netball@alicespringsnetball.com.au

Netball NT and COTA NT collaborate to support each others' work.

Is this you?

COTA NT is looking for a volunteer driver to support its Multicultural Social Support Program.

You will drive our 12-seater minibus and help seniors from CaLD backgrounds



attend social events, outings, and more. We are looking for someone who is:

- Patient and caring especially with seniors who speak English as a second language
- A holder of a current NT Driver Licence
- Comfortable driving a 12-seater minibus
- Has a current OCHRE card and is willing to undergo a police check
- Available Tuesday mornings (9am – 10:30am) or Friday afternoons (1:30pm – 3pm)

Contact Cecilia Chiolero at 8941 1004 (Mon-Fri, 9am – 3pm) for more information.

Connections

Parkinson's NT Support Group Meets on the 3rd Thursday of each month, 10am until 12 noon, in the back room of the Darwin Community Church, 58 Sabine Road, Millner NT. For further information phone Jean on **8983 2474**.

Prosper – Darwin Prostate Cancer Support Group

Learn from those who may have already experienced your current situation. Share experiences of diagnosis, treatments and managing side effects. Find assurance

[COTA NT Club and Associates](#) demonstrate a commitment to, interest in and support of COTA NT's work.



Many attend Seniors Expo events.

and fellowship in an easy-going friendly environment. Support and assist men and their partners on their prostate cancer journey.

Meets 7:30pm on the second Monday of every month in Christ Church Cathedral, 2 Smith St, Darwin NT. All men, their partners and family are warmly welcomed.

Dip your toe in and get started!

Shanthy Bandara, Volunteering NT

Twenty-five years ago, John Tate arrived in Darwin for a year as a school principal and he never left.

Living by the philosophy imparted by his father – ‘give to someone without expecting in return’ – John has dedicated much of his life to community service, particularly after retiring when he found more time to contribute.

One of the biggest parts of John’s volunteer work has been with the Nightcliff Cricket Club.

His involvement has given him a deep sense of connection and belonging,

as well as a strong circle of friends.

Over the years, he has taken on various roles, including junior coach, committee member, fundraiser and preparing the wicket.

John’s contributions have not gone unnoticed. He has been nominated for several prestigious awards, including the Seniors of Excellence NT Award, Darwin City Council’s Citizen of the Year Award and Cricket Australia’s Volunteer of the Year Award. Though he volunteers without expecting anything in return, he acknowledges that receiving recognition was uplifting.

For seniors considering



Photo supplied.
John Tate

volunteering, John offers simple yet valuable advice: “Just dip your toe in to start with. It’s not hard to do one small thing. Give it a try, do one job, and see where it leads. If you have time, you will definitely gain.”

John’s story is an inspiring

testament to the power of giving back, connection and community spirit.

If you are interested in volunteering, you can visit [freddymatch](https://freddymatch.org.au/) or [Volunteering NT](https://volunteering.nt.gov.au/) online. You’ll find opportunities in support care, tutoring, retail and more.

Share your skills. Connect with community. Make a difference.

Volunteering is a great way to stay physically active, share your skills, and experience or learn something new!

Why not volunteer?

- Support local clubs and causes that matter to you
- Stay connected with your community and meet new people
- Bring your valuable skills and experience and make a difference

Get involved

Volunteering NT is using ‘freddymatch’ to connect volunteers with opportunities online. Scan the QR code below or visit: [freddymatch.org/agencies/AG-ZE04ZNO/volunteering-nt/](https://freddymatch.org.au/agencies/AG-ZE04ZNO/volunteering-nt/)



Register today

1. **Explore:** browse opportunities
2. **Match:** complete an application
3. **Volunteer:** the organisation you apply to will contact you



“The most rewarding part of volunteering is giving people opportunities they might not otherwise have.”

Malcolm Hales
2025 NT Sports Awards
Volunteer of the Year

Where you make savings with your Seniors Card

Kim Farrar, NT Seniors Card

We often hear from seniors asking, “Where can I use my discount card?” or “I’m not sure which businesses accept the Seniors Card.” So we have put together a short list of the best and easier ways to find out where you can use your card.

There are over 400 Business Partners in the program in 40 different categories and across the Territory and the number is growing.

So, before you shop...

- **Check** the [24/7 online Discount Finder](#) on the NT Seniors Card website.
- **Read** a printed copy of the Discount Directory – it’s organised by region and industry sectors listed alphabetically, so super easy to use.
- **Look** for the ‘Seniors Card Welcome Here’ signs displayed by a business. They are usually on the door as you walk in or at the counter. Every Business Partner in the program receives signage when they join the program.
- **Ask!** Don’t feel awkward about asking the staff at the counter or in the shop if a Seniors Card discount is available to you.
- **Follow** the NT Seniors Card Facebook page. We announce new Business Partners on our page as soon as we have approved them.

- **Talk to us.** If you need help finding savings for a particular product or service, talk to us at the office, at an outreach event or an Expo. Our program is always expanding and as we manually review every Business Partner application we receive, so we know our listings well.

In our new [Meet the Business Partners](#) gallery, you can see that the people and businesses you are supporting are a friendly bunch. They are usually waiting with a smile, happy to provide excellent service and willing to help you. Take a look – you may recognise some familiar faces!

We want you to ask for your discounts and to know where you can use your Seniors Card because you will save money. It may also help you make the most of your retirement, stay active and social in the community and you will be supporting local businesses that truly value your patronage.

So, remember to take your Seniors Card with you when you are out and about, never hesitate to ask for your Senior Card discount and enjoy exploring the places where Seniors Card is accepted. Happy savings!

Diary dates

- **Saturday 28 June Darwin Seniors Expo** – Stop & say hi!
- The new and updated print **Discount Directory** is out soon. Watch for our updates online.

* check offer before you make a purchase. Terms and conditions will apply.



[Brumby's Bakery Bakewell](#)
10% discount



[Darwin Lock & Key](#)
10% off locksmithing



[Intersport Alice Springs](#)
5% discount



[Mitre 10 Katherine](#)
5% discount



[Muffin Break Coolalinga](#)
10% discount



[Windscreens Territory Darwin](#)
10% discount

Save money on your electricity bill.

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- concessions
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1800 522 262

About delirium

Expert contributor Associate Professor Gideon Caplan, President of the [Australasian Delirium Association \(ADA\)](#)
Abridged version. Words Gina Flaxman

Hospital delirium is a serious condition and more common than you may think.

We've all occasionally experienced the feeling of waking up and feeling disorientated, particularly if we're in an unfamiliar environment. The sensation usually only lasts a few seconds. But for people in hospital, particularly people over the age of 65 who are already sick and may have more risk factors, that confusion can last longer and become a condition known as hospital-induced delirium.

People with delirium have impaired memories and find it difficult to perform daily activities in a similar way to people with dementia.

Signs of delirium

- **Confusion:** Suddenly becoming confused and disoriented and having trouble knowing where you are, not recognising people or confusing them with others.
- **Difficulty concentrating:** Less able to pay attention to other people and the environment, speech may be mixed up and difficult to understand.
- **Sudden changes in behaviour/personality:** Unfamiliar swings in emotion.
- **Fluctuating behaviour and consciousness:** Behaviour that fluctuates throughout the day from

restless and agitated to uncharacteristically quiet, withdrawn or sleepy.

- **Hallucinations and delusions:** Which may increase agitation.

Particularly in hospital and in intensive care wards, delirium is estimated to affect about 80% of people – that's two out of every three patients.

There are no specific treatments for delirium. Doctors will screen for underlying medical problems or factors that may be causing the condition and address them. Once addressed, delirium usually resolves itself. While a person has delirium, the ADA recommends:

- Keeping their hospital room as calm and quiet as possible
- Avoid moving them between rooms as much as possible
- Allocating someone to stay with them.

Delirium is a medical emergency and it is important to be treated as soon as possible.

Preventing delirium

Make sure people:

- Have a good night's sleep
- Stay hydrated and well nourished
- Have sensory systems working properly e.g. glasses are clean, hearing aids are working.

Following release from hospital it is important to watch for the signs, as it can reoccur. Ensure the patient eats well, exercises, stays hydrated and takes their medications.

If you are anxious or need advice, speak to your GP.

7 tips to avoid dental decline as you age

Just like our bodies, our teeth succumb to age-related changes. Unable to renew, our teeth become brittle and prone to fracture as dentine loses its spring.

Here's what we can do:

1. Avoid unnecessary forces

Avoid using your teeth to hold things such as working tools or to open packaging. Take measures to avoid forces such as grinding or clenching by wearing a night guard. If you have large fillings or root canal-treated teeth, speak to your dentist about specific treatment that can protect your teeth from cracking or breaking.

2. Share the load If you are missing molars or premolars, distribute chewing forces evenly to prevent overloading remaining teeth. Replace missing teeth with bridges, implants or well-fitted dentures to support your bite. Get dentures checked regularly to ensure they fit and support adequately, and replace them at least every ten years.

3. Preserve your enamel Reduce enamel and dentine loss by selecting soft-bristled

tooth brushes and non-abrasive toothpastes. If you are unsure what to use, stick with toothpastes that are labelled "sensitive". Reduce your exposure to acid in food (think lemons) or illness (reflux or vomiting).

4. Enhance your saliva

Saliva quality and quantity reduce because of age-related changes. Speak to your doctor about options to improve your saliva or manage reflux disease to prevent erosion.

5. Treat gum disease

Aesthetically, treating gum disease reduces gum shrinkage that typically exposes the relatively darker tooth roots that are more prone to developing holes.

6. Manage and prevent senescence Prevent cell damage by managing lifestyle factors such as smoking, uncontrolled diabetes and chronic infections such as gum disease.

7. Adapt and ask for help

Ageing can affect cognition, hand dexterity and eyesight preventing effective cleaning of teeth and gums. If this is you, talk to your dental care team.

Source: *The Conversation*
Read the full article [here](#).

Biophilia The idea that humans possess an innate tendency to seek connection with nature and other forms of life.

'What I need most are flowers, always, and always.' *Monet*

'...almost all patients lie with their faces turned to the light, exactly as plants always make their way towards the light...' *Florence Nightingale*





**Dementia
Support
Australia**

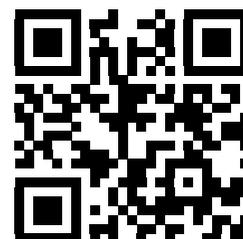
**Learn to live
at home with
dementia.**

Staying at Home is a free program to empower and upskill carers supporting a person living with dementia to remain at home for as long as possible.

Call **1800 699 799** or visit **dementia.com.au/SaH**

**Staying
at Home**

A Carer Wellbeing & Respite Program



Tools that make the difference

Cecilia Chiolero, PICAC NT

When it comes to aged care, especially for people from culturally and linguistically diverse (CaLD) backgrounds, access to the right information, and in the right language, can make all the difference. Whether you're a family member, a support worker, or a health professional, having clear and practical resources at your fingertips can ease the journey for everyone involved.

Earlier this year, I refreshed a publication that has been part of our resources' library for many years: *Cultural Background Resources*. The new [Caring for CaLD Seniors Toolkit](#) is packed with useful links and ideas for those supporting older people from different backgrounds, both in the home and in aged care settings.

It starts with resources from the Department of Health and Aged Care, highlighting initiatives that support older people who speak English as a second language. But then it dives into more everyday things: how to improve communication and signage, including ready-to-use indications in over 60 languages; where to find books, radio, and news in different languages, and even where to access recipes that bring the flavours of home to the dining table.

And yes – food matters!
The Strengthened Quality

Standards coming into effect in July will place even more focus on the dining experience. It's not just about nutrition, it's about enjoyment, identity, and dignity.

There's also a whole section on interpreting and translation services. I know I often sound like a broken record, but it's so important to repeat this: these services are free, and so many people, including seniors and staff, still don't realise that! Language support should never be a barrier when it comes to accessing care.

We've also included health care resources because, as we age, things can get more complex. Being able to understand what's happening – and what support is available – in your preferred language is essential.

This brings me to another great resource I've been meaning to share: the *Moving Pictures* project and their Draw-Care website (movingpictures.org.au). These resources were updated just last month, and they're fantastic. Now available in Arabic, Cantonese, Greek, Hindi, Italian, Mandarin, Spanish, Tamil and Vietnamese, they're all about dementia: what it is, how to prevent it, and how to care for someone living with it.

What I really love is how simple and relatable the videos are. They're short, practical, and available in different languages. You don't need to be tech-savvy to use the website, and you can pick and choose what you need help with. It's divided into three areas:

Understanding Dementia, Preventing Dementia, and Dementia Care. Each video is full of tips and advices that actually feel useful.

Most videos come as comic-style animations, each with its tip sheet: bite-sized bits of advice that don't take long to read but offer real value, especially if you're tired, overwhelmed, or just trying to figure things out one step at a time.

I also stumbled across the *Moving Pictures India Films* section ([see it here](#)). Even though it's designed with the Indian community in mind, the English subtitles make it easy to follow, and the themes, like challenging behaviours, or Food, Eating and Dental Care, are universal. The challenges of caring for someone with dementia don't change that much from culture to culture, and the strategies these films share can really help anyone.

So whether you're a family member, support worker, or health provider, these two resources, [Caring for CaLD Seniors Toolkit](#) and [Moving Pictures](#) are there to help. They're practical, accessible and designed to support you as you support others.

If you want a copy of the *Caring for CaLD Seniors Toolkit*, you can download it from cotant.org.au/picac/caring-for-cald-seniors-toolkit.

If you need help using these tools, contact:

- **PICAC NT (08) 8941 1004**
Office hours: 9am to 3pm,
Monday to Friday (excluding
public holidays).



Bite-sized tips and advice in the Moving Pictures project are all about caring for someone living with dementia. Now available in more languages. Talk to PICAC NT for more information and help with the language you need.



The Caring for CaLD Seniors Toolkit is available at no cost. If you wish to have a printed copy, contact PICAC NT.

The Caring for CaLD Seniors Toolkit is one of a range of free brochures produced by PICAC NT to help those caring for seniors from diverse cultural backgrounds. These are available to download from the COTA NT website.

Prepare your body for better recovery



As we age, recovery from surgery or illness as we know takes longer – and sometimes lead to lasting setbacks. But what if we could prepare in advance?

That’s the goal of prehabilitation. It involves improving your strength, mobility, nutrition, and mental wellbeing before a planned medical treatment, such as surgery or chemotherapy.

A recent report from iNews UK (March 2025) highlights the urgency: “Even 10 days in a hospital bed can physically age someone by up to 10 years.”

This rapid decline – called deconditioning – can be reduced with targeted exercise and movement. Prehabilitation is now being trialled in hospitals around the world, including Warwick Hospital in Warwickshire, UK, where patients are supported to move and stay upright from the beginning of their admission.

While there are currently no dedicated prehabilitation

clinics in the Northern Territory, many local specialists are already taking proactive steps to help their patients improve their strength and overall health before surgery.

Why it matters:

- Faster recovery
- Fewer complications
- Better mental health
- Reduced need for rehab.

Even small steps, like walking more or doing chair-based strength exercises, can make a difference especially before surgery or treatment.

Prehab is a powerful, preventive tool for older adults who want to stay strong, independent, and resilient.

Want to get started?

Join our Super Ageing fitness classes – in person or via Zoom – and build the strength you need before you need it.

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 Call Sharon **0438 890 089** for information, help with Zoom and class bookings.

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