

seniorsvoice

NORTHERN TERRITORY

KEEPING NT SENIORS INFORMED

Published by



The peak body
for NT Seniors
since 1969



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Supporting NT seniors' well-being & rights – safety, food, housing, equality

INSIDE: AGED CARE PAGES 8-9, HOUSING PAGE 14, COST OF LIVING CRISIS PAGE 18



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GREENFIELDS
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A year to create change



Sue Shearer,
CEO, COTA NT

Oprah Winfrey said it well when she said, “Cheers to a new year and another chance for us to get it right.”

The start of a New Year tends to makes me pause and reflect on the work completed by the organisation in the previous year and on what’s to come.

COTA NT kicked many goals including delivery of policy, major observances and events, seniors’ support services and programs, but inevitably for an advocacy organisation, the work never stops. It is my continued privilege to be the public face of an organisation that has worked tirelessly for the well-being and rights of Territorian seniors since 1969.

We look forward to embracing a year of opportunities to effect positive social change, to work with a new Territory government, to develop our existing relationships and discover new

ones, to champion the work of stakeholders and service providers who stand alongside us and to persistently raise awareness of issues which may adversely affect the lives of senior Territorians.

This year we are looking forward to:

- Safer family and community spaces for all Territorians
- Access to secure and affordable housing
- Effective measures to reduce high cost of living pressures – groceries, energy, fuel, rent, healthcare and transport
- An Aged Care Act that delivers for Territorians in terms of access, affordability and quality
- Equal rights alongside the rest of Australia in regards to voluntary assisted dying legislation.

Through our programs, publications and platforms – both in-person and online – we will endeavour to share information that helps and supports seniors, their families and networks to make informed decisions about their lives.

We have much-prized connections within the NT (and national) stakeholder community who deliver first-hand information and support to people face-to-face at events such as Seniors Expos and [Learn for Life](#) workshops.

Our workshop series has already started with a Financial Information Services workshop and in February, we are running two *Dying to Know* sessions. Details are published to our website calendar and emailed to our e-News subscribers.

In regards to Expos in 2025,

Our mission is to empower older people, those who work with them, government and the community into achieving well-being and social justice for older people.

we are due back in Katherine, Darwin and Alice Springs to connect, inform and celebrate community. We have 20 Expos under our belts to date, and this year we mark our 10th year of Expo in the Darwin region. This landmark is a fitting testament to the resilience and efforts of staff and volunteers who work extremely hard to bring events of this nature together.

Registrations are open for exhibitors wishing to join us at the Katherine Expo in March. We encourage you to [book your spot](#) as soon as you can.

continued on page 5

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
NORTHERN TERRITORY

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INSIDE

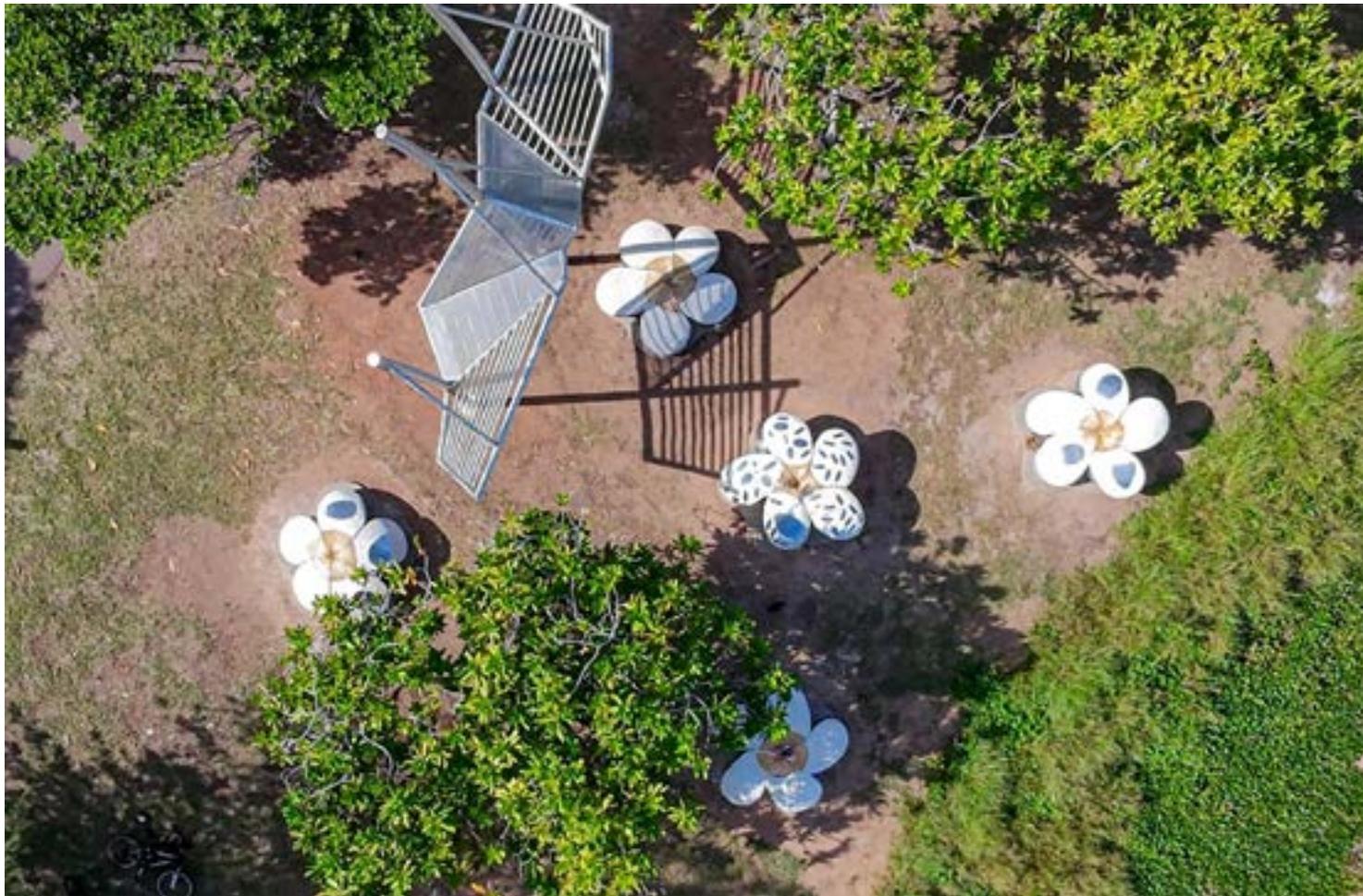
 NEWS	4 – 7, 10	 OPINION	16
 AGED CARE	8 – 9	 FINANCE	17 – 19
 HEALTH	11	 LETTERS	20 – 21
 RURAL & CENTRAL	12 – 13	 MULTICULTURAL	22
 HOUSING	14 – 15	 FITNESS	23

Main cover photo: iStock.com/skynesher

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.

[TOP SHOT]

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



The Top Shot in this issue is provided by Darren McCartney.

Darren has used drone photography to showcase the Cyclone Tracy memorial, *Five Decades, Five Flowers, Forever Remembered* situated at East Point Reserve.

Darren's overhead photograph captures the sculptural theme of the memorial very effectively, five fallen frangipani flowers scattered by the wind of Cyclone Tracy.

If you want your photo to be considered for this spot, [contact us](#).



Cyclone Tracy Memorial, East Point Reserve photographed by Elizabeth Szegedi

The Memorial was designed by local artist, Techy Masero, sponsored by Remembering Cyclone Tracy Inc. with grants from the Commonwealth and Northern Territory governments.

The frangipani petals carry the names of the 66 lives lost. Prime Minister Anthony Albanese unveiled the monument and paid tribute to those who rebuilt Darwin in an act of "profound courage."

Remembrance, healing and learning

East Point was chosen as the site for the Cyclone Tracy memorial as it was the first point of landfall for Tracy.

The memorial was unveiled on 25 December 2024, fifty years after Tracy. The site features stainless steel and concrete frangipani flowers. Frangipani flowers were dominant in the Darwin landscape at the time of Tracy and their resilience reflects the spirit of the people of Darwin in rebuilding the city.

The design of the small shade structure shown in the *Top Shot* above was inspired by the corrugated iron sheets

stripped from homes during the cyclone which shaped themselves around power and light poles throughout the city.

The East Point site also includes interpretative information and includes seating for reflection and contemplation.

You can read more about memorial activities on the City of Darwin's [Cyclone Tracy website](#).

- [Cyclone Tracy Memorial](#)
- [Cyclone Tracy Commemorative Trail](#)

Frangipani is known for its toughness, as well as its beauty and scent. Plant a branch and it becomes a tree.

continued from page 3

Expressions of interest for the [Expos in Darwin and Alice Springs](#) are also now being taken.

For those of you online, please remain safe. If you read our [online news](#), you'll see evidence that scammers were in action from the first day of 2025! They are, sadly, an unavoidable part of our 21st century life, but it is possible to arm yourself against them. The advice from the government's Scamwatch site and the eSafety Commission are great resources and training grounds.

- www.scamwatch.gov.au
- www.esafety.gov.au

We will also have in-person sessions available as part of our *Learn for Life* program. Our ongoing relationship with nbn™ means we can also put

you in touch with someone who can answer your questions about online safety.



On page 24, you may note a COTA NT advert about how financial contributions in support of our work can be made. We understand many people, especially in the current economic climate, are not in a position to contribute this way. Please know that simply reading Seniors Voice supports our work; communicating and connecting with us in-person or online supports our work too and is very much appreciated.

We look forward to another of year of advocacy, engagement and policy.

Stay safe

Sue Shearer

Sue Shearer, CEO, COTA NT



Seniors Expos 2025

COTA NT organises the largest Expo-style events for seniors in the Northern Territory and provides Territorians from all sectors – government, business, service providers, not-for-profit organisations and seniors' groups – with opportunity to meet in person.

Exhibitor applications are now open for:
[Katherine Seniors Expo](#) – Wednesday 26 March 2025

- Expressions of interest from exhibitors open for:
- [Darwin Seniors Expo](#) – Saturday 28 June 2025
 - [Alice Springs Seniors Expo](#) – Tuesday 12 August 2025

Call COTA NT for more information on 08 8941 1004 or visit www.cotant.org.au/seniors-expos.

Time to renew

Memberships of the NT Concessions Scheme and Seniors Recognition Schemes must be renewed between 1 January and 30 June each year.

If you do not confirm your details by 30 June each year, your membership will be suspended and you will stop receiving your benefits.

How to Renew

Visit a People, Sport and Culture service centre to use a self-service kiosk or talk to a team member in person.

**Call
1800 777 704**



Your rights

You have the right to:

- access payments, when eligible
- receive quality customer service
- be treated with courtesy, dignity and respect
- be informed about the schemes
- keep your privacy and personal information confidential
- provide feedback and make a complaint.
- treat staff, member assist agents and other members with courtesy, dignity and respect
- provide us with all the information needed to assist you
- stay informed about changes to the scheme
- be fair and honest when making complaints and help us resolve the issue.

Consumer guarantees

When you buy products or services, they come with automatic consumer guarantees set out under the law. For more information **go to the NT Consumer Affairs website or call 1800 019 319.**

Elder abuse If you feel someone is taking advantage of you, call **ELDERHelp on 1800 353 374** for help.

Authorised by nt.gov.au

Seniors Month 2025

Applications for NT Government grants typically open in mid-March. Register for grant updates & news [here](#).

Free workshops

As part of COTA NT's *Learn for Life* program, free information and discussion sessions are offered on a range of topics including end of life planning, advance personal plans, cyber safety, digital literacy, personal safety, elder abuse awareness and financial services.

Sessions are led by experienced facilitators from government, service providers, not-for-profit organisations and business. All sessions are free and open to all members of the community.

Workshops are offered all year round and details can be found on the COTA NT website calendar, social media and via email updates. Upcoming sessions include:

Dying to Know Workshops (Bookings essential 08 8941 1004)

- 6 February, 1pm – 3pm (free)
COTA NT, Spillett House, 65 Smith Street, Darwin
- 20 February, 9.30am – 11.30am (free)
Durack Community Arts Centre, 33 Packard Ave, Durack



Sign up to COTA NT's free e-News [here](#)
Receive information about advocacy,
programs and events direct to your inbox.

Your details will not be shared with any 3rd party. See terms.

ADVANCE PERSONAL PLANNING & end of life planning

Get the knowledge and start the conversations that empower you to make the decisions you want

Book a free support or information session for a group or individual about Advance Personal Planning and End of Life Planning

Call 08 8941 1004

www.cotant.org.au/programs/advance-personal-planning

Network news

Healthy Living NT: Seniors Resistance 10 Week Program

29th January at the Recreation Centre 8.45am to 9.30am
\$5 per person. Register via projects@healthylivingnt.org.au or call 8924 8488.



People Sport and Culture: Marrara Sports Precinct Masterplan Share your views on the future of the precinct. Online survey open until 31 January 2025 on the [Have Your Say website](#).

Seniors Of Excellence NT: Mike Foley OAM has been acknowledged as NT Senior Australian of the Year 2025. He will be in Canberra for the National Australian of the Year Awards 2025 on Australia Day 2025.

Victims of Crime NT

Home Security Assessment VoC NT offers free Home Security Assessments, where one of their team will attend your home and provide a personalised report with tips and recommendations. Click [here](#) for more information or to book your FREE Home Security Assessment. Alternatively call 08 8941 0995.

If you or someone you know has been affected by crime, VoC NT can help.

VICTIM SUPPORT FREE CALL: 1800 672 242

VoC NT can help with

- Information, referrals and crisis recovery support
- Navigating the Criminal Justice System
- Property crime financial help
- Free Home Security Assessments.

• **Tactile Arts 2025 Makers Markets:** Sunday 4 May @ Darwin Waterfront, Sunday 20 July @ MAGNT Lawns, Saturday 8 and Sunday 9 November @ Territory Netball Stadium in Marrara.

• **Nightcliff Seabreeze Festival 2025** Friday 9 to Sunday 11 May 2025 (website at www.nightcliffseabreeze.com).

• **Italian Festival 2025** Saturday 10 May, 10am to late, Fort Hill Parklands, Darwin Waterfront.



Genealogical Society of the Northern Territory Inc

10% discount on family & single full memberships. Library hours
Mon, Tues 9.30am–5.15pm, Wed 6pm–9pm, Sat 1pm–5.30pm.
Library: Unit 1, Harry Giese Building, 1 Willeroo Street
(off Henbury Ave), Tiwi – phone secretary for directions
(08) 8981 7363, committee@gsnt.org.au
www.gsnt.org.au

More flights options

Indonesia AirAsia will return to the Territory with the resumption of Darwin-Bali services.

Indonesia AirAsia will resume flights from Darwin to Bali, operating three weekly direct flights from 22 March. Jetstar Australia also operate on this route.

To find out more, visit: <https://www.airasia.com/en/gb>



Backyard crocs return

Source: [NTG Newsroom](#)

The Territory Government intends to restore Territorians' rights to own and keep crocodiles.

Last month, the NT Government took steps to reverse the previous government's decision to stamp out the crocodile ownership permit system and will develop a strengthened permit system.

The strengthened permit system will outline safety

measures such as:

- Tagging of crocodiles for identification.
- Defined enclosure standards with robust materials to prevent escapes.
- Clear animal welfare guidelines.

The proposed changes are expected to commence early this year and must be approved by the Administrator of the Northern Territory in accordance with the Territory Parks and Wildlife Conservation Act 1976.

@cotant YouTube gets facelift



COTA NT's YouTube channel is simply called @cotant and features our own videos and those created by others.

The videos in our playlists are listed by topic and by program.

How to find us

Go to URL, www.youtube.com/@cotant

Search for "youtube cota nt"

in your browser – we will be at the top of the search results.

Add to our channel

If you want to suggest a YouTube video for inclusion in our channel's playlists (existing or new), send the YouTube video link to COTA NT for review. Together we can create a relevant and interesting video resource for all members of the community.

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- ☞ Discuss pre-planning funerals
- ☞ Find out how funerals bonds can improve your centrelink payments
- ☞ Kind and compassionate staff understanding your needs

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- ☞ Cremations
- ☞ Memorial Urns & Jewellery
- ☞ Interstate & Overseas Repatriations

TERRITORY FUNERALS

www.territoryfunerals.com.au
19 McCourt Rd, Yarrowonga

08 8914 9555

Impacts of the new Aged Care Act

Source: [Aged Care Quality and Safety Commission](#)

The Australian Government passed the Aged Care Bill 2024 on 25 November. The new Aged Care Act will commence from 1 July 2025.

The Aged Care Act is the main law that sets out how the aged care system operates. It will put the rights of older people first. The Act aims to empower and improve the lives of older people accessing aged care services in their home, the community or residential aged care; provide a forward-looking aged care system that is designed to:

- uphold the rights of older people under the **Statement of Rights**
- assist older people accessing aged care services to live active, self-determined and meaningful lives
- ensure equitable access to, and flexible delivery of, funded aged care services that put older people first
- support older people accessing funded aged care services to effectively participate in society on an equal basis with others
- enable older people accessing funded aged care services to exercise choice and control in the planning and delivery of those services
- provide a robust and risk-based regulatory framework for the delivery of funded aged care services, including accessible complaints mechanisms
- ensure older people are free

from mistreatment, neglect and harm from poor quality or unsafe care

- provide and support education and advocacy arrangements that can assist older people to understand their rights, make decisions and provide feedback on the delivery of those services without reprisal
- encourage providers and workers to deliver high-quality care.

The new Act:

- addresses around 60 recommendations from the Royal Commission into Aged Care Quality and Safety
- includes feedback from several public consultations
- responds to the Aged Care Taskforce on sustainably funding aged care into the future
- The new Aged Care Act is very different from the existing legislation. It focuses on empowering older people and upholding their rights, needs and personal choices. It also impacts the way that the Aged Care Quality and Safety Commission regulates providers and holds them accountable for complying with their responsibilities.

The new Act will commence from 1 July 2025.

Improving care for older people

The new Aged Care Act will:

- recognise your rights, oblige registered providers to act consistently with these rights

The Statement of Rights include the right to:

- independence, autonomy, empowerment, freedom of choice
- equitable access, quality and safe funded aged care services
- respect for privacy and information
- person-centred communication and ability to raise issues without reprisal
- advocates, significant persons and social connections.

Providers will have to ensure that their actions are consistent with the Statement of Rights. **OPAN's Aged Care Advocacy Line, 1800 700 600** provides free independent information about your rights and support when talking to aged care providers.

- enable you to appoint a supporter to help you make decisions, or to make them on your behalf in exceptional circumstances
- make it easier to access aged care with a **simple, single entry-point and needs assessment**
- improve information published about aged care providers
- recognise younger people needing access to aged care early due to life experiences
- allocate a residential care place to you directly, rather than to a provider
- make clear what you should expect from aged care providers and workers
- ensure your protections across all aged care programs
- protect you if you make a complaint or report and provide ways for you to achieve meaningful outcomes
- enable compensation if you become seriously injured or ill from provider care breach

To read more on the new Aged Care Act go to:

- [The Department of Health and Aged Care – A rights based new Aged Care Act](#)
- [Fact sheet for older people](#)
- [About the Aged Care Bill 2024 fact sheet – Easy Read.](#)

Minister highlights potential challenges faced in navigating aged care services



Interviewed by ABC Adelaide's David Bevan on 2 December 2024, the Hon Mark Butler MP, Minister for Health and Aged Care (pictured above) was asked to confirm the maximum co-contribution rate for self-funded retirees. He replied, "I haven't got the tables in front of me. They're very complicated because they first depend on whether you're a self-funded retiree, a Seniors Health Card holder, a part pensioner or a pensioner..." (read the transcript [here](#)).

Looking forwards

Unravelling the complexities of Australian aged care in 2025 may take time for *all* stakeholders.

In the meantime, you can:

- [Subscribe](#) to receive updates directly from government
- Talk to COTA NT Aged Care Navigators who can provide you with information and referrals relevant to your specific circumstances.

Support at Home

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

- New *Support at Home* program to start on 1 July 2025.
- The Australian Government is improving in-home aged care to help older people live independently at home for longer.
- The *Support at Home* program will bring together some current in-home aged care programs, ensuring a more equitable system for older people.
- Starting 1 July 2025, the *Support at Home* program will replace the Home Care Packages (HCP) Program and Short-Term Restorative Care (STRC) Programme.
- The Commonwealth Home Support Programme (CHSP) will move to the new program no earlier than 1 July 2027.
- Older people with more complex needs will have access to higher levels of care, helping them to stay home for longer.
- *Support at Home* will improve access to services, products, equipment and home modifications to help older people remain healthy, active and socially connected to their community.
- Existing in-home aged care programs will continue operating normally until they move to the new program.



Resources for Support at Home program

HELP FOR TERRITORIANS

For help and support to access aged care services, call COTA NT on **08 8941 1004** during office hours, Mon to Fri 9am to 3pm (except public holidays).



In-person conversations

Come to COTA NT's [Seniors Expos](#) and talk with representatives of the Federal and Territory departments of health and aged care in person. Information and support will be provided and you have the opportunity to ask your questions and ensure the answers are meaningful to you. Seniors Expos are free and open to all members of the community.

For more information, you can watch the department's recent **Support at Home webinar and Q&A session for older people, families and carers**:

Webinars

- [Support at Home program update webinar \(Thursday 19 September\)](#)
- [Support at Home Q&A session for older people, families and carers \(Thursday 26 September 2024\)](#)

Reading

- [Support at Home – Fact sheet](#)
- [Support at Home program – Booklet for older people, families and carers](#)
- [Support at Home program – Booklet for older Aboriginal and Torres Strait Islander people, families and carers](#)
- [Support at Home Service List](#)
- [Changes to Support at Home pricing arrangements for older people, families and carers](#)

Receive updates direct to your inbox

Subscribe to the Department of Health and Aged Care's **EngAged** newsletter by visiting the department's website to receive updates about changes to aged care, including Support at Home.



Access to information

This information has been provided to stakeholders by the Department of Health and Aged Care. It follows on from the article about aged care fee changes from July 2025 published in our [last edition of Seniors Voice](#). It is also published to the COTA NT website [INFORMATION HUB](#) for easy and quick referral.

IMPORTANT: If you are unable to access online resources such as webinars or documents, please contact COTA NT. We can arrange for you to view webinars and read printed factsheets in our offices. Alternatively, contact your local library and ask them for help.

Free presentations to help you keep safer online and develop your digital skills

Join a free online Be Connected presentation to develop your digital skills. Learn how to keep safer online and use technology with confidence.

Hosted by the eSafety Commissioner, Be Connected presentations cover a range of topics every month for older Australians, including how to use government websites, how to avoid scams, safer online shopping and banking and staying safe on Facebook.

All presentations are free, live streamed and delivered in an easy-to-understand format with eSafety's knowledgeable and friendly presenter.

You can also ask questions during the presentation via live chat.

What will you learn?

- New digital skills so you can use technology with confidence
- How to protect yourself online and use technology safely
- What opportunities the internet can provide

Be Connected is a joint initiative between the Department of Social Services, eSafety and Good Things Foundation to increase the confidence, skills and online safety of older Australians.

Visit the Be Connected website for presentation topics and dates, and information about how to register: beconnected.esafety.gov.au/online-safety-presentations



Safe & Found for missing persons

Northern Territory Police Force, in partnership with MedicAlert, has launched the new missing person initiative Safe & Found.

The Safe & Found program is designed to support people living with dementia, autism or other cognitive impairment who might be at risk of becoming lost or reported as missing, by ensuring Police have immediate access to critical information to assist when undertaking search operations.

Originally an initiative of the Western Australia Police and MedicAlert Australia, its success has resulted in the Northern Territory adopting the program. Safe &

Found is based on three key components:

Lost Person Behaviour profile (LPB) – The LPB profile provides information about the individual such as physical description, medical history, places of significance, mobility and communication issues among many more. With the LPB, police have access to the information immediately making for quicker, targeted searches and lessening the burden on family and friends in the first instance.

A recent photograph of the member – updated every 12 months.

The bracelet – includes the carers number, 131 444, and Safe & Found membership number.

The Safe & Found database records pertinent information and a photo for a person, that can be provided immediately to police to assist in search efforts to locate the person.

For more information on joining, please visit – <https://www.safeandfound.org.au/>

Detective Senior Constable Joanne Linklater of the Missing Persons Unit said, “Last year NT Police conducted over 60 searches for people with dementia or other cognitive impairment who had been reported as missing. This number is expected to increase significantly over the coming years and Safe & Found is one way to assist in ensuring a more targeted and efficient approach to searches.



Source: [NT Police, Fire & Emergency Services Newsroom](#)

“We encourage family and friends of those with a heightened risk of going missing to consider joining Safe & Found. The faster police have accurate information on a missing person, the faster we can find them.”

Self aid rules to help you stay independent

Janet Brown, Aged Care Navigator

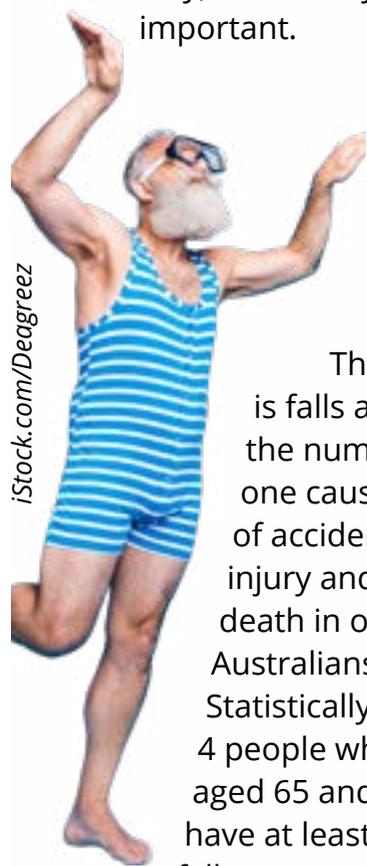
“Please put on your own oxygen mask first before helping others.” This often-heard phrase reminds us about the vital importance of self-care – or another way of putting it – self-aid.

Simply put, if you don’t look after yourself first, you will not be able to help yourself or others.

During my years of experience in the aged care fields, I hold fast to three practical general self-aid rules:

1. **Remain socially active**
2. **Remain physically active**
3. **Don’t fall over.**

This last rule may seem a bit silly, but it *really* is important.



iStock.com/Deegreez

The fact is falls are the number one cause of accidental injury and death in older Australians.

Statistically 1 in 4 people who are aged 65 and over have at least one fall per year (I had mine in December 2024 and thankfully it was minor). The home was the most commonly recorded place of injury.

Making your home and surroundings as safe as possible is another important thing that can be done to reduce the likelihood of a fall.

Making these areas safer not only reduces the number of falls and accidents but can make it easier for you to manage your daily activities as you get older.

60% of falls happen in and around the home. Some of the problem lies with us, and some with our houses and gardens.

- As we get older our abilities change, increasing the chances of us slipping and tripping.
- And our homes age too, through general ‘wear and tear’ or lack of maintenance, making them less safe.

Often we don’t notice this because we have lived there for many years without any problems. It is important to check your surroundings and take steps to make them safer.

For more detailed information, visit the COTA NT web page on [Falls Prevention](#). It offers access to excellent resources including:

- [Don’t Fall for It Booklet](#)
- Strong and Steady factsheets.
- [Stay On Your Feet®](#)
- [COTA NT Fit for Life](#) This program offers classes which help older people be active, stay strong, and improve their balance.



Carer Conversations
Supporting carers of people living with frontotemporal dementia

Northern Territory, let’s talk frontotemporal dementia.

Carer Conversations is a new free program for carers of people living with frontotemporal dementia to get the support they need.

Online session dates
Thursday 6 February 2025, 12pm – 2pm (AEDT)
Thursday 6 March 2025, 12pm – 2pm (AEDT)

Call 1800 699 799 or scan the QR code to register your interest*

*Subject to eligibility

Dementia Support Australia
Funded by the Australian Government
A service led by HammondCare




Shingles vaccine

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

Shingles (also called herpes zoster) is the disease caused when the chickenpox virus reactivates.



Shingles can cause severe pain that can last for months. Vaccination is a safe and effective way to protect yourself from serious disease caused by shingles.

The 2-dose vaccine is available through normal vaccination providers. It is free under the National Immunisation Program for:

- people aged 65 years and over
- First Nations people aged 50 years and over
- people aged 18 years and over with eligible medical conditions.

More information on shingles, including clinical advice, fact sheet, podcasts and other resources can be found on the [Department of Health and Aged Care website: Shingles](#).

Coomalie does it all with style!

Jan Jewell, Chair COTA Coomalie

The Festive season has come and gone and Coomalie seniors were well-catered for with not just one, but three different Christmas fares.

The Coomalie Council's annual Christmas Lunch at Litchfield Outback Resort was well attended and seniors were treated to a performance by the Batchelor School choir and Coomalie Grey Panthers. Many raffle prizes were won and the well-prepared lunch

was scrumptious.

COTA Coomalie held their annual Christmas Dinner also at the Litchfield Outback Resort. Hosts Mike and Janet outdid themselves with a beautifully-decorated function room and silver service. The menu consisted of four high quality courses. Music was provided by Maestro Ross.

In Adelaide River, seniors were treated to a special Christmas morning tea held by Sharon Beswick at the Adelaide River Store. Christmas festivities prevailed with Andy the Elf serving those who

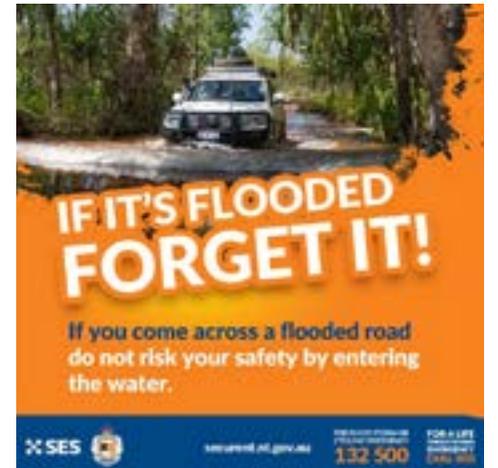
attended and handing out small Christmas gifts.

COTA Coomalie is seeking speakers to attend morning teas this year to bring more information first-hand to the seniors of the area. If you want to hear from a speaker on a particular topic, please let Jan know.

COTA Coomalie wishes all Coomalie seniors a safe and happy 2025 and would like to remind everyone when travelling by road to Darwin and other locations, if it's flooded forget it.



Follow us on [COTA NT Coomalie](#)



Women's Healthy Heart Study

Scan the QR Code to take part in the trial or
 Email: cac-women.study@menzies.edu.au
 Phone: 0468 565 510

Are you a female aged 40–65 years and want to reduce your risk of heart disease?

Qualifying Criteria

Can you tick ONE or more:

- Diabetes during pregnancy
- High blood pressure or pre-eclampsia in pregnancy
- Early menopause (under the age of 44 years)
- Aboriginal or Torres Strait Islander? (35–65 years of age)

We'd love to hear from you!

The study is a large national trial of 6 months duration.

Benefit to you: Free scan of your heart arteries, blood pressure, bloods, body measurements, questionnaires. **CT scans looking at your heart arteries, free of charge to participants.**

Benefit to women: Helping to improve care for other women in the community.



This research project has been approved by Menzies School of Health Research. NT Flyer IV dated 30 Jun 2023

Friends for Good

Source: friendsforgood.org.au

Loneliness has been called the hidden suffering of the modern age.



- Research suggests that:
- Loneliness is as bad for your health as smoking 15 cigarettes a day.
 - Loneliness is worse for your health than obesity.
 - People experiencing loneliness are more likely to suffer from dementia, heart disease and depression.

Loneliness does not discriminate. It is widespread and equally affects people of all ages and from all walks of life in our communities, in the city and in the bush.

Friends for Good is a volunteer driven not-for-profit and Australian loneliness pioneer joining the fight against loneliness.

FriendLine is a national support line ready for a cuppa and a conversation.

All conversations with FriendLine are anonymous and our friendly volunteers are ready for a yarn and to share a story or two. You can register for the FriendLine service via the website, friendline.org.au.

Register your phone number to receive a call a few times a week for friendly conversation. Or chat online.

Before use, please note the full terms and conditions, which include:

- This is not a crisis service
- This support line is operated by volunteers who are screened and trained
- All conversations are anonymous and confidential
- Volunteers take a no-tolerance approach to any offensive remarks
- Conversations may be limited in duration depending on demand
- No personally identifiable information is actively captured.

Strong foundations 50+ community



Photo: Alice Springs Heart Foundation Walking Group

The Alice Springs Heart Foundation Walking Group welcomes everyone on their walks (dogs, kid, prams, etc.) You don't need to have a heart condition either and it's a non-competitive exercise program.

- Meet: Town Council Car Park every Saturday morning at 7am
- Walk lasts a maximum of 1 hour and/ or 5kms. You don't have to stay for the whole walk – just what you want to do.

 Check out [Alice Springs Heart Foundation Walking Group](#) including advice on walking in high temperatures. Russell North 0423 699 488

Get pickle-balling!



Pickleball players, Colette, Greg and Wendy

Are you looking for a fun indoor sport to keep active? Come along to one of our senior sessions and give pickleball a try.

Why pickleball? It is a low impact game played on a small court. It is a fun-filled social sport. It is easy to learn the game, no experience is needed. Membership and fees are kept low.

Pickleball Alice Springs Association offers senior play on Wednesdays 3pm – 5pm at The Y and Sundays 9am – 11am at the Marian Centre, Sadadeen. Everyone is welcome.

 Check out [Pickleball Alice Springs](#) on Facebook for more information.



The 50+ Community Centre is a well-utilised space in Alice Springs and is home to a number of seniors' groups. Some of the activities held regularly include:

- **COTA NT Aged Care Navigator** Mondays, Wednesdays & Fridays, 8.30am – 1pm Debbie 0423 828 558
- **Bingo** Mondays & Fridays 11.15am – 1.30pm (approx) Kerrie 0467 892 490
- **Woodwork** Wednesdays 9.30am – 1pm Matt 0418 624 631
- **Cards and Games** Wednesdays from 1pm – 4pm, Fridays from 2pm – 5pm (run by U3A) Kathy Fritz 0407 529 791

NEWS UPDATE: The first ten South Australian Police officers were sworn in as officers of The Northern Territory Police Force at the Alice Springs Police Station on 6 January. The officers will be assisting local policing efforts as part of the increased, high-visibility police presence in Alice Springs.



NT WORKING WOMEN'S CENTRE

Are you or someone you know being discriminated against, unfairly treated or having problems at work?

The NT Working Women's Centre provides free and confidential information, advice and support to NT women on workplace related issues.

We have offices in Darwin and Alice Springs, but operate across the NT.

Freecall: 1800 817 055 or email admin@ntwwc.com.au

www.ntwwc.com.au

Help with housing in the here and now

A report released at the end of last year by UNSW City Futures Research Centre indicates that homelessness across Australia has escalated significantly.

The report, [Australian Homelessness Monitor 2024*](#) finishes, "If we want to measurably reduce homelessness at the societal level and to prevent it in the future the only way to do so is through **reducing poverty** and **expanding access to suitable and affordable accommodation**. Just as the current situation

has come about thanks to mistaken policy choices of the past, these are challenges that could be squarely addressed by course corrections today."

If you are experiencing housing stress *now*, the resources below may be of assistance and/or of interest.

Social housing support services



Local housing offices are open Monday to Friday, 8am to 4pm, and closed on public holidays.

To start an application for social housing, you can talk to someone at your local housing office, a housing officer in your community or a Department of Housing, Local Government and Community Development officer.

- **Alice Springs** Mwerre House, 60 Hartley Street, Alice Springs 08 8951 5344
- **Greater Darwin** Ground floor, CasCom Centre, Building 5, 13-17 Scaturchio Street, Casuarina 08 8999 8814
- **Katherine** Ground floor, NT Government Centre, 5 First Street, Katherine, 08 8973 8513
- **Nhulunbuy**, Nhulunbuy Regional Office, 57 Chesterfield Circuit, Nhulunbuy 08 8987 0533
- **Palmerston**, Unit 1 and 2, 36 Georgina Crescent, Yarrowonga 08 8999 8814
- **Tennant Creek**, Ground Floor, Matt Glynn Building, 172 Patterson Street, Tennant Creek 08 8962 4497
- **Top End**, Level 1, CasCom Centre, Building 4, 13 – 17 Scaturchio Street, Casuarina 08 8995 5122

Remote public housing contacts

- Arnhem region | 08 8987 0479
- Barkly region | 08 8962 4537
- Big Rivers region | 08 8973 8513
- Central Australia | 08 8951 5252
- Remote housing hotline | 1800 104 076
- Top End | 08 8995 5122

Hotlines

- 24/7 housing complaints line 1800 685 743
- Housing repairs and maintenance 1800 104 076

Emergency accommodation



NT Shelter is the peak non-government housing and homelessness advocacy body in the Northern Territory. NT Shelter advocates for appropriate and affordable housing for ALL Territorians particularly disadvantaged groups and those on low incomes.

[ShelterMe](#) provides information to those seeking accommodation and support services and assists the sector as a referral tool. It includes contains up to date information about accommodation and services throughout the NT, including crisis, transitional, short term, low cost and supported accommodation, and other support services.

ShelterMe is managed by NT Shelter and funded by the NT Government.

NT housing investment

NT Housing: [Our Community. Our Future. Our Homes.](#) The Australian and Northern Territory Governments committed to improving Aboriginal housing in remote communities by investing \$4 billion over 10 years.

Social housing information

Source: <https://dhlgcd.nt.gov.au/publications-and-policies/housing/social-housing>

Policies Including overview, foundations, access to, living in social housing, leaving, asset management, initiatives, debt management. <https://dhlgcd.nt.gov.au/publications-and-policies/housing/social-housing/policies>

Waitlist The total of applications for social housing compared to vacant social housing homes as of 31 December 2023** (including general, priority and transfer applicants) was 5,996 on the wait list and 181 vacant homes. Details of social housing waitlists are published on NTG website, nt.gov.au/property/social-housing/apply-for-housing/apply-for-public-housing/waiting-list. ** note: currency of date

*AUSTRALIAN HOMELESSNESS MONITOR 2024 Pawson, H., Parsell, C., Clarke, A., Moore, J., Hartley, C., Aminpour, F. and Eagles, K. (2024) Australian Homelessness Monitor 2024; [Sydney: UNSW City Futures Research Centre](#)

Dementia Support Australia

Funded by the Australian Government
A service led by HammondCare

Helping people who live with dementia to stay at home longer.

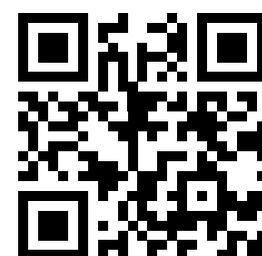
Are you caring for someone recently diagnosed with dementia? Join our **free 2-hour information session** to learn about dementia and the Staying at Home program, offering practical ways to support a person living at home with dementia.

To register for an information session scan the QR code, call **1800 699 799** or visit **dementia.com.au/sah**

Staying at Home

A Carer Wellbeing & Respite Program

Upcoming 2 hour sessions
Alice Springs - 4th March 2025
Darwin - 6th March 2025



Coo-ee!

Send us your ideas on ways to improve NT living!



Would you wear one of these?

We take a look at an innovation which creates an added layer of physical protection, with potential life-saving kudos too.

Based on Japanese research, a Chinese start up has developed a uniquely helpful gadget. Drawing from the same principles of car airbags, their inflatable vests and belts are designed to protect seniors when they fall.

Simply too hot for the tropics? Or would you think about wearing one?



Senior-living you want to live in

Could we learn from a Japanese style of retirement living and nursing homes that is guided by principles of usefulness, community, comfort and aesthetics?

Consider the beautiful *Share Kanazawa*, a seniors' independent-living community in Japan which features:

- Mixed living (intergenerational)
- Inclusion for those living with disability and dementia

- Beautifully designed indoor and outdoor spaces
- Shared kitchen for residents and the wider community
- Community lessons
- A small farm (yes, a small farm with alpacas).

Would you or your parents want to live here if unable to *age in place* staying in an original or family home?

It's true, Japanese providers are tackling familiar problems of rising costs and worker shortages, but some are also embracing a vision of aged living that is not institutional, non-medically centred and natural. *(Yes, please – Ed).*

Seniors still need a (human) friendly face

Supplied by Anglicare NT

In Australia, a rising wave of loneliness is sweeping through the elderly population, prompting the use of Artificial Intelligence (AI) in aged care facilities.

Research conducted in 2020 by The Age and Ageing discovered that 1 in 5 older adults grapple with significant loneliness, a condition that the World Health Organisation said severely impacts both mental and physical health.

In response, aged care facilities are increasingly turning to AI to bridge the gap.

AI-driven applications, such as Replika, are being deployed to offer virtual companionship to residents. Since its launch, Replika has garnered over 10 million users globally, with users exchanging hundreds of messages with the AI companion daily.

However, the effectiveness

of AI in replicating the warmth and depth of human interaction remains under scrutiny.

Director of Research at the Reuters Institute for the Study of Journalism, Dr Richard Fletcher, acknowledges the advancements in AI but stresses that it is not yet an emotional replacement for human interaction.

"We're some way off AI becoming an alternative to human interaction ... You can often tell when something is being written by AI," Dr Fletcher said.

A long-serving volunteer at Anglicare NT, Veronica Wilson, shares these concerns. She said that although AI can offer companionship and support, it cannot contribute to the emotional exchanges that make residents feel valued.

Ms Wilson said, "Residents might benefit from the practical aspects of AI, but the warmth and personal touch of a human presence cannot be



Visitors and residents enjoy a friendly game of pool at an aged care facility, showing that human presence makes all the difference in fighting loneliness. Photo: Dawnellen Batkin.

replicated by machines."

Looking ahead, future advancements in AI could improve its ability to offer more meaningful interactions, but experts agree that AI is unable to be a substitute for the vital human connection needed amongst the elderly population.

For those looking to make a meaningful impact, volunteering at local aged care facilities offers the opportunity to provide genuine interactions that technology alone cannot replace.

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.

For more information

- Email volunteers@anglicare-nt.org.au
- Phone 08 8928 0620

Urgent help with money

Source: moneysmart.gov.au

If you're feeling overwhelmed by money or personal issues, it can be hard to know where to turn. You don't have to go it alone. In an emergency, there are services to help you with food, housing and bills, and emotional support.

- If you don't know where to start, **call the free National Debt Helpline on 1800 007 007**. The helpline is open Monday to Friday, 9:30am to 4:30pm. Or live chat, Monday to Friday, 9:00am to 8:00pm.
- Aboriginal and Torres Strait Islander peoples can call the free **Mob Strong Debt Helpline on 1800 808 488**. The helpline is open Monday to Friday, 9:30am to 4:30pm

Food and bills Charities and community organisations have

emergency relief services to help you with things like:

- meals, food parcels or food vouchers
- transport vouchers
- chemist vouchers
- clothing or furniture
- part-payment of utility bills.

If you need, contact your nearest:

- **Salvation Army 13 72 58**
- **Vinnies 13 18 12**
- local community centre, church or community organisation.

Centrelink provides a payment to people eligible for income support. Call 132 850, or the Centrelink Indigenous call centre on 1800 136 380, 8am to 5pm, Monday to Friday.

ShelterMe (shelterme.org.au)

Links to essential services for those at risk or experiencing homelessness including: A

place to stay, food, money, getting off drugs/alcohol, legal, someone to talk to, clothes or home basics, domestic and family violence.

2 MINUTE READS on the moneysmart website

- [Get debt under control](#)
- [Financial counselling](#)
- [Financial hardship](#)
- [Problems paying your bills and fines](#)

SMART TIPS Find food relief near you:

- [Foodbank](#)
- [OzHarvest](#)
- [SecondBite](#)

Never pay for financial counselling. Businesses that charge fees for this are debt consolidation and refinancing companies.

Disclaimer: Information here is general in nature and has been prepared without considering your personal goals, financial situation, or needs. Before acting on any general advice, you should consider its appropriateness to your unique situation.

Small changes that may saves \$\$\$

To help with the cost of living, you could try:

Reducing housing costs: moving to a cheaper area, getting roommates, finding a job with accommodation.

Meal planning & grocery shopping online: sort by unit price, buy what you need, bulk cook and freeze meals, shop for reduced items at the end of the day and freeze, if dining out go for specials and use your Seniors Card if possible.

Being energy savvy: check out [Jacana's Energy Efficiency Guide](#).

Save on transport costs: Sell your car and buy a cheaper one (safe one), use public transport, carpool if possible, shop around for cheapest petrol.

Financial assistance

NT Concession Scheme Provides concessions on a range of essential goods and services to help with living expenses.

CatholicCare NT Financial counselling, capability support and emergency relief to eligible people experiencing financial crisis. A free service funded by Australian Government Department of Social Services. **08 8962 3065**
Operating Hours: 8:30am – 5pm Mondays to Fridays.

www.catholicarent.org.au/service-category/financial-wellbeing

Australian Red Cross Family and Domestic Violence (FDV) Financial Assistance program available to all people experiencing family and domestic violence, in need of financial support. **08 8924 3905** Operating Hours: Mondays to Fridays, 9am to 5pm

SMART TIP Power Bills Call Jacana immediately on **1800 522 262** if you find yourself in financial stress or hardship.

National Debt Helpline

1800 007 007

Weekdays 9.30am to 4.30pm

The National Debt Helpline helps people in financial hardship with FREE, independent and confidential assistance. Its financial counsellors are professionals who are trained to help people in stressful situations.

ndh.org.au

On the website, you will find Step by step guides to help you get back on track whatever your financial difficulty. They include (but are not limited to):

Utility bills | Housing | Phone & internet | Council rates

The important thing is to seek help quickly

Cost of living is hitting us hard

Source: NTCOSS Media Release

NTCOSS' latest Cost of Living Factsheets published in October 2024, (just after the last edition of Seniors Voice went to press) reveal how hard the cost of living crisis has hit the Territory as food, transport and housing prices continue to rise.

Territorians are being hit harder by surging food, transport and housing costs. NTCOSS' Cost of Living Factsheets show Territory residents on low incomes and those living remotely are especially affected, with frontline services increasingly stretched.

NTCOSS and its members including Anglicare, Foodbank, NT Shelter and Council of the Ageing (COTA NT) are calling on the Northern Territory

government to ensure Territorians can meet their basic needs; to invest in the capacity of the community services sector to ease the cost of living burden; and to implement the following recommendations and those contained in the Cost of Living Factsheets.

FOOD

- Ensuring remote houses have adequate facilities to support safe food storage and preparation by providing reliable power, safe drinking water and culturally responsive design
- Funding for the social services sector that reflects the real cost of service delivery.

TRANSPORT

- Increase the Motor Vehicle Concession to support people on low incomes to afford the cost of registration

- Introduce concession rates for users of remote bus services and ensure consistency of fees.

HOUSING

- Improve the Residential Tenancies Act 1999 (NT) so Territory renters have at least the same rights as the rest of Australia
- Increase the availability of youth specific housing across the NT.

"We are nowhere close to servicing daily demand for requests of food vouchers and emergency relief. We could double or even triple the daily offer and still not meet demand." - Vicki Borzi, Manager Financial Counselling Anglicare NT

"We all know that independence is vital for seniors and having your own motor vehicle is crucial for this. The concession provided by the NT Seniors Card and

NT Concessions for vehicle registration has not changed since its inception! Both need to be indexed to CPI to assist ALL Territorians with the cost of living crisis." - Sue Shearer, CEO COTA NT

"... We need to bring the NT Act in line with other jurisdictions by ensuring minimum standards for rental premises and the establishment of an independent bond board.... As we've long said, 30% of all land released by the Crown for residential use should be for social and affordable housing. This would mean the creation of more well-located affordable housing which has a number of benefits, including adequately housed key workers located where the jobs are." - Annie Taylor, Head of Operations NT Shelter

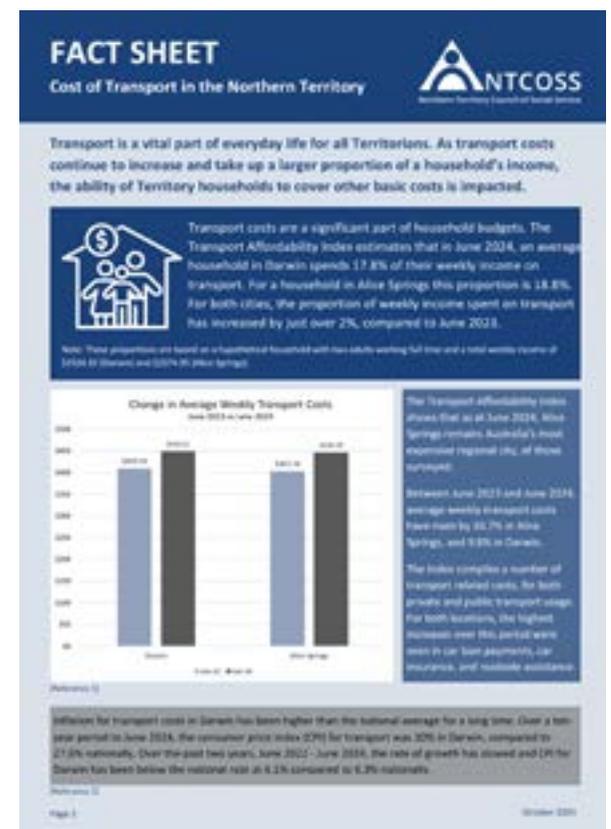
The full release is published on the NTCOSS website [here](#).



[Download FOOD factsheet](#)



[Download HOUSING factsheet](#)



[Download TRANSPORT factsheet](#)

Your bank matters

Source: Coolalinga Community Bank
You might not think who you bank with matters – but it does. At Coolalinga Community Bank, your banking isn't just about dollars and cents; it's about making a real difference.



Why not make an appointment for a friendly chat about how we can make banking better for you? Call us today at Coolalinga Community Branch on 08 8983 4111.

Every single day, our customers help change lives and save lives simply by banking with us. Home loans? They're helping build hospital wings and classrooms. Personal loans, investment accounts, and term deposits? They're funding ambulances, rescue boats, and aged care facilities. Everyday banking is doing all this and so much more. Across Australia, \$320 million has been returned to communities and initiatives, and we're incredibly proud that our Coolalinga Community Bank branch alone has contributed over \$1.6 million to support local charities, parks, infrastructure, schools, and educational programs right here in the NT.

At Coolalinga Community Bank, we pride ourselves on truly knowing our customers and understanding their needs. For example, we know many seniors find internet banking and apps a bit daunting, so our friendly team are here to help. As a customer, you'll see the same familiar faces ready to assist you with whatever you need. Unlike the big banks, we provide personalised, human service with a smile.

Switching to a bank you can feel good about has never been easier. Join the two million Australians who are already enjoying Bendigo Bank's competitive rates and trusted services.

USE YOUR CARD EVERYDAY SAVINGS

Free for over 60s*
Apply online

ntsensorscard.org.au

SENIORS CARD

COTA NORTHERN TERRITORY
Be your best.

*see website for terms and conditions

The holder of this card is a valued member of our community. Please extend every opportunity to them.

Your mobile lending specialist

Call Stacey on 0477440519

Bendigo Bank

Save money on your electricity bill.

Visit jacanaenergy.com.au to learn more about:

- concessions
- payment plans
- energy saving tips

Jacana ENERGY
1800 522 262

Real life: letters, Qs and NT chats

Have your say

Send your letters, questions or comments to the Ed.

By email

ntseniorsvoice@org.au

By post

COTA NT

Seniors Voice

GPO Box 852

Darwin NT 0800



Voluntary assisted dying legislation update

What is the latest on voluntary assisted dying legislation coming into effect for Territorians? Have we been forgotten?

Thanks, Steven

The Expert Advisory Panel assembled by the NT Government recommended in their [final report](#) that the NT government draft a VAD bill to bring the Territory in line with the rest of the country.

The NT government is yet to initiate a VAD bill.

VAD is legal and operating in all Australian States. VAD laws have been passed in the Australian Capital Territory and will commence on 3 November 2025. It is currently illegal in the Northern Territory.

Read the report [here](#).

- 91% of COTA NT Members surveyed in 2020 were in support of legislation for assisted dying.

Where do I get help with elder abuse worry?

Hi, I spoke with Elder Abuse today and as it just goes through to Territory Families, they suggested we contact you to see if you can offer any help.

We are very concerned about my father-in-law, he is being coerced by his partner, who over the last 4-5yrs has almost entirely isolated him from family and friends.

We are sure she is mentally, physically and financially abusing him. We know he has a serious heart condition and we think he has dementia too.

So we are very concerned about his wellbeing. But it's been very difficult to obtain any proof so we are wondering if there is any services that may be able to help at all. *Thanks Valerie*

COTA NT referred Valerie to our Aged Care Navigator for follow up on her return from the Christmas close.

For more immediate assistance, however, Valerie was advised to contact Darwin Community Legal Service and Relationships Australia – NT.

Both organisations are in a position to assist with concerns around elder abuse in the NT.

Darwin Community Legal Service

Older Person Abuse Toolkit [here](#)

Seniors' Rights Service

Free advocacy for people aged 65 years and over residing in the NT. Our specialist team also supports Aboriginal and Torres Strait Islander Peoples who are aged 50 years or older.

Their support can help:

- you to identify and take action on elder abuse
- help you, residents and staff of residential aged care facilities to explain what Elder Abuse is and how to spot it.

Contact The Older Persons Abuse Information Line

- Call **1800 037 072**
- Free to call Monday to Friday, 9am – 5pm. Free callback on mobile phones

Relationships Australia NT

Elder Abuse Prevention and Support Service can help older people and their families to:

- Respond to family conflict in ways that aim to improve relationships
- Address and reduce the risk and occurrence of abuse, exploitation or neglect

How they can help

With free, confidential appointments for:

- Information and referrals
- Counselling
- Facilitated family or group meetings
- Advocacy
- Development of safety plan
- Case Management

This is a free service for those aged 65 years and over or

50 years and over of Aboriginal and Torres Strait Islander descent, where there is a concern of abuse.

Family members, friends or carers can also contact RA-NT if they have a concern about an older person who is currently experiencing or vulnerable to abuse.

nt.relationships.org.au/services/elder-abuse-prevention-and-support-service

The service is available in Darwin and Alice Springs. Darwin 08 8923 4999 Alice Springs 08 8950 4100 or Email: communitywellbeing@ra-nt.org.au

If you live outside Darwin or Alice Springs, contact the service closest to you.

I'm turning 66. How do I get a Seniors Card?

Good morning. I have now been retired for a year and about to turn 66. I am seeking a seniors card that can be used to access such things as discounted car registration etc. which has a number on it. Could you please advise what I need to do to get my card? *Thank you. Mary*

Our reply: You can apply for your NT Seniors Card via:

- the NT Seniors Card website ([apply for card](#))
- call us on freephone 1800 441 489
- or visit our offices at Spillet House, 65 Smith Street, Darwin

NT Seniors Recognition Scheme

As you are over 65, you are also eligible for the NT Seniors Recognition Scheme, this is organised by the Department of People, Culture and Sport, (the old Territory Families, Housing and Communities department). Each year you receive a \$550 debit card from the government.

You can apply online, in person, by mail or email.

To be eligible for the scheme, you must be:

- aged 65 or older
- an NT resident and live or have lived in the NT for 183 days (6 months) of the financial year
- one of the following:
 - Australian citizen
 - permanent resident
 - temporary visa resident with a valid Medicare card registered to your current NT residential address.

When you apply, you must provide 100 points of your identity and residency.

Apply online, <https://nt.gov.au/community/concessions-and-payments/nt-seniors-recognition-scheme>

You can also call the **NT Concession and Recognition Unit on 1800 777 704** for information.

Please note: This scheme is *not* managed by COTA NT.

In need of supported living

I require supported living. I am a 70 years old single female with 2 surgeries coming up.

I currently live at the *** with security**

at the lift using Magnetic strip Card. My unit door is way too heavy to open. I have made no friends and have had constant medical issues. I need to live with persons in a nursing home situation. I have been diagnosed with PTSD and the anti-depressants side effects are suicidal thoughts. I have since stopped these. *Claire*

COTA NT referred Claire to our Aged Care Navigator, who has contacted her to outline support options.

Lifeline 13 11 14 A free, national helpline for anyone living with depression, anxiety or suicidal thoughts. Available 24/7.

- NT Mental Health Line 1800 682 288
- NT StandBy Support After Suicide 1300 727 247
- Beyond Blue 1300 224 636
- Friends Line (see page 12).

Policies on improving quality of life of older adults

I am doing a review of federal and state government policies aimed at improving the quality of life of older adults in Australia. I would greatly appreciate it if your office could provide any relevant documents, including both published and unpublished policies, frameworks, or internal strategy documents that address ageing-related issues in the NT.

Thank you, Martin

Also for NT Seniors

Seniors Card Any permanent Northern Territory (NT) resident who is 60 years of age or older is eligible for a NT Seniors Card.

The Seniors Card is free and provides access to savings on a range of goods and services at participating businesses.

- ntseniorscard.org.au
- 1800 441 489

NT Seniors Recognition Scheme

If you are a Northern Territory (NT) resident aged 65 or over, you may be eligible for the NT Seniors Recognition Scheme. As a member, you get a \$550 prepaid card each financial year to spend as you choose. The scheme recognises the valuable contribution senior Territorians make to our community.

(Members of the NT Seniors Recognition Scheme who receive certain Centrelink or Veterans' Affairs benefits may also be eligible for the NT Concession Scheme.)

- NT Concession and Recognition Unit on 1800 777 704.

COTA directed Martin to the policy documents published to its website, www.cotant.org.au/cota-advocacy/our-policy/issues.

These include COTA NT's Election Recommendations to NT Government 2024, COTA Australia's Agenda for Government Policy Recommendations and our Strategic Plan (2022-2026), as well as links to the Northern Territory Government's plans and policies for seniors, families and communities.

Martin was also referred to the Office of Senior Territorians for additional information about services and support for seniors in the Northern Territory. (Office of Senior Territorians 08 8999 3861, email tfhc.ost@nt.gov.au).

We need Tai Chi

When is Tai Chi [in Palmerston] starting? My husband and I would like to take part. *Thank you, Narelle*

Narelle was asked to contact the instructor Tom on **0439 844 115**. Tom holds classes are held in Darwin and Palmerston with a discounted rate for COTA NT members. In Darwin, classes are separated by experience levels.

It is always advisable to check with an activity facilitator prior to attendance regarding requirements.



Tai Chi is part of COTA NT's **Fit for Life** program (see [website](#) for more details).

Speaking Your Language: Making Aged Care Accessible for All

Cecilia Chiolero, PICAC NT

The Aged Care Contract Checklist is now available in 58 languages. This achievement was reached thanks to the *Different languages, same aged care* initiative by the Australian Department of Health and Aged Care.

This initiative is about making aged care services easier to access for older people from culturally and linguistically diverse (CaLD) backgrounds and older First Nations people.

It is not only about communicating, but about making information more accessible by making documents available in more languages.

Why is this a big deal?

Having information in your preferred language can make a world of difference.

For older people from CaLD backgrounds and First Nations communities:

Access to information in one's preferred language is essential.

- It fosters understanding, provides awareness of available services and rights
- Empowers individuals to make informed decisions while understanding their obligations.

For Government-subsidised aged care providers:

- Providers can request free translations of essential documents needed to explain their services to CALD clients, their families and carers. Examples include welcome materials, care plan templates, registration forms, service agreements, and feedback forms.
- These translations help engage clients in the care process, making plans and decisions clearer while minimising misunderstandings.

When documents are available in the preferred language of the older person and their support network, the decision-making process becomes smoother and more inclusive. Communication goes beyond having an interpreter present for sensitive conversations; it's about providing information in a format that is accessible and understandable. It's about making every step of the journey, like filling out forms or understanding care plans, clear and inclusive.

Why translate the Aged Care Contract Checklist?

The translation of the Aged Care Contract Checklist into 58 languages helps older people understand their rights and obligations when accessing services. Importantly, these rights include the choice of receiving any information related to services, agreements, and delivery in their preferred language.

Translations are offered free of charge not only for older people and their families but also for aged care providers.

This initiative is a game-changer for aged care, it empowers everyone involved in aged care – older people, families, and providers – by breaking down language barriers and building a more inclusive system. If you haven't explored these free translation resources yet, visit our web page [here](#) and see how they can benefit your community.



The PICAC program has supported aged care service providers and culturally and linguistically diverse (CaLD) communities in the NT since 1997. It aims to improve partnerships between aged care providers, culturally and linguistically diverse communities and the Commonwealth Department of Health.

Through PICAC, service providers, seniors in CaLD communities and government agencies **ENGAGE** with each other. PICAC's activities and events bring migrant and ethnic seniors together and its advocacy helps ensure the needs of seniors from CaLD backgrounds are being identified and met.

Do you need **SUPPORT** to ensure your services are culturally appropriate to your clients?

Do you need help to get the aged care you need for yourself, friends or family members?

PICAC can **HELP**.

Contact the PICAC Manager Cecilia Chiolero for help with:

- Culturally appropriate aged care training for service providers
- Free access to information and resources 'in-language'
- Concerns and issues affecting CaLD seniors
- Support to access translation services
- Community orientated information sessions
- Informative activities in language.

(08) 8941 1004 | GPO Box 852, Darwin NT 0801
picac@cotant.org.au | www.cotant.org.au/picac/contact-picac-nt

توقيع عقد لتلقي خدمات الرعاية المنزلية

يمكن لحزمة الرعاية المنزلية (Home Care Package) أن تضمن حصولك على الخدمات والدعم الذي تحتاجه. قبل التوقيع على عقد مع مقدم الخدمة لتوفير خدمات الرعاية المنزلية، من الضروري أن تكون على دراية بحقوقك ومسؤولياتك.

يتعين عليك أن:

1. تفهم حقوقك.
2. تعلم أنه يجب احترام حقوقك من قبل مقدم الرعاية المنزلية الخاص بك.
3. تتحدث إلى مقدم الخدمة الخاص بك إذا كانت لديك أية مخاوف.
4. تعرف أن لديك مسؤوليات تجاه مقدم الرعاية المنزلية الذي تختاره.
5. تظهر الاحترام والمراعاة.
6. توفر مكاناً آمناً لتقديم الخدمات وموظفيهم لمساعدتك.
7. تكون منفتحاً على التغييرات التي تخص حزمة الرعاية المنزلية الخاصة بك إذا تغيرت صحتك.
8. تدفع رسوم الرعاية المنزلية الخاصة بك على النحو المنفق عليه مع مقدم الخدمة الخاص بك.

Home Care Package Program Manual for Care Recipients
(ليل برنامج حوكمة الرعاية المنزلية لتلقي الخدمة) الإصدار 1.4، كانون الثاني/يناير 2023

(08) 8941 1004
www.cotant.org.au/picac/contact-picac-nt

Aged Care Contract Checklists in language are online on the COTA NT website [here](#) or in print from PICAC NT – call 08 8941 1004 to request copies.

การลงนามในสัญญาสำหรับบริการดูแลที่บ้าน

แพ็คเกจการดูแลที่บ้าน (Home Care Package) สามารถรับประกันได้ว่าท่านจะได้รับบริการและความช่วยเหลือที่คุณต้องการ

ก่อนที่คุณจะเซ็นสัญญาเกี่ยวกับบริการดูแลที่บ้าน

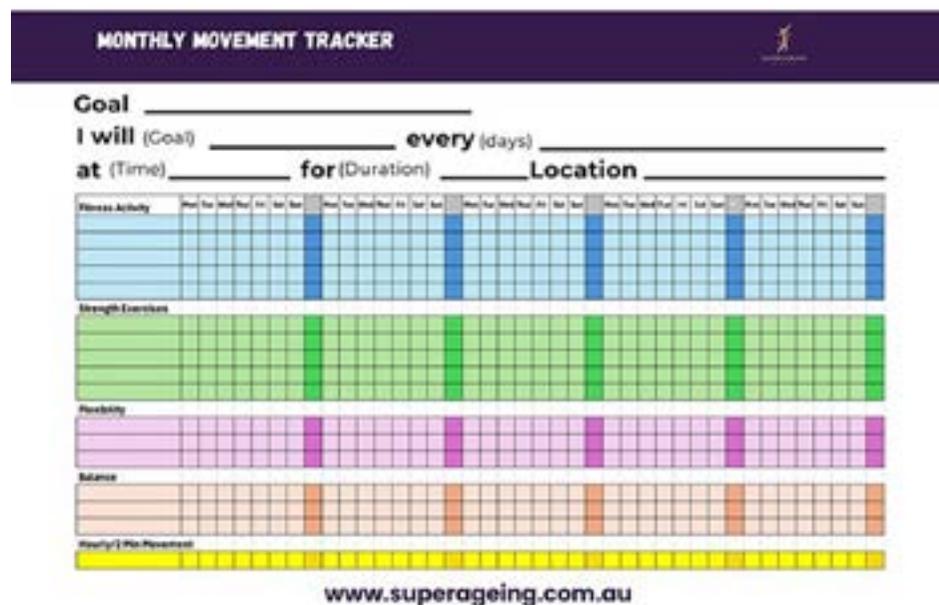
คุณจำเป็นต้อง:

1. เข้าใจสิทธิของคุณ
2. เรียนรู้ว่าคุณต้องเคารพสิทธิของผู้อื่นและผู้ดูแลของคุณ
3. พูดคุยกับผู้ดูแลของคุณหากมีข้อสงสัยเกี่ยวกับบริการของคุณ
4. เรียนรู้ว่าคุณมีหน้าที่เกี่ยวกับผู้ให้บริการดูแลที่บ้านที่คุณเลือก
5. แสดงความเคารพและมารยาท
6. จัดเตรียมพื้นที่ที่ปลอดภัยสำหรับให้บริการและพนักงานของคุณในบริเวณของคุณ
7. พร้อมรับการเปลี่ยนแปลงในบริการดูแลที่บ้านของคุณหากสุขภาพของคุณเปลี่ยนแปลง
8. จ่ายค่าธรรมเนียมการดูแลที่บ้านของคุณตามที่ตกลงกันไว้ในบริการของคุณ

Home Care Packages Program Manual for Care Recipients, version 1.4 (ฉบับภาษาไทย)
(ฉบับภาษาไทย) Home Care Package (การดูแลที่บ้าน) ฉบับที่ 1.4 มกราคม 2023

(08) 8941 1004
www.cotant.org.au/picac/contact-picac-nt

Stay on track in 2025



(Tracker is also available from Reception in Spillett House in print, on request)

Bookings online at superageing.com.au/bookings.



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

Download Your Monthly Movement Tracker

Web readers click [here](#)

Or scan the QR code shown left using your smartphone

1. Open the link options
2. Download your free tracker from the Super Ageing website

A Movement Tracker can keep you active and independent – and help you make consistency your new habit.

Every January, we set fitness goals with the best of intentions. But as the weeks roll by, motivation fades, life gets busy and those goals quietly slip away. Sound familiar? Don't worry – you're not alone. The key to sticking with your fitness journey, especially as we get older, isn't about willpower – it's about accountability. And one of the simplest tools for accountability? The **Super Ageing Monthly Movement Tracker**.

After the age of 50, regular movement isn't just about fitness – it's about maintaining your independence, protecting your mobility and enjoying life to the fullest. Whether it's keeping up with the grandkids, travelling with ease or simply getting out of a chair without struggle, consistent movement keeps you strong, capable and confident.

But consistency is key –

and that's where tracking your progress makes all the difference.

Meet your Accountability Buddy: The Monthly Movement Tracker

Think of the **Super Ageing Monthly Movement Tracker** as your friendly reminder to keep showing up for yourself, even on days when motivation feels low.

Here's why it works so well:

- **Visual Progress:** Each checkmark is a mini celebration of success, and seeing them build up is incredibly motivating.
- **Small Wins Add Up:** Whether it's a 10-minute walk, a seated workout, or a gentle stretch session – it all counts.
- **Flexible Goals:** Set goals that fit your lifestyle, routine, and energy levels.
- **Build Lasting Habits:** Daily movement builds habits, and habits create lifelong change.

And the best part? It's FREE, simple, easy to use and available on my website. No apps, no fuss – just a clear plan to keep you moving forward.



Make 2025 the year you feel stronger, move better and live fully.

It's About Consistency, Not Perfection

At this stage in life, it's not about lifting the heaviest weights or running the fastest km. It's about showing up for yourself regularly and enjoying the benefits:

- Better balance and coordination
- Increased strength and mobility
- Improved mental health and mood
- More energy to do what you love

Every small, consistent effort brings you one step closer to a healthier and more independent life.

Steps to success

1. Download your free Monthly Movement Tracker from my website Super Ageing.
2. Set realistic goals that align with your lifestyle and abilities.
3. Celebrate every win—because every single day counts.

And remember, you're not alone on this journey. My YouTube workouts, Zoom classes and PT sessions are here to guide and support you with exercises specifically designed for people over 50.

COTA
NORTHERN TERRITORY
for senior Territories

KATHERINE

SENIORS EXPO



**WEDNESDAY 26
MARCH 2025**

10AM TO 1PM

**HENRY SCOTT RECREATION
CENTRE (YMCA) – ROLLER
RINK 2525 STUART HWY
KATHERINE NT 0850**

We are excited to announce the date of our 5th Katherine Seniors Expo and invite individuals and groups to apply to exhibit, perform or facilitate an activity (workshop, join-in fitness, etc.)

APPLICATIONS OPEN BELOW

www.cotant.org.au/katherine-seniors-expo-2025

ALL ENQUIRIES TO ACTIVITIES@COTANT.ORG.AU

THINGS TO KNOW

- ▶ Administration fees apply
- ▶ Applications close 10 March 2025
- ▶ COTA NT reserve the right to refuse an application

PILATES

Weekly classes that help improve flexibility, strength, flexibility & balance. Suitable for all ages.

WEDNESDAY 10:30am - 11:30am
COTA NT, Spillert House
85 Smith Street Darwin
NT
COTA NT 08 8941 1004

DEMENTIA FRIENDLY SEATED FUNFIT

Small class designed to suit those living with early onset dementia. Safe and friendly environment.

WEDNESDAY 10:30am - 11:30am
COTA NT, Spillert House
85 Smith Street Darwin
NT
COTA NT 08 8941 1004

STRONG & FUNCTIONAL

Develop your strength and overall health with a fun, challenging and tailored workout program.

WEDNESDAY 10:30am - 11:30am
COTA NT, Spillert House
85 Smith Street Darwin
NT
COTA NT 08 8941 1004

MUSICAL JAM

Acoustic music and song group with easy music selected for both beginners and experienced musicians.

WEDNESDAY 10:30am - 11:30am
COTA NT, Spillert House
85 Smith Street Darwin
NT
COTA NT 08 8941 1004

SEATED AEROBICS

Fun and challenging exercises designed to improve mobility and help prevent falls.

WEDNESDAY 10:30am - 11:30am
COTA NT, Spillert House
85 Smith Street Darwin
NT
COTA NT 08 8941 1004

OUR COMMON THREADS

Connecting with your sewing craft project, explore techniques of history, social aspects and their functions.

WEDNESDAY 10:30am - 11:30am
COTA NT, Spillert House
85 Smith Street Darwin
NT
COTA NT 08 8941 1004

TAI CHI

Meditation, controlled breathing and slow, low impact movement.

WEDNESDAY 10:30am - 11:30am
COTA NT, Spillert House
85 Smith Street Darwin
NT
COTA NT 08 8941 1004

DEMENTIA FRIENDLY CHOIR SINGING

Memories, connection and comfort through song for those living with early onset dementia in a secure space.

WEDNESDAY 10:30am - 11:30am
COTA NT, Spillert House
85 Smith Street Darwin
NT
COTA NT 08 8941 1004

DEMENTIA FRIENDLY LINE DANCING

Simple dance movement to popular music for those living with early onset dementia.

WEDNESDAY 10:30am - 11:30am
COTA NT, Spillert House
85 Smith Street Darwin
NT
COTA NT 08 8941 1004

COTA NT runs programs and activities which are open to all members of the community. In accordance with the World Health Organisation's guidelines on building an age-friendly world – they are accessible, affordable (being low-cost or free), engaging and informative, inclusive and effectively communicated through traditional and familiar communication channels. For information, call us on 08 8941 1004.

COTA
NORTHERN TERRITORY
for senior Territories

*Engagement
Advocacy
Policy
Services, programs, information*

Help fund the work we do

All financial contributions stay in the NT

www.cotant.org.au/support-us




Help COTA NT support seniors and ensure the future of our work through membership, sponsorships, donations, bequests and gifts

COTA NT is an incorporated Public Benevolent Institution (PBI) with Deductible Gift Recipient (DGR) status (as Council on the Ageing (Northern Territory) Inc.)
COTA NT is registered with the Australian Charities & Nonprofits Commission CAN 86316991800