

seniorsvoice

NORTHERN TERRITORY

KEEPING NT SENIORS INFORMED

Published by



The peak body
for NT Seniors
since 1969



SENIORS MONTH IS GO!

Lots to sing out about in a jam-packed calendar of events for August '23 INSIDE

WED 9 —
SAT 26
AUG



SEE THE BEST OF DARWIN FESTIVAL AT DEC!

From Opera Australia, to cabaret icon Robyn Archer, and exciting physical feats of the body, explore the Festival program at DEC. Our Box Office is ready to take your call 08 8980 3333.

yourcentre.com.au

Darwin
Entertainment
Centre



Life Support

Is life support equipment used in your home?

We notify our registered life support customers 5 business days before any planned power and water supply interruptions so that you can be prepared.

We also advise of extended unplanned outages.

It's important you have a back-up plan and know what to do to meet your life support needs during these times.

For information and to register

visit powerwater.com.au/lifesupport

call 1800 245 092

PowerWater



**Register
Have a plan**



Let's get out there and celebrate this August!

I don't know about you, but the excitement is palpable amongst seniors for their special month in August! COTA NT has again printed the Seniors Month Calendar and distributed this throughout the Territory. I personally love the front cover as this is what the month is all about, fun, connection and celebration. The calendar is also on our website, but we've summarised the print calendar for you on pages 12-13.

So much is on offer from picnics, a flight simulator experience, music appreciation, fitness classes and information sessions on all different topics, so there is no excuse for us not to

inform ourselves and try something different.

Another exciting event is the release of our 23/24 NT Seniors Card Discount Business Directory. This will be available in print at the Royal Darwin Show (26 to 28 July), so come along and collect your copy. They will also be available throughout the Territory again at local electorate offices, libraries and selected supermarkets and venues. We are proud that we have once again increased the number of businesses who will offer discounts to over 32,000 Territory seniors. We have also concentrated on a "store with door" policy as these businesses contribute to our local economy via sponsorships for local sporting clubs and to charitable organisations.

Another of our events was the Darwin Seniors Expo, for which we had a record attendance. We even celebrated our Patron, His Honour, the Hon. Professor Heggie's birthday with a lovely cake enjoyed by all and sundry.

We still have our personal safety alarms available. COTA NT members receive them first, but any senior over 80 and living alone is most welcome to collect their personal alarm from our offices in Darwin or Alice Springs or contact us on 08 8941 1004 to have one posted.

We are still lobbying and advocating for seniors in different areas. You may recall that COTA NT wrote to the Federal Health Minister, as did our parent body COTA Australia, requesting that



Sue Shearer, CEO, COTA NT

free heart health checks be continued. The Federal Government, in its wisdom, was not going to fund this necessary and vital health check. We are pleased to say it is now funded until 2025. We will continue to lobby for this necessary service to continue way beyond 2025.

There is a raft of national issues to advocate for, i.e. a liveable pension, disability and death cover for people over 70 who are still working.

continued on next page

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

Seniors Voice is published by Council on the Ageing (Northern Territory) Inc - also known as COTA NT - PO Box 852 Darwin, NT 0801. COTA NT provides this publication as a service to its members and the general public and disclaims all liability for, damages of any kind arising out of use, reference to, or reliance on any information published herein. COTA NT declines any responsibility for any goods or services mentioned in this publication. The presence of an advertisement in our printed or digital publications does not imply endorsement of the advertised company, service or product. COTA NT is not responsible for the content or accuracy of third-party advertisements. It is the responsibility of the advertisers to comply with all applicable domestic and foreign laws and regulations.

Contact us

Seniors Voice Publisher COTA NT (Council on the Ageing Northern Territory) 08 8941 1004

Email ntseniorsvoice@cotant.org.au

Subscriptions, editorial, advertising
ntseniorsvoice@cotant.org.au

Post PO Box 852, Darwin NT 0800

Seniors Voice Engagement Hub
ntseniorsvoice.org.au

Facebook facebook.com/ntseniorsvoice

COTA NT Website www.cotant.org.au

seniorsvoice
NORTHERN TERRITORY

NT Seniors Voice
is published by:



Council on the Ageing (Northern Territory) Inc
ABN 86 316 991 800
Chief Executive Officer Sue Shearer
Editor Stephanie Kendall

Logo and Design Copyright © COTA NT 2022
Graphic Design Carly Cord-Udy

INSIDE

SV NEWS	3-9	SV LETTERS	18-19
SV FINANCE	10	SV TRAVEL	20-21
SV SENIORS MONTH	11-14	SV LIFESTYLE	22
SV CENTRAL	15	SV HEALTH	23
SV LEGAL	16-17		

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.

continued from previous page

This is not covered by your super when you reach 70. It is a bit of an anomaly when the Federal Government is encouraging people to work longer!

Housing is still in crisis and COTA NT is still working on its proposed re-development of its building in Smith Street with 64 units for low income seniors only.

Another important local issue is the Voluntary Assisted Dying legislation. The NT government is waiting until after the 2024 Territory election to consult and draft legislation. But, haven't we waited long enough – over 27 years! We are urging NTG to get cracking and at least make a start.

One last note: COTA NT is once again leading the

celebrations of the role that grandparents and family elders play in the community and family with the third Grandparents Day for the Northern Territory coming up on Sunday 29 October.

This year, aside from our Grandparents Day events, we are running a 'Storytelling Competition.' We know that life lessons are shared through story telling as well as the ups, the downs, the sad and humorous moments too. You will find more details on the back cover, but we look forward to sharing your stories on the [Grandparents Day website](#).

See you on the other side of Seniors Month, and remember to book into COTA NT's events, which we talk more about on page 11.

New bereavement centre planned

The design tender for a new forensic mortuary, pathology and bereavement facility at the Royal Darwin Hospital (RDH) has been awarded.

Local business GHD has been awarded the \$1.26 million tender, to design a new, modern fit-for-purpose facility, providing state-of-the-art contemporary amenities to deliver autopsy and pathology services.

The \$23 million facility will include a culturally appropriate bereavement area to provide a space for loved ones going through the grieving process to identify and view bodies in a dignified and private manner.

The bereavement area will include purpose-built

mourning rooms and secure outdoor grieving gardens where cultural ceremonies can take place. The project includes an extension of Florey Avenue, additional car parking for staff and the public.

Chief Minister and Minister for Health Natasha Fyles said, "It is important we have up to date facilities to be able to conduct autopsies and pathology works. The existing facilities were designed and constructed over 40 years ago and do not cater for the increase in population. Improving the facilities will also improve the learning outcomes of teaching medical students and training of registrars.

"It is also crucial we have culturally appropriate facilities for loved ones to gather at one of their most difficult times."

New NT Commissioner

Jeswynn Yogaratnam is the Northern Territory's newly appointed Anti-Discrimination Commissioner.

Mr Yogaratnam replaces Sally Sievers whose tenure expired in January. He has over 15 years experience in international human rights law, as well as extensive experience in right-based policy development and research in the APAC region.

Mr Yogaratnam has been actively involved in law reform in the areas of human rights, criminal law, and climate change. He has been engaged in high level policy formulation in his work with the Global Buildings Performance Network at Monash University,



International human rights expert, Jeswynn Yogaratnam

and as a Principal Policy Officer with the Victorian Department of Energy, Environment and Climate Action.

Mr Yogaratnam has a Bachelor of Laws (Hons) from the University of London, and a Master of Laws from the University of Queensland.



NORTHERN TERRITORY
CONSUMER
AFFAIRS

Do you have a rental question or have you got a consumer issue with a business?

If so, give us a call on 1800 019 319.

We are here to help.

It's time to talk on Tuesdays

COTA NT and Casuarina Square Shopping Centre are planning a monthly program of "Tuesday Talkies" beginning on Tuesday 15 August.

Each *Tuesday Talkie* will give seniors the opportunity to meet representatives from community, government and social services in a safe, secure environment.

The organisation's long-running program of community outreach in shopping centres throughout the Darwin region has proved very popular. CEO Sue Shearer says, "We are delighted to organise Talkies on a regular basis with the support of Casuarina Square

Shopping Centre. It's vitally important to us that seniors continue to access information face-to-face, ask questions and get answers in plain, jargon-free English."

Tuesday Talkies kicks off with Coffee with a Cop coming along to talk about community safety and share coffee and a yarn, NT Seniors Card is talking about ways that the Seniors Card program can help reduce the cost of living, Aged Care Navigator on accessing aged care support and services, Landing Spot on person-centred disability support and services, Arthritis & Osteoporosis NT on relieving and managing chronic pain, Anglicare on care finder plus others.

Free coffee / tea station
Seniors Card discounts
Police presence

COTA
NORTHERN TERRITORY
for senior Territorians

A Safe Space to Talk
TUESDAY TALKIES
10am to 12pm, (opposite BednBath)
Casuarina Shopping Square
Face to face information delivered by community & social services

SENIORS CARD

CASUARINA SQUARE
DARWIN 0810

Tuesday Talkies @ Casuarina Shopping Centre (opposite Bednbath)

Tuesday 15 August, 10am to 12pm.

For info, call Lorna, COTA NT Activities on 08 8941 1004.

Property crime – Vehicle Resecure

The demand for Victims of Crime's Vehicle Resecure program continues to rise. This financial year they have assisted more than 1100 clients with \$400 to support them to get their vehicle back on the road. This figure is greater than double that of last year.

If your vehicle has been damaged, making it unsafe or unroadworthy, Victims of Crime NT may be able to help. Call 1800 672 242.



Do you have any free time?

Volunteer with the new **Aged Care Volunteer Visitors Scheme (ACVVS)** to visit an older person for an hour each fortnight. ACVVS aims to improve quality of life and reduce social isolation.

Make a new friend and share time together. We will help match you to someone with similar interests.

Darwin, Palmerston, Katherine, Alice Springs, Tennant Creek & Nhulunbuy
Phone: 08 8985 0000

volunteers@anglicare-nt.org.au

Funded by the Australian Government.



Top Ozzie golfers heading to Palmerston

The Territory's PGA Championship is back with some of Australia's best golfers set to tee off at the Palmerston Golf and Country Club from 17-20 August 2023.

Defending champion and rising golf star Austin Bautista, of NSW, is set to return and compete for a share of the \$200,000 prize money against a field of 120 golfers, with competitors expected to attend from across the world.

Research finds the top 10 questions about medicines in people living with dementia

Dr Emily Reeve

Senior Research Fellow
Centre for Medicine
Use and Safety, Faculty
of Pharmacy and
Pharmaceutical Sciences
Monash University



Healthcare professionals and people with lived experiences regularly have questions about how to best manage medical conditions and support care. For example, 'Which medicine is most suitable for me?', 'What are the potential harms of this treatment approach?' Many of these questions may have answers in clinical practice guidelines or via completed

research. However, some of these questions are unanswered.

Dementia Action Week reminds us to consider how we can use research to support improving care for people living with dementia. Up to 93% of people living with dementia have experienced at least one medicine-related problem, leading to potentially harmful effects.

We wanted to find out what questions people living with dementia and those who treat and care for them have about medicines to help make sure the right research is being done. To find these questions, we engaged with

over 300 consumers and 150 healthcare professionals from across Australia.

Our project found that supporting shared-decision making about medicines is the top priority for future research according to consumers and clinicians.

Other questions needing to be addressed included:

- What are effective ways to ensure that **healthcare professionals have the necessary knowledge and skills** to achieve safe, effective and appropriate medicine use in people living with dementia?
- How can **communication between healthcare professionals** about medicines be optimised?
- Which **medicines are potentially harmful or unnecessary** in people living with dementia and should be stopped?
- When, how and in who should **medicines be used to manage pain** in people living with dementia?
- How can people living with dementia and their carers be supported to **manage medicines safely at home**?
- When and how should medicines be used to treat changed behaviours?
- How can **residential aged care facilities best achieve safe, effective and appropriate medicine use** in residents with dementia?
- When, how and in who should **medicines be used to treat depression and anxiety** in people living with dementia?

- What is the **optimal model for medicine reviews** to achieve safe, effective and appropriate medicine use in people living with dementia?

What's next? To have research funding and research efforts in Australia directed towards these Top 10 questions. This will ensure that outcomes of research are directly relevant to the care of people living with dementia.

To see full findings of the study visit www.unisa.edu.au/research/qumprc/our-research/optimising-medicine-use/#QUMDementia

Volunteers for this research were invited through StepUp for Dementia Research, a national service supporting research participation in dementia research. (www.stepupfordementiaresearch.org.au or call 1800-7837-123).



independence matters

Association of Independent Retirees

AIR NT

AIR NT promotes the independent lifestyle of Territorians aged 50+

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

**Meetings: 2nd Monday of the month 5.30pm
Tracy Village Social and Sports Club
28 Tambling Terrace, Lyons or via Zoom**

Presentations on topics of interest for people approaching or in retirement

www.airnt.org

info@airnt.org

Contact Jill: 0422 002 408

Need a chat?



friendline.
A FRIENDS FOR GOOD SERVICE

The national support service ready for a cuppa and a conversation.

CALL



CHAT

friendline.org.au

New way of meeting aged care needs focuses on person-centred care



PICAC NT
Partners in Culturally
Appropriate Care

Cecilia Chiolero, PICAC NT

July 2023 marked ten years since My Aged Care became part of seniors and service providers' lives.

My Aged Care is serviced by the My Aged Care website (myagedcare.gov.au) and the My Aged Care contact centre (1800 200 422).

The aged care sector has always looked and felt like a maze to seniors and families looking for support. Before My Aged Care providers did not have a way to list their available services at a given time for everyone to see.

So, *My Aged Care* was born to give a platform for the services provided, but mostly to:

- make it easier to *apply* for assessments
- to *understand* the services available
- to *choose* the service provider
- and to *receive* the services.

My Aged Care, the name

says it all, was and is about creating the packet of services that best suits each consumer.

Everyone is different and every Government has always introduced and reinforced reforms that value and recognise one's identity, culture and diversity.

It is about equity, not equality.

Aged care service providers often go a long way to accommodate the needs of their clients and to provide the most inclusive services.

In the NT, we are blessed with a diverse population, but with smaller numbers in each community group. It has always been hard for service providers in the Northern Territory to match bilingual staff with clients and patients from the same background.

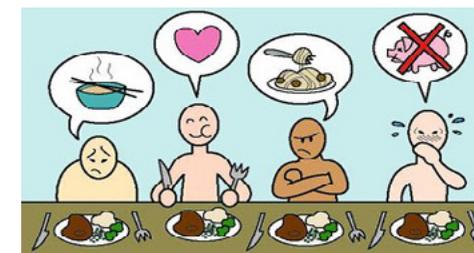
But good things happen all the time. Recently I learned that one aged care provider looking after a Somali client, scouted the community until they found a bilingual

support worker with the right qualification to deliver the most appropriate services.

All staff do their best to meet the needs of the clients they are supporting, often relying on bilingual communication cards and translating apps. But *nothing* beats learning a few welcoming words or how to greet someone in their own language: *Buongiorno* (good morning), *come sta?* (how are you?). Big smiles on clients' faces will almost certainly appear.

There are some impressive tools available that can help anyone 'have a go' in another language. **Communication Cards** developed by PICAC (Partners in Culturally Appropriate Care) Victoria, are well-known and have been used for many years. They depict a wide range of daily activities and situations and can be used to prompt discussions and assist with directions among other things.

Just recently, a wonderful addition to Communications



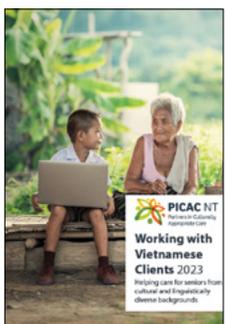
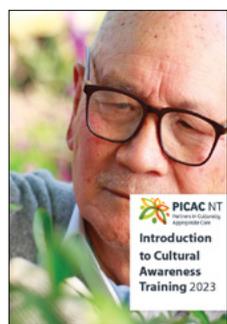
Supplied by: NSW Transcultural Aged Care Service

Cards has also been developed by PICAC Victoria.

New **Bilingual Phrase Cards** have been produced based on different themes, including basic sentences and phonetic instructions. These will be of great help for staff, support workers and seniors.

If you would like to learn more on how to communicate effectively with seniors from CaLD (Culturally and Linguistically Diverse) background, free training is available through the PICAC NT program. Call Cecilia Chiolero, PICAC Manager on 08 8941 1004 to find out more.

A series of guides is also available from PICAC NT on request.



Selection of care resources published by PICAC NT



Supplied by: Centre for Cultural Diversity – Phrase Cards in Greek

Expo brings community together

COTA NT held its 8th Seniors Expo in Darwin at the end of June, which was attended by well over 2 000 seniors.

The event featured a live broadcast from Territory 104.1^{FM}, free entry and morning tea for all, community sausage sizzle, dance and music from local seniors and over 80 exhibitors for people to talk too about concessions, banking, finance, legal, end of life planning, health, retirement, mobility equipment, aged care, nursing, employment, government services and more.

COTA NT Patron, His Honour Professor the Honourable Hugh Heggie PSM, Administrator of the Northern Territory opened the event and enjoyed visiting exhibitors and performers at the event. He was also delighted to receive a surprise birthday cake.

His Honour and Ms Ruth Jones, the Hon Natasha Fyles Chief Minister of the Northern Territory, the Hon Lauren Moss Minister for Seniors, Lord Mayor of Darwin the Hon. Kon Vatskalis, members of the COTA NT board linked arms after the formal proceedings to show support of the **No More** program. The program led by Charlie King says 'NO MORE' to domestic and family violence against women and children in the Territory and across Australia.

The event was supported by the Northern Territory Government's Major Community Events Grant, Netball NT, Territory 104.1^{FM},

COTA NT Club and Associates and volunteers.

As in years past, the Expo fulfilled its aim to inform, educate and entertain. The atmosphere for the day was upbeat, with people particularly enjoying meeting up with friends and deep-diving into new information. The emphasis was on making the day fun as well as informative.



Arthritis Foundation of the NT & friend.



TeamHealth were full of smiley balls!



NuLine Dance shimmied away after a COVID-absence at Expo 2022.



A show of solidarity for the No More program at COTA NT's Seniors Expo 2023.



A date has already been set for the 9th Expo in Darwin, **Saturday 18 May 2024**. Registrations for exhibitors and performers are due to open in January 2024.



**Darwin Community
LEGAL SERVICE**

*A free and confidential legal service.
We can help.*

Seniors Rights Service

*Centrelink
Human Rights
Employment Rights
Elder Abuse Information Line
Aged Care Rights & Advocacy*

*Freecall 1800 812 953
info@dcls.org.au
dcls.org.au*

The Voice ref.

On 21 May the Australian Government launched an information program to help inform Australians about the Voice referendum being held in late 2023.

The referendum is about whether we should change the Constitution to recognise the First Peoples of Australia by establishing a body called the Aboriginal and Torres Strait Islander Voice.

The Voice information program is published by the Federal Government and encourages Australians to get ready for a conversation

about the Voice by visiting voice.gov.au.

There are a wide range of resources available on the website to help you learn more about the Voice, including translated materials and dedicated resources for First Nations audiences. Additional resources are also available in accessible formats such as Auslan interpreted videos.

If you have access to the Internet, read more about information program [here](#).

Alternatively, for info contact the National Indigenous Australians Agency +61 2 6271 5111 or visit your local library for assistance.

Australia is having a conversation about the Voice referendum being held later this year.



It's about whether we should change the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice.

The Constitution outlines the rules by which Australia is governed, and can only be changed through a referendum.



Why is the Voice referendum happening?

Australia has been talking about recognising First Nations peoples in the Constitution for more than a decade.

In 2017, Aboriginal and Torres Strait Islander people from across the country came together. They considered all the options for recognition. They wrote the Uluru Statement from the Heart, which called for a Voice for First Nations peoples to be added to the Constitution.

In 2022, the Australian Government agreed to have a referendum to let Australians decide whether to establish the Voice in the Constitution.

How would the Voice work?

The Voice would be an independent and permanent advisory body.

It would give advice to the Australian Parliament and Government on matters that affect the lives of Aboriginal and Torres Strait Islander peoples.

Do I need to vote?

Voting in the referendum is compulsory for all eligible Australian citizens aged 18 years and over.

Get informed.
Voice.gov.au





Australian Government

NT Seniors Recognition Scheme



The NT Seniors Recognition Scheme recognises the valuable contribution senior Territorians make to our community through a \$500 prepaid card issued each financial year.

Territorians aged 65 years older may be eligible to register for the NT Seniors Recognition Scheme if you are:

- A current NT resident, living in the NT for 183 days of the financial year; and
- An Australian citizen or permanent resident; or
- A temporary visa holder with a valid Medicare card registered in the NT.

To apply for the scheme:

-  ntconcessions.nt.gov.au
-  Visit a Territory Families, Housing and Communities service centre
-  1800 777 704



TERRITORY FAMILIES, HOUSING AND COMMUNITIES



Where can I shop?

The NT Seniors Recognition Card can be used to buy a large range of products including:

- | | | |
|---|--|--|
| 
groceries | 
travel | 
clothing |
| 
white goods | 
power and water | 
bills |
| 
driver licence | 
postage | 
car registration |
| 
coffee | 
fuel | 
veterinary services |

Use the card by 30 June each year, any remaining funds on the card will be cleared at the end of the financial year. Funds do not accrue.

The NT Seniors Recognition Scheme card is issued by Heritage Bank Limited ABN 32 087 652 024 AFSL 240984, ACL 240984. Please visit ntconcessions.nt.gov.au/activate to check the card expiry and the card balance.

NT Budget 2023 – key points

22 June 2023, Source: NTG Media

The Northern Territory Parliament passed Budget 2023 with an aim to broaden investments in new industries and jobs, address cost of living pressures, strengthen essential services, tackle complex social challenges and protect the Territory lifestyle.

For the first time since the 2016 Budget, the Territory is projecting a fiscal balance surplus of \$67 million within the three-year forward estimates period.

- This will meet government's key objective of returning the budget to balance,

two years ahead of the Fiscal Strategy panel's 2028-29 target.

- Budget 2023 also expects a net operating surplus from 2024-25 onwards.
- The Territory's state final demand has grown by 18% since 2019, significantly higher than any other Australian jurisdiction.
- Unemployment is currently at a low 3.6% and employment in the Territory is at a record high of 143,600.
- The Territory's bottom line is significantly stronger thanks to an increase in own-source revenue, GST collection, strategic investment and

the continuation of the Government's Budget Repair Strategy.

For more Budget 2023 info, visit www.budget.nt.gov.au.



Save money when you shop with over 480 Territory businesses offering NT Seniors Card members discounts on their services and products – up to 30% off their usual price!

Seniors Card is free to all permanent residents of the NT aged 60+.

Apply now on ntseniorscard.org.au or free call **1800 441 489** to find out more.

Community Bank
Nightcliff, Coolalinga, Katherine and Alice Springs

A better banking experience.

Right on your doorstep

We deliver the products and technology you'd expect from a big bank, plus the personal service you wouldn't.

As one of Australia's biggest banks, our heartland remains firmly local. As does our focus on you and the quality banking products you need.

Feel good about who you bank with. Try Bendigo.

Find out more. Call **8983 4111** or search **Bendigo Bank Northern Territory**.

**BANK
LOCAL**

B Bendigo Bank

We are go!

COTA NT has just finished the production of the **Seniors Month Calendar for the 7th year running.**

You can find out where to pick up your print calendar [here](#) or phone COTA NT on 8941 1004 to find out where the nearest distribution point to you is. (Libraries, electorate offices, community centres and Territory Families' shopfronts will all have copies.)

Since 2017, the calendar has also been published to the COTA NT website. We know it's sometimes a little glitchy but the software behind the calendar continues to develop and improve. More importantly though, the online calendar provides us with a means of sharing any updates and changes that event organisers have had to make. After all, no-one can predict the unexpected!

This year, to make these updates even clearer, not only are we updating each online event listing, but changes are listed on a separate [updates page \(here\)](#).

We are also delighted to contribute to Seniors Month as an events organiser and invite all members of the community to join us.

We start off with a lovely **Pottering Around** event designed for anyone who loves plants, or who wants to know more about them. Morning tea and a plant sale included in the \$5 ticket.

Heading towards the more dramatic is our **Jumping Croc Cruise & Lunch** on the Adelaide River and in Humpty Doo.

FOUR of our other events are all about empowerment! We present the information you need to make well-informed decisions about your well-being and your life at our **Dying to Know Day** and **Ageing Purposefully** workshops, **Tuesdays Talkies** in Casuarina and **Seniors Expo in Alice Springs**.

We are also helping Berry Springs Seniors host their **6th Birthday Bash!** Details of all our events (for Seniors Month and beyond) are online [here](#).

CELEBRATING SENIORS MONTH August 2023

We have a range of free activities scheduled throughout the month from guided walks to drumming workshops and internet basics sessions.

All community members with an NT Seniors Card are invited to attend. Bookings essential.

To book events, visit: darwin.nt.gov.au/for-seniors or scan QR code.

For enquiries call 8930 0409



NORTHERN TERRITORY SENIORS MONTH

AUGUST 2023

NEW FOR 2023
Pull out and pin up the centrefold calendar!

See the latest updates on the online calendar at www.cotant.org.au/territory-seniors-calendar

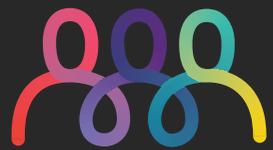
Information in the print calendar is as provided by event organisers at the time of going to print, but event details may be subject to change.

NORTHERN TERRITORY GOVERNMENT
COTA NT
www.nt.gov.au/community/seniors
www.cotant.org.au



CITY FOR PEOPLE.
CITY OF COLOUR.





NORTHERN TERRITORY SENIORS MONTH



Book: cotant.eventbrite.com
Contact: 08 8941 1004

Musical Jam
Tuesdays 1, 15, 22 & 29 Aug,
10am-12pm

**Our Common Threads:
Social Sewing Group**
Wednesdays, 11am-2pm

Tai Chi with Tom
Thursdays 3, 10, 17, 24 & 31 Aug,
9.15am-11am

Pottering Around
3 Aug, 10am-12pm

Dying to Know Day
8 Aug, 10am-12pm

Seniors' Tuesday Talkies
15 Aug, 10am-12pm

Ageing Purposefully Workshop
25 Aug, 10am-2pm

Parkinson's Support Groups
17 Aug, 10am-12pm
Organiser: Parkinson's Support Group
Contact: 08 8983 2474

CareFlight Hangar Ball
18 Aug, 6.30pm-11.30pm
Organiser: CareFlight NT
Contact: 08 8928 9777
www.careflighthangarball.org

Hand & Eye Coordination Exercise
19 Aug, 10am-12pm
Organiser: MCNT
Contact: 0488 574 933

Pensioners' Workshop: Come & Try
22 Aug, 9am-2pm
Organiser: Pensioners Workshop
Contact: 08 8947 7098

Pensioners Workshop: Woodworking
24 & 25 Aug, 9am-2pm
Organiser: Pensioners Workshop
Contact: 08 8947 7098

How to Get Help for Abused Elders
24 Aug, 10am-12pm
Organiser: MCNT
Contact: 0488 574 933

Territory Quilts 2023 Exhibition
24 Aug, 9am-6pm, 26 Aug, 9am-5pm,
27 Aug, 9am-2pm
Organiser: Darwin Patchworkers
& Quilters
Contact: territoryquilts23@gmail.com

**DHS Seniors' Morning
of Entertainment**
25 Aug, 10am-12pm
Organiser: Darwin High School
Contact: 08 8999 1222
[www.darwinhigh.nt.edu.au/events/
seniors-morning-of-entertainment-2023](http://www.darwinhigh.nt.edu.au/events/seniors-morning-of-entertainment-2023)



Book: codseniors.eventbrite.com
unless stated otherwise.
Contact: 08 8930 0409

**First Nations Canvas
Painting Workshop**
Tues 1 & 22 Aug, 9.30am-11am

Walk 'n Wag
1 Aug, 15 Aug, 29 Aug,
5.40pm for 5.45pm start
Book: [www.darwin.nt.gov.au/
form/walk-n-wag-registration](http://www.darwin.nt.gov.au/form/walk-n-wag-registration)

Birds at East Point Walk & Talk
2 Aug, 7am

Confidence to Exercise Outside
Thursdays 3, 10, 17, 24 & 31 Aug
8.30am-9.15am
Co-organiser: Healthy Living NT
Contact: 08 8927 8488
hpm@healthylivingnt.org.au

Street Art Walk: Darwin's Walls
3 Aug, 9am-11am

Health in Motion
Fri 4, 11, 18 & 25 Aug, 8am-8.45am
Co-organiser: Southern Cross
Care & Wellness Services
Contact: 08 8946 1824
[darwin.hws@southern
crosscare.com.au](mailto:darwin.hws@southern
crosscare.com.au)

Internet Safety
4 Aug, 1pm-3pm

Movie: The Book Club
10 Aug, 10am-12pm

Sachi's Origami Workshop
10 Aug, 1pm-2.30pm

eBooks: Introducing Libby
11 Aug, 10am-12pm

Walk: Unearthing Darwin's Past
15 Aug, 9am-11am

**Therapy Dogs:
Seniors @ the Library**
15 Aug, 10am-12pm

Drumming Workshops
17 Aug, 10am-10.30am &
11am-11.30am

Internet Basics
18 Aug, 10am-12pm

Movie: Mrs Harris Goes to Paris
23 Aug, 10am-12pm

Musical Bingo
24 Aug, 2pm-4pm

**Get Started Online:
Buy & Sell Online**
25 Aug, 10am-12pm

**Botanic Gardens Walk:
Meet the Plants**
29 Aug, 9am-10am

Mosaic Workshop
30 Aug, 12pm-2pm

Fun Bus Time with Grandparents
31 Aug, 9.30am-11.30am

DARWIN

Seniors Gardening Competition

1-28 Aug
Organiser: Keep Australia Beautiful
Contact: 0407 186 461, 08 8981 5535
[www.facebook.com/
KeepAustraliaBeautifulNT](http://www.facebook.com/KeepAustraliaBeautifulNT)

Strong & Functional
Tuesdays 1, 8, 15, 22 & 29 Aug
9am-9.45am
Organiser: Super Ageing & COTA NT
Contact: 0438 890 089
www.superageing.com.au/bookings

Reformer Pilates
Tuesdays 1, 8, 15, 22 & 29 Aug, 1pm
Organiser: Inner Balance Health
Contact: 08 8948 3954

Beginners Line Dancing
1 Aug, 2pm-4pm
Organiser: Alison Wheadon
Contact: 0402 625 334, [www.eventbrite.com/e/line-dancing-class-veterans-
australia-nt-tickets-663398311207](http://www.eventbrite.com/e/line-dancing-class-veterans-australia-nt-tickets-663398311207)

English Country Dancing
Tuesdays 1, 8, 15, 22 & 29 Aug, 4pm-6pm
Organiser: Anna Harris
Contact: 08 8981 6400

**Chair Aerobics:
Face to Face & via Zoom**
Wednesdays 2, 9, 16, 23, & 30 Aug
9.30am-10.15am
Organiser: Super Ageing & COTA NT
Contact: 0438 890 089
www.superageing.com.au/bookings

Fancy & Frugal
2 Aug, 10.30am-12.30pm
Organiser: Darwin Memorial
Uniting Church **Contact:** 0468 670 493
[www.facebook.com/
DarwinMemorial.UnitingChurch](http://www.facebook.com/DarwinMemorial.UnitingChurch)

Cool Seniors
Thursdays 3, 10, 17, 24 & 31 Aug
10am-12pm
Organiser: Royal Life Saving Society
NT Branch **Contact:** 08 8981 5036
[www.surveymonkey.com/r/
coolseniors23](http://www.surveymonkey.com/r/coolseniors23)

Scottish Country Dancing
Thursdays 3, 10, 17, 24 & 31 Aug
6pm-7pm
Organiser: Mara Dobrini
Contact: 0438 842 138

Senior Paint
Fridays 4, 11, 18 & 25 Aug
9.30am-11.30am
Organiser: Carla Russo
Contact: 0410 920 168

Zumba & Yoga Stretch for Seniors
5 Aug, 10.30am-12.30pm
Organiser: Vietnamese Community
in Australia – NT Chapter

Come & Try Golf
8 Aug, 8.30am-2pm
Organiser: Northern Territory Senior
Women Golfers' Association
Contact: 0401 935 758

Social Table Tennis
Tuesdays & Thursdays 8, 10, 15, 17,
22, 24, 29 & 31 Aug, 9am-11am
Organiser: Darwin Table Tennis
Association **Contact:** 0429 171 326

Understanding Dementia
8 Aug 1.30pm-3.30pm
Organiser: Dementia Australia
Contact: 08 8948 5228

Top End Mustangs Line Dancing
Thursdays 10, 24 & 31 Aug, 9am-11am
Organiser: Top End Mustangs
Contact: 0438 852 998, 08 8927 9408

Come & Try Lawn Bowls
Thursdays 10, 17, 24 & 31 Aug, 10am-12pm
Organisers: Collen Orr, Mark Hall
Contact: 0427 009 227, 0427 067 217
[www.darwinbowlsclub.com.au/
seniors-come-and-try-day](http://www.darwinbowlsclub.com.au/seniors-come-and-try-day)

Yoga & Breathing Exercise
12 Aug, 10am-12pm
Organiser: Multicultural Council of
the NT (MCNT) **Contact:** 0488 574 933

Mindfulness Exercise Class
12 Aug, 10am-12pm
Organiser: MCNT **Contact:** 0488 574 933

Pilates: Face to Face & via Zoom
Mondays 14, 21 & 28 Aug
9.30am-10.15am
Organiser: Super Ageing & COTA NT
Contact: 0438 890 089
www.superageing.com.au/bookings

Dip & Sip
17 Aug, 7.30am-9.30am
Organiser: Emerse
Contact: sally@emerse.com.au
0491 366 693, www.emerse.com.au

Hearing Test
17 Aug, 10am-12pm
Organiser: MCNT
Contact: 0488 574 933

See the latest updates
on the online calendar at
www.cotant.org.au/territory-seniors-calendar

Information in the print calendar is as provided by event organisers at the time of going to print, but event details may be subject to change.

CRAFT CORNER

Info: Tony 0413 008 643

Macrame

Thursday 3 & 24 Aug, 10am-12pm

Learn to Repot Your Plants

Thurs 10 & 31 Aug, 10am-12pm

Try Mosaics

Tuesdays 15, 22 & 29 Aug
10am-12pm

Make a Tile Coaster

17 Aug, 10am-12pm

Art Class

26 Aug, 10am-12pm

Organiser: MCNT Contact: 0488 574 933

Mad Hatter Tea Party

26 Aug, 10.30am-12pm

Organiser: Lions Club of Darwin-Casuarina 201C2 Contact: 0404 738 482

Shuyookh

Aug 26, 6pm-9pm

Organiser: UMNT Community Services
Contact: 08 8900 7544

NT Seniors of Excellence Awards

27 Aug, 2.30pm

Organiser: Seniors of Excellence NT
Contact: 0438 279 244
seniorsofexcellence@bigpond.com

Driving & Dementia

28 Aug, 1.30pm-3.30pm

Organiser: Dementia Australia
Contact: 08 8948 5228

Karaoke/Singing & Dance Night

28 Aug, time TBC

Organiser: MCNT Contact: 0488 574 933

PALMERSTON & RURAL

Jumping Croc Cruise & Lunch

3 Aug, from 8.30am

Organiser: COTA NT Coomalie Branch
Contact: 0408 760 257

Crab Claw Island Cruise & Bocce Day

12 Aug, 9am-6pm

Organiser: Wagait Shire Council
Contact: 08 8978 5185
www.sealinknt.com.au/tours/crab-claw-island-lunch-and-cruise

Berry Springs 6th Birthday Bash

15 Aug, 11.45am for 12pm start

Organiser: COTA NT Berry Springs

Palmerston Seniors Day

16 Aug, 11am-2pm

Organiser: Palmerston City Council
Contact: 08 8935 9952

Friends of the Taminmin Library's 20th Seniors' Poetry Lunch

19 Aug, 11.30am-2.30pm

Organiser: Friends of the Taminmin Library
Contact: 0400 771 436
sandra@parkershouse.net

Picnic at Berry Springs

22 Aug, time TBC

Organiser: MCNT Contact: 0488 574 933

NT Seniors of Excellence Awards

27 Aug, 2.30pm

Organiser: Seniors of Excellence NT
Contact: 0438 279 244
seniorsofexcellence@bigpond.com

Seniors Morning Tea

31 Aug, 10am-12pm

Organiser: Australia Day Council NT
Contact: 08 8989 5290
office@adcnt.org.au

ALICE SPRINGS

Yoga for Seniors

Tues 1, 8, 15, 22 & 29 Aug, 2.30pm-4pm

Organiser: U3A Contact: 0408 527 172

Fit 4 Life

Tuesdays & Thursdays 6pm,

Fridays 5.30pm, Saturdays 10.15am

Organiser: Get Physical Contact:
0439 887 235, www.getphysical.net.au

Water Exercises

Wed 2, 9, 16, 23 & 30 Aug, 9am-10am

Organiser: U3A Contact: 0417 820 750

Come & Try Craft

2, 9, 16, 23 & 30 Aug, 10am-1pm

Organiser: Central Craft
Contact: 08 8952 4417
www.centralcraft.org.au/collections/workshops

Text Analysis

Wed 2, 9, 16, 23 & 30 Aug 10.30am-12pm

Organiser: U3A Contact: 0408 527 172

Come Fly With Me

Wed 2, 9, 16, 23 & 30 Aug, 2pm-4pm

Organiser: Central Australian Aviation Museum
Contact: 08 8953 8554, caaminc@gmail.com

Cards & Games

Wed 2, 9, 16, 23, & 30 Aug, 2pm-5pm

Organiser: U3A Contact: 0419 836 845

Lawn Bowls

3 & 10 Aug, 12pm-1.30pm

Organiser: Yvonne Driscoll
Contact: 0419 263 254

Track Walking

Fri 4, 11, 18 & 25 Aug, 7.30am-8.30am

Organiser: U3A

Contact: 0419 836 845

History of Alice Springs

Fri 4, 11, 18 & 25 Aug, 10am-11am

Organiser: U3A

Contact: 08 8952 4903

Probus Club of Stuart Alice Springs

9 Aug, 10.15am-12pm

Organiser: Probus Club of Stuart
Contact: 0413 213 481

National Seniors Luncheon

10 Aug, 10.30am-4pm

Organiser: National Seniors
Contact: 0407 529 791

Music Appreciation

10 & 24 Aug, 2pm-3.30pm

Organiser: U3A

Contact: 0439 328 261

Leathercraft for Seniors

14 & 15 Aug, 1pm-3pm

Organiser: Alice Springs Public Library
Contact: 08 8950 0555
www.aspl.eventbrite.com.au

Beaut Ukes

Mondays 14, 21 & 28 Aug, 2pm-3pm

Organiser: U3A Contact: 0402 176 711

Alice Springs Seniors Expo

22 Aug, 10am-2pm

Organiser: COTA NT & Alice Springs Town Council
Contact: 0438 635 354
www.cotant.org.au/alice-springs-seniors-expo-2023

Seniors Rights Workshops

23 & 24 Aug, times TBC

Organiser: Central Australian Women's Legal Service (CAWLS) & Darwin Community Legal Service (DCLS) Seniors & Disability Rights Service
Contact: 08 8952 4055

Seniors High Tea Bingo

26 Aug, 3pm-4pm

Organiser: Alice Springs Public Library
Contact: 08 8950 0555
www.aspl.eventbrite.com.au

Classic Movie Presentation: Lantana

29 Aug, 10am-12pm

Organiser: U3A Contact: 0408 848 438

Probus Club of Stuart Alice Springs

30 Aug, 2pm-4pm

Organiser: Probus Club of Stuart
Contact: probusofstuart@gmail.com

Memorial Walk & Morning Tea

31 Aug, from 9am

Venue: Alice Springs Cemetery, 22 Memorial Avenue, Araluen
Organiser: U3A Contact: 0488 688 522

Book early to avoid disappointment, check event updates online or call the event organisers before you go.



KATHERINE & OTHER REGIONS

Victoria Daly On-Country Activities

Throughout August 2023

Organiser: Pradeep Kaur

Contact: 0436 486 845

Keira.Townsend@vicdaly.nt.gov.au

Naiyu Seniors & Elders on Country

Organiser: Green River Aboriginal Corporations

Contact: 0419 755 084
gm@grac.com.au

Sip & Paint Tea Party

4 Aug, 10am-12pm

Organiser: Katherine Town Council
Contact: 08 8972 5500

www.events.humanitix.com/seniors-sip-and-paint-tea-party

Merry Melodies & Lunch

13 Aug, 11am-12pm

Organiser: Katherine Senior Citizens
Contact: 0414 839 043

Experience Katherine's Outback

16 Aug, 8am-5pm

Organiser: Katherine Senior Citizens
Contact: 0414 839 043

Katherine Seniors Olympics

16 Aug, 9am-3pm

Organiser: Rotary Club of Katherine
Contact: 0438 808 835
secretaryrotarykatherine@gmail.com

Borroloola Show Day

Friday 18 Aug

Info: www.facebook.com/BorroloolaGulfShowSociety

Celebrate Ageing Luncheon

23 Aug, 10am-12pm

Organiser: Katherine Senior Citizens
Contact: 0414 839 043

Just Pottering Around

30 Aug, 10am-12pm

Organiser: Katherine Senior Citizens
Contact: 0414 839 043
secretaryrotarykatherine@gmail.com

Alice Springs
**SENIORS
EXPO**

&

**SENIORS
Still Got
Rhythm**



2023

Tuesday 22 August, 10am to 2pm

**Alice Springs Convention Centre,
93 Barrett Dr, Alice Springs**

**CONNECTING
COMMUNITY**

Everyone is welcome

A combined event for NT Seniors Month 2023 brought to you by COTA NT & the Alice Springs Town Council

- Start with 8CCC Community Radio
- Enjoy 3 for FREE! Free entry, COTA NT morning tea and Alice Springs Town Council lunch
- Plus Sausage Sizzle
- Join in with dancing, singing and fitness
- Visit, watch and talk to over 50 exhibitors and performers.



REGISTRATIONS / INFO

www.cotant.org.au/alice-springs-seniors-expo-2023

August means Expo!

COTA NT and the Alice Springs Town Council are joining forces once again to celebrate Seniors Month with a joint event, Seniors Expo and Seniors Still Got Rhythm.

Registrations are open for exhibitors and performers until 8 August 2023.

30 exhibitors have already registered and will speak on: concessions, financial planning, retirement, health issues including dementia, mental wellness and breast screening, consumer complaints in telecommunications and finance, cost of living savings, local social groups, aged care access and local aged care provision.

COTA NT Central Australia Representative Fran Kilgariff said, "We welcome new and returning exhibitors to Expo '23. We know local Centralians place high value on the event and they turn out in great numbers to find out what they need around safety, health, well-being, aged care, rights and social opportunities. In response to last year's feedback, we are extending this year's event by one hour.

"Interested exhibitors can contact me on **0438 635 354** for more information or register online."

Alice Springs Seniors Expo
 Tuesday 22 August, 10am-2pm
 Alice Springs Convention Centre
 Registrations online [here](http://www.cotant.org.au/alice-springs-seniors-expo-2023)

Support and healing

If you live in the Top End or Alice Springs and have been affected by crime in the last three years, Victims of Crime NT (VoC NT) is looking for your assistance!

VoC NT is hoping to create Peer Support Groups that will provide a safe and understanding environment where victims of crime

can meet others with similar experiences and develop a sense of safety, support and community on their path to healing and recovery.

Victims of Crime hold De-Escalation and Personal Safety sessions across the Territory. One was held at the Seniors Expo in June in Darwin and there are more to come later in the year.

Personal Safety Workshop in Darwin



Support in the hood is growing

Max Selck has joined Neighbourhood Watch NT (NHWNT) to provide community safety information and connection events.



Maxanne Selck joins the HHWNT team in Alice Springs.

Originally from the US, Max has lived in Alice Springs for four years. She has a wealth of experience in working with communities and looks forward to serving the NHWNT members. You can contact Max by email on southernrc@nhwnt.org.au.

NHWNT were also out and about speaking to the community at the Red Sands Café in Alice Springs as part

of the NT Police's 'Coffee with a Cop' initiative in June.

These coffee catch ups will be taking place fortnightly. You can have a yarn with them next time between 10am -11am (next catch up is scheduled for 28 July).

Shaving costs of living

The newly released Seniors Card Discount Directory (available end of July) features over 85 Alice Springs and Central businesses.

The Alice Springs directory section features discounts on services and products from businesses in accommodation, art and craft supplies and classes, car and boat repairs, clothing, shoes, bags and accessories, computers and technology, education, entertainment, furniture and furnishing, household goods, gifts, hair and beauty services, health and fitness, hardware and book stores and mobility aid suppliers.

Support your local stores and get a discount too - check



if they offer a Seniors Card discount in the directory - in print and online.

Want an Alice Springs business to join? Contact Kim at NT Seniors Card on seniorscard@cotant.org.au and she'll talk to them directly.

Doing death better

In the midst of an annual calendar filled with awareness days, campaigns, fundraisers and once-a-year events is the Dying to Know Day marked on the 8th of August.

This particular campaign day aims to:

- empower all adult Australians to be strong self-advocates for their own personal planning when it comes to their future.
- improve their knowledge around choices for their end-of-life.
- embrace their unique and personal choices.
- encourage people to have the tough conversations now to reduce the anguish, distress and grief experienced by loved ones later.

Dying to Know Day is a day of action.

Dying to Know Day is a day of conversation, of information-gathering, a day of decision-making and a day of writing your wishes down.

The Day has been led by The Groundswell Project in Australia. Their [research](#) shows that 9 out of 10 Australians believed that planning for death is important, but that only one-third of us have put that belief into action.

What's stopping us? There are many reasons of course, but the most common were that people found it too emotional to talk about or deal

with, that they were unsure of where to find the appropriate information, they didn't know what the choices were, they didn't know where to start or it was not something that they gave priority too.

This Seniors Month, COTA NT aims to help people make a start with information and with conversation. Although aimed towards seniors, anyone is invited to attend their *Dying to Know Day: End of Life Choices and Planning* event on 8 August in Darwin.

Since 2014, COTA NT has provided information sessions around advance personal care plans (living wills), end of life options and estate management but this event aims to bring all of these topics under the spotlight.

The workshop will be led by COTA NT staff member Janet Brown, who will be encouraging and supporting people to start conversations about what makes a well-planned death and to normalise those conversations.

She will be encouraging people not just to talk about their preferences around how they might die, their death, funeral, organ donation and end-of-life 'paperwork' etc. but also, to write them down. A crucial step in making sure an individual's wishes are carried out.

This act of writing down and capturing one's choices for many people goes into the 'too hard basket'. However, the workshop aims to create a positive and personal preparedness that proves

empowering to participants.

Attendees can 'get dead set' by proactively planning to:

- Capture their choices in writing.
- Have conversations with people important to them.
- Prepare their send-off.

Provided at the workshop: A safe, comfortable and supportive environment

- Conversation starters.
- Life book.
- Discussion around Advance Personal Plans, will kits, information for Executors, tips and facts sheets.
- Light refreshments and plenty of time for 'breathers.'

What is meant by...

End-of-life planning is the process of organising your affairs with your death in mind. This involves considering what is important to you in all aspects of your life from memories to finances, from relationships to medical preference, from digital assets to funeral preferences.

Death literacy is the knowledge, compassion and practical skills that enable supportive action and active decision-making around someone's end-of-life choices.

A **good death** is to die in accordance with the values and choices which are consistent with what dying well means to you.

Register online [here](#) or by calling COTA NT on 8941 1004.



A **will** is a legal document that records a person's wishes about what happens to their possessions and assets after they die.

A **digital will** is a document that instructs loved ones on how to manage your digital presence and assets after you're gone.

A **funeral** is a death ritual which celebrates the life of someone who has died and connects those who are left behind to share the grief and joy of their legacy.

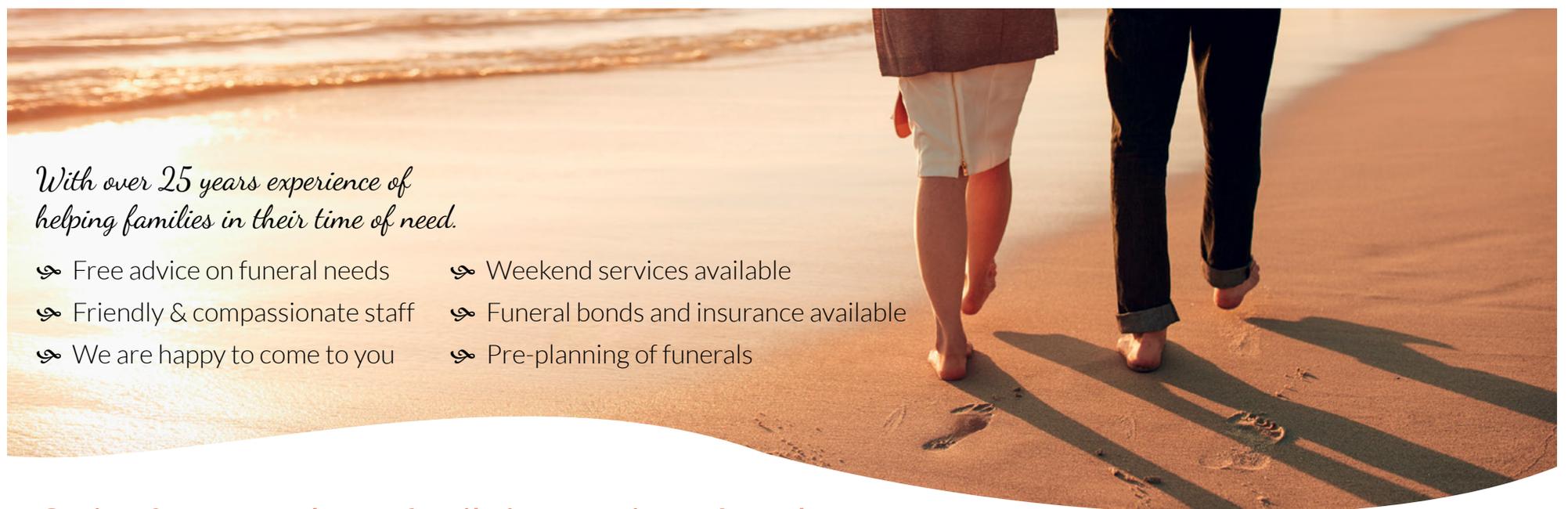
An **Advance Personal Plan** records choices made about future health care which a person would or would not want if they were unable to communicate their preferences or make decisions for themselves.

(Enduring) Power of Attorney is a legal document a person can make that gives another the legal authority to make financial or property decisions on their behalf. In the Northern Territory, this was replaced in 2014 by the Advance Personal Plan where you nominate a substitute decision-maker. However, an enduring power of attorney made before 2014 remains valid.

A **Substitute decision maker** is a trusted person who someone has chosen to help ensure that their health care and medical choices are honoured if they ever lose decision-making capacity.

Don't leave them guessing about your...

- Advance care plan
- Digital will
- Up to date tax returns
- Location of insurance paperwork recorded
- Accountant, tax agent or financial advisor contact details
- Service providers (power, internet)
- Details of shares, bonds, term deposits
- Binding death benefit with Super
- Deeds/certificate of title of home ownership
- Substitute decision maker
- Funeral wishes – burial or cremation, specific song or hymn choice, open or closed coffin, order of service, flowers or in-memory gift, management of your remains, style of wake
- Power of attorney
- Where and how you would like to die
- Life history



With over 25 years experience of helping families in their time of need.

- Free advice on funeral needs
- Weekend services available
- Friendly & compassionate staff
- Funeral bonds and insurance available
- We are happy to come to you
- Pre-planning of funerals

Caring for you and your family in your time of need

Our services are personalised and tailored for families to celebrate the life of their loved ones. We listen to what each family needs and wants are and ensure we carry out their wishes. We help guide families throughout each stage of the funeral process. We help take the stress away at this difficult time.

We offer:

Burials ✎ Cremations ✎ Memorial Urns & Jewellery ✎ Interstate & Overseas Repatriations



Real life: letters, Qs and NT chats

Legal service for reversed mortgages

I'm wondering if you can recommend legal service for advice on reversed mortgages! *Judith N*

We do not recommend any legal firm in particular, as it has to be your personal decision.

However, there are free of charge forms of legal advice you may access, before speaking with a lawyer. Please, see below:

Money Smart

www.moneysmart.gov.au/retirement-income/reverse-mortgage-and-home-equity-release

NT Legal Aid Commission

www.legalaid.nt.gov.au/need-help

Legal Aid Helpline

1800 019 343

Open Monday to Friday
8.00am to 4.30pm

Financial Information Services (FIS)

www.dss.gov.au/our-responsibilities/seniors/programs-services/financial-information-service

1300 653 227

Monday to Friday
(excluding National and ACT public holidays) during
8:30am – 5:00pm (AEDT)

F.I.S. could provide advice on how the reverse mortgage would affect the pension. You can make an appointment through Centrelink (DSS) and speak directly with them.

Help for elderly Mum with dementia

Hello Janet. I was advised to give you a call by [---] of Carers N.T. regarding my 90 yr old mum. I have been taking care of mum now for 3 plus years since dad passed away. Mum suffers from dementia and severe tremor and has a Level 3 package from MAC, which only offered relief /assistance for 2 days a week 2 hrs per day by GOLDEN GLOW, which I cancelled. Long story short, mum had a fall, broke her hip and is currently still in hospital. I think I'm going to need as much help as I can get when she is discharged. p.s. I live alone
Kind regards WP

COTA NT's Aged Care Navigator explained to him that his mother's dementia may have deteriorated following this incident. He should speak to PRH staff to find out if she has a reassessment and/or the results of any assessment.

I raised the thought that it is possible that she will not be able to return to his care. As he has had some issues himself, e.g. broken leg and gammy knee. I advised him that he needs to look after himself and also raised the issue of what the situation might look like if she needs residential care.

Living on your own? What do you do to feel safe?

Hi Sue and Team,

I am reaching out to your organisation with two enquiries. The first being a matter of security and safety for the elderly residents, who are staying in their own homes. Since my husband passed away 6 weeks ago, I have been paranoid about double checking locks on gates, locks on my house and leaving many lights on.

The street I am on, has low level lighting... What do other solo residents do to combat growing youth crime?

The second matter is again about safety. I rang many places to see what I could do about having a fire extinguisher in my house and maybe a fire blanket. I worked with government for many years and we had the fire brigade run fire drills and courses on what to do in case of a fire.

The calls I made gleaned the below responses.

- 1** That's not part of our service.
- 2** Go to Bunnings and buy one (however who is going to teach me how to use it?)
- 3** A private company I contacted to check my old fire extinguishers and come out and give me quote on new ones, has not even rang me back.

What do other seniors do in their homes, if say they forget the chips cooking on the stove?

I have finally got advice that I will be getting a fire extinguisher soon. But I really would like to know what others do. *Christina B*

Part of COTA NT's reply is published below:

COTA NT has procured personal safety alarms for firstly our members, but we are also giving them to elderly people who live alone – especially women. (These alarms have instructions for use written by Victims of Crime, who can also explain how to use them properly.

Victims of Crime NT 1800 672 242

Other seniors have upgraded their Crim safe areas and put new locks on and also work with Neighbourhood Watch.

Neighbourhood Watch NT 08 8999 0847

What to do when care needs change

My husband has Parkinson's disease and Janet came to one of the support meetings to chat about Aged Care Navigators. I'm not sure what pathway we should be going through but J has had a couple of visits from My Aged Care representatives but not for some time and the last time with no result with things they put forward. He is now needing some sort of assistance in the form of a hand rail in the

bathroom to help him go to toilet. I'm not sure if this is something the navigators can assist with.

COTA NT's Aged Care Navigator advised this lady to call My Aged Care (1800 200 422), quote his aged care number, directly state her concerns and, due to his increasing needs, ask for him to be re-assessed. A follow-up call showed that this was successful.

What to do when over time, your needs or someone else's changes

If you are receiving subsidised care but find that your needs have changed, speak to your

current provider to review your care plan.

They will review your care plan and see if there's something more they can do to support you.

Your service provider may contact your My Aged Care assessor who may amend your support plan to meet your changing needs or they may determine that a reassessment is required.

Even if you weren't found to be eligible in the past, your needs may have changed since your last assessment. You can ask for a reassessment at any time.

Have your say

Send your letters, questions or comments to the Ed.

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



By post

NT Seniors Voice
GPO Box 852
Darwin NT 0800

By email

ntseniorsvoice@cotant.org.au

Your age please

We are occasionally asked about the evidence of age card after people give up or have their driver's license revoked. This is what you need to know.

The evidence of age card is a form of identification accepted in the Northern Territory (NT). It expires five years after issue. Use it for:

- general identification if you don't have a driver licence or passport
- age-restricted activities, such as buying alcohol, or entering a licensed premises.

Who can apply

- A Northern Territory (NT) resident
- aged 18 and over.

NT Concession Scheme cardholders can get a free evidence of age card every five years. Otherwise, \$28.

How to apply for your first card

- **Step 1.** Fill in the application for evidence of age card form (www.nt.gov.au/data/assets/pdf_file/0004/374332/a14-application-for-evidence-of-age-card.pdf).
- **Step 2.** Collect supporting documents for evidence of your identity and residency (www.nt.gov.au/driving/licence/new-nt-residents-and-visitors/evidence-of-identity-and-residency-licence-and-registration).

If you change your name or your supporting documents are in a different name, you must also provide evidence of an official name change.

- **Step 3.** Submit the form with supporting documents in person at an MVR office (www.nt.gov.au/driving/mvr-services/find-a-motor-vehicle-registry-mvr-office).
- **Step 4.** Pay the fee by cash, cheque, EFTPOS, BasicsCard, Visa or MasterCard.

If your card has expired

When applying for a new card, you must fill in the application for evidence of age card form. You must have a current photo taken by MVR before your evidence of age card will be issued.

If your photo was taken more than five years ago

To be issued a new card, you will need to get your photo taken and pay the fee at an MVR Office (www.nt.gov.au/driving/mvr-services/find-a-motor-vehicle-registry-mvr-office).

If your photo was taken within the past five years

You can request a new card by email or mail.

- **Step 1.** Fill in the application for evidence of age card form.
- **Step 2.** Submit your form by emailing mvr@nt.gov.au. You can also mail to: Motor Vehicle Registry GPO Box 530, Darwin NT 0801

- **Step 3.** Pay the fee: with a cheque or money order by calling the MVR and paying by Visa or MasterCard – once MVR has received your form.

After you apply, your card will be sent to your recorded postal address. When you receive your card, check if all the details are correct.

If there are any errors, you must contact MVR as soon as possible.

If you change your name or want a new photo, you must apply for a new card through the Motor Vehicle Registry (MVR) office. If your card gets lost, damaged or stolen, you can get a replacement card if you pay the fee.

A new design for the evidence of age card came into effect in November 2020.



Explore more for less with NT Seniors Card

Have you got visitors coming for the Dry Season or Winter in the centre or just want to explore the Territory during this beautiful season?

If yes, why not take advantage of the tourism discounts available? There are many tour operators in the NT that offer seniors discount.

NT Seniors Card's business partners include camping grounds on working cattle stations, transport and aviation companies, war and natural history museums, accommodation providers, Katherine Gorge tours, outback ballooning, wildlife experiences and sunset harbour cruises.

There is a wide variety of activities to choose from and many interesting things you can do without spending a fortune. For example, many of museums are completely free to NT residents and interstate senior card holders or charge a very reasonable entry fee.



You can make savings by using your Seniors Card on numerous accommodation options, dining out venues and attractions – this is just a selection, there are even more to choose from – just check out the new directory for details.

Darwin

- Enjoy a sunset cruise on a sailing boat on Darwin Harbour.
- Get up close to crocodiles at Crocodylus Park or Crocosaurus Cove.
- Learn more about aviation history and the Bombing of Darwin.
- Have fun in the waves safely at the Wave Lagoon.

Darwin Rural

- Visit the butterfly farm in Batchelor.
- Lunch with a view over Lake Bennett at De Lago Resort.
- Enjoy camping/caravanning in Douglas Daly or stay close to Litchfield National Park.

Alice Springs & Central Australia

- Experience an outback ballooning and view sunrise over the MacDonnell Ranges.
- Visit the Araluen Cultural Precinct, home to the aviation museum, art and craft galleries and cafe.
- Find out more about reptiles, planes, megafauna, transport and the history of Central Australian women at local museums of special interest.

In Alice Springs, you'll also find the highly-acclaimed Museum of Central Australia which has a



natural history gallery covering the big bang to the present day, and remarkable photographic display *A Frontier Journey*.

Tennant Creek

- Worth a stop is the Visitor Centre at Battery Hill which focuses on local mining.

Recommended

For the unique, outback camping experience, then **Little Roper Stock Camp** in the Katherine region is the place to go. It is a great place to base yourself and explore what Mataranka and Never Never have to offer. It is just 2km from Mataranka Thermal Pools and 8km from Bitter Springs.

Little Roper Stock Camp has caravan and camping sites and offers homestead hospitality from Des (pictured below) and Telka. Seniors Card holders



receive a 10% discount on camping site and caravan sites.

Territory sunsets are spectacular and there is no better way to see one than from the water! **City of Darwin Cruises** gives generous discounts to Seniors Card holders. You can enjoy a memorable harbour experience sailing on a well-equipped catamaran, with a very comfortable layout (everyone has a cushioned seat), on board electric toilet and 360-degree views. Seniors Card holders enjoy:

- 30% off BBQ Dinner and Drinks Sunset Cruise
- 20% off Nibbles and Drinks Sunset Cruise.

Find more discounts online at ntsensorscard.org.au or pick up your printed directory from one of over 80 Territory outlets (see where to get yours [here](#)).



Why get insurance?

Whether you are travelling domestically or overseas, there is some very smart advice available on the Government's Smart Traveller website.

(www.smartraveller.gov.au/before-you-go/who-you-are/mature-travellers).

There is also extensive information about travel insurance published [here](#),

www.smartraveller.gov.au/consular-services/resources/choice-travel-insurance-guide



You can also visit [CHOICE](#) online, an independent consumer advocate that provides information and advice free from commercial bias. They offer free travel insurance guides and checklist and more.

So, why travel insurance?

- Holidays don't always go as planned.
- The Australian Government won't pay your medical bills.
- Some countries won't let you in if you don't have insurance.

Tips: If you're leaving Australia, travel insurance is just as essential as a passport. Remember to take your Medicare card with you.

Do you need domestic travel insurance?

Reasons to consider domestic travel insurance:

- Cancellation

- Baggage cover
- Car hire excess.

Does international travel insurance cover COVID-19?

- Check the details of your insurance coverage.
- If you're planning to go on a cruise, be extra careful. Some travel insurers may not offer COVID-19 cover for multi-night cruises or they may restrict the cover provided on cruises.
- Don't rely on the travel insurance on your credit card unless you check it closely – it may not cover claims related to COVID-19.
- There are cooling-off periods for COVID-19 cancellation cover, so it's best to buy your travel insurance at the same time as you book your trip.

How to get travel insurance

You can buy travel insurance from a travel insurer, travel agent, insurance broker, credit card provider, or even from your health, home or car insurer.

You can buy travel insurance online (direct from the insurer's website, from a comparison site or through an airline booking site), over the counter or over the phone.

Tips: Buy travel insurance as soon as you know your travel dates. That way you're covered if your trip is cancelled before you even leave or if you're unable to travel at all.

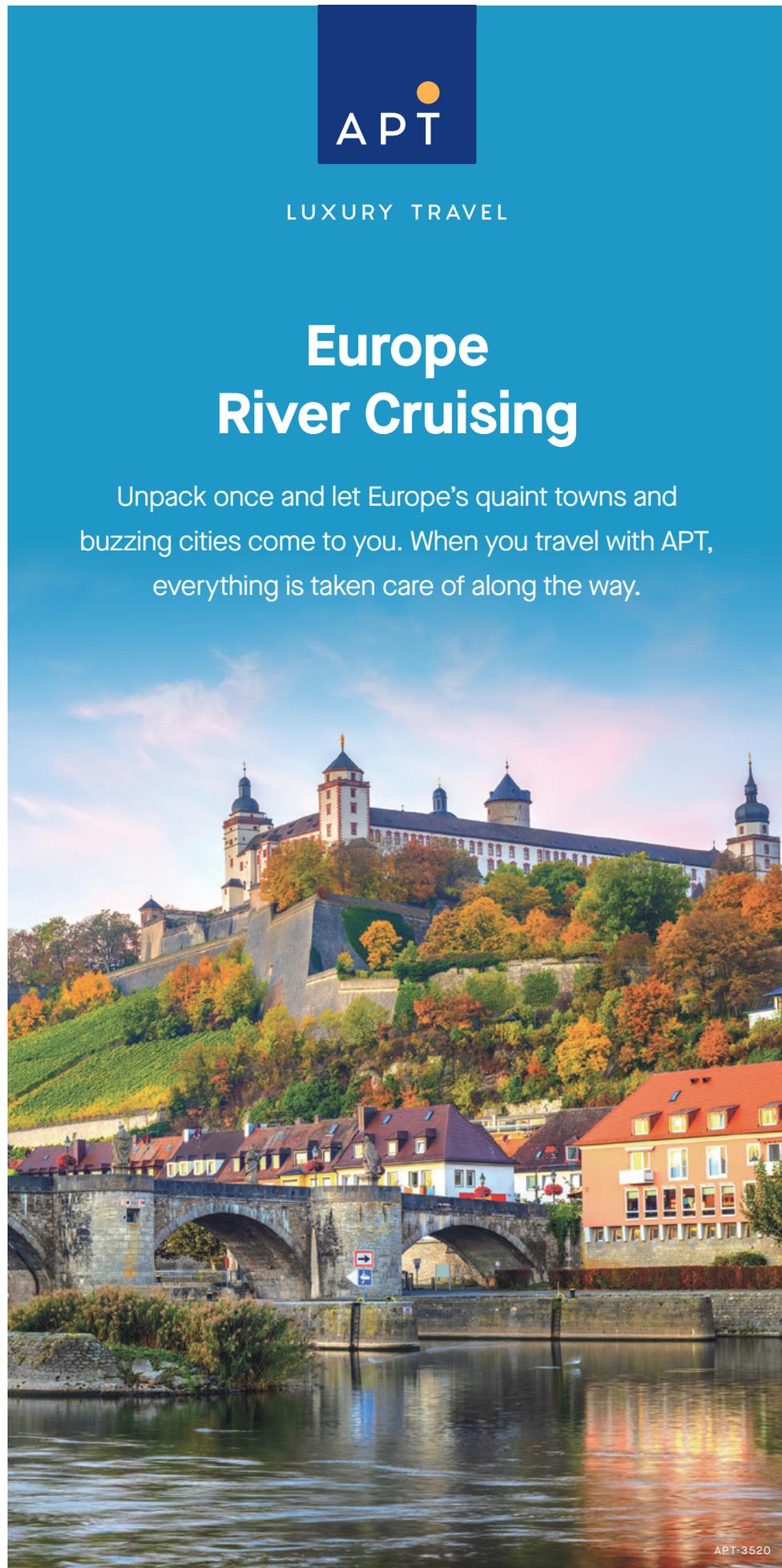
Read the product disclosure statement (PDS) carefully to make sure you know how you'll be covered.

APT

LUXURY TRAVEL

Europe River Cruising

Unpack once and let Europe's quaint towns and buzzing cities come to you. When you travel with APT, everything is taken care of along the way.



APT-3520



Sign up to the
APT CLUB FOR FREE
and receive exclusive benefits

The Territory's Flagman for over 30 years

Stephanie Kendall

Ron Strachan, owner and proprietor of National Flags has been in the business of supplying flags throughout the Territory, Australia and the world for over 30 years.

Melbourne-born Ron opened his flagship store in Darwin city in 1989 following his interest in flags from an early age. As he says, 'history, geography and colour are intrinsic to flag making' and are all interests close to his heart. Ron has supplied thousands of flags, almost countless in number, to government, military, political parties, sports teams, churches, businesses, community groups and more. You name the occasion and there's a high chance that Ron has been behind the supply of flags for it. Just having finished supplying flags for NAIDOC Week, Ron is busy throughout the year fulfilling orders for events such as Australia Day, Pride and even Bastille Day.

Orders have come into the Darwin store from every corner of the globe including

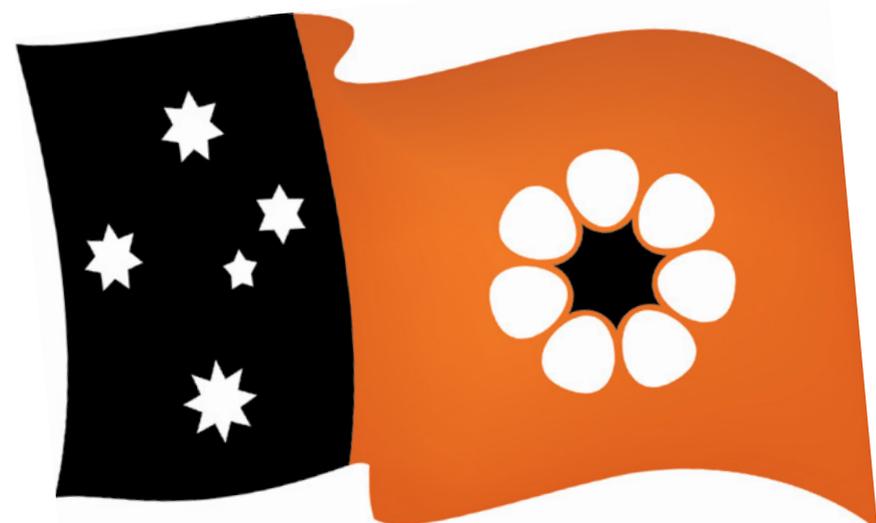
the Seychelles, Mauritius, Cocos Keeling Island, Christmas Island, Timor, Indonesia, Papua New Guinea, Fiji, Hawaii, New Zealand, Brazil, Japan, Thailand, Mexico and more. In the flag world, it is fair to say that Ron is a well-known figure.

Ron's most memorable order was for four very large (12ft by 6ft) flags to bear witness to the arrival of then US President Barack Obama to the Territory in 2011. Ron found the occasion, "special to supply."

Galarrwuy Yunupingu AM, who passed earlier in the year, holds the distinction of ordering the most flags from Ron's business, whilst the most expensive made-to-order flag cost in the region of \$2500.

COTA NT has enjoyed a long relationship with National Flags. Ron supplied a made-to-order flag commemorating 50 years of the organisation's service in the Territory in 2019.

National Flags have, of course, been asked to supply Northern Territory flags in the thousands. It has been 45 years since the NT flag flew for the first time at a ceremony in Darwin on 1 July 1978 to mark the grant of self-government.



The flag for the Northern Territory was designed by Robert Ingpen.



In 1976, the Northern Territory Government commissioned highly-distinguished Australian artist, Robert Ingpen to design the coat of arms and flag of the Territory. Ingpen is known too for his design of the famous Bronze Doors for the Melbourne Cricket Ground and illustration of over 100 books on Australian life, history and conservation.

The colour of the flag's ochre (PANTONE® 159C) is unique and highly evocative of the Territory's "ancestral ochres." The flower on the Territory flag is a stylised version of the Sturt Desert Rose and has been the Territory's floral emblem since 1974. (Since 1975 its fauna emblem, not featured on the flag, has been the red kangaroo.)

The stars on the black panel of the NT flag represent the five stars of the constellation of the Southern Cross. The points differing slightly to the Southern Cross stars on the Australian Flag. (More information about the NT

flag can be found on the NTG website [here](#).)

Today the demand for flags is as strong as ever and Ron is busy supplying flags, pennants/burgees and windsocks of all sizes. You can visit Ron at 1 Edmunds Street, Darwin City, [online](#) or call him on 0418 835 644. He is always keen for a chat.



Ron with a made-to-order COTA flag.



Over 195 UN countries have more than 183 000 flag variations, understandably keeping National Flags busy!

Forget the fitness myths



SUPERAGEING
SHARON KELLY

Sharon Kelly, Super Ageing

Let's start with debunking some common myths about getting fit, so you can make your health and exercise a priority.

Myth #1: "I'm Too Old to Start Exercising"

Age should never be a reason to not exercise. Research shows that regular exercise improves cardiovascular health, muscle strength, flexibility, balance, and overall well-being for people over 50. Get started by:

- 1. Consulting with a healthcare professional:** Your GP will advise you on any risks associated with pre-existing medical conditions and medications.
- 2. Starting slowly:** Begin with low-impact exercises such as walking, swimming, or cycling. Gradually increase the duration and intensity of your workouts as your fitness level improves.
- 3. Finding activities you enjoy:** Engaging in activities you enjoy increases the likelihood of sticking to it. Try different types of exercises such as dancing, yoga, or the classes I offer like Pilates, Seated Aerobics, or Strong & Functional sessions to find what you love.

Myth #2: "Exercise Isn't for Me, It's Too Intimidating"

Fitness is for everyone. With the right guidance, support,

and a positive mindset, you can conquer doubts and fears.

- 1. Embrace a growth mindset:** Focus on what you can achieve rather than perceived limitations or comparing yourself to others.
- 2. Start small, dream big:** Begin with manageable goals that align with your current fitness level and aspirations. Celebrate even the small achievements.
- 3. Seek support and guidance:** Talk to an experienced fitness professional, who can provide the support and guidance you need on your fitness journey. Someone who can tailor your exercise routine to *your* goals and ensure you feel comfortable and confident.

Myth #3: "Exercise Takes Too Much Time"

Plan your time and book in exercise:

1. Treat exercise as an essential self-care activity.
2. Identify opportunities to incorporate physical activity into your daily routine. Walk or bike to nearby destinations, take the stairs instead of the lift, or turn household chores into active movements.
3. Make it social: Join classes, walking groups, or recreational sports teams.

Live your best life! Sharon

Be Stroke Safe

In Australia, a stroke occurs every 19 minutes. In 2020, more than 27,000 Australians, of all ages, experienced stroke for the first time... But the good news is that it doesn't need to be this way. More than 80 percent of strokes can be prevented.

COTA NT hosted two StrokeSafe talks in July with speaker Janet Weir.

If you missed these talks, the Stroke Foundation website is a great digital resource to learn about stroke. Visit, strokefoundation.org.au or call **1800 787 653** for more information.

Top 10 facts about stroke

- There were 27,428 Australians who experienced stroke for the first time in their lives in 2020, which equates to one stroke every 19 minutes.
- One in four people globally will have a stroke in their lifetime.
- More than 445,087 Australians are living with the effects of stroke.
- Stroke is one of Australia's biggest killers. It kills more women than breast



cancer and more men than prostate cancer.

- In 2020, the estimated cost of stroke in Australia was \$6.2 billion in direct financial impact, and a further \$26.0 billion in mortality and lost wellbeing.
- More than 80 percent of strokes can be prevented.
- In 2020, 6,535 (24 percent of total) first-ever strokes occurred in people aged 54 years and under.
- Regional Australians are 17 percent more likely to suffer a stroke than those in metropolitan areas.
- When a stroke strikes, it attacks up to 1.9 million brain cells per minute.
- Without action by 2050 it is predicted that the number of first-ever strokes experienced by Australians annually will increase to 50,600, or one stroke every 10 minutes, and there will be 819,900 survivors of stroke living in the community.

Learn the F.A.S.T. signs of STROKE



If you see any of these signs
Act FAST call 000 (triple zero)



Grandparents Day 2023
is Sunday 29 October

NT
Grandparents
Day

Grandparents are storytellers,
gatekeepers of family tradition,
knowledge and experience.
We thank our grandparents
for their sharing stories.

Competition 2023
STORY TELLING

COTA NT invites you to share your grandest stories with us.
You choose the topic – it could be a funny shared moment, the best ever tall tale,
a life-changing piece of advice, a letter written, a memory recalled. The choice is yours.

Enter your story in one of three categories:

- Primary school students: 250 word limit
- Secondary school students: 500 word limit
- Open age: 1000 word limit

There is no entry fee. Entries close 1 October 2023.

WINNING ENTRIES

- \$100 for one winner from each category
- Winning stories published in Seniors Voice
- Selected entries published to the
NT Grandparents Day website

TO ENTER

On the first page, include your name, contact details, story title
and for school categories, the name of the school you attend.

Double check the terms and conditions on the
NT Grandparents Day website. Save your story
in PDF format. Send as an email attachment
to communications@cotant.org.au

COTA NT
events celebrating
Grandparents Day 2023
are listed on
[ntgrandparentsday.org.au/
events](http://ntgrandparentsday.org.au/events)
or call 08 8941 1004



COTA
NORTHERN TERRITORY
for senior Territorians

Proudly sponsored by
**NORTHERN
TERRITORY
GOVERNMENT**