

# seniorsvoice

## NORTHERN TERRITORY

### KEEPING NT SENIORS INFORMED

Published by



The peak body  
for NT Seniors  
since 1969



# READY, SET, ENGAGE

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Report into Voluntary Assisted Dying in the Northern Territory

FINAL REPORT 2024

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# Delight in living your life



Sue Shearer, CEO, COTA NT

**It was very inspiring to see the resilience, strength and joie de vivre of the Alice Springs community in action at our Expo in August.**

Hundreds of seniors and over 60 exhibitors from all sectors of the community came together to talk, to dance, to move and probably to solve the problems of the world too.

Thank you to all those who came to the Expo. We create these events for you and it was heartwarming to see you there. We haven't quite had time to commemorate the day fully yet – our quieter months lay ahead of us – but in this issue of *Seniors Voice* we have included some beautiful moments caught on camera (see pages 10 -12).

We move forwards with a new NT Government in place and we look forward to talking to and working with Jinson Charls, our new Minister for

Seniors and of course the new Chief Minister, the Hon Lia Finocchiaro.

We feel fortunate to be in a position where we can facilitate community working with government at all levels. Our August Aged Care Forum and recent Round Table are great examples of this.

## Voluntary assisted dying

We are urging our readers to contact their elected representative to ensure the momentum created at the beginning of the year, for a legislative framework for voluntary assisted dying laws in the Northern Territory continues (see more on pages 14 -15).

## Annual general meeting

We are holding our annual general meeting on Friday 18 October at 10am at our head offices in Spillett House, Darwin. We urge our Members to attend as well as members of the community interested in our work and perhaps

becoming Members too. We release our Annual Report which publishes highlights of our work in the last financial year. If you are not able to come to Darwin, consider joining us online (through Teams). Call our office for information on 08 8941 1004.

## Grandparents Day 2024

This year marks the 4th year that Grandparents Day is celebrated in the Northern Territory. The day falls on the last Sunday of the month and with the support of our event partners, COTA will hold movie mornings in Darwin, Palmerston, Alice Springs and Katherine with specially-priced tickets, free refreshments and goodie bags.

If movies aren't for you, there are lots of suggestions on ways to spend the day on the NT Grandparents website, but I'm sure you know your favourites already – fishing, picnics, arts and craft, storytelling, sports,

music – what is there that we don't do?

If you choose to run an event for Grandparents Day, you can [add it to our calendar](#) and download a free event kit (invitations, ideas, colouring sheets, photo and bunting templates and more).

## Happy Christmas!

Before our first issue of 2025, I'd like to wish you a happy and safe Christmas period on behalf of all of us at COTA NT. We look forward to being in print again in 2025.

Lastly, I urge you all to delight in living your life – the Territory is an amazing place in which to grow – and not just to *get* older. Seniors Month gave us all the opportunity to try something new – be it pickleball or pottery, learning a new language or volunteering.

Vive la joie!

## 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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Post PO Box 852, Darwin NT 0800

Seniors Voice Engagement Hub  
[ntseniorsvoice.org.au](http://ntseniorsvoice.org.au)

Facebook [facebook.com/ntseniorsvoice](https://facebook.com/ntseniorsvoice)

COTA NT Website [www.cotant.org.au](http://www.cotant.org.au)

**seniorsvoice**  
NORTHERN TERRITORY

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Main cover photo: SPLAT Photography by Tahlia O'Cass for COTA NT at Alice Springs Seniors Expo 2024.

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 Christopher Spooner. Christopher wrote, "It is a Little Kingfisher, (*Ceyx Pusillus ramsayi*) photographed up Buffalo Creek. The Little Kingfisher is Australia's smallest Kingfisher, which is found in coastal mangrove areas and billabongs around the NT and far north of Queensland. It is a much sought after subject by photographers visiting Darwin and the Top End."

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

*Below is the winning entry for the Selfie with a Senior 2024 competition. Sponsored by COTA NT and Seniors Card in partnership with Tactile Arts and NTG.*



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- ☞ Interstate & Overseas Repatriations



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

**08 8914 9555**

## Selfie winner celebrates recycler

The winning entry of *Selfie with a Senior* by Rachel Murphy celebrates Lorraine North, a vibrant and valued part of the community.



Rachel describes her as a beautiful person always wearing a smile and happy to help anyone in need.

Lorraine volunteers her time with the [Darwin Plastic Makers Space](#), a NFP that recycles plastic lids at the Greenhouse Cafe in the NT.

She volunteers a lot of her time with the Darwin Plastic Makers Space, that recycles plastic lids at the Greenhouse Cafe in the NT.

Lorraine dedicates hours to sort and clean the lids ready for recycling projects. Currently she is working on a chair made from over 5,000 plastic lids. Lorraine is also working closely with A Place for Plastic, sorting through the different types of plastic necessary to make 3D printing filament.

**Selfie with a Senior 2025** competition will reopen in 2025. COTA NT has expressed a sponsorship interest.

# Aged care fee changes from July 2025

Source: Creative Commons  
www.theconversation.com

**Self-funded retirees and many part pensioners will pay more for their aged care under the government's reform package, endorsed by the opposition and announced last month. There will be a \$4.3 billion investment for Support at Home, starting on July 1 2025.**

The package will shift the system further towards home care, so people can stay at home as long as possible. A "no worse off" principle will protect those presently receiving aged care from the higher imposts. The treatment of the family home won't change.

Under the new arrangements, the government will pay 100% of clinical care services, with recipients contributing to services such as help with showering and taking medications, as well as to everyday living costs such as shopping and meal preparation.

How much a person contributes will be based on the age pension means test and their personal circumstances, including their level of need and their income and assets.

A lifetime contribution cap will apply across the aged care system. This will mean no

one will contribute more than \$130,000 to their non-clinical care costs, regardless of their means or the length of their care (the current cap of about \$78,000).

- For every dollar full pensioners contribute, the government will contribute on average \$12.90
- For part pensioners the government will contribute on average \$6.10 for every dollar.
- For self-funded retirees the government will contribute \$1.60 on average for those with a Commonwealth Seniors Health Card and \$1.20 on average for those without the card.
- New entrants to residential care will also pay larger means-tested contributions
- There will be a higher maximum room price that will be indexed.

Providers will be able to retain a portion of the refundable accommodation deposit (2% a year for each of five years), rather than paying it all back when the resident dies or leaves.

Under the new consumer contributions, half of new residents won't contribute more, including all "fully funded" residents. These are defined as full pensioners with limited assets. Seven in ten full pensioners and one in ten part pensioners will not contribute more.

For free support and help accessing aged care, contact COTA NT on **08 8941 1004**.



## NT Seniors Recognition Scheme



The NT Seniors Recognition Scheme recognises the valuable contribution senior Territorians make to our community through a \$550 prepaid card issued each financial year.

Territorians aged 65 years and 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](http://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](http://ntconcessions.nt.gov.au/activate) to check the card expiry and the card balance.

# COTA NT earns dementia friendly accreditation

We are working towards becoming dementia-friendly in 2024-2025.  
dementia.org.au/dfc



Belinda Curtis, National Manager of Dementia Australia Dementia Friendly Communities visited COTA NT to personally hand the certificate to dementia advocate, Cecilia Chiolero.

**COTA NT has been recognised by Dementia Australia as 'working towards dementia-friendly', which reflects the effort taken by staff to develop a solid action plan and commit to creating a safe and dementia-friendly community.**

The COTA NT action plan was created with the involvement of people with lived experience of dementia, including COTA NT staff member Cecilia Chiolero, who is a founding member of the Darwin Dementia Alliance group. COTA NT has organised activities designed to engage people living with dementia and conducted in a safe and accessible environment. To date these have included a seated funfit class, line dancing

and singing groups. The program has been supported by SuperAgeing, Let's Sing and NuLine Dance.

Improved and better visible signage has also been created for the COTA NT head office and accessibility enhancements such as bright-coloured toilet seat covers and differentiating wall colours are being explored.

COTA NT management, staff, and volunteers of COTA NT made the commitment to work towards becoming a dementia-friendly organisation and staff completed a basic awareness module of training.

The organisation's commitment is to:

- value people living with dementia and aim to support social inclusion in our business
- include the voices of people

living with dementia in our action plan/s

- liaise with local dementia alliance or dementia-friendly communities staff regarding

our on-going progress towards becoming dementia-friendly

- implementing actions outlined in our plan.



## Dementia Friendly Activities at COTA NT



Call **08 8941 1004** for information and transport bookings

(Activities are held in Darwin)

**Seated funfit - biweekly**

**Choir singing - every month**

**Line dancing - every month**



- Transport can be provided

- Activities are specially designed

- Class limited to 10-14 participants

- Gold coin per class per person.



[www.cotant.org.au/programs/fit-for-life/dementia-friendly-activities](http://www.cotant.org.au/programs/fit-for-life/dementia-friendly-activities)

### Principles of working towards a dementia-friendly organisation

1. People living with dementia and their care partners and families are involved in the development of this action plan in a way that respects and values their contributions.
2. Lead by example in improving the lives of people living with dementia and their care partners through sustainable actions that are transparent, accountable and based on shared knowledge and experiences.
3. Raising awareness about dementia to reduce the stigma and discrimination impacting people living with dementia.
4. Providing a welcoming, socially inclusive and socially engaging environment for people living with dementia and their care partners.
5. Create an accessible and safe physical environment that supports the independence and well-being of people living with dementia, considering their specific needs and challenges. More information at [dementia.org.au](http://dementia.org.au)

# Round table with federal Minister



Round Table at Spillett House, Darwin. Minister Thwaites pictured below right.

**COTA NT Members joined the Honourable Kate Thwaites, Assistant Federal Minister for Social Security, Ageing and Women and Luke Gosling MP for a round table discussion at COTA's head office in Darwin at the beginning of the month.**

Participants had the chance to listen to the Minister

talking about her continuing work towards gender equity, valuing the contribution made by older people and making sure people are supported to age well. They were also asked to share their lived experiences and to ask questions.



# New Minister for Territory Seniors

**The NT Election held on 24 August 2024 saw the incumbent Labor majority government, led by Chief Minister Eva Lawler, defeated by the Country Liberal Party (CLP) opposition led by Opposition Leader Lia Finocchiaro.**

Chief Minister Finocchiaro announced her cabinet on 9th September. Jinson Charls will become the new minister for disability, arts, veterans and multicultural affairs. He will also manage portfolios of youth, seniors and equality, people, sport and culture.



Jinson Anto Charls Photo: CLP

Born in Kerala, India, Charls studied a Bachelor of Science in Nursing and Midwifery before migrating to Australia in 2011. He moved to the Territory in 2015 where he has worked as a registered nurse and in senior health leadership roles.

# NT Grandparents have their day!

**COTA NT is inviting grandparents and older carers to celebrate their special day with their grandchildren with a (very) cut-price cinema trip. A heartwarming, family-friendly movie – RUNT – has been chosen for the day, and there's plenty of popcorn to enjoy and goodie bags full of bubbly fun to take home.**

Grandparents Day has been celebrated in the Northern Territory since 2021 by COTA NT with the support of the Northern Territory Government. This year, NT Grandparents Day falls on Sunday 27 October. COTA NT has four movie mornings on the day itself available to grandies, in Darwin, Palmerston, Alice Springs and Katherine.

RUNT is the heartfelt and hilarious tale of eleven-year-old Annie Shearer and her best friend Runt, an adopted stray dog with remarkable abilities. In a bid to save their family farm, the two aspire to compete in the Agility Course Championships at the prestigious Krumpets Dog Show in London, whilst overcoming hurdles, obstacles and nefarious villains.



- Sunday 27 October, movies screen from 10am
- \$5 for Grandparents / Older Carers and \$2.50 for Grandchildren (Under 16s).
- Details and ticketing links can be found on the [ntgrandparentsday.org.au](http://ntgrandparentsday.org.au) website. Call COTA NT on 8941 1004 if help is needed.

The dedicated website for Grandparents Day, [ntgrandparentsday.org.au](http://ntgrandparentsday.org.au) offers resources for grandparents including a free toolkit, ideas on how to spend Grandparents Day and a free event kit including invitations, bunting and colouring sheets.



# Expos 2025 – dates!

- Katherine Seniors Expo – Wednesday 26 March 2025**
- Darwin Seniors Expo – Saturday 28 June 2025**
- Alice Springs Seniors Expo – Tuesday 12 August 2025**

# New advance personal plan project for COTA



**COTA NT's is delivering the Seniors' Advocate: Advance Personal Planning Project, part of the Greater Choices for at Home Palliative Care Program. The project aims to increase seniors' awareness and understanding of Advance Personal Plans and, possibly most crucially, helps people to make a written record of their wishes.**

## What is an Advance Personal Plan?

An Advance Personal Plan is a legal document that you can use to plan for what happens if you can't make decisions for yourself, for example if you have an accident or become unwell. Advance personal planning replaces enduring power of attorney in the Northern Territory (NT). It does not replace your will and only applies while you are still alive. If you change your mind about your plan and are able to make decisions, you can create a new plan at any time.

## Why is having an Advance Personal Plan important?

Advance care planning ensures that your future healthcare will align with

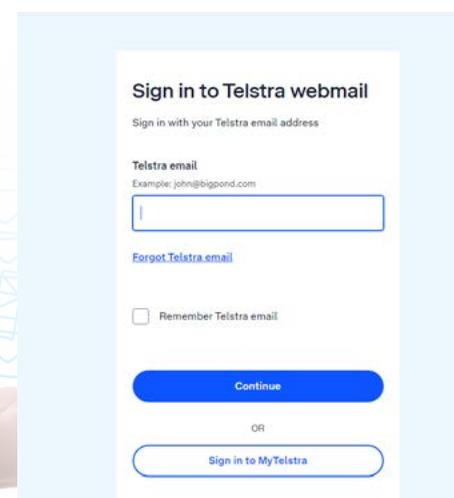
*COTA NT's workshops about advance personal planning have been well received. Picture (COTA): APP info session for Thai seniors*

your values and preferences. Everyone can benefit from advance care planning, but especially people who are older, have a chronic or life-limiting illness, multiple diseases or early cognitive impairment.

COTA NT and its Aged Care Navigators staff have already helped hundreds of people start and normalise conversations around end-of-life planning, that for some can be challenging and difficult. This project enables these experienced staff to reach seniors and their hierarchies of family and friends (chosen or potential future healthcare decision-makers) living in Darwin, Palmerston, Howard Springs, Humpty Doo, Katherine, Tennant Creek and Alice Springs.

## Bookings & info

To book a support or information session for either a group or individual – or to find out more about Advance Personal Planning – contact COTA NT Head Office by calling 08 8941 1004 (Monday to Friday, 9am to 3pm).



# BigPond email woes?

**BigPond email was popular with users when Telstra launched it in 1996. In May 2022 Telstra announced it would be shutting down BigPond's email. More recently it updated its Telstra webmail.**

If you transitioned or closed your BigPond email account during this time, it is important to let organisations know what your new email address is. COTA NT and NT Seniors Card send regular e-news and e-information to its email recipients and current email addresses are needed.

Recently some users using (old) BigPond accounts reported experiencing troubles to us including problems receiving emails, accessing email accounts, lost email data and [account suspension](#).

According to the Telstra website, there are four reasons why Telstra may suspend your email account.

1. Your payment is late
2. Your email account is compromised (insecure or a source of spam emails)
3. You haven't used your email for 180 days
4. You're no longer a Telstra customer.

Your account can be reactivated and this extends to old BigPond accounts. **To reactivate your Telstra email you can sign into webmail or [contact them](#).** (A Telstra Mail account can be re-activated providing it has not been de-activated for more than six months).

## Help is at hand

There is a lot of support online from Telstra (the links in this article take you to their website), but if you need help with your email, you can also call them on **13 22 00**.

- Billing and accounts: Monday to Friday, 8.30am to 7.30pm
- Products, plans and services: Monday to Friday, 8.30am to 7.30pm, Saturday, 9.30am to 6pm
- Technical support: Monday to Sunday, 7.30am to 11.30pm

First Nations Connect call **1800 444 403**, Monday to Friday 9am – 5pm.

Multicultural support via the Casuarina Store – phone **1800 729 471**.

If you need to check your email address on file with COTA NT or Seniors Card, call Ken on 08 8941 1004.

# Aged care forum makes headway

**COTA NT hosted a forum called Making Headway, which focused on the changes to the Aged Care Act and how this will affect consumers and providers.**

Janet Anderson, Aged Care Quality and Safety Commissioner provided insights into how the ACQSC regulates the Act and gave information to all sectors of the community. Information was also provided on the star rating system and how some providers have fallen short. Ms Anderson also advised participants on how to contact the ACQSC if they feel that a consumer is not receiving the correct care.

The new Act will also give the ACQSC more powers to handle providers who are not giving the proper care. Maya Murphy, A/Director Department of Health and Aged Care was also a speaker and provided information on how the federal department assists providers and consumers with information.

The Department also has a workforce division and is actively working to ensure that providers have the staff needed to provide the quality care that is required in aged care. Overall all participants enjoyed the morning and appreciated that factual and current information was given to all those who attended.

**Operation Secret Santa - Aged Care NT**

We would LOVE to receive donations of:

- Toiletry gift packs
- Crossword books and pens
- Colouring books and pencils
- Nail polish and lipstick
- Small ornaments
- Sun catchers
- Bookmarks
- Note books and pen
- Handkerchiefs
- Scarves
- Socks
- Face washers
- Brand new CD's (that would be of vintage music taste)
- Knee rugs
- Glasses case & glasses cord/chain

Unfortunately, we are not able to accept the following:

- Food and beverage products
- Alcohol and tobacco products
- Candles and flammable products
- Bars of soap (and gift packs containing them – liquid soap is ok)
- Aerosols

**For many, Christmas is a time filled with joy, family and togetherness. However, for some elderly individuals in aged care facilities, it can be a time of loneliness and isolation.**

Operation Secret Santa – Aged Care NT organised by Territorian Tori Starr helps ensure residents of Northern Territory's aged care facilities aren't forgotten during

the holiday season. While other charities may focus on spreading festive cheer to children and families in need, OSS-AC recognises the elderly who may not have the opportunity to celebrate with loved ones.

COTA NT will be supporting this initiative for its second year by providing gifts of toiletries, knee rugs, socks and other items.

Contact Tori if you can help.

palmerston  
**AUSTRALIA DAY AWARDS 2025**

NOMINATIONS FOR PALMERSTON'S AUSTRALIA DAY AWARDS ARE OPEN!

AWARD CATEGORIES:

- > Citizen of the Year
- > Young Citizen of the Year
- > Community Event of the Year

Nominations close 10 November 2024.  
Nominate online at [palmerston.nt.gov.au](http://palmerston.nt.gov.au)

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city of PALMERSTON  
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# Expo 24 in Alice

**The COTA NT Seniors Expo 2024 in Alice Springs was held on Thursday 16 August at a new venue, the DoubleTree Hilton.**

We'd like to thank those who sent us their feedback on the event – we will be looking at suggestions for improvement for next year's event – morning tea portion control, extending usable space and having the feedback form at point of exit.

Everyone did, however, agree that it was wonderful to have so many exhibitors there on the day. COTA NT would like to extend its thanks again to its major event sponsor, the Northern Territory Government's Community Benefit Fund (CBF), Club and Associates, Supporters, staff and volunteers. The Expo community included:

- 8ccc FM – Community radio
- Accessible Telecoms
- Aged Care Quality and Safety Com.
- Alice Denture Clinic
- Alice Springs Bendigo Bank
- Alice Springs Masters Games
- Alice Springs Senior Citizens
- Alice Springs Town Council
- Alice Springs Uniting Church Op Shop & Adelaide House Museum
- Anglicare NT
- Asthma Foundation NT
- Australian Financial Complaints
- Australian Independent Retirees – AIR NT
- Australian Regional and Remote Community Services
- Bosum Buddies
- Carers NT
- Catholic Care NT
- CAWLS

- Compassionate Connections
- Crest NT
- Dementia Australia
- Dementia Support Australia
- Department of Health and Aged Care
- Disability Advocacy & Aged Care
- Gallagher Insurance Brokers
- Get Physical
- Health & Community Complaints
- Integrated disAbility Action
- Keep Moving
- LiveUp
- Lutheran Care
- Mental Health Association of Central Australia
- Motor Vehicle Registry
- Movement Matters Therapy
- National Seniors
- Neighbourhood Watch NT
- NT Concession and Recognitions
- NT Electoral Commission
- NT Health Aged Care Unit
- NT Seniors Card
- NT Working Women's Centre
- Palliative Care NT
- Pickleball Alice Springs Assoc
- Plaza Wellbeing Centre,
- Probus Club of Stuart Alice Springs
- Public Guardian and Trustee
- Red Roo Digital
- Relationships Australia – NT
- Remembering Cyclone Tracy
- Services Australia
- Strong.AS
- Territory Care and Support Services
- The Heart Foundation Walking Program
- Thermomix
- U3A Alice
- Victims of Crime NT

**If you need help contacting these exhibitors, contact COTA NT 08 8941 1004.**







# ALICE SENIORS EXPO



Proudly sponsored by

**NORTHERN TERRITORY**  
GOVERNMENT

COTA NT's Alice Springs Seniors Expo 2024 was sponsored by a Northern Territory Government's Major Community Events Grant from the Benefit Fund and supported by COTA NT stakeholders.

# Katherine living

**With thanks to Katherine Senior Citizens Association Secretary, Gillian Hagger for this insight into life in Katherine.**

## Katherine Show Scarecrow

So, a final word on the show... our scarecrow stood out with bright red hair, beautiful painted face and took out first prize. She is now residing in the vegie garden at McFarlane Primary School. They held a competition to name her. She has been called Tilly and is a bit hit with the students. A photo with prize ticket will be framed and put in our club room. Other members received first prizes for entries.



## Seniors Month

Seniors Month was very busy. Jo Hersey MLA provided a **morning tea and a film** at the cinema and we relived our younger days with the story of Johnny Cash. The cinema management also had a free film morning with traditional popcorn provided.

Mayor Lis Clark held a **morning tea at O'Keefe** house which included a demonstration of growing cuttings.

A **BBQ at Edith Falls** was most enjoyable. This is a lovely setting with well-kept grounds and plenty of shade to sit under.

The Beagle Hotel opened its restaurant with scones, jam and cream followed by lunch. This was an opportunity for us to hear from four long-term residents on **Footsteps of Pioneers** and their adventures in the NT. Kim Scott spoke on growing up and flowers she remembered in her early years – Kim's grandfathers were inaugural members of Seniors when it commenced in the 1970s. Pam Hepburn gave an overview of the history of schools in the area and when they were opened. Ann Reed spoke of early days in Katherine and her involvement with her late husband Mike Reed, MLA and Jeff Newton, who moved around in the Top End until he settled as a business man in the early 1990s. Thanks to them all.

We finished the month with a **luncheon at Nitmiluk Gorge Visitors Centre** and were entertained by a very interesting Ranger on management of the Gorge. Thanks to the staff at the Centre. Also thanks to Megan and Ali for support with bus driving, cooking the BBQ and general care.

## Latest news

Despite the hot weather coming in so quickly, we have a full program arranged including a trip to Mataranka for lunch, activity mornings and guest speakers.

Our **Community Christmas Luncheon** is being arranged for 11th December with financial assistance from a Community Grant.

Some members are involved in **Outback Exercise**



presented through CDU and we look forward to their future expansion of the program.

Fund raising continues with regular raffles at the Katherine Country Club and annually at Katherine Club. We very much appreciate their support

## Meetings and contacts

Meetings are held at 14 Bernard Street on Wednesdays at 10am unless otherwise advised.

Contact by phone **Gillian Hagger 0488 269 632** or **Yvonne Gitsam 0414 839 043.**



## SAVE THE DATE

### Katherine Seniors Expo

Wednesday  
26 March 2025

## FOLLOW THE NEWS

✉ Sign up for COTA NT's e-News here

📘 Follow COTA NT Katherine on Facebook  
[www.facebook.com/COTANTKatherine](http://www.facebook.com/COTANTKatherine)

✉ Email or contact us with your news & views.

CAWLS  
Women's Legal Service

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



[www.cawls.org.au](http://www.cawls.org.au)

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



## We can help you with

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

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

# How are VAD laws working in Australia?

**For the first time, analysis of official data from all Australian jurisdictions presents a snapshot of VAD in practice; who is using the laws and what can be improved.**

**More than 2,460 terminally ill Australians have ended their life using voluntary assisted dying (VAD) since end-of-life choice was first legalised, a landmark report from Go Gentle Australia has found.**

The State of VAD report collates and analyses available VAD data for the first time. It reveals a good news story: Australia's laws are operating safely within the parameters set out by parliament and are fulfilling their dual aims to offer terminally ill people choice and relieve suffering. The report finds that in Australia;

- A typical VAD applicant is aged 70-79 years, more likely to be male, and have cancer
- The majority are well educated, speak English as their preferred language and around 4 in 5 (79%) are receiving palliative care
- Health professionals are delivering compassionate, person-centred care to people who seek this choice.

The report shows that while assisted deaths represent a small proportion of all deaths (between 0.5 and 1.6%) demand for VAD services is growing. A number of reforms are recommended to further improve access, including:

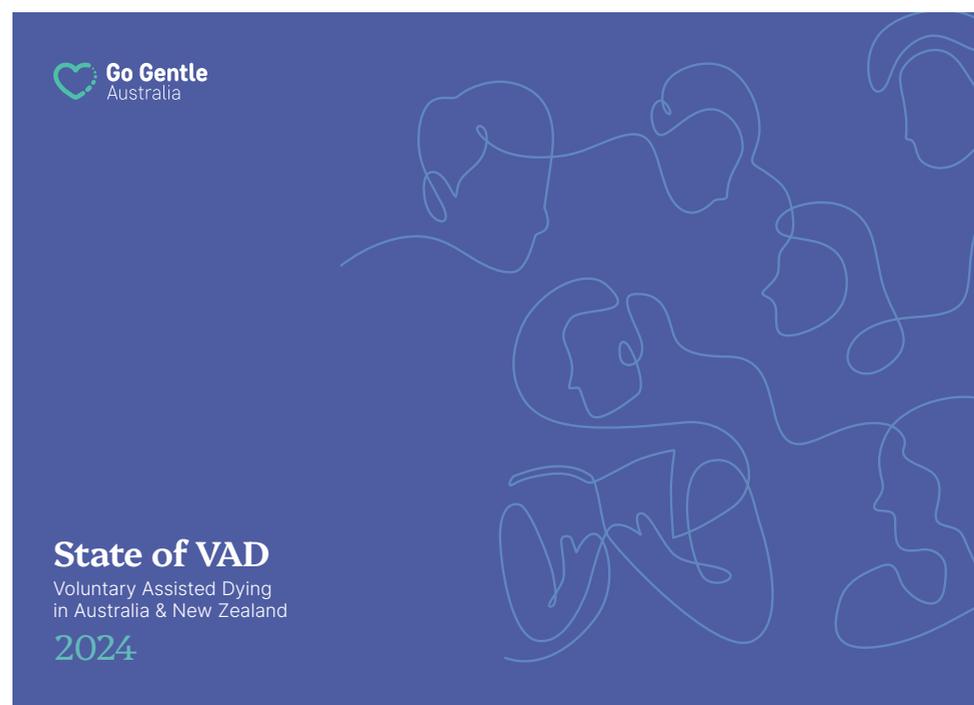
- Streamline complex bureaucratic processes
- Recognise VAD as part of high-quality end-of-life care and include it in clinical standards and guidelines
- Grow the VAD health workforce to meet demand, with fair compensation
- Produce clear guidance to individual practitioners, hospitals, hospices and aged care facilities about their legal and ethical obligations to the people in their care
- Provide culturally safe resources and services for First Nations peoples and those from culturally and linguistically diverse backgrounds.

The report includes a joint statement from health organisations calling on the government to reform the Commonwealth Criminal Code where it restricts VAD access for rural and remote Australians.

## Revolutionary pace of change

Andrew Denton, Go Gentle Australia's founding director, said enormous progress had been made since Victoria became the first state to pass a VAD law in 2017.

**"But there is more work to do. The Northern Territory is still to pass a law and we must ensure no one is left behind. There is also the business of making services as accessible as possible for those who need them. We must never forget who these laws were written for – terminally ill people who are suffering intolerably and**



Download the State of VAD report [here](#). Alternatively, you can [request a copy from Go Gentle Australia](#) and request updates from them. You can also contact them by calling 0468 464 360.

**want some control over the timing and circumstances of their death."**

## VAD applicants three times more likely to die at home

Dr Linda Swan, Go Gentle Australia's CEO, said: "The evidence collected paints a reassuring picture of systems fulfilling their aims. Applicants are being guided by more than 1,000 VAD-trained health professionals and kind and meticulous support services.

"We hear many stories of health professionals going above and beyond to ensure terminally ill people and their families get the support they need. Importantly, around 80 per cent of applicants are receiving palliative care which demonstrates the two care options can and do work together, offering opportunities for closer co-operation."

Dr Swan said the data revealed that VAD was enabling more people to die at home.

## Greater awareness needed

However, challenges remain. A number of barriers were preventing access for otherwise eligible people, and a funding shortfall for VAD providers risked the sustainability of services.

## Health agencies call for Criminal Code reform

A priority is reform to allow the use of electronic communications in the VAD process. In a joint statement, 17 leading health agencies have joined Go Gentle to call on the federal government to urgently amend the Code where it negatively impacts provision of VAD services, particularly in regional and remote areas.

This article is sourced from Go Gentle Australia and can be read in its entirety online [here](#).

First published 12 August 2024. Reprinted with permission.

# Voluntary assisted dying laws for the NT

**COTA NT is urging Territorians to contact their elected representatives to revive the momentum created for a legislative framework for voluntary assisted dying laws in the Northern Territory. It is time.**

Our recently elected representatives have much to contend with in their new roles and it would be easy for this discussion to be brushed aside. After so much work from not only the Expert Panel appointed by the government but by the community, it is time to take action on these laws. We are sadly lagging behind the rest of Australia and the opinion of Territorians has been made clear in the [VAD report](#).

To quote the Co-Chairs' Letter, "we believe we should convey to you a strong body of opinion that has been expressed during the consultation period, that there should be legislation to enable a person, whilst they still have capacity to express in an advance personal plan/health directive, a wish to access voluntary assisted dying in preparation for their end-of-life."

## Members of the NT Legislative Assembly

as of August 2024

Send an email or a letter to your Member informing them about your views on voluntary assisted dying legislation for the Northern Territory.

MEMBER	ELECTORATE	AUGUST POSITION	EMAIL
Marie-Clare BOOTHBY	Brennan	Undecided	minister.boothby@nt.gov.au
Manuel BROWN	Arafura	Undecided	manuel.brown@nt.gov.au
Joshua BURGOYNE	Braitling	Supports	minister.burgoyne@nt.gov.au
Robyn CAHILL	Port Darwin	NEW	minister.cahill@nt.gov.au
Oly CARLSON	Wanguri	NEW	oly.carlson@nt.gov.au
Jinson Anto CHARLS	Sanderson	NEW	minister.charls@nt.gov.au
Justine DAVIS	Johnston	NEW	justine.davis@nt.gov.au
Steven EDGINGTON	Barkly	Undecided	minister.edgington@nt.gov.au
Lia Finocchiaro	Spillett	Undecided	chief.minister@nt.gov.au
Yingiya Mark GUYULA	Mulka	Undecided	yingiya.guyula@nt.gov.au
Jo HERSEY	Katherine	Undecided	minister.hersey@nt.gov.au
Clinton HOWE	Drysdale	Supports	clinton.howe@nt.gov.au
Matthew KERLE	Blain	NEW	matthew.kerle@nt.gov.au
Robyn LAMBLEY	Araluen	Against	robyn.lambley@nt.gov.au
Andrew MACKAY	Goyder	NEW	andrew.mackay@nt.gov.au
Gerard MALEY	Nelson	Undecided	minister.maley@nt.gov.au
Kat MCNAMARA	Nightcliff	NEW	kat.mcnamara@nt.gov.au
Brian O'GALLAGHER	Karama	NEW	brian.ogallagher@nt.gov.au
Chanston PAECH	Gwoja	Undecided	chansey.paech@nt.gov.au
Khoda PATEL	Casuarina	NEW	khoda.patel@nt.gov.au
Tanzil RAHMAN	Fong Lim	NEW	tanzil.rahman@nt.gov.au
Selena UIBO	Arnhem	Undecided	opposition.leader@nt.gov.au
Dheran YOUNG	Daly	Undecided	dheran.young@nt.gov.au
Laurie ZIO	Fannie Bay	NEW	laurie.zio@nt.gov.au

Report into Voluntary Assisted Dying in the Northern Territory

FINAL REPORT 2024




**independence matters**  
Australian Independent Retirees

**AIR NT**

AIR NT promotes the independent lifestyle of Territorians aged 50 +

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

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

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

Contact us at [www.airnt.org](http://www.airnt.org)  
[info@airnt.org](mailto:info@airnt.org)  
0422 022 408

# Unclaimed money

**Did you know there is around \$2 billion in lost shares, bank accounts and life insurance?**

## What is unclaimed money?

Unclaimed money is money from lost bank accounts, shares, investments and life insurance policies. This money becomes lost when you move house and forget to update your details with a financial institution or company.

Unclaimed money received by ASIC is transferred to the Commonwealth of Australia Consolidated Revenue Fund. It is available to be claimed at any time by the rightful owner and there is no time limit on claims. Bank accounts become unclaimed after 7 years if the account is inactive (no deposits

or withdrawals). Life insurance policies become unclaimed 7 years after the policy matures and is not claimed. [Find out about unclaimed money laws.](#)

## Interest paid on unclaimed money

Interest is paid on unclaimed money, calculated from 1 July 2013. [Find out more about how interest is paid.](#)

## How to claim your lost money

If you did an unclaimed money search and found some money, lodge a claim. Claim details are below for different types of lost money:

- Bank accounts and bank dividends
- Life insurance policies
- Shares and investments

*Disclaimer: Information sourced from Money Smart, a service is provided solely for general information purposes by ASIC. By providing this service ASIC does not provide legal or other professional advice. ASIC expressly disclaims any liability arising from use of the unclaimed money service. If you require legal or other expert advice or assistance, you should seek the services of an appropriately qualified professional. Created by the Australian Securities and Investments Commission. Copyright © 2019 Australian Securities and Investments Commission.*

## Didn't find any lost money?

You can search for other types of unclaimed money on other government websites:

- **Australian Taxation Office** – Search for lost superannuation by registering for the Australian Taxation Office's online services via myGov.
- **State government** – Search State government websites for deceased estates, lost share dividends, salaries and wages, cheques, over-payments, proceeds of sale and more.
- **Services Australia** – Check your bank account details are up to date to make sure you're getting the Medicare benefits you're entitled to.

## How to stop your money from becoming unclaimed

Here are some ways you can stop your money from becoming unclaimed:

- **Make a deposit** – For bank accounts, make a small deposit (even 5 cents will do) or a small withdrawal at least once every 7 years.
- **Update your details** – If you move, change your email, change your phone number or change your name, make sure you tell your financial institution, or other organisations that you have financial arrangements with.

## Paying an unclaimed money search company

You may have been asked to

pay for an unclaimed money search or for a private money search company to find your money for you, but you can use ASIC's search for free. ASIC does **not** ask people to pay for searches.

## FAQ

### Q: What results are shown?

Data shown on this unclaimed money search is the result of lodgements from various banks, building societies, credit union, life companies, friendly societies and registered Australian companies. ASIC does not guarantee the quality or consistency of the input data as this information was supplied by the various institutions.

### Q: What is an Original Transaction Number (OTN)?

Each unclaimed money record within this database is given a unique OTN. When you find a relevant record (by searching your name), **record the OTN** as you will need it to make a claim. The OTN will help you relocate that record in future and will assist ASIC to discuss claims.

### Q Do I use my name or the deceased person's name in a life insurance policy search?

Records relating to life insurance policies vary slightly to that of banks and companies as the policy owner may be different from the life insured. When you do a name search, both of these names are searched. For example, if you search for 'Robert Smith', any life policy which has Robert Smith as either the owner of the policy or the life insured will be displayed.

## Just say when

Your time, your place, your convenience.

First home, second home, refinance or lending for investment properties, Bendigo mobile lenders are experts at home lending.

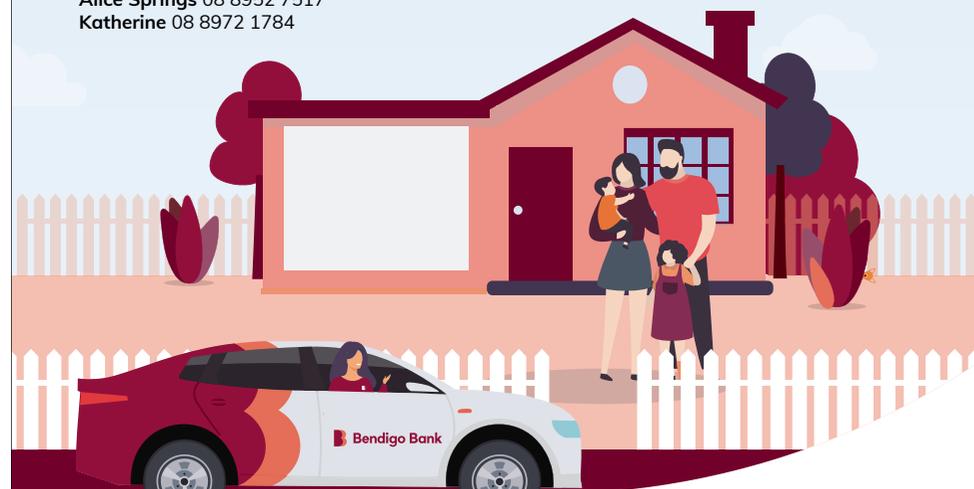
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0477 440 519  
stacey.cumming@bendigoadelaide.com.au

Alice Springs 08 8952 7517  
Katherine 08 8972 1784



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# Find & use discounts in the NT

**NT Seniors Card (NTSC) has over 480 participating businesses and service providers in its discount program. And the number is growing every month.**

This means over 32,500 NT Seniors Card holders can enjoy discounts from NT and interstate businesses from 5% up to 25% on selected products and services\*.

As cost of living pressures increase, NTSC urges its card holders to FIND and USE the discounts available in the NT.

The new printed *NT Seniors Card Business Discount Directory 2024-25* can help you find the discounts. This directory is available throughout the NT. It is also available – and bang

up-to-date online on the NTSC website.

Anyone aged over the age of 60 and living permanently in the Northern Territory is eligible for a Seniors Card. They are free and last a lifetime. They cannot be transferred and lost/stolen cards can be replaced. You will NEVER be asked to pay for a NT Seniors Card.

For all enquiries about the NT Seniors Card including details of print directory distribution points phone, **1800 441 489** (free call) during Mon-Fri, 9am to 3pm.

*\* terms and conditions apply. Card holders should always check with each business before using the card and/or making a purchase or order.*



## The top 10 discounts

The 10 discounts from NTSC Business Partners as follows.

Taking out the #1 spot is...

- Optical Superstore (Darwin) – 50% discount** on optical superstore frames.
- Jape Furnishing Superstore (Darwin) – 20% home furnishing**, outdoor, and dining, and Darwin’s only Lazy Boy supplier.
- Breezes Bar & Bistro (Muirhead) – 20% discount** off the total bill from 10 am to 5 pm.
- We Wash Windows (Alice Springs) – 20% discount** on initial clean.
- Arafura Pest Control (Palmerston) – 15% discount** on general pest control.
- Betta Home Living (Katherine) – 10% off** furniture and free delivery.
- Rod & Rifle Tackle World (Katherine) – 10% discount** on camping and fishing.
- Electrical Enterprise (Tennant Creek) – 10% discount** on gifts, jewellery, toys and more.
- Bluestone Motor Inn (Tennant Creek) – Stay deluxe** for single price.
- Territory Dry Cleaning (Alice Springs) offers 20% off** each article.

\* Illustration is indicative only of the range of discounts available to NT Seniors Card holders

# Real life: letters, Qs and NT chats

## Cautionary container tale

**With the COVID generous Govt. incentive to spend on building we decided to, at last, upgrade the bathroom and kitchen. To make some room for the tradies a container looked a better option than having items placed in storage.**

We had a container company select and install a container on our property. Felt happy in the thought that our possessions would be safe and secure in the container. Things were looking good.

Probably in the wet season of 2023/24 termites must have started destroying the floor. At this time the floor looked O.K., but walking on it indicated not all was well. Lifting some boxes and plastic tubs revealed things were much worse than a quick visual check indicated.

So it was time for the container to go. On its return, the container company sent an invoice for just under \$3,500 to replace the floor.

Included in the hiring fee was an insurance component. This looks to be for what the container company calls a "Damage Waiver Policy", that they highlight well in their messages. Perhaps all was not lost.

To shorten a long page, the policy indicates that if the container is damaged, the most the customer would have to pay is \$500. Looks good! Problem is it does not

cover termite damage, which is mentioned in the fine print of the contract. This is usual. Insurance companies that cover termite damage are extremely rare if they exist at all.

This means that our total costs are \$3,500 plus \$800 minimum for damage to our items.

My logic is telling me we should not be liable for full total costs, from the angle that while no hiring company should have its equipment damaged by irresponsible people, shouldn't they have a 'duty of care' to provide items that are suitable for the application.

The floor was made of plywood, (termites love plywood) and was either not treated for the prevention of termite attack, or the treatment was inadequate.

Surely in a termite area like Darwin, the floor should be 'Treadplate' or a termite resistant composite.

We contacted legal aid, but even with their help, reasoned that we would soon be looking at legal fees of \$1500 minimum for the first meeting alone.

So if you hire a container in a termite area, ensure the floor is metal plate, or something that does not attract termites. If the company states a wooden floor has been treated, a signed 'no liability' clause [to protect you] would be better than a good idea.

I hope this story can save someone a lot of money and stress.

For us, it's time to read the 'Desiderata' [Max Ehrmann] yet again. ~ David Edwards

## Space in Seniors Voice

**We have an interest in advertising with COTA Seniors Voice magazine and also an interest in submitting an article for publication.**

Details of how to advertise in Seniors Voice can be found on this page,

[www.cotant.org.au/nt-seniors-voice/media-kit](http://www.cotant.org.au/nt-seniors-voice/media-kit).

[Please note: the schedule for 2025 is not yet available. – Ed.]

## Free rent for uni students living in aged care residential home

**Europeans have been doing it since the mid 2010s in the Netherlands and the UK. The basic premise is that university students receive free rent in exchange for 30 hours of their time a month to act as neighbours to aged care residents.**

The research behind the idea shows that reducing isolation and social isolation improve well-being (for all ages) and extends life expectancy in the elderly. Students and residents share conversation, reading, tech teaching and music.

It would be wonderful to see this exchange program in the NT. ~ Seniors Voice Reader

## Front door frailty service helps people living well in their own homes

**Can [we] tell patients about COTA NT and can patients with frailty access your exercise classes?** ~ Dr David Carroll, Royal Darwin Hospital

COTA NT offers Pilates on Mondays and Seated Aerobics on Wednesdays... Tai Chi is also on a Thursday morning – two sessions – one for beginners and a more advanced class.

All classes are listed on our online calendar and cost \$7 per session for COTA members and \$9 for non members.

*Note: This correspondence has been abridged to suit the purpose of raising awareness of COTA Fit for Life activities.*

COTA NT calendar is here, [www.cotant.org.au/territory-seniors-calendar/cota-nt-event-calendar](http://www.cotant.org.au/territory-seniors-calendar/cota-nt-event-calendar).

*COTA NT recommends that before you attend a class, you check with your doctor first or seek appropriate independent advice before starting. COTA instructors and staff are not able to offer advice in this regard.*

## Have your say

Send your letters, questions or comments to the Ed.



**By post**

NT Seniors Voice  
GPO Box 852  
Darwin NT 0800

**By email**

[ntseniorsvoice@org.au](mailto:ntseniorsvoice@org.au)

# 10 ways to connect with your grandchildren

Source: [liveup](#)

Here are 10 ways to enjoy time with your grandchildren that they will remember and value.

1. **Be a good listener.** Take the time to listen to their thoughts and feelings without judgment. This creates a supportive space. It's easier to build a strong connection when you accept your grandchildren for who they are. Be open to your grandchildren's ideas and perspectives on life.
2. **Learn about your grandchildren's interests.** Being curious about your grandchildren's interests fosters a deeper connection. Take an interest in their hobbies and activities. Whether it's sports, music, or a particular subject at school.
3. **Embrace technology to connect.** Keep connected more often with: Video calls, Messaging, Sharing photos through social media
4. **Share stories and memories.** Share family stories. These can be from your own childhood or about their parents when they were young. This helps create a sense of family history.
5. **Attend their events.** Being at your grandchildren's important events shows your interest and support. It also connects you with their community. For example, you can attend: School plays, Sports events, Ballet recitals, Celebrations
6. **Make the effort to share good experiences.** Quality time together helps to build a strong bond. Plan activities that you can enjoy together. For example: Baking, Fishing, Playing games, Supporting their sports and interests
7. **Create traditions.** Establish traditions. For example: Regular catch-ups to enjoy a special meal, Yearly outings, Holiday rituals. This helps to form lasting memories. It also gives your grandchildren something to look forward to.
8. **Teach your grandchildren something new.** Share your skills and knowledge if they show an interest. This can give you a future of quality time with your grandchildren. It also helps them to gain skills and a sense of mastery.
9. **Learn about your grandchildren's friends.** Be curious about your grandchildren's friends. Find out what they enjoy doing when they catch up with their friends.
10. **Discover new interests together.** Do something together that none of you have done before! There are so many activities to try, like dancing, book clubs, arts and crafts.



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CARE FOR YOUR PETS  
IF YOU NO LONGER CAN?

**WE WILL**

AND WE'LL FIND THEM A  
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Home Ever After is a pet legacy service that we provide for anybody with a pet who leaves RSPCA NT a Gift in their Will.

Your pet's future welfare is secure with regular checks performed by RSPCA NT.



hea@rspcant.org.au  
08 8984 3795



# More Than Words: Simple Ways to Connect in Dementia Care

Cecilia Chiolero, PICAC NT, COTA NT

**I came across an article the other day that talked about how language barriers can lead to higher aggression and behavioural issues in people with dementia. It really got me thinking. Sometimes, there's no underlying health issue—it's the frustration of not being understood that causes distress.**

Imagine being in a place where nothing feels familiar and where everyone around you is speaking a language you can't follow, perhaps including your mother tongue.

As we age, things like hearing loss, people talking too fast, or struggling with accents make it harder to understand what's going on. That can feel isolating, frustrating and bewildering. Sometimes we even make it

worse for ourselves without meaning to — by talking while walking around or not facing the person we are speaking to, which makes lipreading impossible.

One of the most important things we can all do is really **be present** when we're communicating. It's about making the person we're talking with the centre of our attention — focusing fully on them by

- taking a moment to stop what we're doing
- looking them in the eye and connecting with them.

This way, they know they're being heard and seen, which can help ease any anxiety they might be feeling.

**The thing is, communication isn't just about words. It's way more than that!**

Only about 7% of what we communicate is through words. The rest? That's all about tone of voice, body

language, facial expressions and gestures. So, even if someone is living with dementia and has trouble with words, they can still pick up on how we're acting or the tone of voice we use.

**You don't need to say much to get your message across.** Sometimes, just saying a simple, clear sentence using key words delivered at the right volume is enough.

**For people with dementia, using visual tools can be a game-changer.**

That's why I love the [Cue or Communication Cards](#) from the Centre for Cultural Diversity in Ageing (PICAC Victoria). These cards (see examples below in Chinese and Tagalog) show pictures of daily activities with words in different languages. They even include how to pronounce the words. Cue cards are available in 73 different languages including English.

**Dementia Alliance** 

*Cecilia is also co-founder of Dementia Alliance and speaks regularly on CaLD dementia care.*

Bilingual Phrase Cards are also available. These tools are so helpful when it comes to bridging the language gap.

**What makes these cards stand out?**

They're visual. It's not just about reading the word, but seeing what it means. For someone with dementia, that visual cue can be a lifesaver when words aren't enough.

And honestly, sometimes the **smallest gestures can make the biggest difference**—like greeting someone in their own language with a smile. It's a small step, but it goes a long way toward helping them feel understood and connected.

*If you think that cue cards may assist communications at home, in community or at work, download a free set [here](#) or contact PICAC NT on 08 8941 1004, 9am to 3pm Mondays to Fridays (excl public holidays).*



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

Doctor



医生

yi sheng

Water



Tubig

too-big

# Classifieds

## ANNUAL GENERAL MEETING COTA NT

COUNCIL ON THE AGEING (NORTHERN TERRITORY) INC

**Friday 18 October 2024, 10am**

**Spillett House, 65 Smith Street, Darwin**

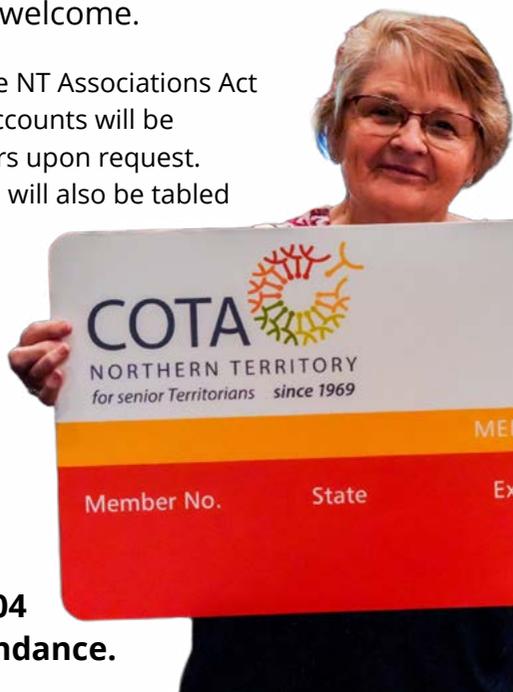
COTA NT Inc's Annual General Meeting will commence at 10am and be followed by light refreshments.

All members are encouraged to attend. Anyone wishing to become a member is also welcome.

In accordance with Clause 44 of the NT Associations Act a copy of the 2023/2024 audited accounts will be available for inspection by Members upon request. A full copy of the Audited Accounts will also be tabled at the Annual General Meeting.

More information from Sue Shearer, COTA NT on 08 8941 1004 or email ceo@cotant.org.au.

**RSVP for catering purposes call Head Office 08 8941 1004 also for TEAM (online) attendance.**



## SENIORS PAINTING GROUP

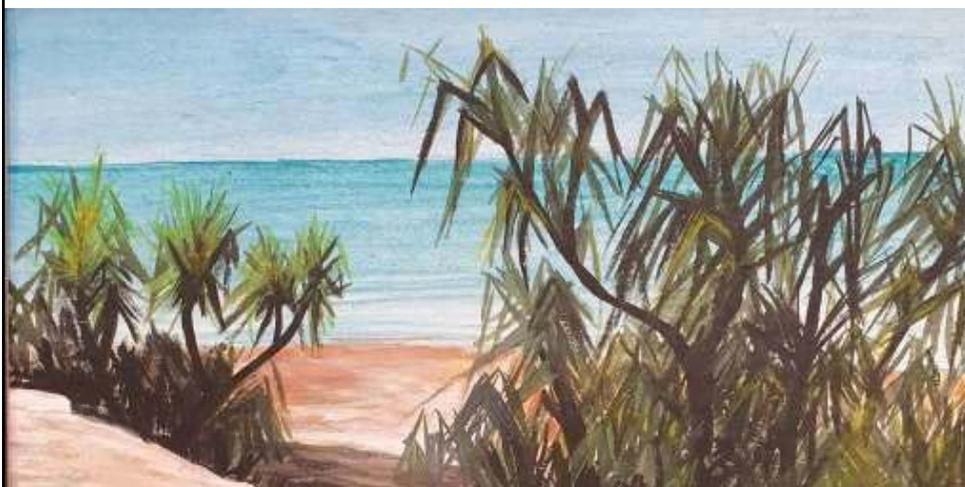
**Tuesdays, 10am to 12pm**

**Johnston Electorate Community Room, Millner Shopping Village, Cnr of Fitzgerald St and Bagot Road, Millner**

Sharing a cuppa and working on shared art interests including water colour art, fabric painting and more.

No joining fee. Finished works are shown to callers. Any costs are minimal and shared.

**For more information, call Pam Watson 0416 044 799**



## Get stronger today

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

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

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

Call or visit our website to get started.

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**SouthernCrossCare.com.au**

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# Walk your way to good health

## Walking could be the key to social connection — and to better health.

You've heard of physical health and mental health, but have you ever come across the term 'social health'? Social health is the wellbeing that we experience as a result of our connections with the people around us.

Social relationships matter at every age. In our younger years, activities like school and university bring us into frequent interaction with others. In our adult lives, work and family commitments can make spontaneous opportunities for connection harder to come by.

As we progress into our senior years the cost can be

significant. Sometimes we encounter social isolation which has been linked to everything from mental illness and emotional distress to higher risks of dementia, stroke and heart disease.

The good news that there are lots of simple ways to build social health — for example, taking up a new hobby like joining a Heart Foundation Walking group. Walking is a free, low-impact physical activity that offers a wealth of health benefits, including reducing heart disease risk and protecting against mental health issues like depression. Walking in a group gives you access to all these positive health impacts, as well as to the social benefits of spending time with others.

Heart Foundation Walking is one of Australia's largest free walking programs, with hundreds of groups across Australia. Rosanne, one of the program's many volunteer Walk Organisers, has seen the impacts of communal walking up close. "You foster a sense of community among walkers, creating a supportive network of likeminded people," she says. That sense of community can lead to fun, friendship and a regular fitness habit, and it can also be protective against some of the challenges that life throws up along the way.

"The social involvement has gone a long way to improving my mental health," says one walking group participant.

So, what are you waiting for? No matter your age, fitness

level or location, you can start or join a Heart Foundation Walking group and enjoy the impacts of better physical, emotional and social health.

The NT has its own State Walking Program Officer to support your walking journey. Julie-Anne would be pleased to assist in finding the right group for you or even help you start your own. You can **reach Julie-Anne at [julie-anne.overell@heartfoundation.org.au](mailto:julie-anne.overell@heartfoundation.org.au) or 8982 2709**. If you'd rather walk independently or on your own schedule, sign up for a free Personal Walking Plan that's developed by experts and tailored to your fitness level.

**Find out more about Heart Foundation Walking today at [walking.heartfoundation.org.au](http://walking.heartfoundation.org.au).**



## Boost your health and meet new people!

### Join or start a Heart Foundation Walking group

Looking for fun, fitness and friends in your community? Heart Foundation groups provide a free, safe and supportive environment to walk together for a healthy mind, body and heart.

#### Benefits

- Improve your health, wellbeing and mood
- Volunteer led groups
- Meet new people
- Rewards and recognition
- Enjoy local walks
- Free!

#### Want to start your own group?

Starting a Heart Foundation Walking group is a great way to meet new people.

- Free merchandise and resources
- Full training provided
- Heart Foundation will support you every step of the way



"It's such an amazing way to connect with locals who you may not have otherwise gotten to know! You basically have a team of others to inspire and motivate you if you need it, or at the very least a new group of friendly faces you get to look forward to seeing"

- Katie

Scan the QR code → to find out more or register



☎ 13 11 12 🖱 [walking.heartfoundation.org.au/start-group](http://walking.heartfoundation.org.au/start-group)

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# Take action to stay fit at home & on hols

*SuperAgeing's Sharon Kelly has some Simple Tips to help us all keep moving and active during our holidays and time spent away from home. Be warned: She's already thinking about Christmas!*



Bookings online at [superageing.com.au/bookings](https://superageing.com.au/bookings).  
Call Sharon **0438 890 089** for information, help setting up Zoom and class bookings.

You can follow along with online workouts (like those on my YouTube channel [Super Ageing \(www.youtube.com/@SuperAgeing\)](https://www.youtube.com/@SuperAgeing)) right from your accommodation.

**The Christmas season is a time for fun, family and a bit of indulgence. But just because you're away from your usual fitness routine doesn't mean you need to put your health goals on hold. In fact, staying active while travelling or celebrating can boost your energy and keep you feeling great.**

## Sharon's suggestions for staying fit whilst on holidays

It's important to stay active to maintain strength and balance, keep energy high and boost your mental health.

**Maintain Your Strength and Balance** – Regular movement helps preserve muscle strength and balance, which are key for preventing falls and staying independent as we age.

**Keep Your Energy Levels High** – Exercise can help combat holiday fatigue, especially when we indulge in rich foods or enjoy late nights with family and friends.

**Boost Your Mental Health** – The holidays can sometimes feel overwhelming. A quick workout can improve mood, reduce stress, and help you relax.

**Stay on Track for the New Year** – By keeping up with fitness over the holidays, you set yourself up for success in the New Year, avoiding the need for drastic resolutions.

So, this Christmas, make movement a part of your holiday tradition!



### Bodyweight Exercises Anywhere

No gym? No problem! Exercises like squats, lunges, push-ups, and standing leg lifts can be done in your hotel room or outdoors. You don't need equipment to work on strength and mobility.



### Take Walking Breaks

Whether you're sightseeing or spending time with family, make walking part of your daily routine. Try for 30 minutes a day to keep your body moving and joints limber.



### Stretch Every Morning

Simple stretches first thing in the morning help with flexibility and prevent stiffness, especially if you're sitting for long periods during travel.



### Join a Local Class or Stream Online Workouts

Many holiday destinations offer local fitness classes. A great way to stay fit and socialise with like-minded folk.



### Use Resistance Bands

Easy to pack and lightweight, resistance bands are great for strength training on the go. Bring a band with you and do a quick workout in the morning to kickstart your day.

# NT Grandparents Day

Sunday  
27 October  
2024

*Celebrate a special  
day together!*



**COTA**  
NORTHERN TERRITORY  
for senior Territorians

Proudly sponsored by  
**NORTHERN  
TERRITORY  
GOVERNMENT**



Join COTA NT in celebrating Grandparents Day with a special screening of the movie "RUNT" – a heartwarming film perfect for the whole family.

RUNT is the heartfelt and hilarious tale of eleven-year-old Annie Shearer and her best friend Runt, an adopted stray dog with remarkable abilities. In a bid to save their family farm, the two aspire to compete in the Agility Course Championships at the prestigious Krumpets Dog Show in London, whilst overcoming hurdles, obstacles, and nefarious villains.

**Tickets: \$5 Adults, \$2.50 Under 16s**

*Includes movie, free morning tea/coffee for adults going to Darwin, Palmerston and Alice Springs movies + free small drink and popcorn for the U16s. In Katherine, all attendees receive free small drink and popcorn.*

Tickets are through COTA NT only and are not available at the box office on the day.

All Grandparents must be accompanied by at least one grandchild.

**Get your tickets through Eventbrite at [cotant.eventbrite.com](https://cotant.eventbrite.com) – limited numbers available!**

Call COTA NT on 08 8941 1004 for assistance if required.



**EVENT  
CINEMAS**

**bcc  
CINEMAS**

**Alice  
Springs  
Cinema**

**Katherine  
Cinema 3**

**Showing on Sunday 27 October, 10am to 12pm at:**  
**BCC Cinemas Casuarina** • 247 Trower Road Casuarina  
**Event Cinemas Palmerston** • 1 Roystonea Ave, Yarrowonga  
**Alice Springs Cinema** • Todd Plaza, 11 Todd St, Alice Springs  
**Katherine Cinema 3** • 1/20 First St, Katherine