

FREE

Ageing Well



Creating an age-friendly shire

Edition 8 – February 2021

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Share your story with us!

Send contributions (max 250 words) to mail@cardinia.vic.gov.au

Join our mailing list

Email: ageingwell@cardinia.vic.gov.au
Phone: 1300 787 624

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Stay informed with *Ageing Well*. Latest opportunities, news and events. An enjoyable read with plenty of great information.

www.cardinia.vic.gov.au/enewsletters

COVID-19 Community Survey



Help us better understand your needs so we can continue to support our community. This survey is open throughout the COVID-19 pandemic. It only takes 15 minutes to complete.

Visit www.creating.cardinia.vic.gov.au/covid19survey or request a paper copy by contacting Council on 1300 787 624

More information on the COVID-19 pandemic is available on www.dhhs.vic.gov.au/coronavirus or call the dedicated hotline Phone: 1800 675 398

Strengthening social connections

Let's band together in 2021!

Over the past year state and local Governments have realised the impact of loneliness on our aged community. Together they are working on creating more connections and support networks to assist and encourage people to reconnect with their communities. At Cardinia Shire Council we have released an expression of interest for residents to become involved in an initiative that will support older adults to improve their social connections in their local communities. Many have experienced less interaction and communication with their support circles and loved ones since COVID-19 arrived last year. Usual ways of seeing family, friends and familiar faces has been put on hold. Many older people have adapted well and stayed in touch via video calls since regular social groups have ceased meeting. Members have made a concerted effort to reach out to their non-tech savvy friends with regular phone calls, messages and written letters to show their peers they care.

Loneliness is something we may experience at some level now and then, but these feelings usually pass. However, long periods of loneliness are cause for concern. In this instance, the potential risk of mental health problems, including depression, anxiety and stress is increased.

In 2017, the Australian Loneliness Report conducted by the Australian Psychology Society and Swinburne University, reported that 1 in 4 Australians were lonely. Since the start of the pandemic, the *Ageing Well* newsletter has provided useful resources and information. However, we are aware there are gaps, particularly for those who are socially isolated.

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The issue of loneliness, social isolation and increased risk of poor mental health in older adults escalated due to the COVID-19 pandemic.

A strong shift in focus has occurred towards how people can better support social connections and networks of support.

New opportunities to become involved directly or help advocate for others have commenced.



A 'virtual' response

Hosting a virtual dinner party

Surely we all agree, food is a means of connection. These days holding a social event doesn't mean being in the same room with all your guests. In 2020 many of us expanded our social lives online. Like the Rotarians that held their own virtual dinner party where everyone stayed home! Tables were set and guests arrived promptly for dinner at 7pm via a video conference call.

Small groups shared time together for each course, entrée, main and dessert. In addition to great company, the evening included prizes for best dressed, best hat, best decorations, and best screen backgrounds – of which favourite holiday photos featured prominently. Local Officer residents Rob and his wife Carol (members of Rotary for many years) participated in the event.

"We were apprehensive at first, but since we were used to the concept of using Zoom for our gatherings, we decided that it was worth a try," Rob said.



"The dinner was certainly a fun night in, a welcome breakthrough during the COVID-19 social restrictions. We are grateful for our social connections and have enjoyed being part of this group."

Share your virtual fun ideas on
[www.creating.cardinia.vic.gov.au/
connecting-cardinia](http://www.creating.cardinia.vic.gov.au/connecting-cardinia)

Maybe this virtual dinner party has sparked your interest in applying for a Festival, Event Community Grant? Up to \$10,000 is available to support festivals and events that reflect and celebrate local identity, interests and diversity. **Call Customer Service 1300 787 624**

Stan Henwood Award applications open

Do you know someone who has made a great contribution to their community?

Council's Stan Henwood Award is presented each year to someone who has made a positive, long-term contribution to their community. Nominate someone who has inspired you over the past year.

For more information

Phone: **1300 787 624**

Email: **mail@cardinia.vic.gov.au**

Web: **www.cardinia.vic.gov.au/stanhenwood**

Activity and Community Connections directory

Are you involved in a social or activity group outside the neighbourhood house network? If so, you can promote your group free in the *Activity and Community Connections* directory.

This information will also be available on Council's webpage: **www.cardinia.vic.gov.au/seniors**

If your group has changed contact details in the past year, please email your updated information to: **ageingwell@cardinia.vic.gov.au**

Council and its partners are working together to offer a range of supports and services for our community members requiring social, emotional or practical support as a result of the COVID-19 pandemic. The intention is to help people who might be feeling lonely or have lost their regular networks during the pandemic to build social connections and networks of support in their local communities. One such support is the *Ageing Well Community Connectors initiative*. This team of mature volunteers will offer valuable support to older residents, providing information and linking them into local activities and groups.

The supports themselves can be provided by a range of organisations, including multicultural organisations, universities of the third age, neighbourhood houses, men's sheds and volunteer groups.

If you would like assistance contact Council's CASI Officer

Phone: **5945 4435**

Email: casi@cardinia.vic.gov.au

You can also contact Council's Customer Service team on **1300 787 624** or Victoria's COVID-19 hotline on **1800 675 398** and choose option 3.

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Are you interested in supporting others to reconnect and rediscover social activities in their local community? If yes, you may like to join us to enhance opportunities for seniors to be supported, guided and connected safely in their own local communities.

The Ageing Well team is looking for enthusiastic and active residents who:

- are willing to give around 2–4 hours each week to participate in this initiative over the next 12 months
- are aged 55 years and over and have lived in your local community for a few years
- are friendly and enjoy helping others
- have basic computer skills (support will be provided to participate in online forums)
- hold a current driver's license

Support generally falls into three categories:

- Emotional support such as regular chats with a like-minded local.
- Practical help such as running errands or helping people to video chat with friends and family.
- Social activities such as linking into online book clubs, fitness groups or volunteering opportunities.



Before you commit, join us for an information session. If you decide to join us, we will look forward to furthering this opportunity with you.

Registrations close:

5pm, Friday 5 March

How to register your interest to join an information session.

Email: ageingwell@cardinia.vic.gov.au

Email subject: **Ageing Well**

Drop us a few lines about yourself and why this opportunity interests you. Please also provide your contact details

Enquiries: **1300 787 624**

Caring for carers

Being a carer

As a carer, you often put the needs of the person you care for ahead of your own. This is natural, but it's very important that you look after yourself too by taking a break or keeping up with some social activities of your own. Taking time for yourself and connecting with other people is important to keep mentally healthy. Schedule some time for yourself every day, it may be 10 minutes sitting in your favourite space with a cuppa tea or taking a stroll along your street, wave hello to a neighbour, admire their gardens. Staying physically active can help your emotional wellbeing too.

Caring for someone you love is often a joyful and rewarding experience, although there may be times when you feel a little anxious or overwhelmed. To look after yourself during these times, talk to your family and friends about what will be most helpful to you. When you are healthy, you can care for others better and for longer.

A 'gateway' to caring

A great organisation called Carer Gateway offers carers an opportunity to discuss their needs with a trained worker who can help them find the right services and support in person or online. They offer a range of services which include, programs, respite care, home help, equipment, counselling, carer support groups and more.

Everyone's circumstances are different, so if you don't know exactly what to ask for, don't worry! – you just talk and a trained worker will help.

Carer Gateway

Monday to Friday 8am–5pm

Enquiries: **1800 422 737**

Web: www.carergateway.gov.au

Join a carer support group

Being part of a carer support group gives you the opportunity to meet others experiencing a similar situation. Carers over the age of 55 are invited to ask questions, share stories and offer advice at the Carer Gateway forum. see details above.



Carers Victoria can help

Navigating systems can be daunting. It can help to talk things over with a professional who understands the systems carers deal with. Carers Victoria staff will listen and advise on services available to assist you in your caring role, providing information about practical supports, offering advice about navigating systems and referring you to education and counselling sessions.

Enquiries: **1800 514 845**

Facebook: www.facebook.com/CarersVictoria/

Web: www.carersvictoria.org.au/carers-advisory-line

Alfred Health Carer Support Service

Alfred Health Carer Support Service helps carers identify services in or outside the home and provides support for them to manage their own health and wellbeing.

Enquiries: **1800 512 121**

Web: www.carersouth.org.au

Caring for carers

New dementia-friendly café in Pakenham

Following the success of the *Forget me not Cafe* in Koo Wee Rup, Cardinia Shire Council has welcomed the opening of a second dementia friendly cafe in Pakenham. This cafe hosts social gatherings with entertainment for people living with dementia and their loved ones. Come along and join this fun, supportive environment.



Enquiries:

Outlook Community Centre, Pakenham
5941 1535
Koo Wee Rup Regional Health Service
5997 9792



COVID-19 increases risk of elder abuse

TOGETHER we CAN

Act now to end Family Violence in Cardinia Shire

Since the emergence of COVID-19 and the associated social restrictions, Seniors Rights Victoria has expressed concern about an increased risk of elder abuse. Reaching out for help may be more difficult at this time but remember – you have the right to feel safe, access medical support, and communicate with friends and family.

Elder abuse is a form of family violence, defined as any act causing harm to an older person, often carried out by a family member, a friend or a person in a position of trust. Elder abuse can come in many forms: physical, social, financial, psychological, sexual, mistreatment or neglect.

The risk of elder abuse can be reduced by making sure your financial, medical and legal affairs are in order. If you or someone you know may be experiencing elder abuse, contact these support services:

Seniors Rights Victoria on **1300 368 821**
or visit: info@seniorsrights.org.au
(free booklet available on request)

Safe Steps on **1800 015 188**
or visit: safesteps@safesteps.org.au

1800 RESPECT on **1800 737 732**
or visit: www.1800respect.org.au

Always call 000 in case of immediate danger.

Navigating the My Aged Care system

Cardinia Shire Council has a great team of community members who are fully trained by the Council on the Ageing Victoria (COTA). You don't need to feel lost! Help, support and advice is available to navigate your way through the My Aged Care System. If you or someone you care for are considering applying for support to help maintain independence and stay living in your own home, this service can help.

Enquiries:

COTA information line on **1300 135 090** or visit www.cota.org.au
Outlook Community Centre, Pakenham on **5941 1535**



Help Council create a vision and plan for our community

Tell us how you 'Imagine Cardinia!'

Share your thoughts and ideas to help us develop the *Community Vision*, *Council Plan*, *Financial Plan* and *Council Budget*.

We are developing these plans to help guide Council's strategic direction over the coming years and this is your chance to get involved, have your say and make a difference.

We received input from the community through discussions in November and December last year. Now we are seeking further input to help us develop the plans to meet the needs and reflect our community's expectations. These documents guide strategic planning and decision making for the future of our shire.

The current round of consultation closes on 28 February 2021.

The documents will be available for community feedback which will be considered before finalising for adoption by Council in June 2021.

Help create the future of your shire.

Have your say

Access the online survey www.cardinia.vic.gov.au/imaginecardinia or request a copy to be sent by post with reply paid envelope by calling Customer Service **1300 878 624**.



Please see below for information regarding each of the documents being produced.

Council Plan

The *Council Plan* outlines the strategic agenda for the Council during its term including the steps it will take to implement the Community Vision.

Community Vision

The *Community Vision* has an outlook of at least 10 years and describes the community's social, economic, cultural, and environmental aspirations for the future.

Financial Plan

The *Financial Plan* has an outlook of at least 10 years and describes the financial resources required to give effect to the Council Plan and other strategic plans of Council.

Council Budget

Council must prepare and adopt a budget for each of the next three financial years.

For more information about the requirements of these documents please visit www.cardinia.vic.gov.au/imaginecardinia

Staying safe in summer

Responding to an emergency

Emergency Management Victoria communicates warnings of emergency events that may threaten life or property, including the nature of the emergency and what you should do. The website has a real-time map display with incidents across the state including floods, storms, fires and more.

Warning levels are based on the degree of danger:

- **Advice** – an emergency is occurring in your local area. You need to access information and monitor conditions.
- **Watch and act** – a fire or flood is heading towards you. Conditions are changing and you need to act now to protect your safety and wellbeing.
- **Emergency warning** – you are in imminent danger and need to take immediate action. You will be impacted by fire or flood.

Stay alert to emergencies affecting your community

Prepare and memorise your emergency management plan. If an incident was to occur, the best response you can have is to remain calm and stay focused on what needs to be done. Information on preparing for an emergency and recovery is available from Vic Emergency.

Always consider more than one source of information during an emergency:

Vic Emergency web: www.emergency.vic.gov.au

Call the VicEmergency hotline: **1800 226 226**

Download the VicEmergency App

Listen to ABC local radio or/and Watch ABC news

Call **000** when an immediate threat to life or property

Staying healthy in the heat

Heat can cause illnesses such as heat cramps and heat exhaustion which can lead to life-threatening heatstroke. If you or someone you know is unwell, phone NURSE-ON-CALL on **1300 606 024** for 24-hour health advice or see your doctor. In an emergency, always call 000.

7 Tips to keep you cool this summer:

- ✓ close window blinds to keep direct sunlight out of your home
- ✓ drink plenty of water and eat foods with high water content, e.g. fruit and salad
- ✓ stock up on essential items on cooler days to reduce having to go out in the heat
- ✓ store medicines at recommended temperatures
- ✓ dress in light clothing such as cotton garments
- ✓ if you do need to go outside, do so for short periods at a time, wear a sunhat and take a bottle of water with you or take an umbrella for shade.



Have you thought about a personal alarm?

Do you live alone and have concerns about falling or having a medical episode? Are you concerned about a neighbour or loved one? Personal alarms might be an option to keep you or your loved ones safe. Personal Alert Victoria (PAV) is a personal monitoring and emergency response service funded by the Victorian Government, providing free personal alarms to eligible frail, isolated older people to help them live safely and independently in their homes. Check your eligibility for a funded personal alarm or find out more about alarm options.

Enquiries: My Aged Care **1800 200 422**

Supporting our community

Supporting Cardinia Shire businesses

Council has launched a new interactive website *Cardinia Business*. This website promotes more than 200 businesses across the Casey Cardinia region and outlines the services they offer. Find local businesses to shop or just give them a shout out by posting a recommendation or photo at: www.cardinia.vic.gov.au/cardiniabusiness

#shoplocalcardinia #shopcardinia #shoplocal

Phone: Customer Service **1300 787 624**
Email: **business@cardinia.vic.gov.au**
Web: **www.cardinia.vic.gov.au/cardiniabusiness**

Grants to support community wellbeing

Council is offering seeding grants of \$1,000 to \$5,000 to eligible groups to establish new organisations, projects and services that improve residents' health and wellbeing.

Phone: **1300 787 624**
Web: **www.cardinia.vic.gov.au**



Pick up a copy of your Ageing Well from the following locations or download a digital copy from www.cardinia.vic.gov.au/ageingwell

- Beaconsfield Community Complex, 8 O'Neil Rd, Beaconsfield
- Pakenham Library or Cardinia U3A Cnr John St &, Henry St, Pakenham
- Cardinia Cultural Centre, Corner Waterford Rise &, Lakeside Blvd, Pakenham
- Mobile Library, Beaconsfield Community Complex, 8 O'Neil Rd, Beaconsfield
- Cardinia Shire Council Civic Centre, 20 Siding Ave, Officer
- Cardinia Life, 4 Olympic Way, Pakenham

- Lang Lang Community Centre, 7 Westernport Rd, Lang Lang
- Bunyip Community House, Beswick St, Garfield VIC 3814
- Koo Wee Rup Regional Health Reception 235 Rossiter Rd, Koo Wee Rup
- Mobile Library points:
 - Bunyip, Main St 9.30am-1.45pm (Sat)
 - Bunyip Primary School 10.45am-12.15pm (Mon)
 - Garfield, Ritchie St 12.30-3.15pm (Mon)
 - Koo Wee Rup, V/Line Bus interchange 2.15-5.30pm (Fri)
 - Lang Lang Primary School 11am-1.45pm (Fri)
 - Maryknoll, Koolbirra Rd 12.30-1.30pm (Thur)
 - Nar Nar Goon Primary School 11am-12pm (Thur)
 - Tynong, Railway Ave 3.30-5.30pm (Tues)

- Cockatoo Community House, 23 Bailey Rd, Cockatoo
- Emerald Library 400A Belgrave-Gembrook Rd, Emerald
- Mobile Library points:
 - Cockatoo Bowling Club 2.15-6pm (Thur)
 - Gembrook Community Complex, Gembrook Pakenham Rd 2.30-5.30pm (Tues)
 - Upper Beaconsfield, Charing Cross 10.45am-1.30pm (Tues)
- Emerald Community House, 356-8 Belgrave-Gembrook Road, Emerald

Council contacts

**Cardinia Shire Council
Civic Centre**

20 Siding Avenue, Officer

Postal address:

PO Box 7, Pakenham 3810

Phone: 1300 787 624

Email: mail@cardinia.vic.gov.au

Web: www.cardinia.vic.gov.au

After-hours emergencies:

1300 787 624

National Relay Service (NRS):

Customers who are deaf or have a hearing or speech impairment can call through the NRS. This is a free service.

TTY users phone 133 677

then ask for 1300 787 624.

Speak and Listen

(speech-to-speech relay)

users phone 1300 555 727

then ask for 1300 787 624.



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