

FREE

# Ageing Well



## Creating an age-friendly shire

Edition 12 – June 2022

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### Share your story with us!

Send contributions (max 250 words) to [ageingwell@cardinia.vic.gov.au](mailto:ageingwell@cardinia.vic.gov.au)

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## Creating Cardinia

Have your say on upcoming projects and initiatives in the Cardinia Shire.

### For more information

Ph: 1300 787 624  
Web: [www.creating.cardinia.vic.gov.au](http://www.creating.cardinia.vic.gov.au)

## Working towards a liveable Cardinia Shire

Many people may be aware and perhaps even comforted to hear that Melbourne made the top 10 list of most liveable cities in the world last year! But most would probably be unaware of the contribution local government makes to this achievement; extensive research, community consultation and development of strategic plans that reflect the needs of local residents and environment.

The *Cardinia Shire Liveability Plan* is Council's long-term view of what it aims to bring into focus by 2029 to support the liveability of our shire. The plan looks at the conditions in which our residents are born, learn, live, work and age, i.e. our community's 'liveability'.

Features of a 'liveable community' are: safe, attractive, socially cohesive and inclusive, environmentally sustainable with affordable housing linked via public transport, walking, and cycling to employment, education, public open space, local shops, health and community services, and leisure and cultural opportunities. (Cardinia Shire's Liveability Plan 2017-29).

Our vision in Council's Liveability Plan is: "Cardinia Shire is a liveable, resilient community where the environment flourishes and residents are healthy, included and connected".

Improving the health and wellbeing of our varied communities requires a long-term vision. We are committed to long-term goals, which prioritise the health and wellbeing of all people in our shire. Page 4 has more information on Council's key priorities.



# Understanding My Aged Care



## Home and community care services

Your ability to live independently in your home as you age has increased as more support with everyday tasks and personal wellbeing has become available. Government-funded packages are available to help with the financial costs associated with some of these services.

**Basic supports** (e.g. domestic, transport and social support) referred to as Commonwealth Home Support Programme (CHSP).

**Complex needs** (e.g. multiple or more complex needs such as equipment or nursing care) referred to as Home Care Packages (HCP).

**If you require services to help you remain in your own home, the first step is to have an assessment. You can book an assessment through My Aged Care (contact information below).**

**Please note:** Cardinia Shire Council does not provide aged care services. These services are provided by separate home and community care providers servicing the shire.

## Understanding the My Aged Care process

My Aged Care is a free service, funded by the Australian Government to help people access subsidised care. It provides people with information on aged care for oneself, a family member or someone being cared for. If you require services to help you remain in your own home, the first step is to register with My Aged Care to have an assessment meeting. This is booked through My Aged Care. This meeting will identify what services you are eligible to receive.

## Your Aged Care Assessment Service

Your assessment meeting will be conducted by a Regional Assessment Service (RAS) team member by phone or in your home. Then you can request a referral for the most suitable home care support or packages for you.

### For more information:

#### My Aged Care

Ph: **1800 200 422**

Web: **www.myagedcare.gov.au**

#### Regional Assessment Service (RAS)

Ph: **5945 0800**

Email: **RASfeedback@mecwacare.org.au**

#### COTA Victoria

Ph: **1300 13 50 90**

Web: **www.cotavic.org.au**



## Aged care: *Be informed Be prepared* sessions

Join a free information session delivered by your My Aged Care Navigators and Council of the Ageing. Be informed, be prepared. The My Aged Care Navigators Hub will host 2 information sessions on the My Aged Care system, including eligibility, services offered and the application process.



Session 1: **Information about My Aged Care**  
**Friday 17 June, 10am–12noon**

Session 2: **Information and in-person assistance**  
**with paperwork**  
**Friday 24 June, 9:30am–12:30pm**

Venue: **Outlook Community Centre,**  
**24 Toomuc Valley Road, Pakenham**

Cost: **Free (refreshments provided)**

Ph: **5940 4728**

Email: **communitycentre@outlookaust.org.au**



# Safer communities

## Support for younger people

**Home and community care for younger people (HACC PYP)** funding is available for people who need home support but are under 65 years of age (or under 50 for Aboriginal and Torres Strait Islanders), have a disability, or are caring for someone with a disability. Services may include any combination of domestic assistance, personal care and nursing, allied health services, planned activity groups, property maintenance, respite and transport services.

## Need more information?

### Mecwacare

Offering services for people who are ineligible for My Aged Care services including domestic support, community transport, in-home support, community programs, and disability support.

Ph: **5945 0806**

(Pakenham Office)

Web: [www.mecwacare.org.au](http://www.mecwacare.org.au)

### Southern Migrant Refugee Centre (SMRC)

Multicultural planned activity groups and outings for seniors. Aged access and support workers and friendly home visiting service.

Ph: **9767 1900**

Web: [www.smrc.org.au](http://www.smrc.org.au)

### Wintringham

Access and support for seniors who require help with home care packages and financial disadvantage.

Ph: **9769 0202**

Web: [www.wintringham.org.au](http://www.wintringham.org.au)

### Monash Health

Ph: **5941 0500**

Web: [www.monashhealth.org](http://www.monashhealth.org)

### Latrobe Community Health

Ph: **1800 242 696**

Web: [www.lchs.com.au](http://www.lchs.com.au)



## Protecting older members in our community



Every year, 15 June marks **World Elder Abuse Awareness Day (WEAAD)** to raise awareness of elder abuse. Elder abuse is a preventable form of family violence. Family violence is a key priority area addressed in the Cardinia Shire Liveability Plan (see page 5).

Elder abuse is 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, and comes in many forms:

- physical
- psychological
- social
- sexual
- financial
- mistreatment or neglect.

Elder abuse can be minimised by supporting older people to ensure their financial, medical and legal affairs are in order.

## Free community information session

Elder abuse is hard to picture, but it happens every day. What starts out small doesn't stay that way for long.

**Presented by Seniors Rights Victoria.**

Date: **Wednesday, 15 June**

Time: **10–11:30am**

Where: **Cardinia Cultural Centre, Corner Waterford Rise and Lakeside Blvd, Pakenham**

Ph: **1300 887 624** Bookings essential.

**Free event!**  
Includes morning tea

## Additional support

### Seniors Rights Victoria

Ph: **1300 368 821**

Web: [www.seniorsrights.org.au](http://www.seniorsrights.org.au)

### Safe Steps

Ph: **1800 015 188**

Web: [www.safesteps.org.au](http://www.safesteps.org.au)

### Rainbow Door

Ph: **1800 729 367**

Web: [www.rainbowdoor.org.au](http://www.rainbowdoor.org.au)

(Free specialist advice to LGBTIQ+ people, their friends and families).

### Orange Door

Ph: **1800 271 170**

Web: [www.orangedoor.vic.gov.au](http://www.orangedoor.vic.gov.au)

(A new free service, part of the Victorian Government's response to the Royal Commission into family violence).

### 1800RESPECT

Ph: **1800 737 732**

Web: [www.1800respect.org.au](http://www.1800respect.org.au)

Supported by  
Cardinia Shire Council



**TOGETHER we CAN**  
Act now to end Family Violence in Cardinia Shire

## Working towards a liveable shire

### (Continued from cover story)

Improving the health and wellbeing of communities across the shire requires a long-term vision. To support Council to achieve this, it has developed the Cardinia Liveability Plan. The current plan began in 2017 and will continue until 2029. It is a whole-of-community plan, underpinning many strategies, services, and programs that Council, its partners and community groups undertake, to strengthen community wellbeing. This includes Council's Ageing Well Strategy and the Access and Inclusion Disability Strategy. The Liveability Plan is inclusive for all residents, recognising that health is not always equally distributed. It seeks to promote health equity between different communities of people, across a variety of areas, including:

- Mental health and wellbeing
- Social cohesion
- Safety
- Healthy eating and active living
- Family violence
- Financial wellbeing and resilience
- Harm from tobacco, alcohol, drugs and gambling

Did you know in 2019, 2,600 households in Cardinia Shire took part in Council's Liveability Survey. These households were randomly selected to ensure urban and rural areas and a variety of household types were represented. The information gathered from this survey helped guide Council's next steps towards creating a more liveable community. The following were findings from the survey.

### Mental health and wellbeing

Mental health and wellbeing had a negative impact on 22% of residents aged 55 years and over, up from 13% in 2019\*, and 11% had used mental health services. Good mental health and wellbeing is more than just the absence of mental illness. A positive state of mental health and wellbeing is about feeling good, being able to cope with life's stressors, an ability to work productively, realising individual potential and an ability to contribute to family and community life.

If you are looking to volunteer for a local not-for-profit or community group, you can search our Volunteers directory. Visit [www.cardinia.vic.gov.au](http://www.cardinia.vic.gov.au).

### Social cohesion

Almost a quarter (24%) of residents aged 55 years and over feel that they don't have enough connection to their local community, a similar proportion to that recorded in 2019 (20%). Social cohesion is about the 'glue' that holds communities together; people feeling connected and included and engaging in their community. It refers to the sense of trust within neighbourhoods and people's willingness to help their neighbour. Cohesive communities are more resilient to adversity.

The Ageing Well Community Connectors Program supports older residents to reconnect with others and make new social connections.

For more information:

Ph: **1300 787 624**

Email: [ageingwell@cardinia.vic.gov.au](mailto:ageingwell@cardinia.vic.gov.au)



### Safety

Crime and safety had a negative impact on 22% of residents aged 55 years or over; a similar proportion to that recorded in 2019\* (20%). Safety is not just about being and feeling safe, it is about protecting people from danger and preventing harm where there are known hazards or risks to personal safety.

Protecting the rights of older members of the community is another aspect of safety. Victoria Police host 'Coffee with a Cop' events in the shire. It is a great opportunity for community members to speak with Victoria Police and Council. Also find details of a free community information session on page 3.

# Our liveable shire

## Healthy eating and active living

About 15% of residents aged 55 years and above, eat fast food weekly or more often (much lower than other age groups). However, only 10% of residents in this age group eat the recommended amount of vegetables (5+ serves per day) while 65% eat the recommended serves of fruit per day (2 or more). Poor nutrition and physical inactivity are some of the leading risk factors for lifestyle-related illness. People who are inactive and have diets high in sugar, fat and salt and low in nutrients and fibre have a much higher risk of developing a range of chronic health conditions.

The *Cardinia Food Movement's Community Food Strategy* aims to establish a healthy, delicious, sustainable and fair food system for all residents of Cardinia Shire.  
Visit: [www.cardiniafoodmovement.org](http://www.cardiniafoodmovement.org)



## Family violence

Family violence had a negative impact on 3% of residents aged 55 years or over (unchanged since 2019) and 46% see it as a serious problem in our community. Family violence is any violent, threatening, coercive or controlling behaviour that occurs in current or past family, domestic or intimate relationships.

Family violence is a prevalent and preventable public health issue. For information on World Elder Abuse Awareness Day see page 3.

## Financial wellbeing and resilience

Almost a quarter (22%) of residents aged 55 years or older felt that there was a lack of support for pensioners, up from 16% in 2019\*. Financial security means basic living costs are met for housing, food, transport, health and education. A household experiencing financial stress is not able to meet basic costs which can affect being able to participate fully in the community and thus have significant impacts on health and wellbeing.

South East Community Links provides financial counselling to residents. Financial counsellors work with a broad range of financial issues.

Ph: **1300 787 624**  
Web: [www.secl.org.au](http://www.secl.org.au)

## Harm from tobacco, alcohol, drugs and gambling

Just over 60% of residents aged 55 years and over think poker machines have a negative impact on the community. Almost 20% drink alcohol daily or most days. Addiction to tobacco, alcohol, drugs, and gambling can have a harmful impact on individuals, their families and the broader community. Harm can include burdens on a person's health, finances, relationships, job security, social isolation and community safety.

The library's *after dark* program is held on the 1st Friday of every month, free family fun film night at Pakenham Library.

Ph: **5940 6222**  
Web: [www.ccl.vic.gov.au](http://www.ccl.vic.gov.au)

\*2019 data based on residents aged 60 years and over

Source: 2021 Cardinia Liveability Survey

For more information:  
[www.cardinia.vic.gov.au/liveabilityplan](http://www.cardinia.vic.gov.au/liveabilityplan)  
Enquiries: **1300 787 624**



# Access and inclusion

## New criteria for accessible (disabled) parking permits

Victoria's accessible (disabled) parking permit scheme is no longer administered by Council. It is now managed by the Accessible Parking Scheme established by VicRoads and offers an easy application process that is consistent across Victoria.

If you require a new permit, permit renewal or permit replacement, you will need to apply directly through your local GP.

### Check your eligibility

You will need to ask your GP to check your eligibility if you wish to apply for a new permit or renew an existing one. Changes in the scheme criteria may impact your eligibility even if you currently have a permit. But there is no need to rush; your current permit can be used until the expiry date or 30 June 2023, whichever comes first.



### For more information:

#### Accessible Parking Scheme

Ph: **1300 965 677**

Email: **accessibleparking@roads.vic.gov.au**

## Translation and interpreting phone services

### National Relay Service (NRS)

The National Relay Service is available to assist those who are hearing or speech impaired. Calling the NRS allows you to communicate even if you can't hear or don't use your voice. Specially trained staff called relay officers help with every call. The NRS offers 3 interpreting services.

TTY (speech-to-text):

**133 677** (ask for **1300 787 624**)

Speak and Listen

(speech-to-speech relay):

**1300 555 727** (ask for **1300 787 624**)

Translator Interpretation Service (TIS):

**131 450** (ask for **1300 787 624**)

## We speak your language!



Cardinia Shire Council provides a free interpreting service for non-English speaking customers over the phone.



### Multilingual service

Cardinia Shire Council provides a free interpreting service for non-English speaking customers over the phone in 10 different languages.

#### For more information:

Ph: **1300 787 624**

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

# Improve your health and wellbeing

## New alcohol guidelines

The Alcohol and Drug Foundation has released new alcohol guidelines to help reduce the risk of alcohol harm and improve the health of Australians. If you do drink, to reduce your risk of injury and disease, including some cancers, the Australian guidelines recommend drinking less than 10 standard drinks per week, and no more than 4 standard drinks in one day. To reduce the risk of developing dependence, having a break from alcohol 2–3 days each week is recommended.

### What is one standard drink?

A standard drink contains 10 grams of pure alcohol. The type of alcoholic drink (beer, wine or spirits) or what the alcohol is mixed with (fruit juice, water, ice or soft drink) makes no difference. 10 grams of alcohol is 10 grams of alcohol; however, 'standard drink' sizes vary because a particular beverage can have a higher or lower 'proof' (percentage of alcohol).

You can reduce your alcohol intake by making a few easy modifications. Make your first drink and every second drink thereafter, non-alcoholic. Switch to low alcohol options and avoid salty snacks that make you thirsty and want to drink more.

If you have any concerns, you can give the Alcohol and Drug Foundation (ADF) a call. This information and referral service is strictly confidential.

### What is a 'standard' drink?



**For more information:**  
**Alcohol and Drug Foundation (ADF)**  
Ph: **1300 85 85 84**  
Web: **www.adf.org.au**

Source: *Better health channel*  
[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) and the  
*Alcohol and Drug Foundation, Australia.*

## Vaccinations

### Influenza

The flu is not a common cold. It can hit quickly and last for weeks. Hospitals and the healthcare system continue to be under pressure. Talk to your GP or pharmacist about vaccination as a precautionary measure. For flu vaccination information based on the national immunisation scheme, contact Council's Environmental Health Unit.

**For more information:**  
Ph: **1300 787 624**  
Web: **www.cardinia.vic.gov.au/immunisation**

### Covid booster

Two doses of the COVID-19 vaccine provide very good protection. However, a booster dose will make sure the protection from the first 2 doses is even stronger and longer lasting. A booster dose will continue to protect you, your loved ones and your community against COVID-19.

Booster doses are free for everyone. Enquire at your local GP or pharmacist. The Monash Health Vaccination pop-up bus is coming to Cardinia Cultural Centre 15 June 10am–1pm. No appointment necessary.

**For further information:**  
Ph: **1800 020 103** Web: **www.health.gov.au**



# Winter safety advice



## Keep safe and well this winter

We tend to spend more time inside when it gets cold. Here's some tips to help you keep safe until the warmer weather returns.

- Dress in layers to better regulate your body temperature.
- Drink plenty of water when you are in warm environments.
- Keep your coat and scarf in a handy place.
- Light exercise generates body heat so get up and move around regularly.
- Have your ducted heating, fireplaces, electric blankets and other electrical appliances checked for damage or wear and tear.
- Never leave cooking unattended.
- Keep tea towels and potholders away from the stove.

- Make sure heaters are off before going to bed or leaving the house.
- Keep clothing away from heaters.
- Prepare a fire plan and practise it.
- Have two clear exits out of your house and do not deadlock doors while you are at home.
- Clear your walkways of trip hazards (e.g. blankets or heaters).
- Only working smoke alarms save lives – if you need help checking them, ask someone.

## In an emergency dial 000

### For more information:

Country Fire Authority (CFA)

Web: [www.cfa.vic.gov.au/plan-prepare/fires-in-the-home](http://www.cfa.vic.gov.au/plan-prepare/fires-in-the-home)



Pick up a copy of your Ageing Well from the following locations or download a digital copy from [cardinia.vic.gov.au/ageingwell](http://cardinia.vic.gov.au/ageingwell)

## 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](mailto:mail@cardinia.vic.gov.au)

Web: [cardinia.vic.gov.au](http://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.

- Beaconsfield Community Complex, 8 O'Neil Rd Beaconsfield
- Mobile Library Beaconsfield Community Complex – O'Neil Rd, Beaconsfield 12pm–7pm (Wed)
- Cardinia Cultural Centre
- Cardinia Life 4 Olympic Way, Pakenham
- Cardinia Shire Council Civic Centre 20 Siding Ave, Officer
- Outlook Community Centre, 24 Toomuc Valley Rd, Pakenham
- Pakenham Library or Cardinia U3A

- Bunyip Community House 27 Main St, Bunyip
- Kooweerup Regional Health Reception 235 Rossiter Rd, Koo Wee Rup
- Lang Lang Community Centre 7 Westernport Rd, Lang Lang
- 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 Community House, 356–8 Belgrave-Gembrook Road, Emerald
- Emerald Library 400A Belgrave-Gembrook Rd, Emerald
- Emerald Senior Citizens, cnr Anne and Church streets, 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 Reserve 10:45am–1:30pm (Tues)



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**Cardinia**

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