

Newsletter

HOME CARE HQ



WHAT'S INSIDE

- KEEP COOL IN SUMMER
- COUNCIL'S COMMUNITY TRANSPORT SERVICES
- PARKING PERMITS FOR CARERS
- HOLIDAY HIGHLIGHTS
- SPOTLIGHT ON DEMENTIA

Wishing You a Safe and Joyful Festive Season - Plus Exciting updates Inside!

Dear valued Clients,

As the festive season and summer approach, I want to send my warmest wishes to you and your loved ones. I hope you enjoy this special time with family and friends, and remember to take care of yourself in the heat—stay cool, hydrated, and safe.

In this newsletter, we've included some helpful articles:

- **Keep cool in summer:** Preparing for a heat wave.
- **Darebin Holiday Highlights:** Connect with others and join the fun!
- **Protect yourself from Scams:** Don't let scammers take advantage of you!
- **Spotlight on Dementia:** Resources for older LGBTIQ+ people.
- **Plus More:** Interesting reads to keep you informed and engaged.

As always, if you ever need support or have any questions, we are here for you. Let's stay connected, look out for one another, and make this season one of joy, safety, and wellbeing.

Wishing you a safe, joyful holiday season!!

Warm regards,



Jeanne Poustie

Manager, Supported and Connected Living



Give us your
feedback on
8470 8828!

KEEP *cool* IN DAREBIN

PEOPLE OVER 65



CITY OF
DAREBIN

the place
to live

Preparing for a heat wave



- Check weather forecast.
- Plan any outings for the cooler parts of the day.
- If you are on medication, check with the doctor before going out in the heat.
- Stock up on food and medicines so you don't have to go out.
- Prepare your home: shade west facing windows, clean air-condition filters, cover windows.
- Work out which room stays the coolest. Move fan there and shut the doors to the rest of the house.
- Freeze ice and place wet towels in the fridge.
- Plan cool meals.
- Know who to contact for help. Think about who might need you to check in on them.

**If you are feeling unwell call Nurse on Call on 1300 60 60 24
or 000 in an emergency.**

DAREBIN COUNCIL COMMUNITY TRANSPORT SERVICE

Darebin's Community Transport Services make it easy to get out and about.

Visit local shops, senior centres, leisure facilities, or Preston Market.

Meet new friends along the way!

Our friendly door-to-door service runs Monday to Friday, 8am to 4pm.

Our modern, air-conditioned buses are wheelchair accessible. We also have space for walkers and shopping carts.

HOW IT WORKS

If you receive services through the Commonwealth Home Support Program with a My Aged Care referral code for transport or if you are a client of Council's HACC PYP services call **8470 8296** to discuss our service with you and arrange your pickup! Cost: \$5 return.

You can call My Aged Care on **1800 200 422** to enquire about a referral for transport services.



New Darebin Carer Parking Permit Now Available!

Clients can now apply for the Darebin Carer Parking Permit. This permit allows your family, friends, or carers (such as nurses, community service workers, physios, or doctors) to park legally while providing services or visiting you.

To get a carer permit, you must:

- Live in Darebin, within 100m of 'time restricted parking' or permit zones.
- Provide a document showing your address.
- Provide a copy of your My Aged Care support plan.
- An official document from a government health body showing a disability or long-term health condition requiring a carer.

To apply, you can [download the application for carer permit](#) and return to any [customer service centre](#).

Visit your local customer service centre or call on **8470 8888** to request a hard copy of the form.

Ensure your carers can park conveniently and focus on what matters most – your care and support.



What is Social Prescribing?

Social prescribing is also called community referral. It is a way to improve health by focusing on social and economic factors, not just medical ones.

It's like getting a prescription for social activities instead of medicine.

In the UK, the National Health Service has used social prescribing for a long time to help people feel less lonely. In Australia, it's a new idea, but it's growing quickly. It's thought that one in five visits to a doctor is about social issues, not just health problems.

Social prescribing helps people make positive changes in their lives by focusing on their whole well-being.

We all need more than just a safe home, money, and friends—we need to feel like we belong. Feeling that we belong to a community gives us purpose and happiness.

If you feel lonely or just want to try something new, Darebin's Supported and Connected Living team can help you connect with social activities that might bring you joy. They are experts in helping people stay connected to their community and meet others.

With the festive season upon us, it's a great time to get involved in local events and community activities.

Think about activities you enjoy, and let us know so we can help you find the right connections. We're here to help you feel happy and connected.

Find out what might be on offer for you and sign up for Darebin's bi-monthly Older and Active Newsletter. Call our team on **8470 8828** to find out more .



Join the Fun: Darebin celebrates the Festive Season

Whether you're enjoying time with family and friends or exploring what's happening around town, there are plenty of opportunities to stay connected and make the most of the season.

Here are some Darebin Holiday Highlights:

Festive Community Lunches and End of Year Celebrations

Enjoy delicious food and good company.

The events are free or welcome Gold Coin donations. Everyone is welcome!

- **Wednesday, 11 December** | 12.30pm.: SPAN Community House, 64 Clyde Street, Thornbury. Call 9499 7227 to register. Getting there: Buses 250 and 510.
- **Friday 13 December** | 12pm.: Bridge Darebin, 220 High Street, Preston
Call 9484 5806 for more info. Getting there: Bell Street train station or tram 86.
- **Friday 13 December** | 12pm.: Alphington Community Centre, 2 Kelvin Road
Call 9499 7227 for more info. Getting there: Alphington train station.

Are you interested in more activities around Darebin?

Call us on **8470 8828** to sign you up for the Older and Active Newsletter.

Did you know that Darebin Community Support Workers can support you to go to community events? Call us on **8470 8828** and we can discuss your options with you.



Protect Yourself from Scams

As we navigate our daily lives, it's important to be aware of the growing number of scams targeting older adults. Scammers often use phone calls, emails, and even social media to trick individuals into giving away personal information, money, or access to their accounts.

These criminals can be very convincing, so it's crucial to stay alert and informed.

Here are some simple steps to protect yourself:

- 1. Trust Your Instincts:** If something feels off, it probably is. Don't hesitate to question or hang up on unsolicited calls or emails.
- 2. Never Share Personal Information:** Be cautious if anyone asks for personal details like your Medicare number, bank account information, or passwords over the phone or online.
- 3. Verify Offers:** Before agreeing to anything, especially if it seems too good to be true, double-check with trusted family members, friends, or organisations.
- 4. Use Strong Passwords:** Protect your online accounts with strong, unique passwords and enable two-factor authentication whenever possible.
- 5. Report Suspicious Activity:** If you think you've been targeted or scammed, report it to the authorities immediately. This helps protect not only you but others in the community.

If you believe you've been scammed you should contact

ScamWatch on **1300 795 995** for help and to report the incident..

Your safety is important. Stay cautious, and don't let scammers take advantage of you!



Spotlight on Dementia and LGBTI older people

Australia is an incredibly diverse country and reflects the many communities of people that live side-by-side across both metropolitan and regional areas. While we celebrate many positive things together, some challenges can affect people regardless of who they are and to which community they identify as belonging.

Dementia touches the lives of millions of older Australians, and it can be a challenging and isolating experience for those navigating the system and accessing aged care services. For older people from the LGBTI community who may have experienced discrimination in the past, that sense of isolation may discourage them from seeking assistance to understand their diagnosis or access necessary services in their home.

Dementia Australia has produced resources and information for older LGBTI people and their carers. The **LGBTI and Dementia Booklet** provides tips on how service providers can ensure they are respectful of, and responsive to, the preferences, needs and values of people living with dementia who are LGBTI, their care partners, and family and friends.

Some examples of how we show we are an LGBTI inclusive service provider:

- Our policies and practices reflect contemporary community values about inclusion and diversity,
- We make a genuine effort to make you feel welcome, respected and safe when in contact with us,
- We use LGBTI inclusive language and reflect diversity in our advertising materials and website,
- We ensure staff participate in training in inclusive practices and cultural safety.

You can download the Dementia and LGBTI booklet by [clicking here](#), or call the National Dementia Helpline on: 1800 100 500 to ask for a copy to be mailed to you.



Word Search: Men's sheds Australia

I X Z F H E A L T H G R A Z
M I A S S O C I A T I O N D
A K Q S H E D S X W H D L T
T M F F A D Q N E F O X X C
E L D E R S D A Z S E K G E
S B L T I S Q P T S W B Z A
F H E Q N T S C Q K U F P H
P O X L G T E S T U M I O S
O W J N O J T Z A L H M D T
C M E T O N V D N K C P C O
O U A R E M G V T K N A A S
U X P V R O V I D R S C S P
F U E P T I S P N U Z T T P
S E V U A E N S E G D C J V

Find the 12 hidden words by searching for only the words in bold

- Men's Shed **Association** •**belonging** •community **projects** •local **events**
- podcast** •**sharing** information •1200+ **sheds** •like-minded **mates**
- positive **impact** •men's **health** •local **elders** •**cuppa** and a chat

Find a local shed: <https://mensshed.org/>

