



REDLAND COTA MAIL

Printed by courtesy of Andrew Laming, MP, Member for Bowman

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DON'T MISS CLOUDLAND AT CLEVELAND

THE DANCE EVENT OF 2009

A SENIORS' WEEK EVENT

SATURDAY 15 AUGUST

TICKETS ON SALE NOW—SEE PAGE 6 FOR DETAILS

ELDER ABUSE

The theme for this edition of the "COTA Mail" is Elder Abuse. It may have relevance to you or someone you know. The following article and material on other pages is taken from the website of the Elder Abuse Prevention Unit at:

<http://www.eapu.com.au>

Definition

The definition of elder abuse used by the Elder Abuse Prevention Unit is "Any act occurring within a relationship where there is an implication of trust, which results in harm to an older person. Abuse can include physical, sexual, financial, psychological and social abuse and/or neglect".

This definition was endorsed by all Australian states and territories through the Healthy Ageing Taskforce (HATF) on 8 December 2000. A key point to note about this definition is the 'implication of trust'.

For the purposes of the Elder Abuse Prevention Unit, abuse is therefore not considered to include self-neglect, ie the failure to provide for one's own needs and well being, nor does it include crimes committed by unknown perpetrators.

The different categories of abuse are described more fully in other areas of this site. Assessments of a potential or actual situation of abuse should also take account of the cultural context in which it has occurred.

Some Issues

Elder Abuse is a relatively recent term for a form of mistreatment that, in reality, is just one part of a spectrum of violence that occurs when differences in power exist in relationships between people. Simply put, where there is an imbalance of power in a relationship there is a risk of abuse occurring from the dominant person or persons. These power differences have been interpreted, particularly in relation to domestic violence, as the result of living in a patriarchal or male orientated society where males and male values dominate. This type of gendered analysis of power and violence can easily be justified by noting that, in all age groups, the majority of those being abused are female while the abusers are mainly male. However, this gendered view of violence and abuse becomes blurred somewhat when the abuse occurs in older populations.

Even though there are more women than men in older populations, older women are still more likely to be abused than older men. A major 1998 incidence study conducted by the

National Center on Elder Abuse (NCEA*) found that overall a disproportionate number of older women were victims of abuse compared to men, although older men were more likely to be victims of abandonment. Women also represented nearly half (47.5%) of the perpetrators of abuse in this NCEA study while adult sons and daughters combined to create the single biggest category of abusers. This would suggest that there are more factors than gender at work in elder abuse situations.

Other than gender, age discrimination or 'Ageism' is a factor that should be considered when discussing abuse in older populations. Certainly in western societies there appears to be a general negative attitude towards ageing and older people, a manifestation of which is the often patronising stereotypes of older people portrayed by the media. These attitudes create a fertile ground for age discrimination and like any form of discrimination it devalues and disempowers the group it is directed against.

The existing discrimination faced by minority groups also compound the effects of ageism. Other factors such as language barriers, access to culturally appropriate services, lack of a support infrastructure within some community groups, and so on, make detecting and responding appropriately to abuse in these communities a major challenge. Rural and remote communities within Queensland present another set of challenges associated with distance, availability and access to services and the understated issue of maintaining confidentiality within small community groups.

Responding to abuse in older populations therefore requires a very flexible and community based approach to accommodate the different types of abuse, various cultural groupings and the remote communities that occur within Queensland. The EAPU has assisted with the implementation of Coordinated Community Responses (CCRs) in various communities in QLD and continues to support and resource these communities via participation in activities, meetings and assistance with a variety of projects.

*NCEA figures were based on an analysis of nearly 60,000 substantiated incidents of elder abuse in the U.S.. This study can be found at the [NCEA](http://www.ncea.org) web site.

PRESIDENT'S COLUMN—REDLANDS FIFTY PLUS

The Management Committee and volunteers have been extremely busy this year. It's difficult to realise that half of the year is gone. There are a number of projects at various stages of development which I will outline later.

I want to address membership first. We do not ask a lot of our members and neither, I suppose, do we offer a great deal other than a newsletter and occasional opportunities to volunteer for some work. However, our members, both individuals and organisations, are important to us for very practical reasons apart from our ability to ask you to do volunteer work.

Whenever we apply for grants or advocate a policy position or speak on behalf of seniors, the question arises of who we represent. Obviously, we have greater credibility if we have respectable numbers to quote which isn't so at present as our paid-up membership is lower than in 2008.

Strong membership also suggests that our work meets with the approval of a significant number of seniors and their organisations. Low numbers could mean the opposite. Please consider your position and, if you are not paid up for 2009, we'd appreciate your addition to our membership and also the support of any other seniors whom you can convince to join.

Name Change (Redlands Fifty Plus)

The lack of recognition of the RDCOTA acronym and the lack of age definition of Committee on the Ageing has been raised before and was considered at the April, May and June Management Committee meetings. The Management Committee decided that our recognition as an organisation depends, not only on the work we do, but on public recognition of our name and, in particular, our potential membership. Many seniors, defined as being over 50 years of age, do not identify with the term "ageing", particularly those in the lower age group.

The Management Committee has decided that we will add to our name the title "Redlands Fifty Plus". We will refer to the organisation formally as "Redland District Committee on the Ageing (or RDCOTA) Redlands Fifty Plus" and, as this becomes better known, simply as "**Redlands Fifty Plus**". Our incorporated name will not change and there is no intention, in our publications and official documents to omit our official name with its connection to state and national organizations.

Senior Citizens Week

Senior Citizens Week in the Redlands this year is from 15 to 23 August and, thanks to Susan Russell, Fay Dougall, our Management Committee, volunteer workers and the Bayside Bulletin, there will be an insert in the Bayside Seniors Lifestyle Magazine outlining all of the events of which we have been

informed. Redlands Fifty Plus (see above) has planned two important events which we hope will be well supported. The first is a **Cloudland at Cleveland** dance at The Cleveland State High School Assembly Hall on Sat. 15 August. There is an advertisement for this nostalgic journey in this newsletter.

On Sunday 23 August we will again conduct a seminar "**Unravelling the Health Puzzle**" at the Donald Simpson Centre where representatives from Domiciliary Services will provide information on services available to seniors in the Redlands. This was excellent last year and is worthwhile for all seniors and those supporting them.

Projects

Apart from our Seniors' Week activities, Redlands Fifty Plus has other ongoing projects. We have surveyed seniors' organizations about purchasing a bus for their use and about a plan to ask their members to donate a grocery item weekly or fortnightly to assist those who, from time to time, find themselves in need of some help. A meeting will be called in August to further the project to purchase the bus and the grocery project still awaits the return of questionnaires.

We are in the process of applying for an Internet Kiosk in our premises to be used to train seniors in basic computer use, surfing the internet, email and, possibly, some simple word processing.

It is rewarding to see the organisation so busy and I must admit family commitments have caused me to be absent for a few weeks; but, with such great people in the organisation, the good work goes on.

LAST NEWSLETTER FOR UNFINANCIAL MEMBERS

We do not want to lose you. If you have simply not managed to pay for 2009 membership and intend to stay with us, please contact us as soon as possible on 3488 0680. Financial reasons have caused many of us to tighten our purse strings including non profit organisations like RDCOTA.

LIFESTYLE TALKS

Looking for a fun and informative speaker for your group? Look no further. I would love to come and share my passion for life, health and fitness. I teach **Tai Chi, Aqua Aerobics and Gentle Exercise** to the mature and can share with your group that with a positive attitude and physical fitness you have the keys to growing old disgracefully.

Phone Kay Bayly for a talk tailored to your groups interests. Charge - travelling expenses.

Phone 3821 0406, 0438468592

Email : kaybayly@tpg.com.au

SENIORS WEEK SEMINAR
UNRAVELLING THE HEALTH PUZZLE
Lifestyle Planning for Seniors
and their Families

Sunday 23 August 2.00pm – 4.30pm

Free Seminar “Unravelling the Health Puzzle”.

Donald Simpson Centre
Bloomfield Street, Cleveland

Presented by Redland Domiciliary Services & RDCOTA. A must-attend event with topics including:

Home and Community Care services,
In-Home Care packages,
After Hospital care,
Respite services/options, and
ACAT assessment services.
Retirement and supported living/Residential
Aged Care and legal issues will also be
addressed.

There will be a panel discussion and question time with information tables staffed to provide further private discussions. Aimed at the over 40's for their parents and senior citizens, this is a wonderful opportunity to gain practical information to assist you in “being informed and confident when planning future care options.

\$2 entry, to cover tea and coffee during the break. Enquiries phone Lee on 3488 0224 or 0418 814 534.

Seniors are you having trouble taming your mobile phone? What do all those buttons mean? bring the little beastly along with it's instruction book to our “Tame Your Mobile Phone” workshop

Bookings are being taken for an August session or sessions, if needed to maintain small groups.

Ring 3488 0680 to book your session.



QUALITY USE OF MEDICINE

GUEST SPEAKERS FOR SENIORS GROUPS – FREE

Are you involved with a seniors group which is looking for guest speakers on topics of interest?

RDCOTA is working with Council on the Ageing Queensland (COTAQ) to offer guest speakers to seniors in the Redlands/Bayside area. Interactive and engaging sessions are delivered by trained Volunteer Peer Educators to groups of seniors on healthy ageing topics. Sessions are **FREE**, take 30-60 minutes, with a range of easy to read resources available for all sessions. Topics available at present are:

Beyond Blue: In partnership with *beyond blue*, the national depression initiative, **beyond maturity blues** is offered, encouraging early recognition of the signs of depression, increasing knowledge of depression and demonstrating that depression is not a normal part of ageing.

Seniors Quality Use of Medicines (SQUM): Developed and implemented in partnership with the National Prescribing Service (NPS), assists older people to become active partners in the safe use and management of their medications.

Brand Name or Generic Medicine? Also developed in partnership with NPS this topic is a follow-up to SQUM and looks at the safety and effectiveness of generic brands compared to the original brand.

To book a session:

RDCOTA – 3488 0680 : FAY – 3286 7728

COTAQ – 3316 2999

Email: seniors@rdcota.org.au : or
education@cotag.org.au

TOURNAMENT OF THE MINDS
DATES TO REMEMBER

Wednesday 9 September– Noon
Picnic in the Park–Wellington Point Reserve

Wednesday 9 December–Noon
Tournament Christmas Breakup–
Redland s Sporting Club

The Elder Abuse Prevention Unit

(from <http://www.eapu.com.au>)

The Elder Abuse Prevention Unit (EAPU) is funded by the Department of Communities and operates under the auspices of Lifeline Brisbane. The EAPU provides a statewide service to respond to the abuse of older people in Queensland. EAPU Project Officers provide a flexible service delivery model via travel throughout the state.

The goal of EAPU is to enhance the quality of life and safety of older people in Queensland by ensuring that:

- Older people are aware of how to prevent elder abuse
- Older people who are abused have access to information and assistance
- Older people have access to services with fully developed interagency networks providing a coordinated response
- Staff in community organisations that provide services to older people have the knowledge and skills to assist them
- Current and proposed legislation addresses the issue of elder abuse
- Older people and organisations are empowered by having access to decision-making processes

Helpline:

The EAPU operates a state-wide confidential telephone information, support and referral service for anyone experiencing or witnessing the abuse of an older person. Callers can call **HELPLINE** on **1300 651 192** between 9am-5pm

Monday to Friday for the cost of a local call from anywhere in Queensland.

Awareness Raising Sessions to the Community:

The EAPU provide information sessions to any interested groups in the community to promote elder abuse prevention strategies. The EAPU also participate in forums and expos. Sessions can include information on:

- What is Elder Abuse?
- What might put a person at risk of abuse?
- How can you identify it as occurring to yourself or to another person?
- What are your rights?
- How to prevent abuse?
- Who can assist you if you experience abuse or suspect abuse of another person?
- How can Elder Abuse Prevention Unit assist you?

If possible, sessions will be designed to meet the needs and concerns of any specific group. Sessions require approximately 1 to 1 ½ hours, depending on the needs of the group.

ASSISTANCE WITH JOB APPLICATIONS

Redlands District Committee on the Ageing can provide free access to those seeking assistance with the following:

- Job applications
- Writing resumés
- Selection criteria
- Interview performance

Free consultations with a qualified volunteer are available for

- Unemployed
- Mature age
- Migrants

Ring RDCOTA on 3488 0680 or email us on seniors@rdcota.org.au

Musical "The First Fleet"

The Redland Museum is celebrating Senior Citizens Week with two concerts on *Friday August 21 at 11am and 2pm.*

Centre Stage Entertainers will feature many of the original songs from their musical *The First Fleet* which depicts the lives of convicts sent to Port Jackson in 1788. Well loved songs from the past will also be included in their program.

An exhibition entitled "*Mrs Charles Young Remembers—Cleveland, it could have been our Capital*" recognises the important part Cleveland played in the early development of the State, will also be on show during August.

Tickets for the show are just \$5 a head and bookings can be made by phoning the Museum on 3286 3494. You can also visit the Museum in Smith Street, Cleveland to pick up your tickets.

2009 RDCOTA RENEWAL MEMBERSHIP FORM

Please indicate:

I wish to become a financial member for 2009

Our organisation wishes to become a Financial member for 2009

I/We would like to know more about Volunteering with RDCOTA

I/We wish to make a financial contribution in support of RDCOTA

Our organisation would like a guest speaker from RDCOTA

Name (Individual/Organisation):

.....

Address:.....

.....Telephone:.....

Name of Contact person.....

Email address

Annual Subscription

Individual \$ 5.00

Organization \$20.00

Donation \$

Cheque enclosed \$ _____

Please forward to: RDCOTA, PO Box 1051, Cleveland 4163

NO INTEREST LOAN SCHEME

St Peter's Anglican Church(Wynnum) No Interest Loan Scheme (NILS), with no additional charges attached, offers an alternative form of credit to people with low income. The scheme is for the purchase of white goods, other allowable electrical appliances, certain essential household items and medical equipment. (Dollar limits apply).

TO BE ELIGIBLE FOR A NILS LOAN APPLICANTS MUST:

1. Be 18 years of age or older, unless there are extenuating circumstances, and be in receipt of a Centrelink Benefit Payment, or have a low income and entitlement to have a Health Card.
2. Must be a resident of the "Serviced Postcode Areas" for at least the last 6 months and that residency ownership/rental/joint lease MUST be in the applicant's name.

3. Certain shared tenant or adult child of eligible applicant may qualify.

Telephone enquiries for NILS can be made by telephoning the "Serviced Areas" below, only on the first Thursday of the month (except January).

For "Serviced Postcode Areas":

Tingalpa (4173; Hemmant (4174; Lytton, Lindum, Wynnum (4178); Manly, Lota (4179) - Phone; 3348 7598 (9am to 10.30am only.

Belmont (4153); Wakerly, Ransome and Gumdale (4154) - Phone 3396 2746 (9 to 10.30am only)Thorneside (4158); Birkdale (4159); Wellington Point and Ormiston (4160)

Ph. 3822 1110 (2.00 to 3.30pm only)

Pensioners

Feel like a break when shopping in Capalaba?

Read about the Blue Care/RDCOTA

Refresh Space

DO YOU HAVE EMAIL?

You can receive your *Redlands COTA Mail* by email in colour.

Simply send us an email saying you will accept an electronic newsletter and we'll include you on our list.

It saves us postage.

OUR WEBSITE HAS RDCOTA NEWS AND LINKS TO OTHER WEBSITES.

HAVE A LOOK AT

www.rdcota.org.au

DO YOU NEED THE USE OF A COMPUTER?

Come into our office. We usually have a couple not being used.



Cloudland at Cleveland

SATURDAY 15th AUGUST

Community Hall - 44 Smith St, Cleveland
7.30pm - 11.30pm

NON STOP DANCING, POP JIVE, ROCK, BALLROOM, WHATEVER YOUR TASTE.
Tell your friends, come on down, Cloudlands coming to town.



Artists:

Tony Worsley
"The Countdowns"
Dennis Knight
The Cat's Whiskers
Julie Paris
Terry Annesley MC

Tickets \$10 head
from Cleveland Tobacco & Gifts
Stocklands Centre, Cleveland
or Redlands Committee on Ageing office
57 Wynyard Street, Cleveland
9.30am - 2.30pm Mon - Fri

Phone (07) 3488 0680
www.rdcota.org.au

LEGAL SEMINARS - 2009

Honorary Solicitor for the Redland District Committee on the Ageing, **Russell Biddle**, is prepared to offer short seminars on legal matters in retirement villages or other venues.

These free seminars will cover issues such as making wills, enduring power of attorney, issues arising from contracts with retirement villages and other matters of relevance to seniors.

Those interested in arranging a seminar for their village or in attending one in another venue should contact RDCOTA

- by phone on 3488 0680 or
- by email on seniors@rdcota.org.au

Detailed information on seminars will be provided in future newsletters or by separate flyer.

HAVE-YOUR-SAY MEETINGS

RDCOTA is conducting a series of meetings to obtain the views of Redland seniors on issues of concern to them.

All views are welcome. Praise is as important as criticism.

- All over-fifties are invited to attend.
- This is part of a consultation process throughout Redland City.
- RDCOTA seeks to collate information on problem areas for seniors but constructive comment is desired.
- Consolidated Redlands views will contribute to formation of policy for advocacy with appropriate bodies.

Each meeting will feature a speaker on a topic of interest to seniors.

Dates and areas for meetings are listed below. Venues and speakers for the meetings after the 11th August will be advised.

21 July	Redland Bay*	Community Hall	10am to noon	Home Assist Secure
28 July	Macleay Island*	Progress Hall	10am to noon	Quality Use of Medicine
4 August	Victoria Point*	Community Hall	10am to noon	Beyond Maturity Blues
11 August	Alexandra Hills*	Community Hall	10am to noon	Legal: Wills and estates

Please watch "Bayside Bulletin" Community Notes for further details.

Morning Tea will be provided. For further information, call or email RDCOTA

RSVP—Phone: 3488 0680

Email: seniors@rdcota.org.au

Volunteers Needed

If you have an hour or two a week to spare and love being with people then Rosevale Court Aged Care Facility needs your help.

It may be spending time chatting to a resident, perhaps taking them for a look around the gardens or assisting with activities on the recreational calendar.

- Lunch will be provided
- All volunteers must have a current Queensland Police Check

If this sounds like you, please phone Wendy Gavin, Diversional Therapist on 3829 7100. We are located at Victoria Point!

CAREBUS

IS COMING TO RDCOTA

The Carebus will be stationed at the office of the Redland District Committee on the Ageing at 57 Wynyard Street, Cleveland on Tuesday 4 August from 9.30am until 1.30pm

Personnel travelling with the bus offer free, confidential information relating to respite care, health and wellbeing issues, disabilities, mental health, medical conditions, falls prevention, dementia, home assistance and support, seniors and veteran's information, as well as federal, state and local government services.

DON'T MISS THIS OPPORTUNITY

RDCOTA would like to acknowledge its sponsors:

**Rotary Club of Cleveland
Lions Club of Capalaba
Redlands Sporting Club
RSL Cleveland
Pilot Light Panel Christmas Wrap
Redland City Council
Mater Private Hospital - Redland
George Hartnett Funerals
Biddle Lawyers
Great Southern Garden of Remembrance**

Without our sponsors, Redland District Committee on the Ageing Inc. would not be able to reach out into the community as much as it does.

RDCOTA welcomes all contributions to this newsletter.

DISCLAIMER

Whilst every care is taken by RDCOTA in the compilation and publication of this newsletter, RDCOTA does not warrant or represent that the newsletter is free from error nor accept responsibility for any listings, entries, or articles published therein.

In particular, without limiting the generality of the foregoing, RDCOTA expressly denies any responsibility regarding qualifications, expertise and/or experience claimed on behalf of a person or entity referred to in the newsletter, including any product or service offered by any such person or entity. Should any concerns exist, then RDCOTA recommends that independent inquiries should be undertaken by the reader.

RDCOTA shall not be legally responsible for any misrepresentation, loss, damages, cost or expense as a result of any reliance, act, or omission, referred to herein or undertaken by any person or entity howsoever arising.

Do you enjoy listening to old time music?

If yes, this is the program for you!

Silver Memories is a NEW 24 hour a day 7 day a week radio program specifically designed with the older listener in mind.

Music and radio shows from the 1920s – 1950s, that no other Brisbane radio stations play, are broadcast. There are also segments presenting information and other items of interest to older Australians as well as birthday calls and other announcements.

The aim is to provide entertainment and information to older Australians that is not available elsewhere.

Silver Memories is only available via a radio receiver tuned to the Silver Memories frequency.

If you are 60 years or older and would be interested in participating in a 3 month evaluation of the program

Please contact:

Linda Moran, Project Officer, The Australasian Centre on Ageing, The University of Queensland;

Ph: 3346 9226 Email l.moran1@uq.edu.au



Mail: P.O. Box 1051, Cleveland. 4163

Phone: 3488 0680 FAX: 3488 0681

Office: 57 Wynyard St, Cleveland. 4163

Email: seniors@rdcota.org.au

Website: <http://www.rdcota.org.au>

**Office Hours: 9.30am to 2.30pm
Monday to Friday**



**Aveo Cleveland
The Redland's Antique Fayre**

**Find out what your treasures are worth at the
ANTIQUÉ FAYRE**

SATURDAY August 1, 9am–4pm

Aveo Cleveland 148 Smith Street, Cleveland

**Dust off your collectibles & bring them along to the Fayre
for expert appraisals, \$5 per item**

- Art & Craft stalls & competitions
- Antiques & collectibles on sale
- Sausage Sizzle & refreshments

Bring your family and friends—follow the signs for parking