

## STAYING IN PORTARLINGTON (SiP) - NEWSLETTER AUGUST 2017

### **July 10 Springdale Forum – ‘What is available to help me stay at home, and how do I access home-based services?’**

More than 35 people attended a SiP/BACA (Bellarine Aged Care Association) forum on this theme, in Drysdale. Hosted by Springdale Community House, the forum explored the importance of consumer directed care – a key part of major changes to community based care under the Commonwealth Government's My Aged Care program.

It's clear that many older residents are very interested in how the new system will impact on them, and how it will assist them to continue living at home in their communities.

SiP and BACA are organising three more forums – in September (Ocean Grove), October (Portarlington-Indented Head-St Leonards) and November (Point Lonsdale). Keep an eye out for advertisements and articles in the local press which will tell you where and exactly when these forums will be held.

Later this month, you can phone Chris on 0438 404 867 for further information on the upcoming forums.

### **COTA News**

Victorian Council on the Ageing (COTA) has released the findings of a survey of more than 4000 50+ people on accessing information and getting around their communities.

The issues below, among others, need to be addressed:

- Older people being forced to use private transport to access the services they need. People with a disability and those living in rural areas also finding it difficult to access services because of limited transport options
- Improvements for older people seeking information about financial services, government pensions, concessions and health care
- Constant staff turnover and automated telephone messaging services which make searching for information difficult
- Problems with navigating aged care sites such as myGov and My Aged Care

You can read COTA's full report at [www.cotavic.org.au](http://www.cotavic.org.au)

### **Our local bus service**

SiP President Jenny Wills thanks Lisa Neville, MP for Bellarine, for ongoing support for our local bus service, and congratulates NBTAG and the three northern Bellarine community associations on the State budget outcome - this will ensure continuation of the shuttle bus service in our communities.

Jenny recently returned from an overseas holiday and reports that *public transport in Prague is not only excellent but also free for residents and visitors over 70!*

**Retirement villages and Retirement parks/'lifestyle parks'** and the concerns associated with these forms of 'downsizing' were featured in our May Port Report article. You can view this on our website.

### **A date for your calendar – SiP's annual day trip during Geelong Seniors Festival – Wednesday October 4, 9.30 am to 4 pm**

This year we're going to The Heights Heritage House and Gardens – pickup from Portarlington Senior Citizens carpark, for an all inclusive coach trip to The Heights plus lunch. Be guided through this charming mid nineteenth century home, wander the beautiful gardens and original outbuildings

followed by a two-course lunch at the Grovedale Hotel. Cost is \$45, and bookings are essential. For information and bookings, contact Chris on 0438 404 867.

**You can contact SiP:**

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