

Staying in Portarlington (SiP)

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A big thank you to everyone who helped with our January Portarlington market book stall!

This year we nearly doubled our sales at the stall – a great result which contributes directly to SiP's October annual outing (which members and non-members alike can enjoy) – many thanks to those who donated books, helped on the stall, or bought books. Thank you also to the Portarlington School for allowing SiP to use space at the market. Unsold books have moved on to the upcoming Lions fund raiser, so nothing goes to waste!

The federal government's aged care reform agenda

February 27, 2017 is a significant date for user rights and user choices in the Commonwealth Government's aged care reform agenda. Why is this so?

- From this date all aged care package funding will allow consumers to choose the provider that best suits their needs - and to change their current provider if they're not happy with the provider or services.
Council on the Ageing (COTA) advises that good providers who now have waiting lists will be able to expand their services. Current poor quality providers will face real competition.
- A national process for accessing home care packages will be established and managed by My Aged Care. This process will assess priorities based on relative needs and circumstances and waiting times. The aim is to provide a more equitable and flexible distribution process regardless of where people live.
- Providers will face less red tape, streamlining the approval process, and existing residential providers will be able to opt in to provide home care services.

For more information: go to - www.myagedcare.gov.au or phone 1800 200 422

COTA's Consumer Engagement Aged Care project is keen to reduce confusion regarding costs and fees for aged care services. They are making a DVD of consumer and carer stories to assist others. Would you like to share your difficulties, experiences and solutions? If so, contact the project on Freecall 1800 831 432.

It would be great to see Portarlington residents featured in this initiative and SiP hopes to host a premiere community screening of the video.

Elder Abuse

You may remember that we began a series of small articles on elder abuse in December.

Elder abuse is any act - single or repeated - within any relationship which causes harm or distress. It can be physical, emotional or psychological, sexual, financial, or neglect. About 1 in 20 older people suffer from abuse, and most is carried out by family members; elderly women are the most common victims.

As promised, we are continuing to note ways in which you can identify the various forms that elder abuse might take. Last month, we listed some signs of financial abuse. Here are some indicators of psychological abuse, which often aims to make the victim fearful, and controlled by the perpetrator:

- Threatening someone with physical harm, or abandonment
- Pressuring, intimidating, bullying, yelling at someone
- Speaking using threatening or obscene language
- Repeatedly telling someone that they have dementia
- Ridiculing and laughing at a person

- Preventing an older person from engaging in religious or cultural practices that they value

What should you do? Call Victoria Police 000.

Upcoming public meeting – SiP planned to hold its first 2017 public meeting in late February, but owing to circumstances beyond our control, we have postponed it for a month. The new diary date is **March 27**. Details will be included in the next Port Report, and in forthcoming email trees.

SiP's website has information on several aspects of ageing well – please check it out, at www.stayinginportarlington.com

Recent additions include 'Six Simple Steps to Reduce Stress' and 'Driving With Dementia'.