

10 August 2021



Mayor Cr Fiona McAllister with her signed EveryAGE Counts Pledge.

Healthy & Active Ageing Newsletter

Tackling Ageism Together: EveryAGE Counts in Melbourne's East.

We have joined forces with six other eastern Melbourne councils to tackle ageism across the region.

Ageism is stereotyping, discrimination and mistreatment based solely on a person's age. When directed towards older people, it comes from negative attitudes and beliefs about what it means to be older.

Ageism exists when someone is considered 'too old' for something like a job or promotion. Essentially, it is a lack of respect for older people. It affects people's self-confidence, quality of life, job prospects and health. At its extreme, ageism contributes to elder abuse.

We have developed a joint campaign with six other councils to raise awareness about ageism, challenge the stereotypes of what it is to be older, and encourage people to speak up and take action.

The campaign is coordinated by the Inner East Primary Care Partnership with support from the Victorian Government. The seven councils involved are Boroondara, Knox, Manningham, Maroondah, Monash, Whitehorse and Yarra Ranges.

The campaign ties into the national EveryAGE Counts campaign and is supported by the Eastern Community Legal Centre through its prevention of elder abuse OPERA project.

There are many ways you can get involved and learn more:

- Watch the ageism videos on our website on the link below
- Find out if you are ageist by taking the 'Am I Ageist?' quiz
- Sign the pledge to stand for a world without ageism
- Take a photo with your signed pledge and post it on social media with the hashtags #EndAgeism and #TacklingAgeismTogether (remember to tag Council in the post so we can share it)
- Speak up and start a conversation when you hear someone being ageist

For more information visit our website at www.yarraranges.vic.gov.au/tacklingageism or call the Age Friendly Community Officer on 1300 368 333.

COVID-19 Update

Current key restrictions in Victoria - 9 August 2021

The Victorian Government has announced that Victoria will enter a state-wide lockdown for seven days from 8:00pm, Thursday 5 August.

There are only five reasons to leave home:

- getting the food and the supplies you need
- exercising for up to two hours
- care or caregiving
- authorised work or education if you can't do it from home
- getting vaccinated at the nearest possible location.

Face masks will remain mandatory indoors (not at home) and outdoors, including all workplaces, unless an exception applies.

QR code requirements

You must check-in, no matter how long you are at the premises. The 15-minute threshold for checking-in no longer applies.

Getting your COVID-19 vaccine.

There is currently a very high volume of calls to the COVID-19 Vaccine Hotline.

You can book your vaccine appointment

By calling the Coronavirus Hotline on 1800 675 398.

Talk to your GP about medical conditions

You may have questions about a pre-existing medical condition and getting a COVID-19 vaccine. In this case, get your COVID-19 vaccine through your doctor (GP). Your doctor will be able to talk to you about your health and any questions you have.

You can also call the National Coronavirus and COVID-19 Vaccination Helpline on 1800 020 080 to find an appointment.

Coronavirus (COVID-19) testing sites

If you have symptoms, get tested at:

- Your local general practitioner - call them before you visit, they may perform the test or refer you to a pathology provider for the test.
- A GP respiratory clinic - visit the Australian Government coronavirus (COVID-19) site for a full list of GP respiratory clinics and how you can book an appointment.
- A Victorian hospital respiratory clinic.
- A Community Health Centre respiratory clinic.
- A pop-up drive-through or walk-in testing site (details below).
- A regional walk-through clinic.

EACH testing clinic

For information on how to get tested at your local EACH testing sites call 1300 219 449

Local testing locations

EACH Ringwood

EACH Ferntree Gully

EACH Lilydale

EACH Yarra Junction

EACH Emerald

Please call ahead before visiting a testing site, unless you choose to be tested at a drive-through testing site.

Important information about Aged & Disability Services delivered by Yarra Ranges Council

Council will consider a proposal to transition some of its aged and disability services to external local provider/s at its upcoming Council Meeting on Tuesday 24 August 2021.

You may recall receiving a letter and information about this in early June 2021.

The proposal is in response to Federal Government reforms for the aged and disability sector, which have had a major impact on many services that Council delivers or organises for its residents.

Reforms are currently underway to create a simplified, national and integrated aged care system, in an effort to provide older Australians with quality, choice and control over the way services are delivered for them. They are also being designed to better support older people, who prefer to live at home, with a fuller range of services.

Further reform is expected to significantly affect Council's ability to provide some of these services in the future.

The proposal being considered by Council on 24 August includes the following recommendations:

Transferring delivery of the following services to an alternative sustainable provider *at a future point in time*:

- Domestic assistance
- Personal care
- Respite care
- Social support individual
- Property maintenance and home modifications

Under the proposal, Council would continue to deliver of the following services:

- Food services (Meals on Wheels)
- Transport services
- Social support groups
- Healthy Active Ageing Program

To support all of our older residents to age well in their community we will increase the range of health and wellbeing programs and services delivered through Council's Healthy and Active Ageing Plan based on community feedback. We also plan to develop a new resource to provide information and undertake advocacy on behalf of residents.

Please be assured that if these changes did occur your services will not cease. You will still be eligible for the services you currently receive at a subsidised rate and we will work closely with affected clients to ensure an effective transition where necessary.

We will continue to keep you informed about any decisions regarding this proposal or any other matters that may affect your services.

If you would like to discuss this further, please contact Council on 1300 368 333 and ask to speak to Simone Marais, Age Care Reform Project Manager, and/or visit www.yarraranges.vic.gov.au/Council/Council-meetings on Council's website for further information regarding Council meetings.

Dementia Action Week 20-26 September

Meals on Wheels Volunteers Needed

A little support makes a lot of difference.

Living with dementia changes how people experience the world. Dementia impacts people in different ways. People can experience changes to their memory, intellect, rationality, social skills and physical functioning.

Many people experience other changes too. Changes in how people relate to them. People might stop talking to them, staying in touch and inviting them to things. That's not dementia, it's discrimination.

Help keep the world open for people living with dementia. Visit the 'A little support makes a lot of difference' campaign website **discrimination.dementia.org.au/action-week** for practical tips and tools to support people impacted by dementia.

For support contact the National Dementia Hotline 1800 100 500 and learn more by visiting the Dementia Australia Website www.dementia.org.au

Are you looking for a way to help your community?

People who give time to Meals on Wheels often say that volunteering adds a new dimension to their lives. The satisfaction of doing something practical, yet personal, is rewarding in itself.

Meals on Wheels assists the elderly and those with a disability to remain living independently for as long as possible. Volunteers are often the only daily point of contact for clients, serving to decrease their social isolation and assist in monitoring their health and wellbeing.

We are seeking Meals on Wheels volunteers to deliver meals from our Yarra Junction kitchen. Meals are delivered Monday to Friday mornings. Delivery runs usually take one to two hours.

You may choose to volunteer once a week or once a fortnight, Meals on Wheels offers the flexibility to get volunteering as little or as much as you like.

If you're interested in becoming a Meals on Wheels volunteer or would like some further information please contact:

April Paterson on 9294 6816 or visit yarraranges.vic.gov.au/Volunteer

Did you know dementia affects close to half a million Australians. That number is set double in the next 25 years.



Expression of Interest sought for Positive Ageing Reference Group (PARG)

Did you know that Council has a reference group that is made up of older adults who live in the Yarra Ranges.

The group is interested in positive and active ageing, active retirement, healthy living and social connections.

Members provide feedback to Council on its policies, plans and services. They also provide advice to Council in relation to communication, engagement and consultation with older people, and assists Council in promoting the benefits of positive and active ageing.

Council is encouraging residents from a variety of cultural backgrounds and geographic areas across Yarra Ranges to come forward and join the PARG.

The PARG meets every twelve weeks on a Thursday morning, from 10am - 12pm.

Reference Group members should be able to demonstrate:

- Knowledge and understanding of the needs and issues affecting older people
- An interest and involvement in local and/or broader affairs, advocacy and networks of older people.

For more details contact: Caroline Perry, Co-ordinator Healthy Ageing 9294 6216 or c.perry@yarraranges.vic.gov.au

University of the Third Age (U3A)

U3A is the University of the Third Age, which is the age of active retirement, coming after the age of youth and work and home making. University is a loose term - there are no academic requirements for membership and no exams.

U3A is a worldwide self-help organisation promoting learning for personal enjoyment and wellbeing. Keeping the brain active, doing interesting things and making new friends are essential for helping older people to maximise their chances of independence, and this is what U3A does very effectively. U3A is making a very substantial contribution to society by helping its members to remain healthy and active for longer.

Yarra Ranges hosts six U3A groups across the region including Healesville, Mt Dandenong, Sherbrooke, Upper Yarra and Yarra Ranges (Kilsyth).

Classes range from Art & Craft, Exercise, Music, Language, Dancing, Photography, IT, History and much more.

If you're interested in joining a U3A or would like some further information please contact:

April Paterson on 9294 6816 or a.paterson@yarraranges.vic.gov.au



THE UNIVERSITY OF THE THIRD AGE

Useful Resources



OLDER PERSON SUPPORT LINE

1800 171 866

SENIORS VICTORIA

seniorsonline.vic.gov.au

1300 797 210

NATIONAL DEBT HELPLINE

ndh.org.au

1800 007 007

NATIONAL CORONAVIRUS HOTLINE

1800 675 398

coronavirus.vic.gov.au

DEPT OF HEALTH & HUMAN SERVICES (DHHS)

1300 650 172

dhhs.vic.gov.au

Contact Us

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