

Our Community Conversation

Linkages Forum - KGV

“Giving older people choices over their own lives”

The Program

Wednesday 28th March

Time	Session	Details
10.00am	Registration	Arrival – light refreshments
10.15 am	Welcome	The Mayor of Glenorchy and MC, Tony Fulton OAM
10.20 am	‘Could I stay or should I go’ Anfield room	Decisions about staying in the family home or moving somewhere else – presentation and Q&A panel. Vicki Harrison/Tony Fulton, Maria Vialle (experts by experience), Aged Care Assessment Team (ACAT), Care Assess, COTA, Centrelink and The Public Trustee.
11.00 am	Morning Tea	
11.15 am	Online scams/getting online	The Commonwealth Bank will host a session on protecting your digital self while online. The Glenorchy LINC will be providing more info on how to access online services and communities.
	Let’s talk about elder abuse	A session by COTA (Council on The Ageing) in conjunction with Legal Aid that gives you an overview of different types of abuse, how to identify it and what supports are available to support you.
	Getting connected	COTA will provide a session on ‘Getting Connected’ with practical information on the types of devices available; How to choose a device; The types of plans available for each device and how to choose a plan; getting the NBN connected and once you are connected where you can go to learn how to operate your new treasure!
12.15 pm	Advanced care planning/funeral planning	Palliative Care Tasmania talk about the importance of getting conversations started with loved ones about end of life wishes and having a “good death’
	Navigating Centrelink	A chief financial planner from Centrelink will be hosting an information session about Centrelink allowances for older people.
	Legal session (power of attorney etc)	Legal Aid Tasmania will lead a session that will provide information on Wills, Power Of Attorney, Enduring Guardianship and Advanced Care Directives

1.00 pm	Lunch – A FREE light lunch provided and opportunity connect with services	
1.30pm Anfield Room	Cultural awareness session – getting to know your multicultural community - Delivered by the Migrant Resource Centre Tasmania	
2.00 pm	AGED CARE KNOW HOW : Get the inside word.	Most people want to age at home and live independently. Learn the top tips on how to get subsidised aged care at home easily. Got questions? Get the right information and peer support to help you and your loved ones to age at home. Session by COTA
	Staying healthy at any age (mind and body)	Bolton Clarke is excited to present with practical advice and strategies to help you get most out of life. Learn how to experience happiness and satisfaction with life at any age.
	Falls prevention and in home modifications	Did you know that a third of people aged over 65 experience a fall at least once per year, and half of these are in and around the home? In this session learn from Bolton Clarke why we fall and what steps you can take to reduce the risk of falling. The Independent Living Centre will also present on the types of assistive technology including equipment and techniques that may help you perform task safely and independently at home.
3.00pm	Closing comments and networking	
3.30pm	Close	

This program is subject to change – updates will be posted on the Glenorchy City Council website

If any information in this forum causes distress we can connect you with a social worker on the day or you can call Lifeline on 13 11 14

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