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## INFORMATION SESSIONS FOR SENIORS' GROUPS

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**Seniors Information Victoria** provides informative and interactive sessions to groups throughout Victoria on a variety of issues of interest to people over 50.

### About the Sessions

- Are **free** of charge
- Run by **fully trained** volunteers or staff
- Most sessions are available throughout **Victoria**
- Have a **practical** focus including discussion of simple strategies to deal with the issues raised
- Designed to be **interactive** – attendees are encouraged to share their own ideas and experiences

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## FACE TO FACE APPOINTMENTS

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### About the appointments

- Are **free** of charge
- Run by **fully trained** volunteers or staff
- All information discussed will be confidential

**For bookings or to make further enquiries**

**📞 1300 13 5090**

# Information Session Topics

## ■ *Advance Care Planning – Making your wishes known*

Advance Care Planning is a process of planning for your healthcare, for a time when you cannot make or communicate your decisions. This session will provide updates on new laws for medical decision making, provide guidance and suggestions about the steps you need to take when making your plans, what you need to consider and how to access information. This topic is funded for the regions of Brimbank, Hume, Moorabool, Macedon Ranges, Darebin, Melton and Wyndham.

## ■ *End of Life Conversations – Making your wishes known*

End of Life Conversations will raise awareness and encourage conversations about what we need to know and consider in making an Advance Care Plan, understanding Palliative Care services and the Voluntary Assisted Dying Legislation. Key messages will include understanding end of life options, having wishes respected, getting organised, what to do next to ensure your wishes are known. This session will also be presented in partnership with the Health Issues Centre performance – art roadshow: Unspoken – what will become of me?

## ■ *Managing red-tape after a death*

When a family member dies, many people struggle with the financial, legal and administrative procedures required in ‘closing a life’. This session will help families prepare for what to expect and how to manage the formalities. Each participant will receive a free copy of the resource *Post-Death Red Tape: Overcoming legal, financial and administrative obstacles*.

## ■ *Wills – What you need to know before seeing your lawyer*

This session is the perfect preparation before making your Will. It offers an overview of the legal process and highlights key things to think about. We will discuss how to identify the best executor for you. The talk will include case studies that illustrate possible scenarios.

## ■ *Getting the best of Aged Care Services / Understanding Aged Care Services*

If you or a family member is looking for some help at home, there is a wide range of services available for you. These services are now delivered under a **Consumer Directed Care** (CDC) model and the new system can be confusing. This information session is for current and future consumers, their families and advocates and will help to understand the system and how to navigate it.

## ■ *Moving out of the family home – your options*

Are you thinking about a move, or are your parents becoming a bit frail? This session will give you a wide overview of your options ... to stay or go. Experts advise that you look for information well in advance. After the session you will also be able to get a referral for a one-on-one appointment for further assistance with the Retirement Housing Advice Service.

### ***Pension Concessions and Services for Seniors***

Find out what is available for you now, or in the future. The government and other organisations offer seniors many benefits and services. This session provides you with an overview of what concessions they can access. We also discuss the many services that are available for seniors as they age. Each participant will receive a free copy of *Victorian Concessions: A guide to discounts and services for eligible households in Victoria*.

### ***Your Wellbeing, Your Plan***

Most of us wish to age well. A core part of this is considering your wellbeing. Research informs us even the smallest change to daily activities can have a large impact on your wellbeing. This session provides practical information on the benefits of staying well. Our speakers will offer tips and pathways which will help you identify your personal goals, maximise health outcomes and to get the most out of support services.

### ***Staying Connected through Technology***

Are you curious about Facebook? Do you want to understand why so many people have their heads stuck in a smart phone on the tram? Are you thinking about joining Facebook so you don't miss out on photos of your grandkids? Want to know how to have a video phone call? Then this introductory talk is for you! No prior knowledge is assumed and you do not need to be a social media user to participate. You'll also get some sensible tips on social media etiquette, privacy and safety.

### ***Managing in the Heat***

The Australian heat can be deadly, with more people dying in heatwaves than in fires, floods and cyclones. Long hot days and warm nights increase the risks of illness and death. This session will help you to stay safe and to plan sensibly for the heat. It contains information that will help you to identify and assist vulnerable people; to understand how the heat affects certain medical conditions and medicines; and how to stay cool without breaking the bank.

### ***Saving on Power***

Victorians' concerns about soaring energy bills are second only to their stress about housing costs. This session is designed to create informed and confident energy consumers. We will provide an overview of the energy market, give you tips on how to be a smart user of energy and what concessions are available to pensioners. This session will also provide tips on how to find a better energy deal.

### ***Transitioning to Retirement***

Is retirement an outdated concept? The idea of retirement was developed when only 3% of the population lived long enough to enjoy it. Our work in challenging ageism questions the usefulness of this concept today when people commonly live well into their eighties and nineties. This session, *Transitioning to Retirement*, considers how we can embrace the gifts of the "third and fourth ages" and how to challenge the ageism which permeates society.

# 1-on-1 appointments

## Help to find a cheaper electricity deal

There are around 20 companies selling electricity in Victoria - how do you know you're getting the best deal? A COTA officer will personally guide you through the Victorian Government's **My Power Planner** web tool, to ensure you choose the best deal for your household.

## Help with My Aged Care

The Australian Government has changed the way consumers access Aged Care Services. A lot of the information about your choices and potential costs etc. can be found on their website. This session will provide you with the opportunity to ask questions and be supported to find the answers to help them make informed decisions.

## Help with housing options

Thinking about moving to a Retirement or 'Lifestyle' Village? Struggling in private rental accommodation? A COTA worker will guide you through the options available, using checklists to help inform your decision.

Please note our new details;  
Seniors Information Victoria  
**Level 4, 533 Little Lonsdale Street**  
Melbourne VIC 3000  
P: 1300 13 50 50  
9:30am to 1:00pm weekdays