

Older People Speak Out



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PROMOTING THE VALUE OF OLDER PEOPLE

The Older People Speak Out Media Awards for 2016 – 2017 are now open for nominations.

As we move into June as the President of OPSO it is time for me to make sure you know about the Older People Speak Out Media Awards and to publicise this great event.

The OPSO initiated Queensland and National Media Awards recognises journalists and advertisers for excellence in portraying real images of older people and promoting Positive Ageing in our community.

Sponsors of these awards receive State wide and National publicity

Winners are awarded their prizes at a gala ceremony held in November.

Further details about the awards are included in this month's newsletter. You can also visit the OPSO web page for nomination forms or contact OPSO for more information.

www.opso.com.au

Val French AM

Lifetimes

Promoting Positive Ageing

May 2017

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The OPSO Media Awards for 2016-2017

The 2016 – 2017 national OPSO Media Awards are open for nomination of items featuring positive coverage of Seniors and their issues, published or broadcast between the 3rd October 2016 and 26 September 2017. Visit the OPSO website for more information and to download nomination forms.

Entries close 29th September 2017. The Awards are in two sections, **National Awards** are open to members of the Media (including journalism students), and **People's Choice**

Media Award Categories

1. Best coverage of Aged Care

This award is presented for positive coverage of issues and experiences of those involved in Aged Care, either as providers or consumers. Uncomfortable realities should be treated in a manner which exposes or moves the issue along in a way that helps create positive action or attention while demonstrating reporting excellence. It is open to print, broadcast, online and agency news media personnel or freelance operatives based in either metropolitan or other regions.

3. Best coverage of a controversial issue affecting older people

This award is presented for a news story that not only captures and reports an issue of significant importance to older Australians but also exposes or moves an issue along in a way that helps create positive action or attention while demonstrating reporting excellence. It is open to print, broadcast, online and agency news media personnel or freelance operatives based in either metropolitan or other regions.

2. Best photo spread, photo series, body of work or gallery of images that depicts older Australians in a positive manner

This award is presented for the image or collection of images that best chronicles the spirit of older Australians in a constructive, engaging way while demonstrating a high level of photographic skill. It is open to print, broadcast, online and agency news media photographers or freelance operatives based in either metropolitan or other regions.

4. Best feature story illustrating positive ageing

This award is presented for a feature-length story that best captures the spirit of positive ageing for older Australians. It will have impact beyond older Australians themselves, as it will deftly reflect the reality of the issue being covered while maintaining the highest level of journalistic professionalism. It is open to print, broadcast, online and agency news media personnel or freelance operatives based in either metropolitan or other regions,

Continued..

The OPSO Media Awards for 2016-2017

5. Best coverage of Cultural Diversity

This award is presented for positive coverage of issues and experiences related to the cultural diversity of modern Australia. The focus should be on positive ageing for the older generations. It is open to print, broadcast, online and agency news media personnel or freelance operatives based in either metropolitan or other regions.

6. Most effective newsletter or communications vehicle for older Australians

This award is presented to the organisation or individual producing a regular newsletter or series of communication activities that best resonates with older Australians, reflecting their interests, needs and challenges. The content will be constructive, well-rounded and sensitive to issues that impact older Australians on a day-to-day basis, offering sound advice, solutions and resources.

Vale Qld Council of Grandparents...

In 2002 OPSO held a Forum to explore the issues faced by some Grandparents. There were two groups who were identified as having special needs;

- The first group were those who took on full-time care for their grandchildren either due to court action or in some cases because they appreciated that the parents were unable to do so and therefore they assumed responsibility for raising the children.
- The second group, numerically much smaller but even more deserving of sympathy and support, were those grandparents who were denied any relationship with their grandchildren because the parents refused that access.

In 2004, as a consequence of the OPSO initiative, a Queensland Council of Grandparents was formed to co-ordinate advocacy on behalf of these grandparents, and support groups were established to reassure, assist and distribute information to those in this position. Like OPSO, QCOGS was an all-volunteer organisation and also liaised with similar support organisations in other States, some of whom received Government assistance.

Over the years there were many successes in publicising the issues faced and proposing remedial action, and there is now a considerable body of research on the effects on both Grandparents and their grandchildren resulting from both of these experiences. This was recognised in changes to the Family Law Act which is now more grandparent-friendly, the higher profile is recognised in Counselling services with better information more widely available, and QCOGS contributed to many Federal and State reviews. Queensland law now incorporates Elder Abuse definitions, some of which apply particularly to grandparents denied a relationship, but may also apply to all grandparents with special needs, and Uniting Care Community has established much-needed respite care and time out programmes for grandparents. Queensland led the way with establishment of a dedicated Grandparents Day, an initiative now Australia-wide.

Despite recognition that there are many issues still to be resolved, QCOGS has suffered the all too familiar pattern faced by many similar organisations with falling membership and inability to fill management roles. The organisation will be wound up at a Special General Meeting on 5th June, 2017. Advocacy in support of these grandparents will still be undertaken by groups such as OPSO and National Seniors, but with the passing of QCOGS, grandparents have lost that dedicated organisation supporting them in Queensland.

A pig in a poke? Beware the Budget's incentives for downsizers

The vision of older empty nesters rattling around in homes too big for them has become the basis for some campaigns to encourage said older people to downsize and therefore make more large homes available to young families (only those more affluent ones which can afford them, of course). Enamoured of this idea, the government built a sweetener to would-be downsizers into their 2017 Budget.

Namely and to wit, by selling their family home (if owned for a minimum of 10 year) each member of a couple could put up to \$300,000 of the profits into their superannuation fund. Sounds good, but recent articles in *The Sydney Morning Herald (SMH)* and the online *ABC* site have put in a caveat of buyer (or, in this case, seller) beware. The financial experts who examined the incentive found that this benefit actually only benefits the well-off, because of how the pension threshold works.



Downsizing

The key points made by the accountant consulted by the *ABC* were that:

- Retirees eligible for a part-pension were likely to be worse off if they downsize under the Budget's scheme;
- Pensioners lose \$78 per year for every extra \$1,000 in assets, meaning they would need to get an (unlikely) 7.8pc per annum return;
- It is the retirees who already have too much in asset value to get the pension who will benefit from being able to boost tax-free super.

In addition, according to financial planner Phillip Gillard, quoted in the *SMH* on 16 May, the costs of stamp duty on the new property and other costs, like the moving costs, add up, very roughly, to something like 7 per cent of the sale price – though that will vary depending on the value of the properties and the extent of the downsizing.

Added to that are the real estate agent's fees, which can be up to 2% or 3.5% of the sale price.

There are also, as financial expert Jonathan Philpot pointed out in the *SMH*, other factors in deciding whether or not to downsize apart from financial factors. "It's not just financial, it's emotional and about things like where you want to live – close to the beach or close to the grandchildren, for example," he said.

Continued

Beware the Budget's incentives for downsizers (Cont'd)

And they are not the only other factors that might come into play when people consider the option of downsizing. For empty nesters whose children have moved to more distant locations, having somewhere for them and their families to stay for visits is a very important consideration. And those "empty" rooms come into more regular play (and work) for many couples who then can finally set up their separate study and hobby rooms, or have a place to put in exercise equipment in preference to trying to fit in with gym times.

In addition, with home care becoming a more popular and often more economic proposition in preference to institutional care, the former may well involve setting up a separate bedroom for an afflicted partner, where there is a need for special large-sized equipment. Losing the option of that extra room therefore also needs to be a consideration.

Last but not least, returning to the financial aspects, with the tight housing market, the chances of finding an appealing and affordable alternative in an equally desirable location can be not only difficult but also highly stressful, especially since these days smaller does not necessarily mean cheaper.

For some older people, of course, downsizing may be both a practical and an appealing option. The main point is that for anybody considering it, it is useful to weigh up the pros and cons to help in deciding whether it is the right move for them, financially, emotionally, socially and practically.

Anne Ring 2017©

Reader Contribution....

Older People Speak Out is a great way of making the public feel safe. I just wanted to put my thoughts out there.

My Aunt always had an extremely set routine when she went out. I feel today it is best to change the way you leave the house day or night. Don't go out at exactly the same time every day, otherwise you become too predictable and place yourself at risk. Don't go in the same direction from the house when going for a walk. Always change it. Even if it's changed every couple of days. Alternate leaving home from the front or back door. The more unpredictable you are where these people are concerned, the harder you make it for them to commit a crime against you. Just my thoughts anyway.

J.D Nunn

Older People Speak Out



**COME JOIN US AND
LET YOUR VOICE BE
HEARD.**

Free Entry
limited no's

**“SPEAK OUT FOR OLDER PEOPLE”
Q & A**

Doors open 10am

10.15 -Welcome to Country and Welcome by Val French AM -President/Founder

10.30- Panel speakers:

- * Elder Abuse Unit - Les Jackson
- * Security in Home & Safety -Snr Constable Ben Harm
- * MyAged Care - Aleisha Becker - TriCare placement team
- * How to be heard - Journalist -

11.15am - Morning Tea

11.30am—12.30 - Q&A

Where: Southern Cross Sports Club,
51 Klump Road, Mt. Gravatt

Date: **12th June 2017**

Time: 10am till 12.30am

RSVP: 7th June - 1300 677 960



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National Council of Women Queensland Inc. Annual Dinner

The National Council of Women Queensland Inc held their ANNUAL DINNER on 21 March at The Speakers' Hall, Parliamentary Annexe. Val French AM OPSO Founding President, Irene Cayas OPSO Vice President and myself, Anna Meyer, attended the dinner.

The President NCWQ Lyn Buckley welcomed the guests and introduced Dr Sallyanne Atkinson OA as the Guest Speaker.

Dr Atkinson gave a wonderful speech, it was witty, serious and very entertaining. She described some of the obstacles she encountered as a young Cadet Journalist, and later when entering politics, however, she persevered despite the sometimes patronizing remarks from male politicians. In 1985 she was chosen as the first woman Lord Mayor of Brisbane

It was proudly announced there were 31 bursaries available, including the *OPSO Val French Bursary* for students of Journalism.

Mrs Ailsa Scurr was made a Life Member for her dedicated service to the Organisation and the Community.

All who attended enjoyed a wonderful night.

Cheers

Anna



OPSO members Val French, Anna Meyer and Irene Cayas with guests - Sallymatu Kuyateh and Yvonne Nunn.

OPSO gratefully acknowledges the support and advice of all our sponsors.



Older People Speak Out

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