



**Older People Speak Out**  
Promoting the value of older people

# LIFE TIMES

Proudly sponsored by



Issue 32, April 2014

## World Elder Abuse Awareness Day 15th June 2014

What is happening in your community this year? What can you do? How about having a purple-themed picnic with your family on Sunday the 15th? Or wear something purple on the day or during that week and tell people why. Put up a poster or have a purple morning tea at your workplace. To find out more information and how to get involved visit [www.weaadqld.com](http://www.weaadqld.com) or all the Elder Abuse Helpline on 1300 651 192 (business hours).

JUNE 15 each year is the day designated by the United Nations as the international day of action when the whole world voices its opposition to the abuse of older people. World Elder Abuse Awareness Day (WEAAD) is represented by the colour purple – which denotes wisdom, dignity, independence and creativity. During the week ending the 15th June The UnitingCare Community Elder Abuse Prevention Unit is calling for all communities across Queensland, to join the rest of the world in ‘going purple’ for WEAAD. The week leading up to the 15th June is a time when individuals and organisations can come together to raise awareness of elder abuse and to celebrate human rights.

**Les Jackson, Coordinator, UnitingCare  
Community Elder Abuse Prevention  
Unit (EAPU)**



## OPSO Media Awards 2013 – 2014 PEOPLE'S CHOICE ENTRY FORM

**These awards are for the best ageing item published between 21 October and 15 September 2014**

**DO YOU THINK THE COMMUNITY GIVES OLDER PEOPLE A FAIR GO?**

**We invite you to help us identify the media that is portraying older people positively – you can do this by entering one or both of the following:**

**1. Collect as many quality media items (online, TV, radio, magazine, newspaper, newsletter etc.) over the last year (21 October 2013 – 15 September 2014) that show older people ageing positively - \$1000**

**and/or**

**2. Choose a media item from the last year (21 October 2013 – 15 September 2014) that illustrates positive ageing and in forty (40) words or less, tell us why the item should win an award - \$1000**

**The journalist/s responsible for creating the winning item will also be awarded a certificate and \$500.**

**Send your entries, including your name, address and phone number to:**

**People's Choice OPSO  
PO Box 1037  
Mt Gravatt QLD 4122**

**OPSO invites you to attend our next meeting on May 12 at Tricare Retirement Village, Logan Rd, Mt Gravatt at 10am.**

**We are becoming more and more concerned at the attitude of the federal government towards our frail older people, and the results this anxiety must be causing.**

**They do not deserve this fear of the future at this stage in their lives.**

**We need to meet and share our solutions.**

**At OPSO... we have worked together for seniors for 25 years.**

**At this time we especially need to share your views and solutions at our meetings: we need you.**

**This is only the beginning.**

**OPSO is committed to continue this work to improve the lives of older people.**



## **Special Care Clothing Solutions**

### **Adaptive clothing for people with limited mobility**

How we started.....

I developed Special Care Clothing Solutions after experiencing the frustration of being unable to find appropriate clothing for my mother when she was in a high-care facility. Upon witnessing the difficulty carers had dressing her, and the indignity and discomfort she often endured, it became clear to me there was a need for specially designed clothing for those people with limited mobility due to age or disability.

As those who have a loved one in a special-care facility can appreciate, the experience is often difficult enough without the added concern posed by the struggle of dressing and changing, often several times a day in clothing that is not designed for such a specialised purpose.

I developed the ladies range using comfortable, durable fabrics and appropriate fastenings that are easily accessible to the carer and will not deteriorate in the facility laundries. We now have a full range for both Ladies and Gents from Blouses, dresses, shirts, polo tops, night wear, trousers in various styles and all-in-one dignity suits.

All the clothing fastens with a small nylon stud on tape and position to prevent any pressure on the skin.

Special Care Clothing is designed for Dignity and Comfort. You can speak with Yvonne to discuss your concerns and needs on the toll free no. 1300 780 755 anytime.



## Public Guardian Update

by Les Jackson, Coordinator, UnitingCare Community Elder Abuse Prevention Unit (EAPU)

In the last issue of Life Times (10 March) I spoke about the impending changes to the Office of the Adult Guardian and raised concerns about the potential loss of focus on adults with impaired capacity after the merging of the functions of the Child Guardian and the Adult Guardian. A few days later on the 20th March the Public Guardian Bill 2014 was introduced to the Queensland Parliament thereby commencing the legislative process to have the Bill passed into law. The Bill next appears in Parliament on the 13th May after review by the Health and Community Services Committee and no doubt the legislation will be ready for the new Office of the Public Guardian to commence business on the 1st July 2014. All well and good but what about the concerns mentioned above? I suggest you dig into the Bill's Explanatory Notes and also the speech by Hon JP Bleijie, which I think gives hope on two fronts.

Firstly the current Adult Guardian, Kevin Martin, has been asked to take up the appointment of the new Public Guardian until his existing term finishes in August 2015. Mr Martin is eminently qualified to set up the new structure and has also served as the Public Trustee of Queensland and the Director General of the Department of Justice and Attorney General. More importantly for me is that as a member of the EAPU Reference Group Mr Martin has shown himself to be a clear thinker and passionate about issues involving vulnerable people – he is also a strong proponent of Human Rights. Getting the balance right between protection and rights is not an easy issue and one the EAPU struggle with on a daily basis and Kevin's input into the discussions at the Reference Group have been invaluable for the EAPU. I believe that Kevin Martin is the right person for this job and I feel comfortable that he will ensure that safety issues around adults with impaired capacity and children will be given the attention they deserve.

Secondly, the Explanatory Notes say that the functions of the Public Guardian "are divided into two streams" in that there is an adult with impaired capacity stream and a separate stream for children under guardianship orders. The notes go on to say that this separation of functions "...is a safeguard against dilution of the respective programs." This then gives some insight in how the new agency will be set up with the current functions of the Office of the Adult Guardian continuing as usual while the new and enhanced Child Guardian area will be set up alongside – apparently only joining at Kevin Martin. I am not an expert on this but luckily there will be an info session about the Office of the Public Guardian and how it will work on the 7th May and so there should be no need for further guesswork after that time. If you are interested in reading the Public Guardian Bill, the Explanatory Notes, or the speech by Hon JP Bleijie you can find them at (look for the Public Guardian Bill in the list)

[https://www.legislation.qld.gov.au/Bill\\_Pages/Bill\\_54\\_14.htm](https://www.legislation.qld.gov.au/Bill_Pages/Bill_54_14.htm)



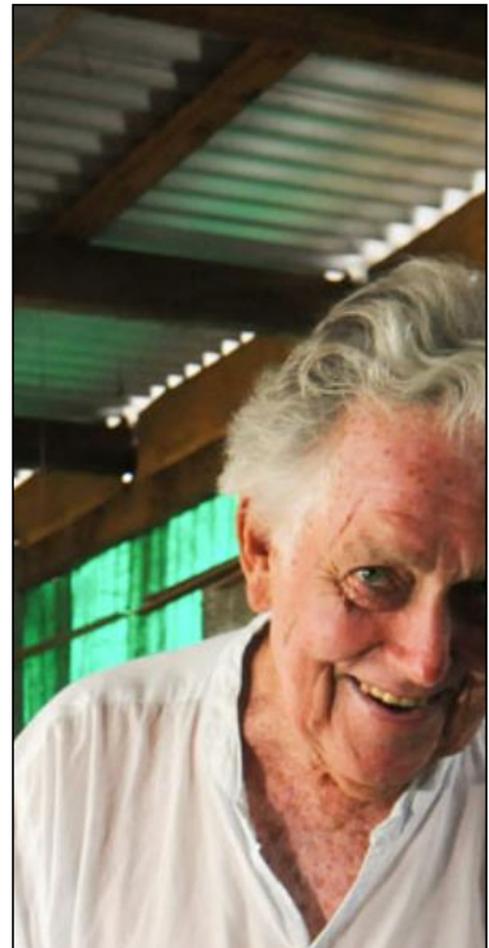
### Introducing Lauren

Hi all, I'm a new member of OPSO. I'm studying a Bachelor of Communications at Griffith University. I am helping out OPSO with their newspaper and social media.

The Media Awards aren't far away and before you know it, it will be September so get in your People's Choice stories in as soon as possible.

If you have any stories ideas or anything of interest, you can contact me on [lauren.lucas@yahoo.com.au](mailto:lauren.lucas@yahoo.com.au) or 0412 186 800.

Lauren



# The Opinionator

## Old Bird's Eye View of the World – On what can we do with the leftovers?

By Anne Ring

This slightly fuzzy photo highlights a very fuzzy subject: what to do with the sentimental but daggy leftovers from the life of a much loved parent who dies late in life?

It's hard enough with items that are more highly ranked in desirability. The survivors have already had plenty of time to create their own style, and fill their homes with their preferred level of clutter. And then, suddenly, there's this whole lot of new-old stuff. Objects that not only have to be considered on their own merits; but also in light of all the memories that they bring in their wake.

And, over the years, we had managed to sort out and distribute the bulk of my mother's possessions in various ways. There was the big clean-out that resulted in massive contributions to charity of old clothes, books and superfluous furniture. And then there was the strategy for a fair way to divide up those of her possessions that we three children and our offspring valued as memories or for their own sake, and which she had never specifically assigned to any of us. For us, that involved me in making a photographic catalogue of all the items, and then the three of us going around and around, choosing one of them, turn after turn.

There were a few ornaments that all three of us felt were very special, and they are now being circulated – like a game of musical chairs – between the three of us in turn each year.



And then, having done all of that, there remained the leftovers: all those items that nobody wanted. But they were such a part of the lives of parents whom we were so fortunate to have, and loved so much. Items that they had collected over the years and crammed into display cabinets in each of their homes. Because our Mum had lived with me towards the end of her life, and because I couldn't bear to throw them out, we just left them, gathering dust, in a storage area. For seven years.

But then, with our children's growing families, we needed more room when they came to stay from out of town. So, we had to do some rearranging. And that meant, finally, Doing Something about the final remnants of my mother's life. Finally, I managed to be a bit more ruthless, and charities got more stuff. But so many of the items brought back such lovely memories that I just couldn't let them go. She collected birds, and had so many from so many countries and in such a variety of materials. She loved auctions, and would love the surprises of bidding for job lots:

that pineapple, for example. One of her lovely carers had given her the ornamental fan with a photo of her at one of our daughter's wedding.

They had picked up so many souvenirs from their travels. And then there were the domestic items. The red rabbit salt shaker. The spoon that I remember as always being there, but never thought to ask from which earlier part of her life it had come from. Was it from her country of origin, Hungary, or from my parents' ten years in Italy, or our 10 years in China, before we finally got to call Australia our home?

What to do with them? And then; inspiration. This Easter, our wider family on my mother's side was gathering together – three generations – in a seaside town. And there was going to be an Easter Egg hunt. And, I suddenly realised, a perfect add-on, of a treasure hunt, for the children and the grown-ups, of items that could be divided up into the

sorts that would appeal to the young, and those that the older generation might enjoy – at least momentarily – for the memories that they bring back. And then, *they* could all decide what they wanted to do with them! All that I would have to do would be to bubble wrap each one, and put it into one of two marked piles. Which was time consuming, but well worth it to be able to pass the buck like this; and in the knowledge that this is a solution that our parents would have loved – to still be such an active part in our lives.

So, how did it go? Well, apart from one of the younger gen's great idea of turning the two piles into lucky dips rather than treasure hunts, it went entirely to plan and was a runaway success. In fact, it was such fun for all ages that it's got me thinking about our funerals, and all those knickknacks that my husband and I have gathered over the years and can't bear to part with.....

### **What do you think? Does our national anthem need updating?**

This question came out of my experience the other day, soon after our Government was congratulating itself on six boat-free months: when I attended an assembly at my grandchildren's school. At the beginning, they sang our national anthem. It's a long time since I'd heard all the words, so it came as quite a surprise to find that right in the middle of the second verse were the following four lines: "For those who've come across the seas/We've boundless plains to share,/With courage let us all combine/To Advance Australia Fair."

This prompted me to do a little research on the background of the anthem, and it seems, according to a DFAT fact sheet, that the original words did undergo some changes when it was "officially declared the national anthem on 19 April 1984". Significantly, for our second verse the line "For loyal sons beyond the seas" became "For those who've come across the seas".

With the patent lack of courage that our nation is now displaying in that department, surely it makes a mockery of the anthem to have schoolchildren all over Australia singing what is now another outdated version of our song? A more up-to-date line, perhaps, could be something like: "For those who've come with much money."

**What do you think? Write and tell us your opinion.**

**The best letters will be published.**

# OPSO Guide to Communication

## How to handle an interview

### 1. The talk back radio interview

Make one point and make it once – in a single, clear sentence.

Then elaborate with one or two clear reasons for holding this opinion.

No more than two reasons, or your message will be lost.

Jot them down while you are waiting for your turn.

Remember the rule:

Say, “what do I think?”

Then say, “Why do I think this?”

### 2. The radio news interview

Only one or two sentences will actually be used, so try to give your answers in sentences that are clear and forceful enough to make good quotes.

Keep your answers short and pithy and simple – what you think and why you think it.

Do not let the interviewer put words in your mouth.

If the interviewer tells you

“So what you are really saying is....”

And it is not, say

“No, it is not what I am saying and I cannot be quoted as saying that. What you can quote me as saying is: (your quote)”.