



Older People Speak Out
Promoting the value of older people

LIFE TIMES



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For our male readers – look away now!

It's spring and this edition of Life Times is all about fashion...that's right... fashion!

Coco Chanel, the legendary fashion designer, famously said "Fashion changes, style remains."

Fashion isn't only the playground of the 20 something hipsters, the 30+ glamour pusses and the 40+ women, confident in their fashion choices. With confidence, comes style but what is the style of the 60+ woman? No longer is she confined to the 1960s image of a woman donning her "House of Osti" polyester dress for those special occasions.

Help is at hand for today's mature woman. A quick internet search on "fashions for the over 60 woman" returned more than 3 million results. There are sites to help update your look, to help you set your own style and, for those who are interested, to ogle the fashions of the "more mature" celebrities – think Helen Mirren, Meryl Streep and Sally Fields. Not that many can afford their level of upkeep or designer fashions!

Inspiration can come from many sources – friends, celebrities and the iconic women of fashion featured in Ari Seth Cohen's Advanced Style blog <http://advancedstyle.blogspot.com.au/>

If the avant-garde tastes of the New York mavens isn't for you, another, more accessible source of inspiration from the U.S. is Margaret Manning, the leader of *Sixty & Me*. Margaret has amassed a 50,000 strong community of women over 60.

If you prefer your inspiration in hard copy, Margaret compiled a list of magazines to appeal to her readership <http://sixtyandme.com/our-six-favorite-magazines-for-women-over-60/>

After talking to many of her community, Margaret has gone on to develop 21 videos on fashion with age-appropriate fashion tips.

Not sure if you can nail your style on your own? Closer to home, *Blue Illusion* (an Australian company) has Style Lab to provide advice on style, fit and fabrics http://www.blueillusion.com/Customerservice/Style_Lab.htm to ensure that women over 60 are fashionable and visible.

Birds Nest www.birdsnest.com.au show fabulous creative innovation by putting together outfits for the yummy granny

including accessories.

To reinvigorate yourself, update your style and have fun with fashion – because you're worth it.

What better to complement your new outfit than a new look? **See page 3 for makeup tips!**



LIFE TIMES
Editorial Team

Editor: Val French AM
Web: opso.com.au/life-times



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Spring fashion special continued: *Make up tips and more*

And now to enhance your new look – let's talk about updating your makeup.

Is it ageing you? Have you changed anything in your makeup kit since you first dabbled in your 20s? Be gone, heavy black eyeliner, clumpy mascaraed eyelashes, forget the racoon eyes and doll-like rouge and bright pink lipstick.

As women age, we should embrace the adage “less is more”. Beauty Expert, Julyne Derrick, firmly advocates well-hydrated and exfoliated skin allows you to wear minimal makeup. (http://beauty.about.com/od/spassalons/a/makeup_tips_for_older_women.htm)



Updating your foundation is the best starting point. The foundation you have so slavishly worn for the last 30 or 40 years may no longer be the right shade for you. It's worth investing in a consultation with a makeup professional who can match your foundation to your skin tone with maybe a touch of illuminator to give you an attractive glow.

Embrace concealer – it rids you of dark circles under the eyes, blemishes from too much sun and evens out the skin tone.

Blush can be your saviour too – to highlight your cheekbones and to add life to your skin. Beware to blend it well and no one will know you're wearing it.

Once the base is right, it's time to reassess the rest of your makeup regime. Consider wearing a lighter lipstick, replace the black eyeliner with a soft brown kohl pencil and apply a light, subtle colour to the eyes. Finish it off with a coral/pale pink lipstick and you'll feel and look 10 years younger.

Make Your Eyes the Centre of Attention

Just as a fireplace can be the focal point of a living room, consider making your eyes the focal point of your face. This will detract attention from any fine lines or developing turkey wattles.

Enhance your eye colour with eye shadow shades that will make your eyes pop. For brown or hazel eyes, golds and browns are gorgeous as are blues. Blue eyes look great with blue-gray, coppers, gold and browns and dark eyes look fantastic with deep rich shades.

OPSO 2014 Media Awards judging is underway

It was great to see so many quality entries for this year's OPSO Media Awards!

Having made the entry process so much easier for journalists, it's made the judging harder!

However, we're underway and looking forward to announcing the winners at a special ceremony later in the year. Congratulations to all who nominated and KEEP IT UP!

- Val French

Old Bird's Eye View of the World

– and our children, young and old

Children. Our beloved children. When they are young, there they are, simply our children. But does it sometimes sound strange to you, as it does to me as all our years march inexorably onwards and upwards, to refer to – say – one's 40-something offspring as 'my children'?

I used to think that it would be so much simpler to just have another word for one's grown-up children. And then, the other day, I received a heartfelt email from a long-time friend who was being overwhelmed with worry about her middle-aged son, and – somehow – was managing to blame her way of bringing him up as being at the root of his problems. And, while writing back to her, I had a sort of epiphany, emerging out of what I was saying not only to her but also, in a way, to myself, for all those times when I've beaten myself up for similar reasons.

"Dear A _____," I wrote, "It is utterly ridiculous to say that you failed to give B _____ what he needed to grow up strong!!! So many factors go to make up an individual, and we can all chastise ourselves later on if we see our children struggling, about what we might have been able to do better. But what exactly is the point of that?"

"If we know that we did our best for them (and I know that we did, to the best of our ability and circumstances and own personalities), then we just have to accept that their lives have to run their course in their turn, with us continuing to love and worry about them. And, if possible, not suffocating them by being over-protective, while at the same time being visibly rock solid in the constancy of our support for them, so that they know that we are there for them, whatever the circumstances. Whether we are tiger parents, or super-indulgent, or somewhere in between, the common thread for most of us is love.

"Of course, humans can be unimaginably awful, there is no doubt about that. One does read about appalling and cruel and rejecting parents who should never have had children, and it is just so hard to imagine the lives of those children, but even some of them manage to survive. And then there are the most dreadful cultural practices. I simply cannot understand, for example, the capacity of parents and other members of a family to carry out honour killings against their own child or sibling. And not just killing them, but so brutally.



"Thankfully, however, by the grace of whatever makes it so, we are not in their number – and at this stage in our lives, we should be coming to terms with ourselves, and making the most of the present rather than tarnishing it with angst over a past that we are at risk of misrepresenting in our minds and anyway cannot change.

"And rest assured, this is advice that I am giving to myself as well as to you. And what I've realised while I was writing it is that it is no wonder that we go on using the word 'children' for our children: because for a parent, they are always our young, no matter how old they are to everyone else."

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As I see it...

By Maida Lilley

Wayne Swan – The Good Fight

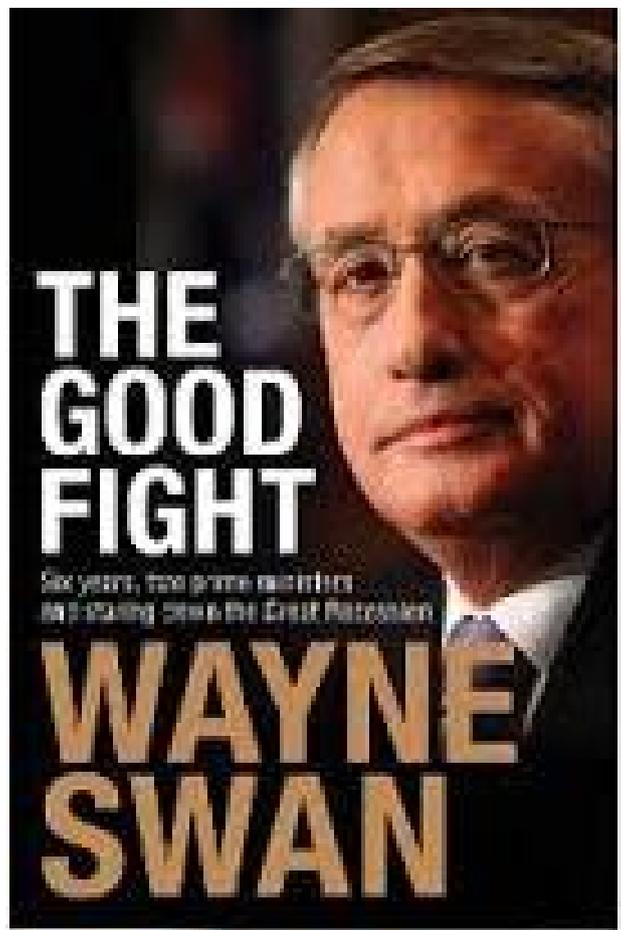
One Economist's Story

On the very day of the 6th anniversary of the collapse of Lehmann Brothers Bank in the US of A, former Federal Treasurer, still sitting member for Lilley, Wayne Swan was interviewed in-depth on Brisbane's local ABC radio by Steve Austin. They discussed his recently launched book, *The Good Fight*, subtitled "*Six years, two Prime Ministers and staring down the Great Recession*".

Swan backgrounded the subject by informing listeners that in 2008 he was in Washington D.C. with Dr Ken Henry, then Head of Treasury, when the first collapse of a US investment bank alerted them to the impending world problem. They headed home to Australia with the intention to revise the budget, to start preparing the ground as there was "panic in the world's financial market" now known as the GFC (Global Financial Crisis). The government immediately prepared to put in place bank guarantees and to put out the first stimulus package. This was crucial as people showed their "lack of faith in banks by taking out their money" - so much so that Armaguard ran out of money!

This was a repeat of what was going on around the world. Those on the right of politics and economics reacted strongly against governments interfering. The Rudd/Swan government maintained that if such people were "allowed to demonise stimulants, then government would sit on its hands, people would lose jobs and banks would run out of money". That situation was averted in Australia. Wayne Swan said "the first stimulus took us through Christmas and the second stimulus got us through March". While there was "a potential for debt", Swan maintained this was "the result of revenue continuing to be reduced". Today's government reports that revenue has been markedly reduced partly due to our high dollar and the low prices that export minerals are bringing.

From Opposition, Tony Abbott claimed Swan was "absolutely the worst Treasurer in our history".



Nevertheless, Wayne Swan was honoured with the European Award for Finance Minister of the Year. Interviewer Steve Austin asked about a letter from Martin Parkinson, who is about to step down as Head of Treasury after following Ken Henry into the position. This was mentioned in the book. It speaks of Swan's "very significant job as Treasurer". Talking of the present, Swan says despite a "lot of good work done by the G20", the world is still "suffering from aftershocks. Look at Europe. It's about to go into a triple recession". Swan regretted his government's "failure to consult earlier". His deepest regret was not taking one of the recommendations of Dr Henry's tax review, that of the RRT (Resources Rental Tax). Swan emphasised that "large global conglomerates worked against the Australian Government" and he warned, "we need to be aware of the fact that there are plutocrats who influence governments". With the countless politicians/authors from recent years - Tony Abbott, Lindsay Tanner, Chris Bowen, Bob Carr, Gareth Evans, along with the recent biography of Joe Hockey by Madonna King, Australian readers can peruse the story of the last political decade and reach their own opinion on the state of the economy and politics in Australia.

Elder abuse on the rise

The annual report from the Queensland Elder Abuse Prevention Unit shines a light on one of our most alarming issues. This report is reprinted from the unit's "Queensland Focus" newsletter.

Overall, there were 1,183 abuse notifications which after cleaning the data for incomplete records, resulted in data for 1,266 abuse relationships, 1,092 victims, and 1,351 abusers recorded for the 2013-14 financial year.

The number of notifications represents a 19.5% increase in notifications overall. Although the call rate changed substantially, the proportion of elder abuse and non trust-relationships remained at 85% and 15% respectively. Occasionally there is overlap, for example a notification by an older person reporting abuse of themselves by a neighbour as well as the abuse of that neighbour's elderly parent. Because of this overlap a victim may appear in both elder abuse and non-trust abuse data sets so the figures do not necessarily add up to the overall totals. Two perpetrator records were removed from the data set (overall and non-trust) as they were related to self-neglect cases. Also note that for the non trust figures there were eight victim records that were used to indicated multiple victims—such as in a nursing home—and 39 multiple victims used to record multiple perpetrators such as in the case of systematic neglect in a facility.

Age and gender The age distribution of elder abuse victims and perpetrators was the same as in

previous years, with the most common age for victims 80-85 years and the most common age group for perpetrators 50-54 years.

Non-trust abuse victims were younger with 65-69 being the most common age for victims. Age data for non-trust abuse perpetrators was of poor quality, with close to half being reported as 'unknown'.

Gender results were similar to last year. Where a gender was reported: 68% of elder abuse victims and 65% of non-trust abuse victims were female. For perpetrators, where a gender was reported: the gender split for elder abuse was exactly 50-50 where gender was known; for non-trust abuse there were slightly more (56%) male perpetrators.

Abuse type The pattern of primary abuse types across elder abuse and non-trust abuse cases was generally similar to the 2012-13 financial year. However there does appear to have been a substantial shift in the primary abuse type for elder abuse cases.

In 2012-13 the primary abuse type was psychological abuse (39.82%) followed by financial abuse (36.81%). This financial year the most reported primary abuse type for elder abuse relationships was financial abuse (43.21%) followed by psychological abuse (33.18%). The distinction between primary and secondary abuse types is often quite subjective, so it will not be possible to determine if there has been an actual increase of financial abuse disclosed on the Helpline until the secondary abuse types have been analysed.

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