

Seniors in focus

Speaker's details



This seminar is brought to you by the Home Library Service Working Group and the State Library of NSW

Ageing and Disability Commission

Robert Fitzgerald, AM - NSW Ageing and Disability Commissioner

Seniors Rights Service

Nazhin Safavi - Aged Care Advocate

Engaging with ageing

Dr Anne Ring – Sociologist and Freelance Writer

Healthy Brain Ageing / Dementia

Dr Catriona Ireland – Geriatrician, Healthy Brain Ageing Program

Dr Philip Eames (SCM) – Postdoctoral Researcher, Musician, Musicologist,
Choral Conductor and Musical Director

Inclusee – Connecting Community

Sarah Xu – Chief Development Officer



Seniors Rights Service

Seniors Rights Service

Community Presentation



Who are Seniors Rights Service

- Seniors Rights Service is a community organisation dedicated to raise awareness and empower older people to activate, uphold, extend, and defend their individual rights, particularly vulnerable and disadvantaged groups.
- We provide free and confidential telephone advice, aged care advocacy and support, legal advice, and community information to seniors across New South Wales.
- Seniors Rights Service is the NSW arm of OPAN (Older Person Advocacy Network) the Commonwealth Government's National Aged Care Advocacy Program (NACAP).

Legal Service

For seniors over 65 (over 50 years for First Nations seniors)

Common areas covered include:

- Consumer Rights
 - Human Rights and Elder Abuse
 - Financial Exploitation
 - Planning for Later Life
 - Retirement Villages
 - Strata
-
-
-
-

My Wellbeing Checklist

- I know how much money I have in my bank account
- I have the freedom to spend my money
- I have the freedom to see family and friends when I want
- I attend social activities
- I receive medical attention when I need it, and have a say about my healthcare plan and treatment
- My personal care needs (showering; personal hygiene etc.) are taken care of
- I am treated respectfully by my family and friends
- I feel safe at home

**ABUSE...
THERE'S NO
EXCUSE**

Think about your responses.
If you have any concerns about your situation, you may wish to talk to someone you trust such as a family member, friend, doctor, religious leader, or you can call the NSW Ageing and Disability Abuse Helpline

1800 628 221

Mon-Fri 9am-5pm



Seniors Rights Service

Who can help if you suspect elder abuse is occurring ??

Elder Abuse Helpline **1800 ELDERHelp (1800 353 374)**

NSW Ageing and Disability Abuse Helpline **1800 628 221**



Seniors Rights Service

Where do I get help?

OPAN 1800 700 600

Seniors Rights Service 1800 424 079



Seniors Rights Service

Ph: 1800 424 079 or (02) 9281 3600

www.seniorsrightsservice.org.au

info@seniorsrightsservice.org.au

Free and Confidential



Seniors Rights Service

It's perfect! Dr Anne Ring, thank you for writing this travel guide to old age.

Angela Catterns and Ian Rogerson,
Suddenly Senior



ENGAGING WITH AGEING

What Matters as We Grow Older

Anne Ring



Engaging with Ageing

Ageing Book News/Blog Photography About Contact 0

Exploring ways of growing older



In stores October 2022:

Engaging with Ageing



Boost your brain and mind! How to keep your brain healthy and reduce dementia risk

Professor Sharon Naismith

Leonard P Ullman Chair

Head, Healthy Brain Ageing Program

NHMRC Fellow

School of Psychology

Brain and Mind Centre and Charles Perkins Centre



THE UNIVERSITY OF
SYDNEY



6. Seeking help



SEEKING HELP for memory and thinking changes

- Dementia Australia information and helplines
- GP
- Public hospital memory clinics
- Private neurologists and geriatricians with subspecialty interest
- Neuropsychologists
- Research pathways: Healthy Brain Ageing Clinic

What to do if you have concerns about your own or other's memory and thinking

Referral to the Healthy Brain Ageing Research Clinic

Runs twice a week (Tues/Wed 9.00am till 12.30pm)

1. Fasting blood test (research biomarkers)
2. Mood and Sleep Assessment
3. Neuropsychology Assessment
4. Neurological/Geriatric Medical Assessment

Additional testing (if warranted/relevant):



Brain scan (MRI)



Actigraphy (2 weeks)

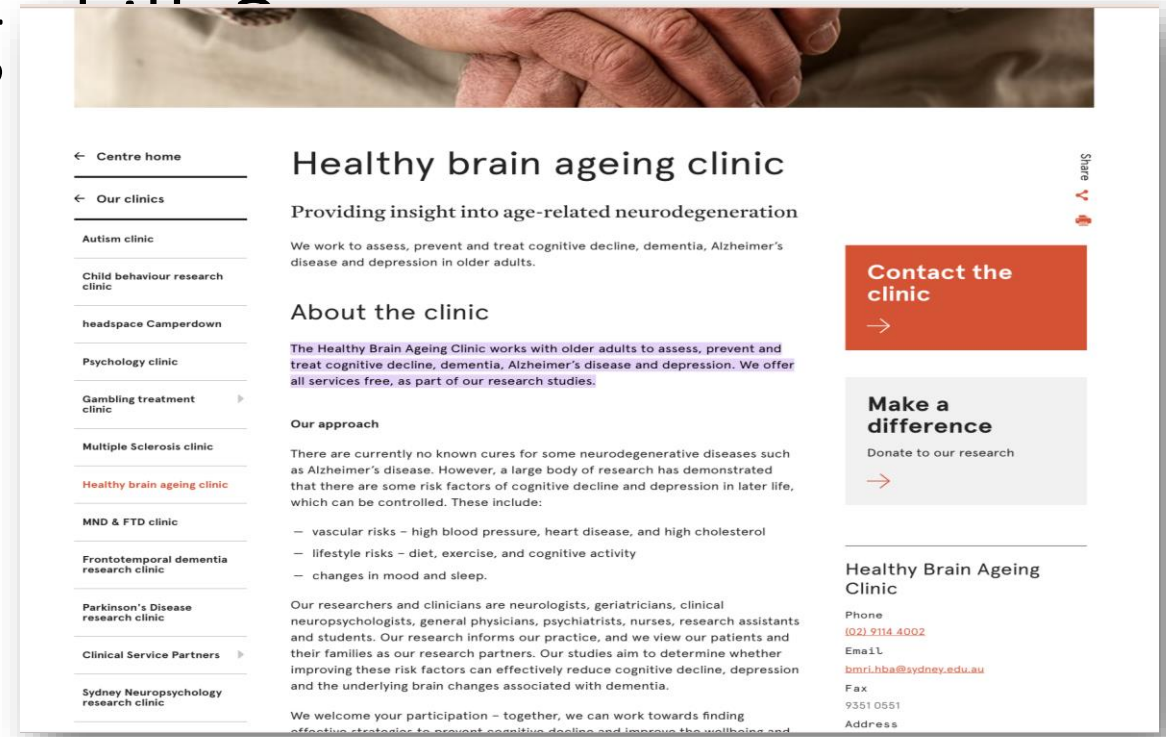


Sleep study (at the Woolcock Institute)



Blood tests (clinical markers)

- People aged 50 years +
- NEW onset mood or cognitive problems
 - no stroke, head injury, or history of other neurological disease, requires English speaking



The screenshot shows the website for the Healthy Brain Ageing Research Clinic. The page features a navigation menu on the left with links to various clinics, including the Healthy Brain Ageing Clinic. The main content area includes a header with the clinic name, a sub-header 'Providing insight into age-related neurodegeneration', and a paragraph describing the clinic's work. Below this is a section titled 'About the clinic' with a description of the research and a 'Contact the clinic' button. There is also a 'Make a difference' section with a 'Donate to our research' button. The footer contains contact information for the Healthy Brain Ageing Clinic, including phone, email, and address.

- [Phone: \(02\) 9114 4002](tel:(02)91144002)
- [Email: bmri.hba@sydney.edu.au](mailto:bmri.hba@sydney.edu.au)
- [Address: Level 2, 97 Church Street Camperdown](#)
- [Website: https://www.sydney.edu.au/brain-mind/our-clinics/healthy-brain-ageing-clinic.html](https://www.sydney.edu.au/brain-mind/our-clinics/healthy-brain-ageing-clinic.html)

What to do if you have concerns about your own or other's memory and thinking skills?

- Referral to a memory clinic or specialist – beware of gross screening tools, especially in highly educated people.
- Ask about wait times and costs

The screenshot displays the Australian Dementia Network website. The header includes the logo, navigation links (NEWS, EVENTS, CONTACT), a search bar, and user options (I AM A CONSUMER, CLINICIAN, RESEARCHER, INITIATIVES, ABOUT). The breadcrumb trail reads: HOME → INITIATIVES → THE AUSTRALIAN DEMENTIA NETWORK – MEMORY CLINICS INITIATIVE → FIND A MEMORY CLINIC OR COGNITIVE DECLINE ASSESSMENT SERVICE. A note indicates the page was last updated on 30th August 2022. Below this is a filter section with dropdown menus for 'Clinic Type' (set to Research), 'Research' (set to Multidisciplinary), and 'Outreach'. A 'Reset Filter Options' button is also present. The main content area features a map of Sydney, Australia, with a search result for 'Royal North Shore Hospital, St Leonards, NSW, 2065, Australia'. A text box next to the map states: 'This clinic only accepts staff specialists. At this accepting community referrals from GPs, unless there is shared care with an RNSH staff specialist. The clinic also does not accept self-referrals.' A 'Directions' button is visible on the map.

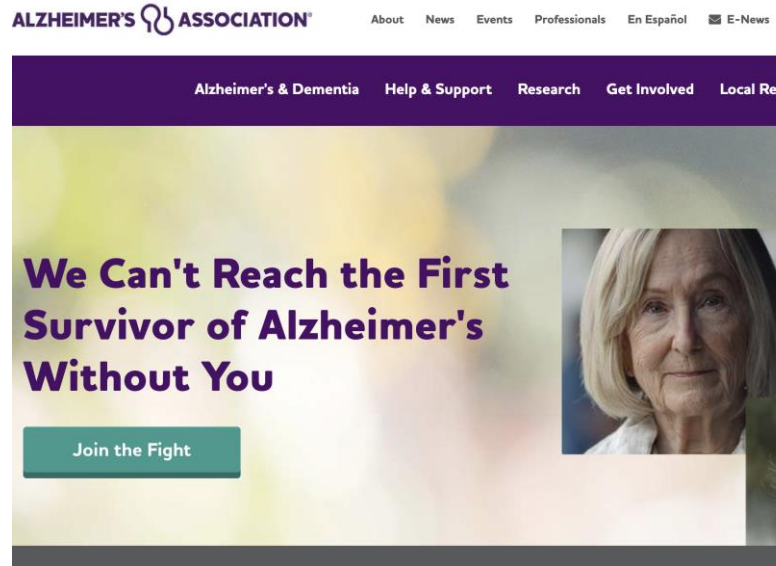
See Australian Dementia Network

<https://www.australiandementianetwork.org.au/initiatives/memory-clinics-network/find-a-clinic-or-service/>

For more information



www.dementia.org.au



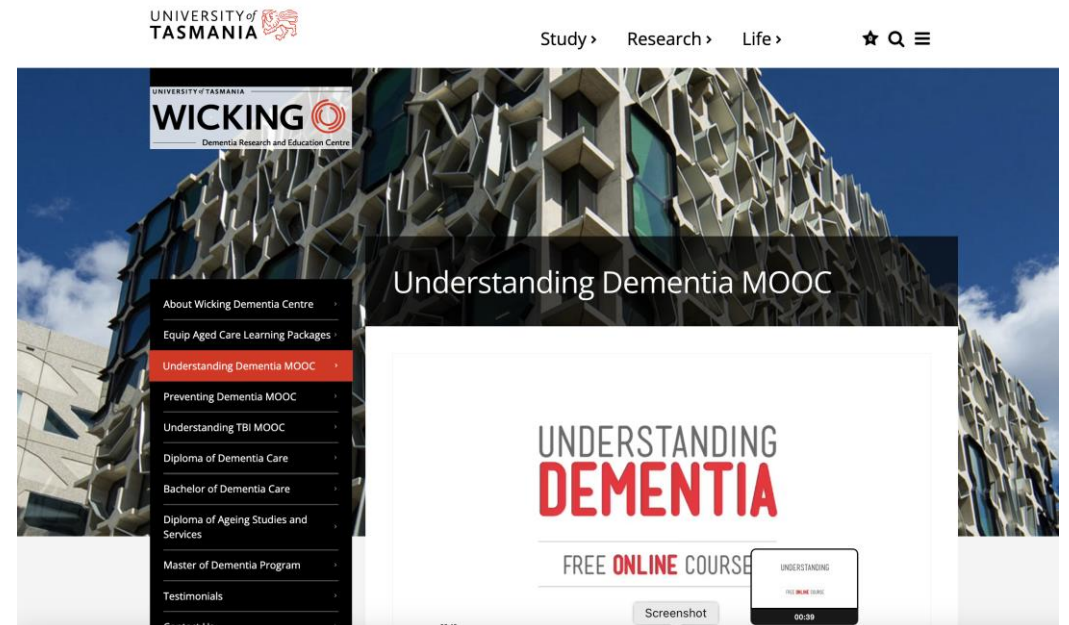
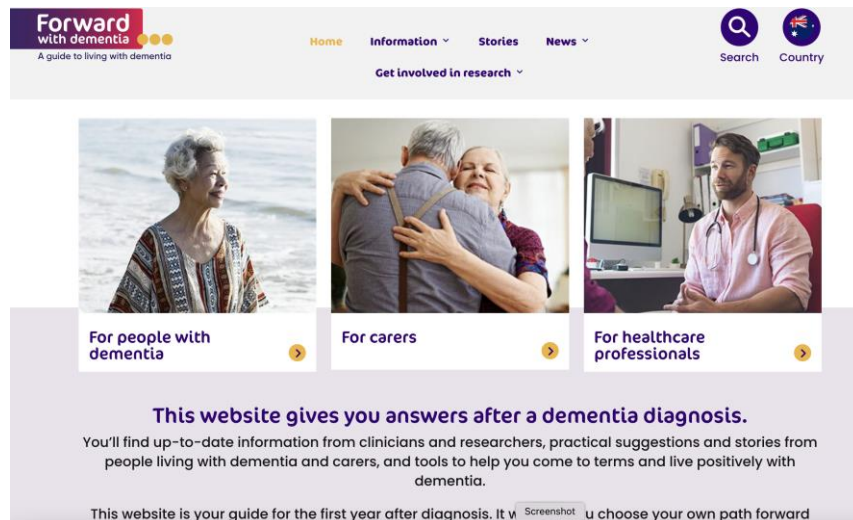
www.alz.org

National Dementia Helpline **1800 100 500**

Free information kit Helpline webchat Email support

www.utas.edu.au/wicking/understanding-dementia

www.forwardwithdementia.au



Healthy Brain Ageing Program



For more *information about the Healthy Brain Ageing Program*, please scan this QR code.



For our *referral form*, please scan this QR code.



For our *NeuroMusic study*, please scan this QR code.



For our *Early Detection of Neurodegeneration study*, please scan this QR code.



THE UNIVERSITY OF
SYDNEY

**Spencer-Bennett
NeuroMusic
Collaborative**



**Dr Philip Eames
Sydney Conservatorium of Music**



THE UNIVERSITY OF
SYDNEY

**Spencer-Bennett
NeuroMusic
Collaborative**

The Spencer-Bennett NeuroMusic Collaborative

The Brain and Mind Centre

The Sydney Conservatorium of Music

The National Health and Medical Research
Council (NHMRC) Clinical Trials Centre



Mailing List Registration



Register your interest here for more information and to receive all updates on the NeuroMusic Program

<https://bit.ly/neuromusicrego>

incluseeTM

Connecting Community



Our Programs

Overview of Services Offered by Inlusee



Connect2One

Digital Visiting Program

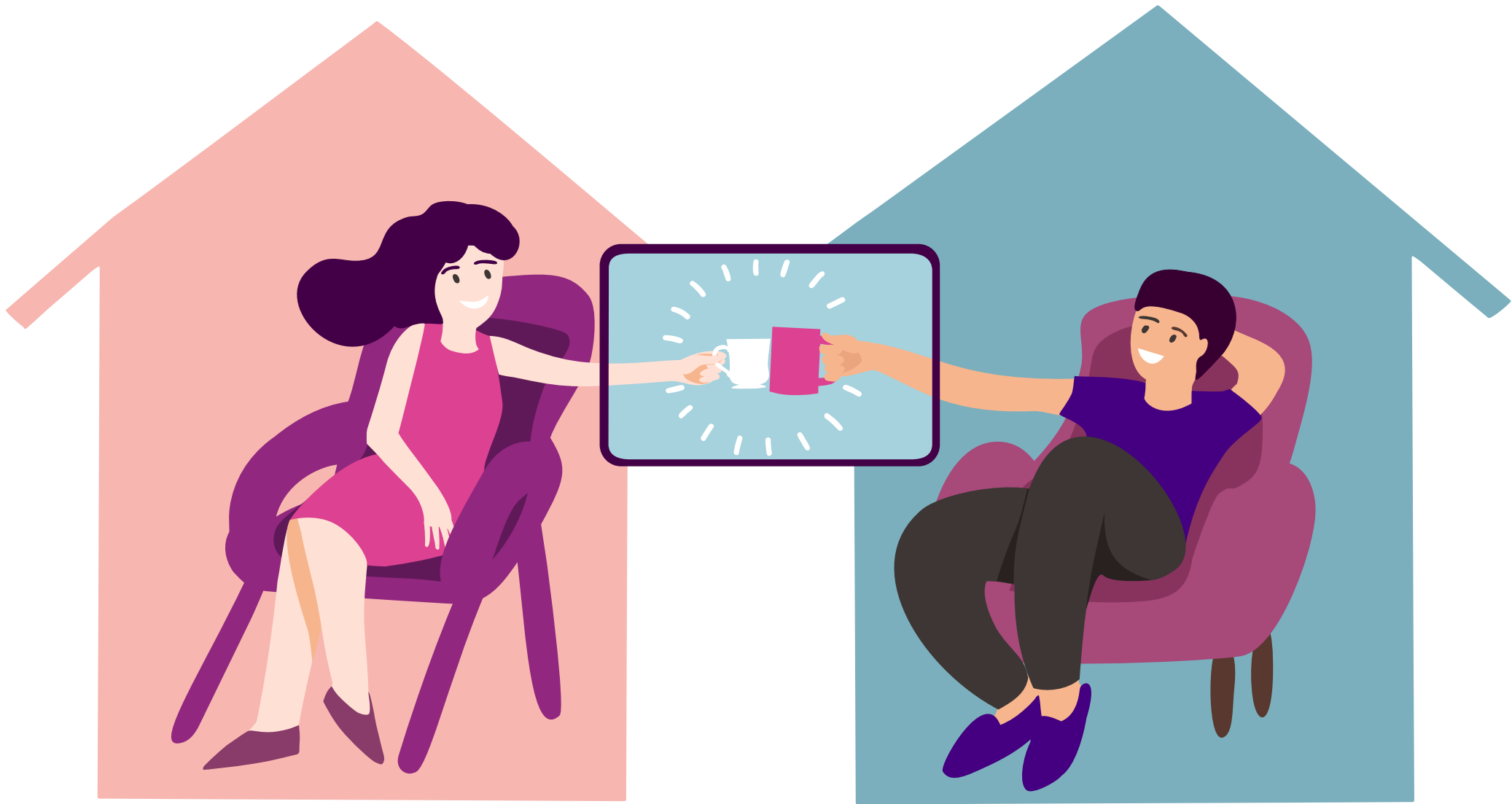
Connect2One

Connect2One is our digital visiting program where an Inlusee volunteer connects with their matched participant on a weekly basis to chat and check-in. This program creates a place where they feel valued and can belong, a place for social companionship where the participant and volunteer can have a friendly catch up.

Overview

The program focuses on social connection. Participants are free to talk about anything they wish. Some choose to use the time to chat about their current life, hobbies and interests, while others choose to reminisce about their life experiences.

Each participant is provided with a digital tablet on loan that has been specially programmed with easy-to-use software and a mobile internet connection built into the device (via a SIM card). This enables each participant to access the the Inlusee community, even if there is no internet connection at home.



Connect2You

Connect2You

Connect2You is our virtual community centre where our participants and volunteers can drop-in to talk about everything and anything they wish with a volunteer facilitator and other participants who are also visiting. The centre operates from 9am to 5pm on Mondays, Tuesdays, and Thursdays, 8am to 5pm on Wednesdays and 9am to 3:30pm on Fridays.

Overview

We don't always know when we are going to feel like having a chat, and loneliness does not stick to a schedule. In addition to the weekly scheduled Connect, Learn and Enjoy programs, participants have the option of connecting for an unscheduled chat with a volunteer facilitator and other participants in the Connect2You community centre. Participants can easily open the community chat via the Inlusee digital device (or Inlusee app if using your own device) to join in. They will find a friendly face waiting to say hello.

We empower our community by providing the tools, support, and skills to give people the freedom to connect on their terms.



Learn2Tech

Learn2Tech

Interested in learning digital skills? Our Learn2Tech program has been designed to teach you anything and everything about the digital landscape. All you need to do is choose your topic and join in with your very own, dedicated Digital Mentor.

Overview

Inclusee offers a digital mentoring service for seniors who would like to build confidence using digital technology and the Internet. Would you like to learn how to use the functions on your smartphone? How about connect with your family on Facebook? Or perhaps you would like to learn how to shop online? You can do it all in our Learn2Tech community! Your patient and knowledgeable Digital Mentor can guide and teach you anything you would like to know.

Sessions are conducted weekly with a friendly volunteer. Using a mix of telephone calls and secure, screen sharing technology on the Inclusee digital device you can become a digital guru all from the comfort of your own home.

The program is proven to be hugely beneficial, as it provides a safe and secure space for seniors to learn and navigate the digital landscape. This program is a great way to build confidence using digital technology, but also to support personal growth and social connection. Inclusee is confident you will not only gain digital skills but a lasting friendship with your volunteer.



Interests2enjoy





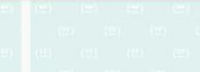
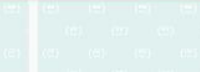












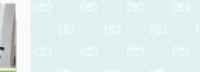
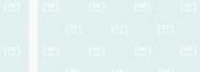












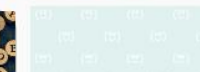
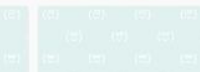

Interests2Enjoy

Overview of our Interests2Enjoy programs

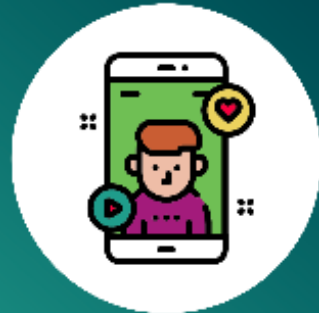
Interests2Enjoy are the Inclusive virtual clubs that encourage participants to discover new interests and revisit favourite activities in a community environment, as well as come together for special events.

We have developed fun and interesting programs for you to join in. You can play games, the ultimate online trivia, share your love of books and gardening or be whisked away on a virtual adventure, all from the comfort of your favourite armchair.

The programs are scheduled on the same day and time-slot each week. Each participant is provided with a digital tablet on loan that has been specially programmed with easy-to-use software and mobile internet connection built into the device via a SIM card. This enables each participant to access the Inclusive Community, even if there is no internet connection at home.

<p>TODAY</p>	 <p>In2Paint</p> <p>11:00AM</p>	 <p>Learn2GetStarted</p> <p>1:00PM</p>	 <p>In2Pets</p> <p>3:00PM</p>				 <p>Like to chat now? Join Now!</p> <p>9:00AM</p>
<p>TUESDAY 31st</p>	 <p>In2Travel</p> <p>9:30AM</p>	 <p>Guest Speaker from Live Up</p> <p>11:00AM</p>	 <p>In2Generations</p> <p>12:30PM</p>	 <p>In2Craft</p> <p>1:00PM</p>	 <p>Learn2GMail</p> <p>1:30PM</p>	 <p>In2Singing</p> <p>3:00PM</p>	 <p>Like to chat now? Join Now!</p> <p>9:00AM</p>
<p>WEDNESDAY 1st</p>	 <p>In2Books</p> <p>10:00AM</p>	 <p>In2Travel</p> <p>11:00AM</p>	 <p>In2Gardening</p> <p>1:00PM</p>	 <p>In2Games</p> <p>3:00PM</p>			 <p>Like to chat now? Join Now!</p> <p>9:00AM</p>
<p>THURSDAY 2nd</p>	 <p>Learn2GetStarted</p> <p>9:30AM</p>	 <p>In2Wellness</p> <p>10:00AM</p>	 <p>In2Trivia with Ellen Briggs</p> <p>1:00PM</p>	 <p>Learn2Shop</p> <p>2:00PM</p>	 <p>In2Sheds</p> <p>3:00PM</p>	 <p>In2Books</p> <p>4:30PM</p>	 <p>Like to chat now? Join Now!</p> <p>8:00AM</p>
<p>FRIDAY 3rd</p>	 <p>Digital Help Desk</p>	 <p>In2Receipes</p>	 <p>Learn2Ukulele</p>	 <p>Happy Hour Pub Trivia</p>			 <p>Like to chat now? Join Now!</p>

Tap here to Join in Now



Connect2One



Connect2You



Interests2Enjoy



Learn2Tech



Information



IncluseeRadio


RELOAD


SETTINGS

inclusee
Connecting Community 

Greetings

Join In

Services are free via the Commonwealth Home Support Program.

Get a referral directly through My Aged Care

or call InClusee on 1800 287 687