THE COMET

Journal of the Australian Pensioners' and Superannuants' League, Qld. Inc.

LACK OF SOCIAL HOUSING THROUGHOUT QUEENSLAND REQUIRES URGENT ATTENTION

At the September State Conference of the APSL held in Gympie, delegates expressed concern at the lack of social housing in our State.

At the same, in the media, QCOSS chief executive Aimee McVeigh said "it was clear Queensland is currently in a housing crisis".

"We would like an immediate investment of \$4.1 billion from the State Government to at least house the 14,700 families who are currently on the social housing register and classified as very high need [which] means they have no suitable or stable place to live," she said.

"Unfortunately, the pressure that's currently on the housing market is such that current investment is just not keeping up with demand."

"We have huge numbers of people moving into Queensland, we have more people under economic pressure ... we can't keep doing things the way we're currently doing them, we need to look at other solutions," Ms. McVeigh said.

Aimee McVeigh is certainly correct in saying that The thing is, there are many who could end up homeless as if 1,000 households will find accommodation in two years, what happens to the large remainder of those who are in dire needs.

In a Courier Mail article last week written by Jack McKay, he wrote about the State Government's "Help to Home" program which plans to source hundreds of homes from the private market to be used for social housing amid warnings of already extremely low vacancy rates throughout the State.

Under the scheme, the Government plans to house 1,000 households over a period of two years.

The State Housing department has insisted that the program will preference newly built homes or those not usually sourced from the private market.

Over 50,000 people are currently listed on the Social Housing Register. The State Budget last year allocated \$2.9 Billion which should result in 6,365 new dwellings by 2024.

What is the percentage of those on the waiting list will have a roof over their heads? 20 per cent; 30 percent? And if so, by when?

For those who have to flee their current homes because of Family Violence to find "emergency housing", and those who will increase the waiting list by 2024; what are their chances of finding accommodation?

The risk of homelessness is a clear and present continuing threat which has been brought about mainly by increased migration from southern states, thus causing rental market stress.

COVID should not be left out of the equation as there are those among us who have lost their accommodation due to loss of jobs and not being able to pay their rent and meet their outgoing expenses..

 Feed back to this community issue would be very much appreciated.
 Email: comet@apsl.com.au

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Commonwealth Respite and Life Flight Centre	
CRS (Commonwealth Rehabilitation Services)	
Human Services	1800 277 227
Family Court of Australia	
•	1300 352 000
Home & Community Care (65+ years)	1800 200 422
Human Rights & Equal Opportunity Comm.	1300 369 711
Immigration & Border Protection Department	131 881
Medicare	132 011
Migration Review Tribunal	1300 361 969
National Aboriginal & Torres Strait Islander	
Legal Services	1800 012 255
Pharmaceutical Benefit's Scheme	1800 020 613
Private Health Insurance Complaints	1800 077 308
Private Health Insurance Ombudsman	1800 640 695
Translating & Interpreting Service	1300 655 820
Veteran's Affairs Department	133 254

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Anti-Discrimination Commission	1300 130 670
Department of Communities	137 468
Department of Energy & Water Supply	
Electricity & Gas	134 387
Water	137 468
Energy & Water Ombudsman	1800 662 837
Health Ombudsmen	133 646
Legal Aid Qld	1300 651 188
Office of Fair Trading	137 468
Public Guardian (Adults & Children)	1300 653 187
Public Trustee	1300 360 044
Qld Competition Authority	07 3222 0555
Qld Ombudsman's Office	1800 068 908
Residential Tenancies Authority	1300 366 311
Safe Food Queensland	1800 300 815
Senior's Advocacy Information	
& Legal Services (SAILS)	07 3214 6333
Senior's Card	13 74 68
Senior's Enquiry	1300 135 500
Senior's Legal & Support Service	
Brisbane	07 3214 6333
Cairns	07 4031 7179
Hervey Bay	07 4124 6863
Toowoomba	07 4616 9700
Townsville	07 4721 5511
State Emergency Service Office	13 74 68
Youth & Family Support Service	07 3274 9917
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Community Support Services Service Directory Domestic Violence Crisis Line 1800 811 811

Immigrant Women's Support Service	07 3846 3490 07 3255 1420
Qld Aged & Disability Advocacy	1800 818 338
Seniors & Go Card	13 74 68
Senior Shopper	1300 360 265
Sexual Assault Help Line	1800 811 811
South Brisbane Immigration & Community Legal Service The Incapacitated Servicemen	07 3846 3189
& Women's Assoc. of Aust	07 3356 9022
Women's legal Service	07 3392 0670
National Welfare Rights Network	1800 358 511

Department of Health Service Directory

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Department of Health	1343 2584	
Health Services Info Line	07 3837 5986	
Medical Aids Subsidy Scheme	1300 443 570	
My Aged Care	1800 200 422	
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Contact APSL State Office to enquire about membership and a branch near you. You can still contact Head Office on the usual number.

APSL — MAKING A DIFFERENCE!

A MEMBER OF THE EVERYAGE **COUNTS COALITION OF ORGANISATIONS**



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EDITORIAL WITH CHERITH WEIS



Dear Friends,

I don't think many of us had any idea of the consequences of opening borders and lifting some restrictions. Yes, we were told that Omicron would be very contagious but the effects would not be as severe as Delta and past variants. The COVID positive numbers are certainly worrying and the deaths in Aged Care facilities are catastrophic.

How are you handling the situation in which we are finding ourselves? Have you contracted COVID or do you know someone who has? I do. I was told by this person of waking in the early hours with a "razor blade" sore throat; extreme pain in the lower back; a terrible headache all of which were frightening.

And still the Anti-Vaxxers wage their stupid /selfish campaign against protecting others and themselves.

We must observe the 1.5 metre social distancing rule (although some people have no idea how long 1.5 metres is); wear masks (Yes, they can be uncomfortable but are worn for protection); and observe cleanliness—wash those hands. Buy sanitizer and have it in the car, or on the kitchen bench.

COVID has caused us to lose income from hall hire which is our main source of income. We will reintroduce Capitation fees and the Conference levies again this year. Branches have not been asked to pay Capitation fees for two years.

• REMINDER TO BRANCH SECRETARIES

Please update your Branch member register which is held in Head Office.

If you don't have a copy of your register, please request a copy from of Office Manager, Anneliese.

Email her on admin@apsl.com.au Phone 07 3844 5878

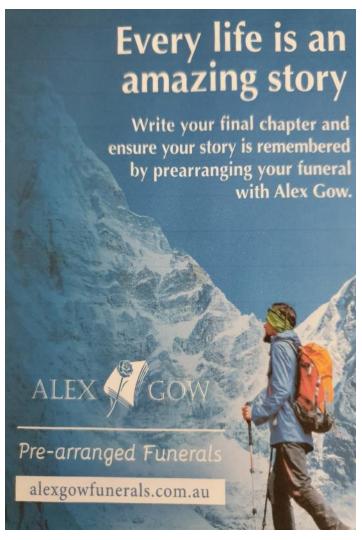
Or write to APSL, P.O. Box 5141, West End. Q. 4101.

Last week, we heard about another serious electric scooter accident in South East Queensland.

E scooters according to medical and ambulance authorities quotes, there has been an increase in reported accidents and need for medical attention. The QAS has been quoted as saying that head injuries and fractures are of particular concern. If you are hit by one of these scooters, insurance *may* be a problem.

APSL, at a previous conference expressed the need for the 25kph speed limit on Qld footpaths to be lowered to 10kph as in some other parts of the country. Your feed back is welcomed.

. Cherith Deis



SAID HANRAHAN by John O'Brien

"We'll all be rooned," said Hanrahan,

In accents most forlorn,

Outside the church, ere Mass began,

One frosty Sunday morn.

The congregation stood about,

Coat-collars to the ears.

And talked of stock, and crops, and drought,

As it had done for years.

It's looking crook," said Daniel Croke;

"Bedad, it's cruke, me lad,

For never since the banks went broke

Has seasons been so bad."

"It's dry, all right," said young O'Neil.

With which astute remark

He squatted down upon his heel

And chewed a piece of bark.

And so around the chorus ran

"It's keepin' dry, no doubt."

"We'll all be rooned," said Hanrahan,

"Before the year is out."

"The crops are done; ye'll have your work

To save one bag of grain;

From here way out to Back-o'-**Bourke**

They're singin' out for rain.

They're singin' out for rain," he said, Till every heart took up the song

"And all the tanks are dry."

The congregation scratched its head,

And gazed around the sky.

"There won't be grass, in any case,

Enough to feed an ass;

There's not a blade on Casey's place

As I came down to Mass."

If rain don't come this month." said Dan.

And cleared his throat to speak

"We'll all be rooned," said Hanra-

"If rain don't come this week."

A heavy silence seemed to steal

On all at this remark;

And each man squatted on his heel,

And chewed a piece of bark.

"We want an inch of rain, we do,"

O'Neil observed at last:

But Croke "maintained" we wanted two

To put the danger past.

"If we don't get three inches, man,

Or four to break this drought,

We'll all be rooned," said Hanrahan,

"Before the year is out."

In God's good time down came the rain;

And all the afternoon

On iron roof and window-pane

It drummed a homely tune.

And through the night it pattered still,

And lightsome, gladsome elves

On dripping spout and window-sill

Kept talking to themselves.

It pelted, pelted all day long,

A-singing at its work,

Way out to Back-o'-Bourke.

And every creek a banker ran,

And dams filled overtop;

"We'll all be rooned," said Hanrahan,

"If this rain doesn't stop."

And stop it did, in God's good time;

And spring came in to fold

A mantle o'er the hills sublime

Of green and pink and gold.

And days went by on dancing feet,

With harvest-hopes immense,

And laughing eyes beheld the wheat

Nid-nodding o'er the fence.

And, oh, the smiles on every face,

As happy lad and lass

Through grass knee-deep on Casey's place

Went riding down to Mass.

While round the church in clothes genteel

Discoursed the men of mark,

And each man squatted on his heel,

And chewed his piece of bark.

"There'll be bush-fires for sure. me man,

There will, without a doubt;

We'll all be rooned," said Hanrahan,

"Before the year is out." From the pen of John O'Brien (A priest by the name of Patrick Joseph Hartigan) "Around the Boree Log and Other Verses, 1921"

This poem — Said Hanrahan was first published in 1919.

John O'Brien and Dorothea Mackellar read our country well in their many poems.





NORTH ROCKHAMPTON BRANCH CHRISTMAS FUNCTION AT THE FRENCHVILLE









Top left —Dell, Daphne and Shirley

Centre left - Cherith and Maisie Bottom left Merv, Brian, Dave, Jody and Brian dent, Patricia Hare Mt Morgan Secretary and North Rockhampton's Brian Barton.

Top right — Val, Dudley and Greg.

Centre right—Shirley, Barry and Pat Hare Bottom right — Barry Hare Mt Morgan Presi

The Branch has currently put activities on hold because of COVID cases being reported in the district. NR is looking to re-start activates on Wednesday, February 23rd (the date of their next meeting).



A home gym: worth considering to maintain a healthy body and mind during periods of self-isolation By Anne Ring

Who knew that we'd be moving into a third year with waves of super-caution being advocated during ever-evolving forms of the virus? And with increasing numbers of booster shots whose efficacy could be waining as they increased in number?

What all of that adds up to is the possibility of recurring times when we are more or less confined to quarters, and there have been reports over the past two years on the negative impact that this has been having on the physical and mental health of older people. What can help to counter that is keeping up - or starting - an exercise regimen that continues to benefit our well-being as effectively as possible within our own homes.

And what that could involve is setting up a home gym. While that might sound a bit grand, and potentially expensive, it can - as we have found - be neither. Fortunately, one can go online and find second hand and/or reasonably priced new equipment which will do the job. We found a mix of these - well before the pandemic started - as we had realised that while we were not keen on going to a gym, we did want to keep fit into our older age, and decided that setting up our own circuit, in the garage and the spare room, could be the answer.

Having got the medical thumbs up for the sorts of exercise machines we had in mind, we built up our circuit, one machine at a time, to check if we actually had the motivation to use them once they were installed. With the help of headphone-channelled music for him and podcasts to keep me entertained, we did. We started with a second-hand exercise bike, then a modest rowing machine, and rounded up our trio with an elliptical trainer. In addition to our circuit we have our weights, and our core-building exercises. Together, they are doing the job.

By one of those coincidences that often happen, while I was developing this article I came across a Sydney Morning Herald feature on ageing well. And in it, geriatrician Dr Peter Lange gave an excellent summary of just how wide ranging that job can be, so I'll leave the last words to him.

As he put it, exercise "produces beneficial effects for pretty much everything we've ever looked at. [It] improves muscle strength, balance, bone density, and the immune, cardiovascular and respiratory systems. It boosts mood and supports brain and spinal health, too......And, by stressing the body, you're also getting it used to dealing with small perturbations."

Anne Ring, copyright 2022

FROM THE QUEENSLAND HEALTH WEBSITE If you need help finding suitable accommo-

How to isolate

If you get COVID-19, you will need to isolate yourself.

This is to help reduce the spread of COVID-19 to other people.

In most cases, you will be able to isolate in your own home.

If your home is not suitable, we can help you isolate somewhere else, like a hotel.

Quarantine is different to isolation.

If you are a close contact, read about how to quarantine.

- Stay at home
- You must not leave your home or accommodation.
- You can only leave your home for emergency situations like:
- going to a hospital for urgent medical care
- escaping harm or risk, including sexual or domestic and family violence
- in an emergency or disaster, such as a fire or flood.

If you are leaving isolation for these very limited reasons, you must wear a mask.

If you can't isolate at your home

You may not be able to isolate at home if you:

- are travelling and don't have a home in Queensland
- live in a share-house
- live with vulnerable or elderly people that you can't live with while you have COVID-19.

If you need help finding suitable accommodation, please call 134 COVID (13 42 68).

If you live within safe travelling distance of where you currently are, you may be able to travel home and complete your isolation there.

Monitor your symptoms

- Read about managing your symptoms at home and what to do if you get sicker.
- Reduce the chance of spread to people you live with
- You need to take steps to protect others from getting COVID-19. The people you live with, or care givers that visit you, should also follow some of these steps to protect themselves.

....

Avoid spreading Covid

Do not allow anyone to visit your home, unless it's for emergency, medical, or other essential care. That may include home care workers and nurses. You need to tell them you have COVID-19 before they arrive so they can prepare themselves to look after you.

If you live with an elderly person or someone with a compromised immune system or chronic illness, such as asthma or diabetes, they should stay elsewhere if they are able to. This is because they are at greater risk of being very sick if they get COVID-19.

As much as possible, you should stay away from other people you live with. This may include keeping 1.5 meters away from them, sleeping in a separate room and using a separate bathroom. Avoid shared areas, and avoid close contact with others, including touching, kissing, hugging and other intimate contact.

CHRISTMAS IN WARWICK







Warwick Branch held their Christmas
Party in early December with members
having a great time.

President Michael Holland has informed the Management Committee that they have been informed that the Warwick Cowboys premises is available to the Branch for meetings, but under strict COVID regulations.

Everyone who attends their meetings MUST be at least Double vaccinated.





ROAD SAFETY With LEYLAND BARNETT

PEDESTRIANS

I hope everyone has had a great time over the Christmas and New Year vacation.

I was doing some research in regards to road fatality statistics for 2021 and came across the figures for pedestrian fatalities. In 2021 there were 274 Queensland citizens that lost their lives on the roads and out of the total, there were 18 pedestrians.

Recently a 90 yr old man died while walking his dog in Ningi 1/2/2022, from being struck from behind by someone driving a utility. The dog was severely injured after being trapped under the vehicle. This incident highlights the dangers of pedestrians sharing our roads as they are one of the most vulnerable road users.

What things should you consider if you decide to go for a walk?

Consider things such as the safety of the road. A wide road allows for safer areas for pedestrians to keep clear of passing vehicles. A road that has little blind spots and clear vision on bends is also ideal for your safety. A road that is in good condition with pedestrian foot paths and without potholes or ruts to cause the possibility of tripping or falling should be considered. It is also best to choose a time of day when traffic is quiet and when visibility is unhindered by certain conditions such as smoke, rain or fog.

Managing risk is important and one of the reasons that pedestrians are injured on the

roads is due to a driver of a vehicle, not seeing or being aware of the pedestrian. How can a pedestrian make themselves stand out better to be more visible to drivers? If you intend to cross a road, ensure that you chose an area that is open and provides drivers a chance to see you from a distance. Make sure that you are wearing bright clothing or even a Hi-Viz vest to make you stand out from the surroundings. Be aware that the sun at certain times in the morning and afternoon can create a problem with drivers being able to see safely so please avoid walking on roads at those times. Use footpaths and designated crossings where ever possible and ensure that the driver of a vehicle has seen you by watching for them to slow down and give way for when it is appropriate. Never assume the driver knows the road rules or intends to follow the road rules.

Be aware of the risks as a pedestrian's chances of surviving an impact from a vehicle doing as little as 40 km/hr is very slim. That is one of the reasons why school zones are regulated to 40 km/hr in school zone times. Drivers need to be aware of speed zones as every K over the speed limit is deemed a killer as it impacts your reaction times as well as the physical stopping ability of the vehicle.

Stay safe this year and enjoy taking a walk safely, by minimizing risks.

PHOTOS SUPPLIED FROM GYMPIE BRANCH — CHRISTMAS FUNCTION



GYMPIE BRANCH CHRISTMAS



From Maureen in Gympie Branch

Gympie Branch held their Christmas party in early December at the Victory Hotel, which was attended by members and friends.

Included in the guest list, were some of the many artists who helped us with our concerts and entertained all who attended the APSL Conference Dinner in September.

Gympie will hold their first meeting for the year during the second week of February

Stay safe everyone.

BRANCH NEWS

We realise that Branches have been in recess over the past month or so, however some branches have supplied some notes. If any Branch has Christmas photos or for that matter photos taken during flooding in their particular area, please send them into The Comet on comet@apsl,com.au.

When sending them, please remember that at this end there is work to be done.

However, you can save me some work by "cropping" them - making sure that they are no bigger than 1 mb, and sent as an attachment (jPeg file) and one at a time, please.

Denise from Collinsville.

The Branch had a lovely lunch for their Christmas break -up, with a Secret Santa. All 19 members are looking forward to the New Year with their meeting on the 3rd. February.

Every Thursday of the month they all get together for various entertainment, cards, bingo, hoy and enjoy each other's company over morning tea.

Shirley from Clermont

The members of Branch are all enjoying their Christmas break, although they are only a small Branch they will start their meetings again in February. We wish them all the best for the New Year.

Supplied by Area Organiser, Anne Long.

Cherith from North Rockhampton

This branch had intended starting Indoor Bowls activities on Wednesday, January 19. A small number of members turned up and it was decided postpone activities until Wednesday, February 23rd which will also be the date of their next meeting, With Covid spreading to Central Queensland, it was decided to cease activities for the time being.

Amazing Maisie Hammond turned a fantastic 101 years of age on December 20 and there were so many good wishes received by Maisie.

We also offer sincere condolences to Maisie who also experienced the sad loss of her daughter, Gail. Sincere condolences to you, dear Maisie.

From June at Monto

Their Book shop opened on a half day basis during the holidays with some days better than others. They will hold their first meeting for 2022 in February.

From Lorraine at Chiiders

The Branch members have had a rest over the holidays. At this point in time there have been not reports of Covid. They will hold their first meeting in February.

From Barry in Hervey Bay

Members are down for the activities at the moment. Covid plans are in force for attendees. Have held a general meeting with another being held in early February.

From Frank in Caloundra

Not a lot happening at the moment and a BBQ at Bunnings has been cancelled. All are worried about the Bribie Island breakthrough and also unhappy about the jail being built in the centre of Caloundra. Still keeping in touch with other groups.

ARE YOU DOING THE RIGHT THING WHEN YOU DISPOSE OF CERTAIN ITEMS?

CONSUMER MATTERS—THIS MONTH'S SUBJECT

FLUSHABILITY

So Facial tissues look like toilet paper, don't they? So, they can be flushed down the loo? At least, flushing wipes down the loo we know might be a bit risky as they are a little different to those paper products, but why not, you might say to yourself.

When in doubt—DON'T!

The answer is **Do not flush anything but toilet paper.**

Paper towels and facial tissues; Baby and house-hold cleaning wipes; and feminine hygiene products are NOT flushable!.

Paper towels and tissues are **not** designed to break down in sewerage systems.

I have recently noticed shoppers in this current COVID Pandemic leaving supermarkets with an armful of either boxes of tissues or a couple of packs of paper towels.

I have thought to myself; "Please don't even think about flushing those items down the loo, people! Whether you are the owner of your place of residence or live in rented premises, you could end up with a whopping Plumber's bill, if you don't THINK before you flush."



P-L-E-A-S-E EXPLAIN

THE WORD - REDACTED

Have you ever used this word?

The headline on today's Courier Mail front page story contained the word ...

REDACTED is a word I have never used. Readers, have you?

From my Internet Dictionary

Used as -

- ♦ A confidential memo which has been REDACTED from 25 pages to just one paragraph
- Censor or obscure (part of a text) for legal or security purposes.

Cruelty Complaint Hotspots

MEDIA RELEASE

How animal-friendly was your suburb in 2021?

RSPCA Queensland Inspectors responded to 16,331 animal welfare complaints in 2021. 744 fewer cruelty complaints were reported compared to 2020. This reducing trend year-on-year is described as a "positive sign" by RSPCA Queensland spokesperson, Emma Lagoon.

The top types of welfare complaints received by the RSPCA were about: animals in poor condition, poor living conditions, animals being tethered, animal cruelty, animals without veterinary treatment, abandoned animals, animals without shelter and heat stress.

1,613 suburbs had at least one animal welfare complaint reported in 2021. 51 suburbs had over 50 animal welfare reports made to RSPCA Queensland.

Unfortunately, Caboolture continues to lead the list with 193 animal welfare complaints in 2021, an 8% increase. Morayfield follows with 140 along with Redbank Plains, both continuing similar trends. Despite Inala's complaints dropping in 2020 by 37%, the suburb had 129 reports made to the RSPCA last year, a 60% increase.

"While some suburbs have seen a reduction in cruelty complaints compared to last year, there is still more work to be done. This year we will increase our focus on supporting communities in complaint hotspot suburbs. Through community outreach programs, we aim to address the root causes of animal welfare issues through education and support with primary pet care needs and services," Ms Lagoon says.

Despite having over 50 welfare complaints, Kallangur, Pimpama and Brassall have seen 37% to 38% reductions in complaints last year which is promising for animals in those suburbs.

Council regions that received 49+ welfare complaints:

- LOGAN 12 suburbs
- MORETON BAY 8 suburbs
- IPSWICH 7 suburbs
- GOLD COAST 6 suburbs
- BRISBANE 5 suburbs
- TOWNSVILLE 3 suburbs

ROCKHAMPTON - 2 suburbs

Cairns, Fraser Coast, Gympie, Mackay, Whitsundays, Redland, South Burnett, Southern Downs and Sunshine Coast all had one suburb with 49+ complaints.

A full suburb breakdown can be found on the RSPCA Website.

"We hope that increased reports to our team about welfare concerns also means people are becoming savvier and more proactive in their suburbs and notifying our 1300 ANIMAL hotline when they have concerns," Ms Lagoon says.

If you see an animal welfare concern, report it to RSPCA Queensland on 1300 ANIMAL (1300 264 625) or email cruelty_complaints@rspcaqld.org.au. What happens after you report a welfare concern? Read more here.



Government releases overview of new home care program

The Federal Government has released its <u>Support at Home Program Overview paper</u>, which outlines what the program design could look like, including assessment, services, funding arrangements and care management.

The new program will start in July 2023 and will replace the Commonwealth Home Support Programme (CHSP) Home Care Packages (HCP) Program and Short Term Restorative Care (STRC)

Programme.

It was created as a response to the findings in the aged care royal commission.

According to the paper, Support at Home providers will be paid on a fee-for-service basis.

"Payments would be made based on the agreed prices for the service list, once services specified in a person's support plan have been delivered," the paper

A Point of Delivery Payment Platform is currently being developed and will enable providers to receive payments in real time, from both government and senior Australians.

"The platform would also assist in capturing information from providers about service delivery and their clients, automating reporting on service provision," the paper said.

Under the new program, providers and senior Australians will not be able to accrue unspent funds because providers will be paid as services are delivered.

"For example, if a person goes on holiday and does not require their cleaning services, the provider would not receive payment for them, and the senior Australian would not accrue their entitlement," the paper said.

A Point of Delivery Payment Platform is currently being developed and will enable providers to receive payments in real time, from both government and senior Australians.

Supporting informal carers

Informal carers will also be supported through the program, with improved integration between My Aged Care and the Carer Gateway.

"The Carer Gateway will enable carers to book respite services in advance and provide assistance through counselling, coaching, peer support and skills training," the paper said. "There is also access to specialised dementia carer education through the Carer Gateway."

The outcomes of a senior Australian's assessment and their service recommendations will be reflective of the support provided by their informal carer, with the new assessment tool to compile information about the carer and their identity.

Self-managed care

Under the new program, clients will be able to self-manage their care and even use multiple service providers if they wish. "The Approved Provider model is under review, with alternative approaches with risk-proportionate regulation and market-entry requirements under development," the paper said. "The intent is to assure safe and quality care can be delivered with appropriate oversight, including by small businesses, without undue administrative burden."

Self-management will be enabled by a new payments platform that will allow senior Australians and providers to view the person's entitlements and book and pay for services at the point of delivery.

Under the new program, clients will be able to self-manage their care and even use multiple service providers if they wish.

This information was received from the Australian Ageing Agenda— Community Care Review. I believe they are waiting to hear from you about your ideas and suggestions.

Email — response@australianageingagenda.com.au

Message to Branches

This space box is provided to insert your

Branch contact details when you leave The

Comet at Doctors' Surgeries /Libraries and so on



QUEENSLAND AND PENSIONER SE

CODE of ETHICS and PERSONAL CONDUCT

The Australian Pensioners' & Superannuants' League (Qld) Inc.

Be patient and courteous in all dealings with fellow members.

Be inclusive - Members to welcome and support people of all backgrounds and identities and discriminate against no one.

Be considerate - Each member should respect fellow pensioners and superannuants. Our decisions and comments will affect our fellow members, therefore we must always take this into consideration.

Be respectful - Each member may not agree all the time, but disagreement is no excuse for disrespectful behaviour. Each member may experience frustration from time to time, but we cannot allow this to become a personal attack. An environment where people feel uncomfortable or threatened is not productive or creative and not in the best interest of The League.

Choose your words carefully - Always conduct yourself professionally. Harassment and exclusionary behaviour is not acceptable in The League. Differences of opinion and disagreement will occur, each member must resolve and disagreements and differing views constructively and respectfully.

Our differences can be our strengths - Members can find strength in diversity. Different people have varying perspectives on issues, and that can be valuable for solving problems or generating new ideas for the betterment of The League.

APSL Mission Statement

To lobby powerfully with governments at all levels and private sector agencies, and within community sector, to promote all aspects of the security, well being and dignity of
pensioners of all ages, superannuants, other self-funded retirees, low income families
and other disadvantaged people, including Aboriginal & Torres Strait Islander (ATSI) and
Culturally & Linguistically Diverse (CALD) peoples.