

Living Well

POSITIVE AGEING IN GREATER DANDENONG

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The City of Greater Dandenong prides itself on building an active, engaged and resilient community, no matter your age or stage of life. A key part of achieving this goal is ensuring that older people are supported, valued and encouraged to remain active members of our community. We achieve this through providing high quality services, engaging activities and opportunities which all support older people to live meaningful and fulfilling lives.

We are pleased to provide the first edition of *Living Well*, our quarterly newsletter that promotes positive ageing in the City of Greater Dandenong. Each edition will feature special events, relevant community updates and seasonal health information.

For more information please contact our Positive Ageing Team on 8571 5503 and ask for Tracey, James or Kevin.



Mandy Gatliff
Manager Community Care

Collect from Customer Service Centres located at:

- Dandenong Civic Centre
- Parkmore Shopping Centre
- Springvale Community Hub

Subscribe to receive electronically:

greaterdandenong.vic.gov.au/living-well-greater-dandenong

Ageism. Know it. Name it.



Years of research and experience have shown that the term 'ageism' is not as well known or understood as other forms of prejudice and discrimination. This is part of the reason that ageism is widely accepted, in spite of the negative impacts on people's lives and our community. By **knowing it** and **naming it** we are in a stronger position to act.

Ageism awareness is part of the EveryAGE Counts Campaign with a challenging goal: to shift social norms (those unwritten rules of common thinking and behaviour) and positively influence the way Australia thinks about ageing and older people.

What is ageism?

Broadly speaking, ageism can be defined as prejudice expressed toward a person because of their age. It includes stereotyping, discrimination and mistreatment. While ageism can affect anyone of any age, the EveryAGE Counts campaign is focusing on addressing ageism relating to older people. In this context, ageism comes from negative attitudes and beliefs about what it means to be an older person.

As a form of discrimination, ageism has three key aspects:

1. Prejudicial attitudes towards older people, including some attitudes held by older people themselves.
2. Discriminatory practices against older people, for instance in employment, insurance or health care.
3. Institutional practices, policies and behaviours that perpetuate negative stereotypes and undermine dignity – including language and representation in the media and cultural settings.

Why do we need a campaign to tackle ageism?

Ageism is not benign or harmless. It is a big problem because it impacts on our confidence, quality of life, job prospects, health, and control over life decisions. It is pervasive but often hidden. It can distort our attitudes to older people and ageing and have profound negative impacts on our personal experience of growing older.

The impacts of ageism can prevent or limit us from contributing and participating in our communities – socially, economically and as full citizens – and even impact our physical health and longevity. As well as its individual impacts, ageism can also deny society the enormous range of benefits that can flow, economically and socially, from the full participation of older people.

What is the campaign's long-term vision?

The EveryAGE Counts campaign vision is "a society where every person is valued, connected and respected regardless of age and functional health".

Take the quiz to learn about ageism and make the pledge to support people of all ages.

For more information please visit www.everyagecounts.org.au.



Day Trips for Seniors



Visit Lysterfield Lake and lunch at Stella's Kitchen The Orchard at Montague

Date: Tuesday 11 January, 2022 **Time:** 10am – 3pm

Departure/Return: Noble Park Aquatic Centre, 9 Memorial Drive, Noble Park

Transport cost: \$5

Lunch: Purchase at restaurant (\$25+). No outside food allowed

Walking Level: Low



Blue Lotus Water Garden and short break along the Yarra River

Date: Tuesday 18 January, 2022 **Time:** 9.30am – 4pm

Departure/Return: Noble Park Aquatic Centre, 9 Memorial Drive, Noble Park

Transport cost: \$15

Admission: \$20

Lunch: Bring your own or purchase

Walking Level: Moderate – High



Caldermeade Farm and Bassine Specialty Cheeses

Date: Tuesday 1 February, 2022 **Time:** 9am - 4.30pm

Departure/Return: Noble Park Aquatic Centre, 9 Memorial Drive, Noble Park

Transport cost: \$15

Lunch: Bring your own or purchase at cafe

Walking Level: Low



Yarragon township

Date: Tuesday 8 February, 2022

Time: 9am – 4pm

Departure/Return: Noble Park Aquatic Centre, 9 Memorial Drive, Noble Park

Transport cost: \$20

Lunch: Bring your own or purchase

Walking Level: Moderate – High



Phillip Island

Date: Tuesday 22 February, 2022 **Time:** 8.30am - 4.30pm

Departure/Return: Noble Park Aquatic Centre, 9 Memorial Drive, Noble Park

Transport cost: \$20

Lunch: Bring your own or purchase at café

Walking Level: Medium

Day Trips for Seniors



Puffing Billy, Belgrave to Lakeside return

Date: Tuesday 1 March, 2022

Time: 10am – 3pm

Departure/Return: Noble Park Aquatic Centre, 9 Memorial Drive, Noble Park

Transport cost: \$5

Train ticket: \$50 Concession

Lunch: Bring your own or purchase at café

Walking Level: Low



Queen Victoria Market

Date: Tuesday 15 March, 2022

Time: 9.30am – 3pm

Departure/Return: Noble Park Aquatic Centre, 9 Memorial Drive, Noble Park

Transport cost: \$10

Lunch: Bring your own or purchase

Walking Level: Moderate – High



Direct Factory Outlets - South Warf, Melbourne

Date: Tuesday 29 March, 2022

Time: 9.30am - 3pm

Departure/Return: Noble Park Aquatic Centre, 9 Memorial Drive, Noble Park

Transport cost: \$10

Lunch: Bring your own or purchase at cafe

Walking Level: Low

Bookings for day trips in January are open.

Bookings for day trips in February and March open 9am, Tuesday 18 January.

In accordance with government regulations, proof of COVID –19 vaccination is required to visit these venues and attend these day trips.

Masks must be worn on bus at all times.

Participants using this service need to be independent and mobile.

Mobility aids are accommodated.

Participants must be residents of the City of Greater Dandenong and become registered users of the Community Transport Service.

Admission prices are accurate at the time of printing but subject to change by the venue.

Limited seats available and will be allocated on a first to book basis. Bookings accepted by phone only.

24-hour cancellation policy applies.

Limit of one trip per month.

Terms and conditions apply.

Bookings/enquiries phone: 8571 5556

COVID-19 Vaccination



Why get vaccinated?

- It significantly reduces your risk of getting COVID-19.
- It protects against becoming very sick if you do get COVID-19.
- It helps protect your family, friends and community.
- It gets us back to good things in life.

What are the COVID-19 Vaccines?

Australia has approved the Pfizer (Comirnaty), Astra Zeneca (Vaxzevria) and Moderna (Spikavex) vaccines against COVID-19. Which one you get depends on different factors like your age.

Who can get vaccinated?

Anyone aged 12 years and older can get vaccinated.

How can I get vaccinated?

COVID-19 vaccines are free for everyone in Australia.

You can make an appointment at a Vaccination Centre. Many local pharmacies, medical centres are now also offering vaccines.

You do not need a Medicare card to get a vaccine at a Vaccination Centre.

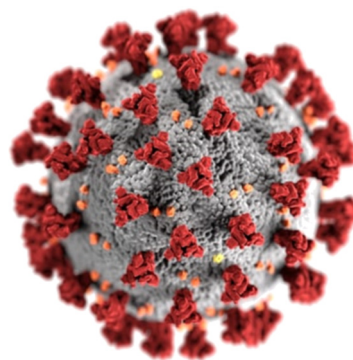
If you do not have a Medicare card you cannot get a vaccine at a doctor's clinic (GP clinic).

Possible side effects

The COVID-19 vaccine can have some side effects. These are usually mild and usually last for one or two days. Common side effects are:

- Headache
- Sore, red or itchy arm
- Chills
- Joint pain
- Fatigue

Serious side effects are rare. If you are unwell after your vaccination, see your doctor immediately.



For more information and to book your vaccination appointment:

Online: coronavirus.vic.gov.au/vaccine

Phone: 1800 675 398. If you need an interpreter select 0.

If you need assistance with transport to a vaccination clinic phone the Positive Ageing Team on 8571 5503.

EXTREME HEAT CAN AFFECT ANYBODY

HEAT EXHAUSTION

DIZZINESS
& HEADACHE

PALE COMPLEXION
& SWEATING

RAPID HEART RATE

NAUSEA
& VOMITING

FAINTING

MUSCLE CRAMPS
& WEAKNESS

WHAT TO DO

- GO TO A COOL AREA AND LIE DOWN
- FAN IF POSSIBLE
- DRINK COOL WATER IF NOT VOMITING
- REMOVE OUTER CLOTHING
- WET SKIN WITH COOL WATER OR WET CLOTHS
- SEE A DOCTOR

HEAT STROKE

A LIFE THREATENING EMERGENCY. CALL (000).
SAME SYMPTOMS AS HEAT EXHAUSTION
EXCEPT SWEATING STOPS.

CONFUSED &
DELIRIOUS
MENTAL STATE

SEIZURE

UNCONSCIOUSNESS

STROKE-LIKE SYMPTOMS
OR COLLAPSING

STROKE SYMPTOMS - THINK FAST
F - FACE DROPPED
A - CAN THEY LIFT BOTH ARMS?
S - SPEECH MAY BE SLURRED
T - TIME IS CRITICAL.
CALL 000.

WHAT TO DO

- CALL AN AMBULANCE
PHONE 000
- GET THE PERSON
TO A COOL AREA
AND LAY THEM DOWN
- REMOVE CLOTHING
- WET SKIN WITH WATER
FANNING CONTINUOUSLY
- POSITION AN UNCONSCIOUS
PERSON ON THEIR SIDE
AND CLEAR THEIR AIRWAY

For more information visit: betterhealth.Vic.Gov.Au/heat
Call nurse-on-call on [1300 60 60 24](tel:1300606024) for 24-hour health advice, or see your doctor
if you are unwell in an emergency, call 000



What my **wee** is telling me!

The colour of your wee can help tell you
if you been drinking enough water



(Information sourced from Yarra Valley Water and Western Water).



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greaterdandenong.vic.gov.au



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