

A community for all ages



MORNINGTON
PENINSULA
Shire

Edition 24
Autumn 2021

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Ageing well on the Mornington Peninsula

As we continue to understand what a COVID Safe world looks like, this edition considers ways to stay informed and connected with the community.

Nominations for the Delys Sargeant Age-Friendly Awards commence in April, giving you an opportunity to recognise those contributing to building a stronger community for older people on the Peninsula.

With more Australians spending more time close to home, transport and

mobility options have become increasingly important.

We are pleased to present some free opportunities that you might benefit from if you are travelling around the Peninsula.

Have you considered volunteering? We put a spotlight on the TAC's L2P program supporting the next generation of road users.

We hope you enjoy this edition and please continue to stay safe, active and connected.

To join the mailing list or view electronically:

- ➔ mornpen.vic.gov.au/PositiveAgeingNewsletter
- ➔ positiveageing@mornpen.vic.gov.au



Mornington Peninsula Shire acknowledges and pays respect to the Boon Wurrung/Bunurong people, the traditional custodians of these lands and waters.

We are committed to the cultural safety of older people of Aboriginal and Torres Strait Islander, culturally and linguistically diverse and LGBTI backgrounds.

Everyone has the right to be safe

No one deserves to be abused. Elder abuse is any act which causes harm to an older person and is usually carried out by someone they know and trust such as a family member or friend. The abuse may be:

EMOTIONAL

Using threats, humiliation or harassment, causing anguish and feelings of shame or powerlessness.

NEGLECT

Failing to provide the basic necessities of life, either intentionally or unintentionally.

FINANCIAL

Using monetary assets illegally or improperly, or forcing someone to change their will or sign documents.

PHYSICAL

Inflicting pain or injury, by hitting, slapping, pushing or using restraints.

SOCIAL

Preventing contact with relatives, friends or service providers or restricting activities.

SEXUAL

Any sexual activity for which the person has not consented.



Elder abuse can happen to any older person. While it's under-reported, the World Health Organisation estimates that it affects between one to 10 per cent of older people worldwide.

Seniors Rights Victoria provides free advice and support to help prevent elder abuse and safeguard the rights of older people.

Services are free and include a Helpline. Seniors Rights Victoria also provides leadership on policy and law reform and works with other organisations to raise awareness of elder abuse.

To report elder abuse, contact Senior Rights Victoria, confidential helpline:

☎ 1300 368 821

🌐 seniorsrights.org.au

If you are in danger ☎ 000

Free legal advice clinics

The Peninsula Community Legal Centre (PCLC) is launching a new legal service for ages 65 and over.

The centre will be offering free monthly elder law clinics at its Rosebud office to provide advice in private one-to-one appointments.

Elder law focuses on protecting older people's rights and assets. It's also about respecting a person's wishes at a time when they're most vulnerable.

Issues you can discuss are wills, delegation of decision-making, aged care facilities and retirement village contracts, guardianship, financial disputes, physical or financial abuse, and mistreatment in aged care.

The Royal Commission on aged care has revealed that financial exploitation and abuse of older people is on the rise.

Elder-specific advice will be provided at the clinic by lawyers from PCLC and prominent Australian law firm Russell Kennedy.

Starting on **Friday 16 April**, the clinics will be held on the third Friday of every month from 9am – 5pm at PCLC's Rosebud office, 1375 Point Nepean Road. Appointments are essential.

To book, call PCLC on 📞 9783 3600



Peninsula
Community
Legal Centre

Delys Sargeant Age-Friendly Awards return in 2021

Let's celebrate contributions towards an age-friendly Peninsula.

Introduced by the Shire in 2014, in collaboration with the Peninsula Advisory Committee for Elders (PACE), the awards are named in honour of Delys Sargeant (OAM).

Delys was the founding chair of PACE and was integral in shaping Council's current approach to supporting our community to age well.

The Delys Sargeant Age-Friendly Awards therefore recognise local initiatives, clubs, groups, services, businesses, or persons of any age contributing to building a stronger community for older people on the Peninsula.

Nominations open on Monday 19 April for contributions in three categories:

- **Mayor's Senior Award** for persons **aged 50+**
- **PACE Age-Friendly Community Award** open to a local initiative, club, group, service, business, or person of **any age**
- **Promotion of Intergenerational Opportunities Award** open to a local initiative, club, group, service, business, or person of **any age**.

Nomination forms can be collected from your local Customer Service Centre or downloaded at:

📍 mornpen.vic.gov.au/delys-sargeant-awards

For more information, contact the Shire's Seniors Inclusion Officer on: 📞 5950 1698

✉️ positiveageing@mornpen.vic.gov.au

FREE Senior Driver Programs

Courses and expos are conducted in small groups that help build confidence in driving since Coronavirus lockdowns.

Expos include a driving assessment in your own vehicle plus a vehicle check by VicRoads, and are held at Hastings, Mornington, Rosebud and the Southern Peninsula throughout the year.

Next Senior Driver Expo with BBQ lunch

Wednesday 5 May, 8am – 4pm

**Rosebud Memorial Hall
994 Point Nepean Road, Rosebud**

Bring your car and receive advice from VicRoads about how to keep it roadworthy.

Participants receive:

- VicRoads inspection of your car and a free driving assessment – check driving techniques and vehicle safety information to support driving with confidence.
- Specialist advice on taking care of tyres by a VicRoads tyre expert.
- A presentation on Road Safety for Seniors – advice on driving safely and promoting safer road user behaviours.
- Updates on health, interactions of medicine with driving and the newer road rules.
- The opportunity to ask questions of the Victoria Police Highway Patrol.

Wiser Driver Program

This program gives senior drivers a chance to share ideas and experiences and become safer drivers.

The course has four sessions held over four weeks and is designed to encourage a friendly, informal and thought-provoking atmosphere.

The course covers:

- Advice about the effects of alcohol and medications, fatigue and poor eyesight.
- Information on safer vehicles and planning for the future.

Courses are run at local venues such as retirement villages. Dates and times can be arranged to suit your group.

The Wiser Driver Program is run by RoadSafe South East in partnership with Hawthorn Community Centre, Local Government, Victoria Police and local groups.

For bookings and further information for both senior driving programs, contact **Nancye-Joy Gardner**, Wiser Driver Facilitator, RoadSafe South East Inc:
📞 0419 398 695 📧 nancye.seniordrivers@outlook.com



RoadSafe

South East



MORNINGTON
PENINSULA
Shire



Volunteer mentor drivers wanted for TAC L2P Program

Mornington Peninsula Shire is on the look-out for experienced drivers to help supervise learner drivers as part of the TAC L2P program.

The L2P program is funded by the Transport Accident Commission (TAC), managed by Department of Transport and supported by the Victorian Government.

The Shire is hoping to recruit new mentors into the program who can work with young people across the Mornington Peninsula to achieve their required 120 hours of driving experience.

Those who are fully licensed, are over 21 years and are wanting to help out young people in the community for a couple of hours a week are encouraged to apply.

The successful applicants will be provided with full training and use of program cars. All insurances are covered during the program and ongoing support is provided.

For more information, visit

mornpen.vic.gov.au/l2pmentorapplication

Did you know?

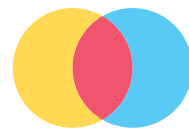
Uber Now Part of the Multi Purpose Taxi Program (MPTP)

Members of the Multi Purpose Taxi Program (MPTP) can now use Uber to take subsidised trips. Victorians with disability and accessibility needs now have more subsidised transport options, thanks to a partnership between Commercial Passenger Vehicles Victoria and rideshare service Uber.

For more information contact Commercial Passenger Vehicles Victoria:

cpv.vic.gov.au

FREE Safer Scooter Wiser Wheelchair Course



ACCESS
Health & Community



**MORNINGTON
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Next course: Tuesday 13 April, 10am – 3pm Rosebud Memorial Hall, 994 Point Nepean Road, Rosebud

Designed to educate those who own or intend to purchase a Motorised Mobility Device (MMD) or wheelchair, Mornington Peninsula Shire, in collaboration with leading agencies, is providing free courses in scooter, wheelchair and senior driving safety.

Through sharing ideas and experiences, the program aims to improve safety and build confidence.

Refreshments are provided.

The five-hour session run by Access Health and Community, in conjunction with the Shire, will cover:

- safe and responsible driving practices
- road rules and legal requirements
- how to get on public transport and use local services (e.g. accessible toilets)
- choosing the right motorised vehicle and more.

For bookings or to express your interest, contact **Claire Davey, Traffic and Road Safety Officer:**

📞 5950 1959

Volunteering in a COVID Safe world

Can I get back to volunteering? Yes, you can!

Volunteering provides fundamental help to the most vulnerable members in our community. If you were a volunteer prior to the pandemic or wish to start volunteering now, organisations are ready to recruit with COVID Safe protocols in place. Protocols that protect you and others from any potential risks and allow you to continue giving back to your community.

Volunteering within your community can take many forms, from informal volunteering to volunteering within an established organisation. Whether for short periods of time or ongoing, in person or remotely, there are roles to suit everyone. In exchange, you give back in a meaningful and enjoyable way while continuing to participate in your local community.

You can always discuss with the organisation of your choice their requirements and COVID Safe practices prior to applying.

It is important to note, you're not obliged to continue to volunteer if you do not feel comfortable or are unable to do so anymore.

To speak to someone, visit or call:

Mornington Community Information and Support

320 Main Street, Mornington

☎ 5975 1644

Westernport Community Support

185 High Street, Hastings

☎ 5979 2762

Or check volunteering opportunities online:

Volunteering Mornington Peninsula

🌐 volmornpen.com.au

Seek Volunteer

🌐 volunteer.com.au

Volunteering Victoria

🌐 volunteeringvictoria.org.au

Impact Volunteering

🌐 impactvolunteering.org.au

For more information about volunteering on the Mornington Peninsula, please contact:

🌐 volmornpen@mornpen.vic.gov.au



Mornington Community Information and Support Centre



Volunteering is a rewarding activity

Free energy advice and access to grants

Are you having trouble paying your energy bills?
Do you want to lower your energy costs? Are you interested in making your home warmer in winter or cooler in summer?

The Brotherhood of St. Laurence, Uniting, and the Australian Energy Foundation have launched a FREE service – the Energy Assistance Program – designed to help eligible Victorians save on their electricity and gas bills. This service is independent of energy companies and supported by the Victorian Government.



The program can help you to:

- Find a cheaper energy offer – this could save you hundreds
- Ensure you are receiving the energy concessions you are entitled to – to help lower your energy bills
- Get help from your retailer if you are struggling to pay your energy bill or get help
- Fix a billing error
- Access a utility relief grant or develop a payment plan with your retailer
- Improve the energy efficiency of your home
- Access the \$250 Power Saving Bonus if you're eligible.

Eligibility criteria include experiencing any hardship due to COVID-19. Find out more:

- ✈ bsl.org.au/energy-assist
- 📞 1800 830 029 (toll-free)

Have your say

As a community newsletter, we would welcome your input. What type of information would you like to see each season? Do you have a community event that you would like to advertise?

Please email your ideas to:

✈ positiveageing@mornpen.vic.gov.au

We are committed to Positive Ageing.

For a copy of the Positive Ageing Strategy:

📞 5950 1000

✈ positiveageing@mornpen.vic.gov.au