



What's On @  
[April 2019]

Engadine  
Community Services

**A NOTE FROM THE EDITOR** ECS Manager, Melinda Paterson

Wasn't March a great month?! We had a few new activities that had a great turnout, including the Women's Health Forum, as part of the 50+ Club. The new Games Group is starting on 4th April [see ad below].

At ECS, we strive to support seniors to live independently and safely in their own homes. We sometimes hear from our clients that they fear losing control of their lives, especially paying for expensive services they haven't asked for or finding themselves no longer in control of their assets. It is an unfortunate reality that commercial scams exist, shonky tradespeople can target elderly people they think have money and, sadly, it can even be family and friends who take advantage. If this is a concern for you, please call us. You have the right to make choices, including who is in your home and how your money is spent. Kylie and I understand that situations involving loved ones can be complex and require sensitivity, so we will listen carefully to you, and support you to find a solution that makes you feel safe.

You can call me anytime on 9520 7022, email on [melindap@ecs.org.au](mailto:melindap@ecs.org.au) or catch me in the office; Kylie Voysey is our Aged Services Coordinator and in on Tuesday, Wednesday and Thursday most weeks.

**NEW IN OUR CALENDAR** [www.ecs.org.au/what-s-on](http://www.ecs.org.au/what-s-on)

✓ Wednesday 10 April - Aged Services **Friendship Bus** to GyMEA Bowling Club

**NEW IN OUR SERVICES** [www.ecs.org.au/activities](http://www.ecs.org.au/activities)

**50+ CLUB: Games Group**

**WHEN:** 1st & 3rd Thursday of every month, 2.30 pm to 4.30 pm

**WHERE:** ECS, 1034-1036 Old Princes Hwy, Engadine

[tel: 9520 7022]

**GAMES PROVIDED INCLUDE:**

- > CANASTA
- > BINGO
- > CARDS
- > SCRABBLE
- > DOMINOS
- > MAGIC MOMENTS
- > RUMIKINS
- > FAMILY FEUD
- > UNO



JOIN WHEN YOU WISH **NO OBLIGATION TO ATTEND EVERY TIME**

# Quick Tips for Scam Awareness

EC S Building Communities Coordinator, Lee Brack recently went to some training about the NBN and scams:

- ◆ Experts recommend not to give personal details over the phone to people who may be fishing for information; the DNC (do not call) function only works for Australian based phone numbers at this moment.
- ◆ Do not allow anyone to remotely access your computer, as it also gives them enough information for Identity theft etc.
- ◆ Encourage anyone who is caught in a scam to report to the police, ACCC, Department of Fair Trading and SCAM Watch. Any details you can get will help Fair Trading start prosecuting eg. phone numbers, names, addresses, photos etc.
- ◆ Please read any contract you sign. If it is not explained to you, or if you're harassed to sign and things go wrong, call Fair Trading. Phone 13 32 20 [8.30 am - 5 pm weekdays] or <https://www.fairtrading.nsw.gov.au/>.
- ◆ Avoid cold callers – door knockers, phone calls, and shopping centres where they want to sign up now - just ignore.

## Seniors Short Story Writing Competition

Are you passionate about expressing creativity in writing? Would you like to share your story?

The Seniors' Stories Volume 5 writing competition is now open and the theme is 'Love Your Life'. *[ECS volunteers may be able to type up your entry, if you don't have a computer]*

The 100 best entries will be published and the authors will receive an invitation to the book launch at the NSW State Parliament.

Submissions open on 1 March and close on 22 May 2019, and all NSW Seniors Card members are encouraged to enter.

<https://www.supportservices.org.au/noticeboard/file?id=1704050ded73e8104f54b689043eae5f&file=file>



The  
Department  
of Health

### New Charter of Aged Care Rights

The *Australian Charter of Aged Care Rights* helps create a shared understanding about the rights of people receiving Commonwealth subsidised aged care, their family, friends and carers, and aged care providers and their staff, helps everyone work together to achieve safe and high quality aged care.

I have the right to:

- 1) safe and high quality care and services;
- 2) be treated with dignity and respect;
- 3) have my identity, culture and diversity valued and supported;
- 4) live without abuse and neglect;
- 5) be informed about my care and services in a way I understand;
- 6) access all information about myself, including information about my rights, care and services;
- 7) have control over and make choices about my care, and personal and social life, including where the choices involve personal risk;
- 8) have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions;
- 9) my independence;
- 10) be listened to and understood;
- 11) have a person of my choice, including an aged care advocate, support me or speak on my behalf;
- 12) complain free from reprisal, and to have my complaints dealt with fairly and promptly;
- 13) personal privacy and to have my personal information protected;
- 14) exercise my rights without it adversely affecting the way I am treated.

*This publication is possible through the support of Australian Government Department of Social Service [Commonwealth Home Support Programme], NSW Department of Family & Community Services [Community Builders] & Sutherland Shire Council [Community Centre Funding]; however, the material contained herein does not necessarily represent their views.*