

Midwest seniors invited to info session on aged care

Navigating your way through the aged care system is one of the challenges faced by many older Australians including people living in Geraldton and the Midwest Region.

Now, Advocare is inviting older Midwest residents and their families and carers to a series of special information sessions in **Geraldton and Kalbarri from 25 to 28 November 2019**.

The sessions will help older people and their families find answers to some of the common questions posed by the aged care system as well as providing information and support on other age-related issues such as elder abuse.

Advocare is an independent, community-based, not-for-profit organisation that supports and protects the rights of older people in Western Australia through advocacy, information and education.

Advocare's Chief Executive, Diedre Timms, said an aged care navigator and an older person's advocate would provide information on a range of topics at the session.

"Advocare is part of an exciting national trial, funded by the Australian Government Department of Health, to assist people to access and understand the aged care system," Ms Timms said.

"Working your way through the complexities of the aged care system can be a daunting experience and the navigators can help guide people through the maze of choices they may have to make.

"These include how to access aged care, how Advocare can help, future planning and common problems and solutions.

"We'll also be providing information on the risks of elder abuse and if you are experiencing elder abuse what you can do about it."

Older people are welcome to attend with family members or a carer. Resources for attendees to take home with them will be available on topics including empowering people, how to care for your assets, answers to common aged care queries, direct care plans and restorative care.

Details of the information sessions can be found on the following page.

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www.advocare.org.au

Phone 08 9479 7566

Country callers 1800 655 566

WA Elder Abuse Helpline 1300 724 679

The Midwest community information sessions will be held as follows

Geraldton - 25 November from 2pm to 4 pm at Northgate Shopping Centre, Chapman Road. Contact Christine Driscoll on 9921 6975.

Geraldton – 26 November from 10am to 12 noon at Stirlings Central Shopping Centre, Sanford Street. Contact Eryn Leonard on 9964 6735.

Geraldton – 26 November from 1pm to 3pm at QE11 Community Centre, Durlacher Street. Contact Rosetta Finlay on 9956 6636.

Kalbarri – 28 November from 10am to 12 noon at Kalbarri Seniors Group, Sport and Recreation Centre, Porter Street. Contact Heather Smith on 9937 2269.

Queries about the sessions can also be directed to Advocare on 1800 655 566.

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