

Port Hedland 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 Port Hedland.

Now, Advocare is inviting older Port Hedland residents and their families and carers to special information sessions in Port Hedland on **Monday 2nd December and Tuesday 3rd December 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's 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," Ms Timms said. "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."

The community information sessions will be held at **South Hedland Square, 9-31 Throssell Road, South Hedland from 2pm to 4pm on Monday 2nd December 2019, and from 2pm to 4pm at Port Hedland Boulevard, 150 Anderson Street, Port Hedland on Tuesday 3rd December 2019**. 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.

For queries about the information session, contact Advocare on 1800 655 566.

**Media contact: Joanne Fowler Mobile 0408 878 817
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www.advocare.org.au

Phone 08 9479 7566

Country callers 1800 655 566

WA Elder Abuse Helpline 1300 724 679