



COMPUTING FOR SENIORS:

I'm here to help older people with their computer problems. I can tell them that it's not as hard as they may think. Computers don't talk back, they don't hit you, it's just a machine that you want to control and I can help. Contact me when you have a computer problem and I can help you out. Failing that, just hit all the buttons and see what happens, but always read what it says on the screen and you might find the answer.

Bente Jensen



SOUTHERN HIGHLANDS COMMONWEALTH RESPITE CENTRE:

We look after unpaid family carers, anyone looking after somebody with a disability, an aged person, with a chronic illness or a mental health condition.

Wai Lan and Clinton Ramsay



AGED-CARE RIGHTS SERVICES:

I'm an advocate with a community legal centre operating across NSW, with our office in Sydney. We offer free legal advice to people over sixty in NSW. The majority of our clients are pensioners who might otherwise be reluctant to approach a solicitor. We are mainly a phone-in service and it's a free-call from this region on 1 800 424 079. When someone rings they can talk to a solicitor or an advocate and if we'll help them if we can and if not, we'll refer them to someone who can.

We can help people in retirement village issues; we have solicitors who help with consumer law, like dodgy tradesmen; elder abuse and particularly financial abuse. Our solicitors are independent and this can be better for seniors than, say, your daughter's solicitor when dealing with family affairs.

Margaret Croucher



SUMMERFIELD:

We're from Habitat Realty, here today to talk about accessible easy-care homes. Summerfield is not a retirement village, it's a medium density development designed for seniors. It's a housing project specifically designed for people over fifty-five or with a disability and it's a home for life. Contact Denver Shoemark or Kelly Allen at Ray White in Braidwood to arrange an inspection.

Peter Wallace

QUILTERS:

I'm the leader of a small quilting group called Quilting for Pleasure which meets on Mondays, as well as being on the committee of Braidwood Quilters Inc. I'm here today to try to convince people that they should quilt; to try to infect people with quilters' pox — for which there is no known cure. But going into a quilt shop does ease the pain.

It's all worth it when you see the look on the face of someone who's doing it tough and you give them a quilt.

Jenny Wallace



TOASTMASTERS:

We want people to join Toastmasters for their own benefit but it also benefits the whole group. With more people, we hear different ways of talking, different ways of listening also; it's very valuable for people to learn how to listen. I never listened to anyone in my life until I joined Toastmasters.

Irene: I think it's a wonderful skill for young people to learn, to be able to get on in life by being able to get up and speak for themselves. Whether it's doing a presentation, standing up to the bosses, or just to put forward an idea. I think young people will join Toastmasters for that reason.

Vladimir Bohdan and Irene Murtagh



DAY CLUB FOR SENIORS:

It's sponsored by the RSL, and open to all seniors. For a small fee we provide morning tea, games, exercises and lunch. Once a month we get out and about around the area, it's a lot better than sitting in a room for fifty-two weeks of the year.

We might go to anywhere between Queanbeyan and the coast for lunch and we enjoy a day out. We have a community bus to pick people up from around the town. We have quite a few from Narbethong. Club members can also use their own cars on our outings and be covered by our public liability insurance.

All seniors are welcome to just turn up at the Services Club on a Monday at 11 am.

Tony Riley

