

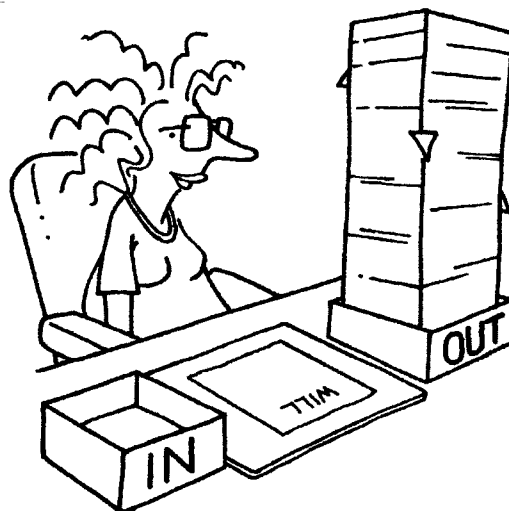


Info-Link Sheet Taking Charge

Women's Information and Referral Service

1800 817 227

Older Women Out There is a wellness project for women living in rural and remote areas. It is coordinated by NSW Agriculture's Rural Women's Network and funded by the NSW Department of Health



Taking Charge Info-link Sheet

Taking charge is about **YOU** being in control of **YOUR** life, whether it be to do with lifestyle, health or financial matters - basically anything that affects your life and the way you live it.

Money Matters...

The need for older women to plan and save for their retirement has never been greater, but a lot of people find it difficult to obtain information they can understand about what might seem a bewildering array of investment options. **'Investing Money - Your Choices'** helps you understand your options so you can get the best from your savings and investments both before and after you retire. Another booklet is **'Australian Retiree - Your Choices'**. Look at these booklets at <www.facs.gov.au/invest/im_index.htm> or call the Commonwealth Department of Family and Community Services on 1300 653 227 Australia wide.

Also check out the *On-line Seniors*

website at www.onlineseniors.net.au/money/index.html. It covers things such as financial planning, maximising your income, BPAY, Internet Banking, Estate Planning etc.

If you're concerned about the new tax system and how it's going to affect you, check out the *Australian Tax Office* website at <www.taxreform.ato.gov.au>, phone the Tax Reform Infoline on 13 24 78 or obtain A Fax From Tax on 13 28 60.

Home & Residence Choices...

'Home and Residence Choices for Older People' aims to help older Australians, their families and those who care for them with important lifestyle and housing decisions.

The book includes information on how to make sure older people get the care they need; how to get help in the home; what accommodation choices are available and how these choices may affect entitlement to payments and services; and payments and

services delivered by Centrelink and Government Departments. Phone 1300 367 676 and quote **PR042** for your free copy or phone Centrelink on 13 23 00.

Staying at home. We all want to grow old gracefully, with choice and dignity and hope we can be health and independent for as long as possible, but sometimes an illness or accident may mean that we need someone to care for us. To help you remain independent the following services are available to assist you and your family or carer. These include: the Home & Community Care program, the Community Aged Care Package Program, respite care in community and residential care services, Carer Resource Centres and Carer Respite Centres, and Aged Care Assessment Teams.

For more information on any of these services contact the Aged Care Info Line on 1800 500 853

or visit the Aged & Community Care website at <www.health.gov.au/acc>



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Health & Wellbeing...

'Taking Charge: Making Decision for Later Life' is a booklet which focuses on planning for the future and is an absolute must have when contemplating making a will, signing a power of attorney and signing an enduring power of attorney. It gives an overview of the legal, administrative and informal ways to make a plan about what you want for your future. It looks at financial decisions, health and lifestyle decisions, and mechanisms that protect people who lack decision making capacity.

For a copy of the report contact the NSW Committee on Ageing on ph (02) 9367 6860, fax (02) 9367 6890, Email:

coa_info@add.nsw.gov.au or check out their website at <www.coa.nsw.gov.au>

Help for Carers

If you're a carer looking after a loved one, it's important to remember to take time for yourself. To help you do this a number of services have been put in place which include the **Carers Association of Australia**. You can view their website at <http://www.carers.asn.au/>. It contains a wealth of information. Alternatively you can contact your local **Carer Resource Centre** on 1800 242 636. For information on respite services you can phone your local Respite Centre on 1800 059 059.

You and Lifetime Health Cover.

For information on the changes to private Health Insurance check out <www.health.gov.au/lhc/index.htm>.

Older Women's Network (OWN)

The OWN is run for and by older women. It provides a means through which older women can

meet others with similar interests and challenges the stereotyped images of older women. For more information about OWN or to find out about a branch near you, contact their Sydney office on Ph (02) 9247 7046, Email: ownnsw@zip.com.au or check out their new website at <www.zipworld.com.au/~ownnsw/

Other Useful and Interesting websites:

Rural Women's Network (NSW)
www.agric.nsw.gov.au/rwn

Older Women's Network
www.zipworld.com.au/~ownnsw

Seniors Travel and Tourism
www.seniorscard.com.au/guag.html

More Information:

Women's Information and Referral Service (WIRS) freecall 1800 817 227

WIRS is a free & confidential telephone service for all women in New South Wales and is part of the Department for Women <www.women.nsw.gov.au>. WIRS can help you find information that you, your family or friends may need from anywhere in NSW from Monday to Friday between 9.00am and 5.00pm. If you ring after hours or on the weekend you can leave a message and someone will phone you back.

If you are deaf or hearing impaired you can contact WIRS on their TTY number 1800 673 304. For their translating and interpreting service call 131 450.

This info-link sheet has been compiled by NSW Agriculture's Rural Women's Network as part of the Older Women Out There project. For more information contact the Rural Women's Network on Ph (02) 6391 3620, Fax (02) 6391 3650, Email <allison.windus@agric.nsw.gov.au>

