



**OFFICIAL LIFTOUT**  
 Saturday 3 August and Sunday 4 August, 9.30am to 4.30pm  
 Perth Convention and Exhibition Centre



# Care and Ageing Expo will help older people navigate latter years



Care and Ageing Expo, will be held at the Perth Convention and Exhibition Centre over the weekend of 3 and 4 August

AGEING should be an enjoyable journey and this year's Care and Ageing Expo will focus largely on helping people to make the most of that process.

With 30 presentations across two stages, speakers will address issues ranging from finance and wills to technology and cyber-crime.

The third Care and Ageing Expo, the biggest yet, will be held at the Perth Convention and Exhibition Centre over the weekend of 3 and 4 August.

As well as more than 100 stands of products and services, presentations will be as varied as how assistive technology can benefit our ageing population to entertainment with afternoon jazz.

There will be a welcoming address from CEO of Council on the Ageing in WA, Christine Allen, at 10am on the Saturday on the Bethanie Lifestyle Stage. She will talk about turning up the volume on the voice of older West Australians.

Following that will be discussions on cyber-crime and safety for seniors, aged care planning, living with dementia, retirement villages, aged care finances and enduring powers and wills.

On the Sunday, discussions will include falls prevention, the National Aged Care Advocacy Program, cyber-crime and safety for seniors, quality in home care, dementia care, hearing services, aged care finances and NBN 101 – all about the National Broadband Network.

The interactive Chat Lounge Stage is another great source of information that will feature assistive technology, planning your future home environment, a dance presentation, advice for the vision impaired, singing for enjoyment, home care audit and afternoon jazz on the Saturday.

The Sunday discussion will include reablement, rejecting the idea that decline is permanent, gadgets to make staying at home easier, navigating aged care, ageing with attitude, living longer and living

stronger and afternoon jazz.

Former ABC presenter Verity James will MC the Bethanie Lifestyle Stage and TV and radio presenter Christian Horgan will MC the Chat Lounge Stage.

Created by Leading Age Services Australia (LASA), the Care and Ageing Expo will showcase the full spectrum of products and services in home care, residential aged care and retirement living that assist the community to navigate through what can be a confusing journey.

Organiser of the expo Richard Campbell said it aimed to help people understand what was available in every aspect of ageing well.

The Lounge Retreat, a chillout area within the expo, provides comfortable seating and a space where visitors can relax and talk with friends over a coffee or a bite to eat from the pop-up café.

Mr Campbell said over the last couple of years the Care and Ageing Expo had proved to be an ideal way of encouraging aged consumers and their families to con-

sider how to create a contented environment for ageing well.

"There are many new developments in the way of both government departments and care and ageing services as well as ever-improving technology to help make life safer and more enjoyable for older people.

"At this year's expo, which has become the biggest and best in WA, there will be a host of opportunities to get a conversation started in the family about almost anything to do with ageing family members."

Exhibitors will include: residential care facilities; home care providers; retirement living providers; equipment providers; service providers; allied health providers such as physiotherapists, cognitive therapists and counsellors; vulnerable care groups including LGBTIQ+; financial, superfunds; medical; consultants; technology; workforce and not for profit volunteer groups.

LASA CEO Sean Rooney said that in a rapidly evolving aged care environment the expo would play a valuable role in helping consumers understand the options available to them.

"Age services providers are responding to the demands of consumer-centred care and tailoring offerings to meet the care needs of the growing number of older Australians.

"So now more than ever, the consumer and their loved ones have the opportunity to compare the various age services options and make informed decisions," Mr Rooney said.

"I would strongly encourage anyone who is nearing retirement, or caring for older loved ones, to visit the expo, ask questions and gather as much information as possible before making what can be life changing decisions.

The expo will be open from 9.30am to 4pm on 3 and 4 August.

There is free entry for pension card holders (Aged, Veteran and Dis-

ability). Children under 18 are also free.

Tickets are available for pre-purchase for \$8 for adults and \$5 for concession card holders (Health, Seniors Card and Student). Companion cards are accepted.

At the door tickets are \$10 for adults and \$7.50 for concessions.

More information and tickets are available from [www.careandageingexpo.com.au](http://www.careandageingexpo.com.au)



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 EXPO 3 & 4 August  
 Stand 152



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Visit us at the Care and Aging Expo  
 Booth Number 135

Contact us to discuss how we can help you, including what government funded options may be available.

Phone 1300 885 886 or visit [www.ilc.com.au](http://www.ilc.com.au)



## Perth Convention and Exhibition Centre

3 - 4 August, 2019

9.30am - 4.00pm

### HEAR ABOUT

Thirty free presentations across two stages over the weekend!

- ◆ Navigating Aged Care
- ◆ Residential & Home Care
- ◆ Aged Care Planning
- ◆ Aged Care Finances
- ◆ Retirement Living
- ◆ Scams & Cyber Crime
- ◆ Home Modifications
- ◆ Living with Dementia
- ◆ Hearing Solutions
- ◆ Ageing Well

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- ◆ Residential Care
- ◆ Home Care
- ◆ Retirement Living
- ◆ Health Care
- ◆ Service Providers
- ◆ Hearing Services
- ◆ Equipment / Products
- ◆ Finance
- ◆ Consultants
- ◆ Support Groups

### TICKETS & ADMISSION

Aged, Veteran & Disability Pensioners: FREE

Pre-purchase through website

Adult: \$8.00 Concession: \$5.00

At the Door

Adult: \$10.00 Concession: \$7.50

For Expo Information, contact CMS Events

Phone 9201 9888

Email [info@cmsevents.com.au](mailto:info@cmsevents.com.au)

[www.careandageingexpo.com.au](http://www.careandageingexpo.com.au)

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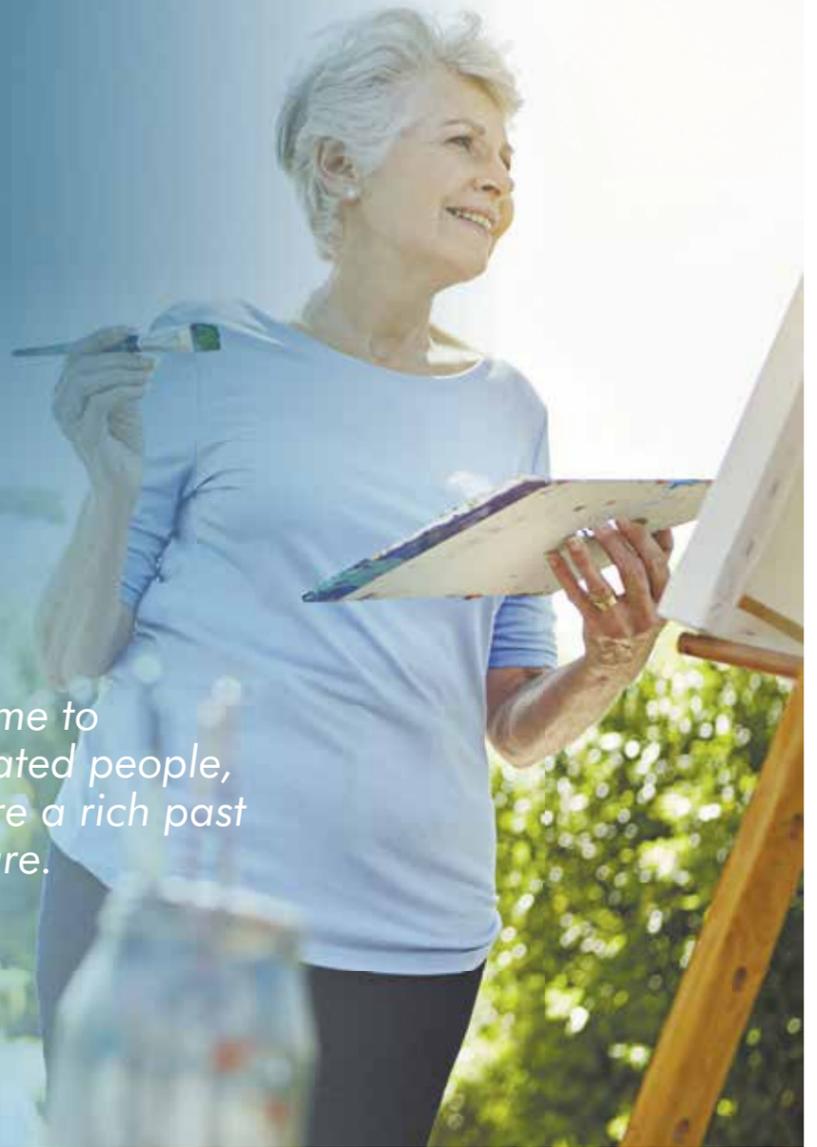
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## **GERALDTON 45 WINNETTA RIDGE**

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## **MANDURAH 23 LADYBRAND DRIVE**

Arcadia Waters Mandurah offers a peaceful setting with the convenience of being just 800m from the new railway station, 1.5km from the Mandurah Forum Shopping Centre and 500m from the Peel Health Campus.

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Independent Living Centre WA occupational therapist Nicola Seafield discussing wellness strategies with a client.

## Wellness solutions now available for seniors

MANY people would you like to improve their health and wellbeing? Perhaps they are interested in staying up to date with technology, or getting advice about equipment options to support daily activities?

Fortunately, there are health professionals who can support people achieve these goals, including occupational therapists and physiotherapists.

Occupational therapists can support people to learn or regain skills so people can continue to live independently in a safe environment.

Support could include showing people new ways of doing activi-

ties, such as showering or cooking; creating a safer home environment; finding ways to help manage memory loss; or providing tips to reduce pain and fatigue.

Physiotherapists can work to improve mobility, balance, strength and endurance.

This could include guiding someone to move in the most optimal way to reduce pain; reducing the risk of falling and improving balance; advising on footwear and basic home set ups; and building strength.

Independent Living Centre WA (ILC) health professionals can also provide advice on assistive tech-

nology and equipment to support people to do everyday tasks and achieve your goals.

ILC general manager service Delivery, Christa Riegler, said for people to remain independent and in good health as they age they need to be able to look after themselves, move well, eat and drink well, stay connected and have fun.

"There are more than 10,000 products available on the market that can help to achieve this but often people aren't aware that there is equipment out there that can assist them, or what is the best solution for their needs. This is where we are able to help," she said.

"Our experienced team members are able to help people choose and access the most appropriate equipment and technology to support greater independence and improved wellbeing."

The Independent Living Centre WA's team members will be at the Care and Aging Expo at booth number 135.

At their stand, visitors can check out a range of assistive equipment and technology as well as discuss their allied health services and funding options available.

For further information check out [www.ilc.com.au](http://www.ilc.com.au) or phone 1300 885 886.

## Early intervention important for the management of dementia

RECEIVING a diagnosis of dementia is not something people plan for and it can be an overwhelming experience.

It is important to know there is support available. If you, a family member or friend are living with dementia, you are not alone. Alzheimer's WA is there to help people understand what support is available and where to begin.

### Dementia Advisory Service

The Dementia Advisory Service is for people aged over the age of 65 who have just received a diagnosis of dementia, as well as their family member or carer. An experienced staff member can come to your home (in the metropolitan area) to give you information about dementia, the different types of support that are available, and answer any questions you might have.

They can also help those living outside of the

metropolitan area or diagnosed under the age of 65. Simply give Alzheimer's WA a call to find out more.

### Adjusting to Change program

The Adjusting to Change program is also for people who have recently been diagnosed with dementia and their family member or carer.

The program offers information and support for those living with early stage dementia and includes a series of structured information sessions held weekly, over a five-week period.

### Access support early

Accessing support as early as possible can help improve symptoms and slow down progression of the disease. It can also help people accept the diagnosis and prepare for the journey ahead.

To find out more, call 1300 66 77 88, email [support@alzheimerswa.org.au](mailto:support@alzheimerswa.org.au) or visit [www.alzheimerswa.org.au](http://www.alzheimerswa.org.au).

## Finding what makes a truly happy retirement

RETIREMENT brings with it the opportunity to think about what makes people truly happy. And for many people, this includes swapping the housekeeping and lawn mowing for long walks on favourite beach.

Arcadia Waters want people to embrace what really matters in life – fun, independence, adventure, security, good health and the joy of residing in a caring community.

Unable to find the right retire-

ment community for his parents, Arcadia managing director Roger Kwok decided to create the kind of village that his parents would love to call home. Many years later, families continue to seek out Arcadia Waters villages for their genuine care, compassion and sense of community.

There are five Arcadia Waters retirement villages in Western Australia. While each village is unique in many ways, they all feature qual-

ity-built homes (villas and/or apartments) and resort-style facilities.

Most importantly, their villages work hard to foster a great sense of community. Residents are invited to join in activities and social events, but ultimately they can choose to be as social or as private as they like.

To learn more about Arcadia Waters over 55s communities, find them at Stand 176 at the Care and Ageing Expo on 3 and 4 August.

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CARE AND AGING EXPO Stand 228

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At Regis, we know change can be overwhelming, and that when you're transitioning into aged care, it's the little things that can make a real difference. We take the time to get to know you and do everything we can to help you settle in. Our dedicated specialists are happy to answer any questions, and work to ensure you're constantly receiving the best, personalised care you deserve.

At Regis, we're setting the standard in care and comfort, with you every step of the way. Chat to us today about what we can do to help you feel right at home.

regis | aged care

Call 1300 998 100 | Visit [regis.com.au](http://regis.com.au)



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# Blueforce launches new range of innovative home and mobile personal alarms



Liz and Jo

BLUEFORCE, the life safety company, has unveiled their latest range of in-home and mobile personal alarm solutions, ideal for people seeking greater confidence, independence and peace of mind for their loved ones.

The Blueassist life safety range provides flexible packages and smart extras for around home or on the go. They suit all lifestyles, including people living with frailty, disability or disease, living alone or in post-operative care.

Offering emergency help at the touch of a button, Blueassist meets Australian standards and operates on the mobile network,

ensuring a reliable service with no fixed phoneline or NBN connection required.

Their team of experienced and friendly operators are on hand 24 hours a day, seven days a week with two-way voice connection at Blueforce's local monitoring centre in West Perth. They are ready to dispatch emergency services, carers and family as needed.

The newest release from Blueforce is Blueassist GO, the very latest in roaming mobile emergency technology.

Blueassist GO's lightweight and hot waterproof pendant is

designed for venturing beyond home with confidence, ideal for morning walks, nipping down to the shops, looking after a large property, and other isolated activities.

Utilising Australia's cellular network and advanced GPS location services, Blueassist GO delivers nationwide emergency help, boosted by a resting battery life of up to six weeks and convenient wireless charging technology.

WA owned and operated, Blueforce has been delivering innovative life safety and security solutions to customers across Australia for more than 17 years.

Customers can expect a friendly, reliable and locally operated service.

Blueforce will be exhibiting their Blueassist range at the Care & Ageing Expo at the Perth Convention Centre on 3 and 4 August.

Keep an eye out for the 'Have a Go to Win a GO!' competition on Page 22 for your chance to win a Blueassist GO package.

For anyone looking for an emergency help solution they can trust, contact Blueforce on 1300 731 716 or visit [www.blueforce.com.au](http://www.blueforce.com.au) to order online today.

## Regis know that comfort and care go hand in hand

WITH more than 20 years' experience, Regis constantly looks for new ways to enhance the quality of care and services, using innovative ways to engage and support clients, residents and their families.

Their services range from day therapy centre programs through to retirement living and ageing in place, all individually tailored and designed to seamlessly adapt to changing needs.

The day therapy centres provide opportunities to enhance physical and emotional well-being through a range of professional allied health services. Home to stimulating activities and classes, the Nedlands Day Therapy Centre helps people living in the community to enhance memory skills and create new friendships while encouraging independent living.

As people move into a new stage of life, Regis offers a welcoming com-

munity – supporting the confidence to meet friendly new neighbours and try new things. The Nedlands retirement living community offers a place to come and go as people please, with quality homes designed for easy living and community facilities to embrace new possibilities.

Delivering the perfect combination of modern convenience and dedicated specialist care, Regis' aged care residences are shaped by one thing – people. Each is home to an array of impressive in-house facilities including on-site chefs preparing nutritious, home-style, seasonal meals along with beautiful grounds for family and friends to enjoy.

To book a tour of one of the beautiful Regis communities, call them today and talk about how they can make people feel right at home. See advertisement on page 4 of this liftout or refer to outside back cover.

## What do you know about the Government's Home Care Packages?

FEDERAL Government's Home Care Packages program is designed to help people live independently in their own homes for as long as they can. They are available in four levels ranging from \$168 to \$978 per week.

To determine eligibility for a Home Care Package, contact the Government's My Aged Care line on 1800 200 422.

Once people have been assessed, funding has been approved and they have appointed an approved service provider, your Home Care Package funds can be used to purchase a wide range of services including: personal care; domestic assistance and gardening; social support and transport; and

clinical care, including physiotherapy and podiatry.

Working with a service provider, people will be able to decide on the types of care and services they want, who should deliver the services and when those services are delivered.

However, trying to understand how the system works can be overwhelming and it can feel like there are more questions than answers: how does the application process work? How should a service provider be chosen? What services can people receive?

When the details of the Home Care Package program feel overwhelming, CPE Group can provide

clarity and answers. CPE Group support clients to get the very best out of their package, maximising the hours of support they receive, getting the services they really need, and ensuring they receive services from people who are suitably qualified and

experienced.

CPE Group is an approved provider of government funded Home Care Packages and has been providing healthcare services throughout the community since 1998.

See their advertisement on page 1 of this liftout.



## Diagnosed with dementia?

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Providing specialist advice, planning and support for Western Australians living with dementia.

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Visit the Aegis stand at the Care & Ageing Expo August 3 & 4.



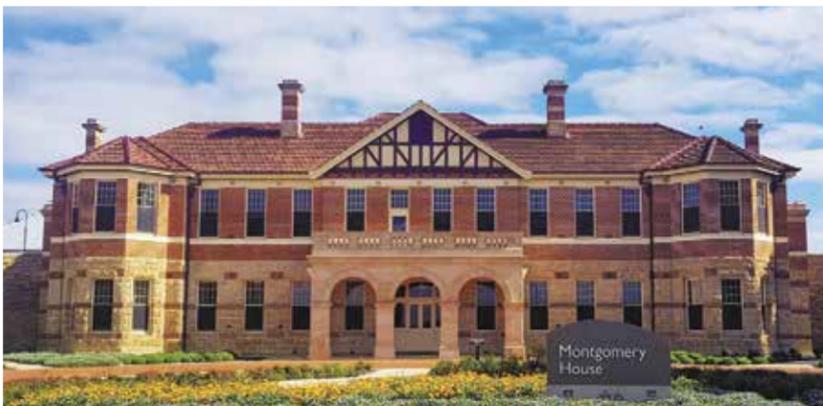
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Montgomery House, 1 Heritage Lane, Mount Claremont. [www.aegiscare.com.au](http://www.aegiscare.com.au)





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# Back on stage...Maureen's wish to sing again is a hit with residents



Maureen and Richard Davies

THE gift of a lifetime of music, entertainment and laughs is being shared with family and friends, thanks to a novel idea to give elders more choice in

how they live their lives.

More than 50 years ago a young Maureen Davies with her husband Richard migrated to Australia from the UK, to seek a new life

for themselves and their two daughters.

After arriving in WA with his family in 1966, Richard, an entertainer, singer and comedian, soon joined Perth's famous Tivoli Theatre and took to the stage as Dick Morris.

"I didn't perform then," said Maureen, "I'd take along my little grandson to go and watch."

"Then one of the senior ladies left and the producer Dorothy said: "you can get up there."

I said: "you're not putting me up there, I've never done that!"

Dorothy was insistent and Maureen eventually found her stage feet.

"I did it slowly, but I got there and I was doing solos before I finished," Maureen said proudly.

Maureen counts the times she spent sharing the stage with her late husband as her fondest memories, recalling him lovingly as a funny man who loved the theatre and entertaining.

"I didn't have him as a partner though, apart from doing the odd duet together, because he'd end up telling me what to do."

"I didn't want that, so I had another partner and he had someone else on stage, but we loved doing the outdoor concerts together."

As Dick Morris, Richard spent about 40 years on stage; ultimately entertaining audiences in nursing homes and retirement villages with Maureen until he succumbed to leukaemia at the age of 83.

Maureen's own health setbacks saw her moving from hospital to a number of residential aged care homes. At Juniper Hayloft, she maintains a great friendship with Mary Mews, the residential manager at the Martin facility.

Mary has a passion for people and is working hard to make sure that she and her staff can meet elders' needs so

that they may live their best life. She has created a range of new ways to personalise aged care services for her residents and her innovative 'make a wish' program has definitely struck a chord with Maureen.

"Residents give their ideas, their choice of what they want to do and when we have a wish, we would try our hardest to make it come true," Mary said.

Maureen wished for a karaoke machine and its installation has been a hit with residents who love to sing together and for others.

Before too long Maureen found herself singing

to an audience after a very long time offstage.

"After the first couple of times it did not worry me at all, how I'd go singing outside in front of the public I don't know, but I'd give it a go, it makes you feel good."

*Ed's note: We have fond memories of Dick and Maureen from the Holly Wood Tuesday Morning Show.*

To find out more about Juniper's person-centred care and accommodation at its metropolitan and regional locations visit online at juniper.org.au, call our friendly team on 1300 313 000 or email access@juniper.org.au.

## New technology is a breeze to use from VisAbility

IN 1981 Lorene Bruce (now 96) was diagnosed with macular degeneration and glaucoma. Lorene, choosing empowerment over despair, refused to let these conditions stop her from living her life.

She found the VisAbility community and now accesses a range of services. VisAbility is a local disability service provider that has been empowering people in Western Australia with vision impairment and disability for more than 100 years.

"I love coming in and working on my knitting

and pottery. I am currently working on a barramundi fish sculpture and cannot wait to see the end result," Lorene said.

Individuals are empowered to use specialised equipment, assistive technology and processes and their other senses to achieve their goals and live an active life.

Lorene accessed VisAbility's assistive technology service and after an assessment, was provided with a video magnifier.

"I attended an appointment to see what tools

were available to assist me with reading. I was shown a fantastic device called a video magnifier and I am now able to read my mail and look at photographs."

"I would strongly recommend anyone with a disability, not just vision impairment, to get in touch with VisAbility. The staff I have encountered are caring, knowledgeable and empowering. The aids and advice I have obtained help me so much, you have no idea," says Lorene.

VisAbility also provides low vision items

such as magnifiers, lighting solutions, large print and tactile objects, talking clocks and watches, access to software and apps, Guide Dogs, white canes and GPS.

For those over 65 and accessing services from a disability provider, they may be eligible to receive either individual services or a tailored package of services under My Aged Care funding. If you'd like to know more, contact VisAbility today on 9311 8202 or visit their stall at the Care and Ageing Expo on 3 and 4 August.

## World's lightest folding mobility scooter

TRAVELSCOOT is the lightest and strongest portable mobility scooter in the world. Including the battery it weighs only 15kg, or folded down, with the battery removed, only 12kg.

The TravelScoot easily folds to fit in a small space such as a small car boot, motorhome/caravan cupboard or an aircraft hold. It is approved for flying by Qantas and all major airlines.

The TravelScoot easily folds down in seconds, allowing you to take it with you anywhere at any time to participate in activities with family and friends, or use it on your holiday adventure. The handlebar and seat are height adjustable and it has a built-in cane/crutch holder.

It is comfortable to ride, handles wheelchair ramps with ease, can drive short distances on grass or

gravel and can be ridden on cruise ships.

The Travelscoot battery use the latest lithium ion technology and you can travel about 20km on a single charge.

Thousands of Australians have been using the TravelScoot for more than 10 years and its German design has proven reliability and performance.

No other lightweight scooter comes close to the Travelscoot in terms of reliability, lightness and strength. It is made of aircraft alloy, doesn't rust or corrode and will give years and years of reliable service.

Contact MobiliseYou today and try one out for free. The proof is in the scooting.

Phone Nick on 0402 00 2259 or visit [www.mobiliseyou.com.au](http://www.mobiliseyou.com.au).



THE BRAINCHILD OF AWARD-WINNING CARE PROVIDERS HALL & PRIOR, KARINGAL GREEN IS SET IN THE LEAFY PERTH FOOTHILLS AND IS A PLACE OF HEALING, PURPOSE DESIGNED TO LIGHT THE LIFE WITHIN.

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AGED CARE PRECINCT

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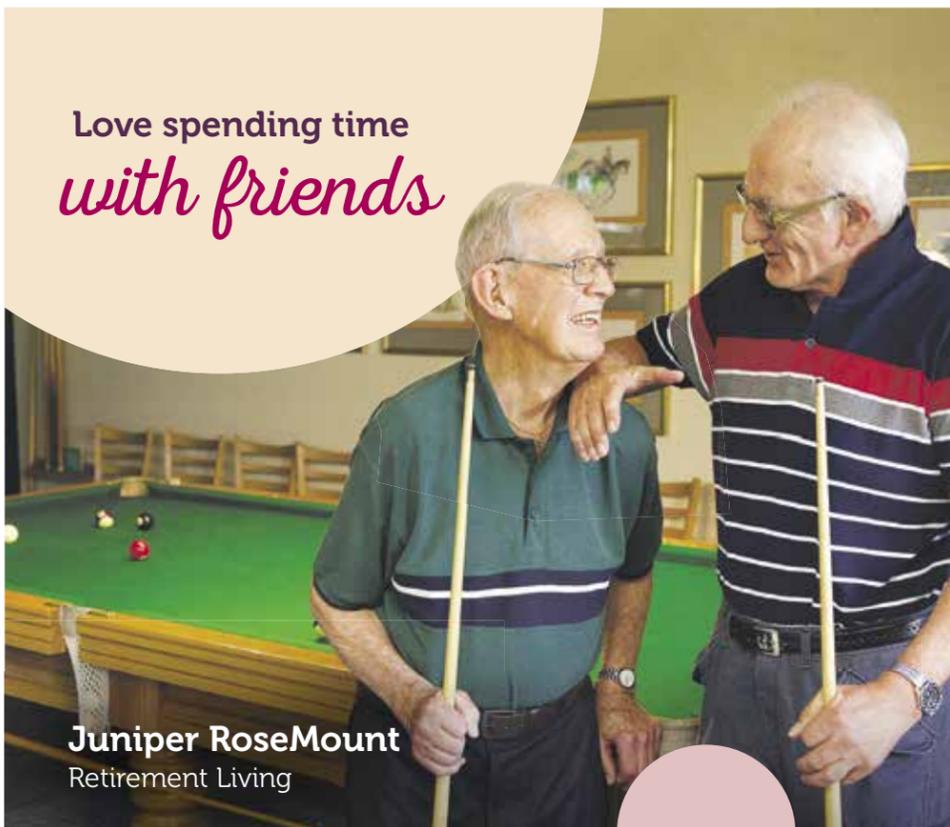
\*Artist impressions only.

Aged care is evolving – and Hall & Prior is leading the way. We are more than a provider... people are our passion, our purpose. Our team has spent the last 25+ years working diligently in the background having illuminating conversations with Australia's senior community. These are lives to celebrate, a generation of doers. How they experience their twilight years matters to all of us. What we've learned has inspired us to invest our heart and soul into designing and operating world-class centres for healing and wellbeing across the country.

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