

Partners of 9RAR

Contact us Partnersof9RAR@gmail.com



The aim of this little newsletter is for us to share contacts, sources, information and awareness of the sort of things you need to have in place; before you need to have them in place! Not always cheery but none the less necessary

Many of you will be familiar with the story of Ross's heart attack. It happened in October 2015 while he was at his DVA Heart Health gym class! The worst thing, at the best place. Seven weeks later Ross came home. Before this event I considered myself strong, organised and resilient; what I realised when this happened, was that dealing with this crisis changed my ability to function the way I thought I would. Change had landed on our family and it impacted all of us! Was I prepared for this? in hindsight I was not. This was our experience, we all have our own unique bad times, many much worse than ours.

What is the same for everyone, is that it changes things, you need to know what help is available and you need to have your "life in order" when it hits.

Please remember, we are not offering advice of any kind, rather information that you can take onboard and follow up yourself if you so wish. We are not an advocacy organisation more a coffee club. We will include links to some valuable websites and a few editorials about "Partners" experiences.

It's important to make sure that your legal affairs are in order and someone is able to make decisions for you if you can no longer make them yourself.

Below is an article written for us by Carly Tucker from COTA (Council on the Ageing NSW) There will be similar centres in all states.

LOW-COST LEGAL ASSISTANCE



It's important to make sure that your legal affairs are in order and someone is able to make decisions for you if you can no longer make them yourself.

For people in NSW there is a service which can provide low-cost legal assistance for eligible people to make a Will, or set up an Enduring Power of Attorney or an Enduring Guardianship.

The Legal Pathways program is provided by COTA NSW (Council on the Ageing NSW) in partnership with Legal Aid NSW. They can guide you through the issues to consider when planning ahead and then connect you with a private solicitor who will draw up the documents for you.

You are eligible if you are receiving an age pension or holding a Commonwealth Seniors Health Card. The cost is \$50 per document.

Solicitors are available at Avoca Beach, Blacktown, Blue Mountains, Camden, Campbelltown, Casino, Chester Hill, Cronulla, Erina, Gosford, Grafton, Hunter region, Kyogle, Lismore, Liverpool, Maitland, Newcastle, Newport, Parramatta, Penrith, Picton, Taree, Forster-Tuncurry, Tweed Heads and Wollongong. In some cases you may also be able to come to the COTA Office in the Sydney CBD for an appointment with one of the visiting solicitors. COTA NSW is the peak organisation for older people in NSW. They are an independent, consumer-based non-government organisation that works with politicians, policy makers, service providers and the media to make sure that the views of older people are heard and acted on. For more information go to COTA NSW's [website](#), or contact the program on (02) 8268 9616 or 1800 449 102 and press 1.

"Thank you very much for putting us in contact with [solicitor]'s legal team. We've been there today and they were absolutely wonderful and treated my mum and I both with the utmost respect and dignity. I just wanted to thank you very much for helping us out."

OTHER SERVICES available, specifically for Veterans and their families.

Open Arms Veterans and Family Counselling www.openarms.gov.au

This is the new branding for Family Counselling. Counselling is available not only for Vets but for partners and children of Veterans.

Veterans Home Care Assessment Agency 1300550450

This agency assesses your eligibility and can arrange help around your home. When you call make sure that you have your NSS number and that you registered with DVA as being able to speak for your partner or ask him to speak to them. You can get assistance with cleaning the gutters, window cleaning, cleaning of ceiling fans and other things that 70+ vets should not be doing.

Respite Care and Carers Support www.dva.gov.au Search for fact sheet HSV06

War Widows Guild of Australia NSW Ltd www.warwidowsnsw.com.au warwidowsqld.org.au

This is a really good website site that has much to offer for all partners, not only widows.

Partners of Veterans Association. www.pva.org.au

You can connect to your state branch from their home page. This organisation covers all areas of defence service with Lyn Cosgrove as their patron. They are actively involved in Advocacy and their local branches have get togethers for their members.



9 RAR Partners at the B Company Reunion Maroochydore 2019



SEEDS for life

These are all areas of our lives that we should pay attention to.

Socialise, Educate,

Exercise, Diet, Sleep.

Below is the start of SEEDS for life, some light hearted information that is a little different for you consider.

WHAT IS A PARTNER?

- A person who goes along with, provides assistance to, provides protection and companionship to another
- A person with shared interests and investments (children, family home or the money!)
- A person willing to be a Carer
- A person willing to be responsible for another getting home on ANZAC Day or at 9RAR Reunions
- A person able to find another's Medals, 9 RAR Hats and Shirts
- A Person willing to have the television audio on 17 if they don't have teletext

Being at home full time with a helper, a 9RAR Vet, comes with its own set of challenges, this can be tough for both of you. Often it can be a really good thing to have interests that are just for you. For our Veteran friends there is a ready made "family" but as a partner you often need to look to find something you might enjoy. For some of us there is Golf, Craft, Gardening etc. but consider looking for something new, (that is not linked to keeping healthy or caring for family) Below are some different interests, you might find something you had not thought of before.

Local Councils

It can't be overstated just what a resource your local council can be. It seems that Local Councils all over the country offer Over 55 activity programs and Programs for Ageing and Wellness. Some are free and some require a fee, they can be a one off workshop or an ongoing program. They are all worth a look Your local library is a well resourced area that offers "paper" books to borrow, online e books or magazines and online audio books. Most libraries also offer a Justice of the Peace service, computer terminals, workshops and book signings events. Don't forget to look at their notice boards, they are often full of interesting information.

Singing and Music

This is a proven beneficial activity that is not just enjoyable but very good for your mental health. There are groups all over the country, you do not need to be Julie Anthony, you just need to want to participate.

Sydney has a wonderful way to interact and experience being in a choir for those who are unsure if this is for them. It is called FLASH CHOIR. It is organised from the City Recital Hall in Angle Place. *Free* (www.cityrecitalhall.com flash mob) Once a month (After you register on the web site) you receive a text message a few days before Flash Choir. It tells you where and what time choir is on for the month. You just arrive and you are part of the choir. This group can be up to 500, you have a guest conductor and you learn to sign one song in the space of an hour. It is just fabulous, with everyone walking out with a smile on their face. It is for women, men and groups of people or even on your own you will enjoy it.

If you are in Melbourne have a look at www.popchoir.com.au

In Brisbane have a look at the facebook page for Pub Choir. 90minutes one song and a lot of fun.

For those of us lucky enough to have been at the Memorial Service for reunion in Canberra we were privileged to hear a SING AUSTRALIA choir. These men and women where just wonderful and there were many who stayed in the chapel until they had finished their performance to conclude the service. If this interests you this organisation is in many locations. Their web site is www.singaustralia.com.au
Australian Military Wives Choir www.amwchoir.com their website shows branches in all states.

If singing is not your style, what about an instrument. **UKULELE !!** Interestingly there are a lot of Ukulele groups around and information on them can be found at www.nutthouse.com.au As the name suggests this is all about fun.

Next issues we will look at Money!! We all know how to spend it but sometimes we need other options for it. There is a good start point if you are worried about debt. It is not just there when you are in trouble, they are there when you are concerned about your financial situation.

Stocktake your finances, where your money is, how much you owe, if you need to make savings. Be honest. Be forensic. Don't use one credit product to pay of another. Share, make sure both you and your partner know your situation. Talk about it
National Debt Helpline 1800 007 007

Interesting tit bit: Look up the Appliance Replacement Offer (NSW Government) This is a NSW Government subsidy program where you can replace aging TVs and Refrigerators . The discount for some products is as much as 50%. You need to be a pensioner to be eligible for this offer

Our newsletter will be available to be emailed to those who register interest in receiving it. Our next offering will cover some of the challenging issues that affect us all at the loss of a partner. Education and protection for seniors regarding online issues.

There are only two times in Life - Now and Too Late

This newsletter is put together by Lesley Richard, I strive to have the facts right but if there is anything that needs correcting please let me know (gently!)

*Secret Womens Business Support Staff - Nancy Birrell, Jan Maguire, Narelle Hamilton, Jill Greenhough,
Photograph courtesy of Darryl Menzies (Official Photographer)*