

Safe & Confident Living

For Logan Seniors
March 2004 Newsletter

Logan Central Community Centre
9 Jacaranda Avenue
Logan Central
QLD

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Logan Area Committee on the Ageing Inc.



Is proud to announce the launch of their web site.
The site is totally dedicated to the seniors of Logan
City, their carers and service providers.

www.lacota.org.au

Our thanks must go to the Jupiters Casino
Community Benefit Fund for their generosity

Car Boot Sale



Logan Art Gallery Car Park Wembley Road

On

Saturday 20th March 2004

From 6am - 12pm

Please book by 12th March Ph: 3290 0088

Cost is \$10 per car and all proceeds will be going to

Logan Area Committee on the Ageings

fund raising to help improve facilities at the centre

Logan City Council's Australia Day Award Event of the year



The Safe & Confident Living Program and the
Logan Area Committee on the Ageing Inc.

Received the award for the
"Seniors Celebration Day"

A big thank you to all our wonderful volunteers
who helped make this day a huge success

Fire Safety for Seniors



Does your home have a smoke alarm?
Do you have them located in an appropriate place?
Most fatal fires occur at night when people are
asleep. Most fires are accidental and preventable.

The Queensland Fire & Rescue Service offers a
FREE "Operation Safe Home Visit"

Call 1800 815 080 It could save your life

Dispose of Unwanted Medicines



The National Return and Disposal of Unwanted Medicines Ltd, known as the RUM program, is a national not-for-profit company, set up to enable consumers to return unwanted or out-of-date medicines to any pharmacy, at any time. The medicines returned are in no way reused or recycled. So sort out your out-of-date and unwanted medicines and drop them in to your local pharmacy.

Home Security for Seniors

Seniors like everyone else have the right to feel safe at all times.

Improve your physical security at home. Doors, locks, grilles, etc., are your first line of defence.

Your home should be clearly visible to the street, neighbours and passers-by. Bushes and trees that obstruct a clear view of windows or doors provide perfect cover for intruders.

A good-quality security door on all your external doors helps with ventilation and is a barrier for unknown callers and offenders.

External doors should be of solid-core construction and fitted with deadlocks. When going out, certain deadlocks can be locked in such a way that they can only be unlocked with a key from either side. This prevents burglars getting into your home and being able to open the door to remove your property. When at home you can lock your deadlock so that it needs a key to open it from the outside, but can be opened with a lever or knob from the inside. Do not hide keys under flower pots or door mats. Don't give keys to anyone you do not know – including tradespersons.

*This information is from the Qld Police website

Home Assist Secure

What is Home Assist Secure?

Home Assist Secure aims to remove some of the practical housing-related difficulties experienced by older people and people with disabilities who wish to remain living in their home. Home Assist Secure provides free information, advice and subsidised assistance to eligible clients, such as:

- information and advice on home maintenance, repairs, minor modifications and home security. You can also be advised and assisted with employing tradespeople, contracting experts or in planning future work.
- staff trained by the Queensland Police Service can inspect your home to help you decide on security related repairs and installations. They can also advise you about personal security.

You can obtain subsidised assistance with minor home maintenance, repairs, modifications and security that relate to your health, safety and security.

Are you eligible?

- you must be a home owner or live in private rental housing; and
- you must be 60 years and over; or
- you can be of any age with a disability.

Also, to receive subsidised assistance for work in your home: you need to be receiving a Commonwealth Government pension or benefit; and

- you would not have other services or help available to you, such as Home and Community Care, Veterans' Affairs or friends.

Contact the Logan and Beenleigh district area office for more information. Ph: 3208 0604 or email lobeehas@powerup.com.au

*The Safe & Confident Living program aims to reduce the isolation of seniors within Logan, by introducing networks of support appropriate to their needs
This program is funded by the Department of Communities*

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