

Inquiry into Elder Abuse in Queensland

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Submitted by:	Carers Outlook
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Submitter Comments:	

Elder Abuse Inquiry Submission,
Education, Arts and Communities Committee,
Parliament House, Qld. 4000.

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The views are due to years of working in the dementia world and with family carers who have experienced variances of abuse.

Understanding of dementia, carer's role and elder abuse:

Dementia is a broad term to describe symptoms such as:

Memory loss (short and long-term);

Cognitive or thinking changes;

Communication changes, (loss of speaking and understanding words, writing and reading)

Judgement including financial

Behaviour and

Personality changes

Dementia has stages of losing abilities along the journey to death.

Some of these symptoms create risk factors to be abused by many including family members, staff and the Enduring Power of Attorney. They can be preyed upon by abusers in the community.

E.g. a person with early-stage dementia can trust a stranger to help at an ATM and can have money stolen. (Case Ipswich)

The choice of the EPA is imperative for the prevention of abuse.

But safety needs to be created e.g. two or three EPA's, lawyer or accountant advice.

The selection of the EPA needs to be thoroughly educated to seniors and advice by the lawyer to create safety measures.

The Enduring Power of Attorney Form could highlight examples of what can't be done.

- ***Short Form: Section 5 declaration according to the act. I can only use the principal's funds for the principal's benefit and cannot use the funds for my expenses. ✓***

- ***“Gifting” is difficult to qualify and can be used by the perpetrator to justify gifting to self on paper but the principal may not know or remember. The Centrelink gifting is an invitation to those who wish to gain financial benefits: (\$10,000 in one financial year and \$30,000 over 5 financial years - this can’t include more than \$10,000 in a single financial year.) For some seniors, it appears that the government is approving that this gifting can happen. Some family members are opportunistic and manipulate the elder to give a gift although the elder may need this in the future. (It’s legal and the manipulative family member records the gift accordingly)***

Case: A daughter changed her mother’s bank accounts when she stayed for a weekend to give respite for her sister who was the mother’s carer and Enduring Power of Attorney. \$10,000 was withdrawn as “Mum said she could have it to help pay the grandchildren’s private school fees”. As Mum appeared agreeable and could speak well the bank teller did not see any problem. The primary carer discovered this later and had to change the bank accounts to be able to pay her mother’s bills. This daughter took advantage of the mother in early-stage dementia and offered to “care” for her for an overnight stay.

Case: A son would tell his mother’s support staff, friends and ACAT (Aged Care Assessment Team) that his mother did not have much money and could not pay for lunch out. She had to be careful to have enough to pay for her unit expenses including rates and body corporate fees because she would be thrown out. He told his mother that she would have to go into a nursing home if she couldn’t pay her bills. He gave her an allowance via a Revolut Card. But finally, she could read her statements and understood that she hadn’t been making payments to petrol stations and for items in USA. He had been using her savings including aged pension to pay for his and his family’s living expenses. Gifting himself \$800 for his birthday and medications, \$200 for shoes. She commented that “he paid for his petrol and left me rotting by myself in this unit while he could have taken me for a drive”. Her bank statements showed she paid for their family meals out and even for her Mother’s Day lunch. She was so anxious, in case she didn’t have enough funds on the Revolut card to pay her grocery bill that she would take food items off the Coles conveyor belt. He balanced her funds, to the point that she wouldn’t have enough money left and would need to go into care. He had previously gifted himself about \$55,000 in a three-year period including 3 lots of \$10,000. He placed her in care, sold her unit, and with the funds from the unit sale, it is assumed he has bought a house. Perhaps he pays a higher daily care fee and not the full RAD payment in the nursing home. She knew in the past that she had other funds like Bitcoin and gold but with her memory loss, she could not remember what happened to it. Emotional abuse (not replying to her texts) and coercion by using the emotional relationship connection of mother and son and only grandchild was used to gain access to funds.

The person will need in-home care, respite care, specialized equipment, hospital and nursing home care. The person's finances must be managed well by the Enduring Power of Attorney to ensure these needs are met. If the person is financially abused it impacts the person's quality of care. The Enduring Power of Attorney needs to monitor and advocate for the person to gain quality care and if they don't, the outcome could be that the person can be abused by others paid to provide the care.

The cost of paying for a bedroom in a nursing home can be over \$350,000 for a shared 3-bed room and over \$800,000 for a single private room. The elderly need their funds to buy adequate residential care. Sometimes the resident in the nursing home is left with little funds to provide clothing and pay for health services like podiatry as family members have used the funds.

There is a shortage of "concession" beds as family members use the funds for themselves and the taxpayer has to subsidize this care.

If this financial abuse was discovered, compensation should be pursued even if it means the perpetrator takes out a reverse mortgage on their home or other asset.

Elders are often concerned that the government, like the Public Trustee, will take their funds or charge large fees or become a number in the system. This fear can be used by family members to ensure they do not speak up about the abuse. If there was a local community service which could support them to pay their bills via My Aged Care or be their Enduring Power of Attorney this may protect them.

For example: For those who can pay a private fee or funded by My Aged Care or a special grant for those in need. This local input would ensure more personal and person-centred care.

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Greenhalgh Pickard Solicitors & Accountants

There are many types of dementia including:

Alzheimer's disease is the major type (50% – 70%)

Vascular dementia resulting from medical conditions including strokes, heart disease, diabetes, hypertension

Lewy Body Dementia (can be linked with Parkinson's)

Fronto-temporal Dementia

Huntington's disease

Related conditions: Down Syndrome, Multiple Sclerosis, Acquired Brain Injury, Epilepsy

Korsakoff Syndrome (Alcoholism);

Substance Abuse

Depending on the type of dementia and at its stages, the mental capacity of the person to make decisions can vary. There cannot be a blanket assessment that when a person is diagnosed that he/she cannot make decisions about their finances and life choices. For example, a person diagnosed with Alzheimer's disease may have memory loss but can still have cognition (thinking) abilities to reason and make decisions. Some still drive a car.

The time of day, if they had a disturbed sleep, have other medical conditions or on medications can give a false assessment. The person has to be encouraged to make legal documents as soon as possible, stressed by the GP or specialist at diagnosis. It would be good for them to have a directory of local services like lawyers and Public Trustee to give to the patient.

The patient may need to have counselling to accept the diagnosis and support to make decisions on their pathway. (this is a gap)

The person can be better assessed over a few sessions in their own home so that the assessor can see the person's daily function, cognitive state, reading abilities, and memory in their familiar setting.

Case: Two Geriatrician Medical Assessments of capacity varied. The first said the patient did not have the capacity and the EPA could be enacted. The second assessment clearly stated that the person could not make complex financial decisions but needed to be consulted on finances and could make decisions about health care and accommodation.

Please note: A manipulative perpetrator can use the EPA to their advantage.

- 1. The person has capacity = "he/she said I could use some money", "I could live with her and didn't need to pay board",***
- 2. The person does not have capacity = I don't need permission. I have the power, via the EPA and can use the money or can live in the home as I have been her carer. I can place her in a nursing home.***
- 3. The ACAT assessment for codes to have respite in a nursing home or to be placed permanently (for convenience when needed in an emergency) can be used to place her at any time. The assessment has been given by ACAT so the person can be placed before they actually NEED to be there.***

Spouses can do the same as the adult children:

Case: a wife had an affair and created an episode for her husband diagnosed with dementia to become aggressive and he punched her. He was placed in care and she was free. Their daughters sympathized with her.

Case: a husband was a selfish, uncaring man and resented his wife now she had dementia. She collapsed and in hospital it was discovered that she was malnourished. He would eat half her Meals on Wheel lunch. It was reported and a service provider assisted with social

support but he was reported by neighbours that he yelled at his wife. He was not capable of being a carer. He would not spend money on her but did on himself. Carers Qld reported to their son who was going to take steps of care for his mother.

Australian Institute of Health and Welfare:

*In 2022, dementia was the **second leading cause of death in Australia**, Dementia was **the leading cause of death for women** and **the second leading cause for men**, after coronary heart disease.*

- *in 12 people aged 65 and over are living with dementia*
- *2 in 5 people aged 90 and over are living with dementia*
- *dementia prevalence rates are **3-5 times higher among Indigenous Australians**.*

****Note: Ageing and being a woman are risk factors for gaining dementia.***

Dementia Australia: [Dementia facts and figures | Dementia Australia](#)

Queensland (QLD) In 2024 it is estimated there are around 82,270 people living with all forms of dementia. This figure is projected to increase to around 168,300 by 2054 with a projected percentage change of 105%.

Sunshine Coast: Over 7000 people are diagnosed with dementia

****Note: Increase of dementia means an increase of Elder Abuse.***

Caring:

In 2023 it is estimated that more than 1.5 million people in Australia are involved in the care of someone living with dementia.

- 2 in 3 people with dementia are thought to be living in the community.
- More than two-thirds (68.1%) of aged care residents have moderate to severe cognitive impairment

Caring can also be physically, mentally, emotionally, and economically demanding. According to the ABS Survey of Disability, Ageing and Carers (SDAC) 2018, among carers of people with dementia:

- *1 in 2 (47%) provided an average of 60 or more hours of care per week*
- *3 in 4 (76%) reported one or more physical or emotional impacts of the role*
- *1 in 4 (23%) reported that they needed more respite care to support them*
- *1 in 2 (52%) experienced financial impacts since taking on the role.*

On the Sunshine Coast there is a shortage of respite centres for overnight or longer stay for early to mid-stage dementia and a shortage of nursing home respite. The minimum for nursing home respite is 2 weeks and 4 weeks at Rockpool. This means carers are in an awkward position as they don't want to leave their loved one for so long for the first respite experience. Some report that their husbands look like a "hobo" as they weren't shaved or hair combed. Some find their loved one walked with difficulty so he did not gain support to walk very much. One knew his wife's teeth hadn't been cleaned as the toothpaste tube was not opened. Some withdraw their loved one or will not return.

A carer who had a medical emergency had to call her daughter to come from New Zealand to care for her father as respite could not be found.

There is a shortage of nursing home beds. Two men were left in hospital for weeks as they needed a "concession" bed in a nursing home. One was in hospital for about 3 months.

Another carer was told that her husband wouldn't be taken because he had Lewy Body Dementia.

A carer whose wife is Level 4 ACAT assessed and has dementia after a stroke. She attended a day respite centre for 3 days a week. He was told that as she needed to have two staff to move her, she couldn't attend.

A carer was told that her husband needed more one- to -one in activities at the day respite centre. They would charge a fee of \$90 an hour. His My Aged Care Package would depreciate rapidly so she ceased his attendance, as she felt she would need the funds for a two-week respite for him in a nursing home as she had to have knee surgery.

The Carer Gateway – Wellways service of finding and funding emergency respite is not working. Giving the CG-W local service the responsibility would be better as local staff know local nursing homes and can advocate for respite.

Could this be systemic neglect? Could this lead to emotional abuse as the carer is burnt out. Or are they forced to place them in permanent care.

Suggestion: Turn Glenbrook, Nambour, a Qld Health Residential Aged Care Facility into an only transition facility for patients left in hospital for extensive periods of time. There are other nursing homes which have paying full-time residents but there is such a need for these patients to be out of hospital and for urgent respite when the carer is in poor health or needing medical treatment.

The Dementia Network is a voluntary service and is discussing with an organisation, Staffing Options, about their family host stay respite service including dementia.

The carer receives a carer payment, some are adult children who are caring for aged parents. Some live in the parent's rented home and when the parent goes into a nursing home or dies the carer cannot afford to rent the home. The Carer Payment continues only for about 8 weeks. The carer (aged before aged pension) can only receive Job Seeker. Some can become homeless. They may have cared for several years their aged parent,

often struggling with injuries and compassion fatigue and forgo their career development and superannuation.

Sometimes, the main carer is subjected to abuse or a sense of isolation from siblings.

Sometimes, the carer is abused by the person with dementia.

Sometimes, the carer and caree become co-dependents or are enmeshed with household finances.

It seems a systemic failure that they do not gain payment for their service and sacrifice which saved the taxpayer's \$.

There are many selfless carers but still some adult children can be abusive and take advantage of the elder parent by emotionally blackmailing, threatening, taking over the home and placing the elder into care before their time.

Adult children who have been away for years with little contact or care can appear when the parent is aged or diagnosed with dementia. (the prodigal son returns)

Case: the two adult children of the first marriage appeared at the hospital when their mother was diagnosed with dementia and had fallen. They had not contacted her, her second husband or their child in 20-plus years. The mother had her second husband and daughter as her EPA. Staff reported that they heard the visitor's discussing that if they were the EPA they wouldn't put her in a nursing home.

Abuse, in all its form, is still unacceptable and inexcusable.

****Many elders are living alone in the community and are at risk.***

They may be undiagnosed and are vulnerable. If there is confusion, memory loss or delirium from an infection like a urinary tract infection they can wander off and be hit by a car.

Case: An elderly neighbour asked neighbours to read her mail and bills were unpaid. She looked unkempt and was anxious. They called 000 to see what help could be gained. Police and ambulance attended and took her to hospital.

We need a village to care for our elders.

Advertising of what to look for, but also where to gain help.

Suggestion: Community Health was the main hub for health information but this Qld Health service could be utilized more to do a safety welfare visit to at-risk elders. The chronic disease section could become involved to follow through with these clients and

gain connections with social workers in the community and in hospital settings. This would alleviate the services of Ambulance and Police if it is not an emergency.

Elder Abuse: Fast Facts:

- The Year in Review 2023-24 report indicates that in Queensland. The largest group of older people experiencing abuse was **aged 80–84 years (22.0%)**.
- **Women are more than twice as likely to be victims of elder abuse (67.1%).**
Aboriginal and Torres Strait Islander people are over-represented (3.7%, only 2.4% of people aged 50 years and over living in Queensland identify as Aboriginal or Torres Strait Islander).
- **Psychological abuse (75.9%) and financial abuse (65.0%)** were the most often reported forms of abuse.
- **69.5% of victims (69.5%) reported experiencing more than one type of abuse.**
- **Sons and daughters are the perpetrators in 95% of cases** of abuse and more than half of victims lived with the perpetrator.
- In 2023-24, calls increased on the previous year in Moreton Bay–South (up 29.7%) **Sunshine Coast (up 27.4%)** and Mackay–Isaac–Whitsunday (up 20.4%). Calls decreased in Central Queensland calls decreased by 37.5%.

Summary

We are asking the Elder Abuse Inquiry Committee to investigate the areas of elder abuse in the elder's area of life:

Health, Welfare, Legal, Financial, Social (family structure and relationships)

These areas of expertise need to be holistically considered by professionals in these fields when making decisions about a victim of elder abuse.

Abuse occurs in a private home; community services; respite centres, hospitals, and Aged Care Residential Facilities (nursing homes)

Correlations between

- ageing, *Ageism*
- dementia, *Dementiaism*
- the prevalence of women who are diagnosed with dementia, and the prevalence of women who are abused especially psychologically, emotionally, financially, and physically
(women may feel dominated by men, husbands, sons and police)
- the caring role's challenges
- lack of Support for dementia
- lack of Support for family carers
- lack of Respite for family carers to have breaks

- lack of appropriate respite and long-term accommodation for early to mid-stages of dementia (not needing nursing home care)
- Financial support is limited to family carers whose income is depleted to a Federal Government pension (Carer Payment) and a Carer's Allowance and Qld Government discounts. They do not gain superannuation benefits and lose career pathways. When younger carers finish their role (when the caree dies or enters a nursing home) the family carer cannot gain an aged pension but needs to go on Job Seeker. This may be the reason why some become homeless or financially abuse their relative.
- Abuse and links with domestic violence and the avenues to gain support for prevention, safety networks, rescuing and relationship adjustments.

Special considerations:

(There needs to be active marketing of the "soft" unspoken emotional abuse to elders in the community e.g. Second marriages when a grandparent is not invited in the grandchildren's life.)

Person-centred: A person is a person, first, who has an individual personality, culture, health conditions, intellect etc.

A person may be coerced or feel intimidated and threatened by an abuser

but this person may also have dementia.

*A woman can be dominated by the male partner or son.

*Dementia diagnosis is too general.

*Term aggression in dementia is too general. Physical, verbal, aggression (due to anger, frustration, environmental overload) and lack of carer understanding.

Nursing homes, will not accept men readily with dementia who have a notation of aggression. (this label can be used against them)

*Need for specialist behaviour treatment in hospital and nursing home environments.

*Need for respite longer stay homes. (not nursing homes)

Detection: Suspiciousness of abuse or if abuse has been disclosed to another person

The person with dementia

Family member

Friend,

Staff person,

Religious,

GP,

Specialist,

Police,

Lawyer, JP

Helplines: Elder Abuse Helpline, Lifeline, Dementia Australia, Dementia Support Australia, Alzheimer's Qld need specialist training in elder abuse.

*Need for after-hours helplines on elder abuse.

*Need to ensure the EPA via lawyer, is well decided with safety networks. EPA state clearly the ethics of the EPA.

Be open: Aware of signs of Emotional Entrapment (also to staff), emotional blackmail, threats, control, fear, anxiety, and confusion. Familiarity and trust can be developed between the person with dementia and staff. E.g. GP

Response: Do not "dismiss" the questions, concerns or behaviour of a person with dementia. Do not excuse the suspicion as a dementia behaviour as people with dementia have symptoms of memory loss and suspiciousness on the dementia journey. The reality is that they could be abused.

Proof of abuse: Bank statements, texts, records of accounts. Create copies and folders for memory cues.

Mental capacity: what does this mean? Standard assessment needs to be created to state what the victim can make decisions on. E.g. not complex financial matters but needs to be consulted. Can make decisions on health care and accommodation issues. Can read and write.

Health: Input: GP, Geriatrician, Clinical Psychologist, Gerontologist, Lawyer:

Report: Mandatory reporting of suspicions of abuse: to protect the victim and the staff person.

The reporting process can be intimidating and very formal with court proceedings and submission of forms. This can be a barrier for Drs, lawyers, and others to report as it is time-consuming and a responsibility to follow through.

*Need a local regional group to de-escalate issues. (perhaps as applied in Child Safety)

To whom: Which body?

*Staff to Service Provider management: need training and an abuse officer or link with a lawyer or Elder Abuse Advocate. If they don't report, the organization needs to be fined. This will stop turning a blind eye to keep their package funding.

QCAT, Office of Public Guardian? which takes 6 months to process.

*Change the mechanism. Enduring Power of Attorney revoked. Who can be EPA? The Guardian? Who can manage personal finances? Public Trustees? Safety check in-home? Long time to resolve? Under-resourced.

Police? Action: Charges? Domestic Violence? This term needs to be explained. Contacts with DV groups? (not in the realm of dementia and elder abuse) Protection from the perpetrator. Visit by police. DVA order.

Could the female victim feel intimidated by the male police authority?

*Safe House: where? Family Host Stay homes created (Staffing Options)?

Fear of retaliation and further dominance.

*Bank: Stop credit card, online banking, red flag. More Elder Abuse training.

*Set up bill payment and oversight via My Aged Care Package by a financial planner or accountant.

*An agreed "payment" contract between carer and the caree for being the carer. Authorized by a lawyer and or accountant.

*A contract on shared accommodation including rent, granny flat renovations. Authorized by a lawyer and or accountant.

*My Aged Care Package payment for a lawyer to give elder abuse advice and act on behalf of the victim.

*Need for an Elder Abuse regional/local community committee or network to take weekly case studies to ACT on. Serves as emergency/crisis contact. These committee members can be derived by existing organization's staff e.g. Relationships Aust, Community Health, Church and Community Service groups. Retired lawyers, doctors, social workers and nurses can be volunteers on call. Forensic Accountants would be necessary to trace the money.

This can be likened to the Aged Care Assessment Team (ACAT) a mix of professionals including a Social Worker, Occupational Therapist, Physiotherapist or Nurse. Two staff may visit the client in-home and can assess the real picture of need and gain reports from Drs. They discuss with other team members. ACAT decides on the level of the My Aged Care Package and the eligibility of placement in a nursing home.

*Need for regional community group to be overseers and EPAs to those with no family members or friends to be EPA's. Linked in with a legal or accountancy firms. Legal and accountancy firm, Greenhalgh Pickard act as EPAs for clients.

More personal than a central State bureaucracy.

*Need for a regional directory of elder abuse contacts, lawyers and health professionals who specialize in the area.

Investigation: *Capacity*; what is the capacity? What is the abuse and why; put in safety measures, let the person with dementia feel in control with explanations and writing-up of notes for recall.

Is the abuser: Family carer being son, daughter, step-son, step-daughter or spouse. Why abuse? Can the relationship be resolved?

- (1) Not coping with the caring role and needs training and respite
- (2) The family carer is not capable of being a carer
Where can the victim live? If not in the family home? Only place is a nursing home.
Or does the perpetrator move out?
- (3) The family carer needs financial counselling and support
OR
- (4) The family carer is a predatory or serial abuser, manipulating the victim for personal gains. Can have supervised visits and no control of finances or health care.

*Carer organizations, like Carers Qld and Carers Gateway need to educate carers about their ethics and responsibility of being a carer and identify if they feel they could abuse the care recipient.

*Access to Relationships Australia (Qld) is needed for mediation.

Prosecution: Criminal acts of abuse. Prison time. The perpetrator often uses the relationship to avoid consequences. The victim, if a parent, does not want their child to go to prison. Unfortunately, this relationship is not healthy and this elder needs to be protected as abuse will continue.

Repayment of stolen finances: via loan or reverse loan on an asset. The victim needs the money for future health care, funerals, etc.

Alzheimer's disease Progression of Symptoms

The symptoms and progression effects each person differently, INDIVIDUALLY. Each person is an individual with her/his own personality, health issues, medication effects and may receive varying qualities of care.

Damage can occur in different parts of the brain. Some symptoms may present and some may not. Some symptoms may last for varying times.

Progression of symptoms

Stage 1 (2-4 years)

- Short-term memory loss
- Disorientation/Confusion
- Mood/Personality changes
- Loss of spontaneity and initiative
- Poor Judgement – driving
- Trouble handling finances

Stage 2 (2 – 10 years)

- May have difficulty recognising self
- Long-term memory loss
- Repetitive statements and movements
- Sundowner – agitation especially late afternoon
- Difficulty with words – speaking, understanding
- Problems with reading and writing
- Deterioration in personal hygiene
- Delusions, hallucinations, agitation, suspiciousness, hoarding, shadowing
- Wandering, walking constantly, leaning, difficulties with balance & spatial awareness

Stage 3 (1-3 years)

- Non-recognition of family & friends
- Sensory perception changes – visual, hearing, taste, touch, smell
- Decline in daily care activities, walking, falls
- Lessening verbal skills
- Fidget; place things in mouth
- Sleep disturbance
- Incontinence bladder and bowel
- Eating and swallowing difficulties
- Leading into end-of-life, palliative care
- Death is usually due to pneumonia

DEMENTIA Network Sunshine Coast

Event Calendar/Planner 2025



- ✓ **Social Catch-Up Cuppas**
- ✓ **Networking; Friendships**
- ✓ **Aqua Aerobics**
- ✓ **Ageless Grace Chair Exercise**
- ✓ **Dementia Choir**
- ✓ **Family Carer Support Group**
- ✓ **Emotional Support**
- ✓ **Workshops, Conference**
- ✓ **Dementia Information**
- ✓ **Referrals: respite, legal,**
- ✓ **advocacy, financial, counselling**



FEBRUARY, 2025

*One word frees us of all the weight and pain of life: **That word is love.***
Sophocles

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	4 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	5 Family Carer Support Group Anglican Church, 46 Upper Gay Tce, Caloundra 2 pm – 4 pm	6 Family Carer Support Group 50 Savilles Rd, Nambour 10 – 12noon	7	8	9
10 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	11 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	12	13 Maroochydore Catch-Up Cuppa Maroochy RSL, 105 Memorial Av Maroochydore. 10.15 – 12 noon	14 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	15	16

17 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	18 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am-12 noon	19 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 am	20 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	21	22	23
24 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	25 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	26 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 am	27 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	28 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am		

NOTES

World Cancer Day, 4th

Valentine's Day, 14th. Celebrate love. Make memories.

Do everything with love.



MARCH, 2025

*Qualities of Life? For the person diagnosed with dementia and the carer?
Social activities intermingled with exercise and music in an accepting
environment with those who understand, make life enjoyable and meaningful.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon					1	2
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17 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon Buderim Cuppa and Dementia Discussion Bloomhill Cancer Care, 58 Ballinger Rd Buderim 10 am	18 Exercise Ageless Grace Laurel Springs,18 Doolan St, Nambour 10 am – 12 noon	19	20 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	21	22	23
24 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	25 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	26 Maleny Catch-Up Cuppa Tranquil Park, 483 Mountain View Rd 10 am	27 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	28 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	29	30

NOTES

International Women's Day, 8th. A global holiday celebrated annually as a focal point in the women's rights movement.

St Patrick's Day, 17th. Celebrates the feast of Saint Patrick in honour of Ireland's patron St Patrick.

Harmony Day, 21st. Celebrates cultural diversity.

Neighbour Day, 31st. Relationships Australia (Qld) Look out for each other.

Get to know your neighbours.



APRIL, 2025

They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn. We will remember them. Laurence Binyon; Poems of the Great War 1914

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	2 Family Carer Support Group Anglican Church, 46 Upper Gay Tce, Caloundra 2 pm – 4 pm	3 Family Carer Support Group 50 Savilles Rd, Nambour 10 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	4 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am Easter Ecumenical Service	5	6
7 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	8 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	9	10 Maroochydhore Catch-Up Cuppa Maroochy RSL, 105 Memorial Av Maroochydhore 10.15 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	11	12	13
14 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	15 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	16 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 am	17 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	18 Good Friday Public Holiday	19 Easter Saturday	20 Easter Sunday

19 Easter Monday Public Holiday	22 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	23 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 am	24 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	25 Public Holiday Anzac Day	26	27
28 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	29 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	30				

NOTES

Easter is a Christian festival commemorating the crucifixion and resurrection of Jesus from the dead.

Do not be afraid...for He is risen Matthew 28:5-6

Anzac Day, 25th commemorates when Australian and New Zealand soldiers landed on Gallipoli, 1915, WW1.

We remember them.



MAY, 2025

A mother is like a flower, beautiful and unique.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Family Carer Support Group 50 Savilles Rd, Nambour 10 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	2 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	3	4
5 Public Holiday Labour Day	6 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	7 Family Carer Support Group Anglican Church, 46 Upper Gay Tce, Caloundra 2 pm – 4 pm	8 Nambour Catch-Up Cuppa RSL,14 Mathew St, Nambour 10.15 am Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	9	10	11 Mother's Day
12 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	13 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	14	15 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	16 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	17	18

19 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	20 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	21	22 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	23	24	25
26 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	27 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	28 Maleny Catch-Up Cuppa Tranquil Park, 483 Mountain View Rd 10 am	29 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	30 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	31	

NOTES

Labour Day 5th celebrates victory for workers in Spain, 1593
(40- hour week – 8 hr working, 8 hr recreation, 8 hr sleep)

Mother's Day 11th recognised formally in 1914 with a Bill
signed by US President Woodrow Wilson.



JUNE, 2025

When the world is silent, even one voice becomes powerful. Malala Yousafzai
Family carers and paid carers become advocates.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon						1
2 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	3 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	4 Family Carer Support Group Anglican Church, 46 Upper Gay Tce, Caloundra 2 pm – 4 pm	5 Family Carer Support Group 50 Savilles Rd, Nambour. 10 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	6	7	8
9 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	10 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	11	12 Maroochydhore Catch-Up Cuppa Maroochy RSL, 105 Memorial Av Maroochydhore. 10.15 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	13 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	14	15

16 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	17 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	18 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 am	19 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	20	21	22
23 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	24 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	25 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 am	26 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	27 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	28	29

NOTES

Queensland Day. 6th. Celebrations are part of Qld Week, which focuses on the state’s history and development.

World Elder Abuse Awareness Day, 15th June. A day to voice oppositions of the abuse of older people.

Elder Abuse can be:

Emotional and Psychological – inflicting mental anguish

Sexual – Language. Includes devices, phone, videos and images

Social – Isolating a person and preventing visitors or preventing the adult from going out

Physical – Deliberately causing physical pain or injury

Financial – The illegal, improper use and /or mismanagement of a person’s property or resources

Elder Abuse Helpline: 1300 651 192 9am – 5 pm, Monday to Friday. Free, anonymous and confidential assistance
Aged and Disability Advocacy Australia: 1800 818 338

JULY, 2025

Communication is complex, especially for one who has memory loss and cognitive impairment. Understanding and speaking words can be impacted. Use visuals and body language. Five "S": Slow. Simple. Specific. Show. Smile. A Speech pathologist can help.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	2 Family Carer Support Group Anglican Church, 46 Upper Gay Tce, Caloundra 2 pm – 4 pm	3 Family Carer Support Group 50 Savilles Rd, Nambour. 10 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	4	5	6
7 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	8 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	9	10 Nambour Catch-Up Cuppa RSL, 14 Mathew St, Nambour 10.15 am Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	11	12	13
14 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	15 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	16	17 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	18 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	19	20

21 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	22 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	23	24 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	25	26	27
28 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	29 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	30 Maleny Catch-Up Cuppa, Tranquil Park, 483 Mountain View Rd 10- 12 noon	31 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am			



Friendship is a sheltering tree. Taylor Coleridge
Along the dementia journey, people living with dementia and family carers can form new friendships.

AUGUST, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	2	3
4 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	5 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	6 Family Carer Support Group Anglican Church, 46 Upper Gay Tce, Caloundra 2 pm – 4 pm	7 Family Carer Support Group 50 Savilles Rd, Nambour 10 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 12 noon	8	9	10
11 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	12 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	13	14 Maroochydhore Catch-Up Cuppa Maroochy RSL, 105 Memorial Av Maroochydhore. 10.15 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 12 noon	15 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	16	17

18 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	19 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	20 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 – 12 noon	21 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	22	23	24
25 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	26 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	27 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 am	28 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	29 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 – 11.30 am	30	31

NOTES

Aug 4 – 10 Dental Health Week



SEPTEMBER, 2025: Dementia Month

Dementia Conference TBC

*A month to foster understanding of and compassion for people diagnosed with dementia and their family carers.
Break down stigma and discrimination. "Dementiaism"*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	2 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	3 Family Carer Support Group Anglican Church, 46 Upper Gay Tce, Caloundra 2 pm – 4 pm	4 Family Carer Support Group 50 Savilles Rd, Nambour. 10 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	5	6	7 Father's Day
8 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	9 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	10	11 Nambour Catch-Up Cuppa RSL, 14 Mathew St, Nambour 10.15– 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	12 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	13	14
15 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	16 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	17	18 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	19	20	21 World Dementia Day

OCTOBER, 2025:

Carers Week, Seniors' Month, Mental Health Week

*The attitude **to give and to receive** support will affect the quality of care. Carers need to accept support and foster self-care to be the best carer of their loved one.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Family Carer Support Group Anglican Church, 46 Upper Gay Tce, Caloundra 2 pm – 4 pm Seniors Expo	2 Family Carer Support Group 50 Savilles Rd, Nambour 10 – 12 noon	3	4	5
6 Public Holiday Kings Birthday	7 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	8	9 Maroochydore Catch-Up Cuppa Maroochy RSL, 105 Memorial Av Maroochydore. 10.15 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	10 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 – 11.30 am	11	12
13 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	14 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	15 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 – 12 noon	16 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	17	18	19

20 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	21 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	22	23 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	24 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	25	26 Grandparents Day
27 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	28 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	29 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 – 12 noon	30 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	31		

NOTES

International Day of Older People. First Wednesday of October.

Grandparent's Day, Sunday, 26th.

I Age Well **Seniors Expo Festival**. expo@iagewell.com.au 3041 1355

Mental Health Week Qld. www.qldmentalhealthweek.org.au

Carers Week, Sun 12th – Sat 18th.

Carers Qld 1300 747 636

Carer Gateway – Wellways 1800 422 737



NOVEMBER, 2025

Use Visuals: Create a special box labeled for keys, wallets, and glasses, a Whiteboard for the week's events, a canvas board for reminder notes, clocks with dates display, a photograph folder of people and places, technology reminders to prompt, signs on doors. Check the environment for contrasting colors and lighting.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	4 No Exercise But join <u>the Melbourne</u> Cup lunch at Laurel Springs. 5441 4711	5 Family Carer Support Group Anglican Church, 46 Upper Gay Tce, Caloundra 2 pm – 4 pm	6 Family Carer Support Group 50 Savilles Rd, Nambour 10 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	7	8	9
10 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	11 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	12	13 Nambour Catch-Up Cuppa RSL 14 Mathew St, Nambour 10.15 -12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	14 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	15	16

17 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	18 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	19	20 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	21	22	23
24 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	25 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	26 Maleny Catch-Up Cuppa Tranquil Park, 483 Mountain View Rd 10 am – 12 noon	27 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	28 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	29	30

NOTES

Melbourne Cup Day. Tuesday, 4th. An Australian traditional horse race starting in 1861.

Remembrance Day. Tuesday, 11th. Dedicated to Australians who died particularly in WW1. 11am: One minute's silence.

World Kindness Day. Thursday, 13th. Commemorates the power of kindness and the impact it has on others.



DECEMBER, 2025

Christmas may be a day of feasting or of prayer, but always, it will be a day of remembrance—a day in which we think of everything we have ever loved. Augusta E. Randel

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	2 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	3 Family Carer Support Group Anglican Church, 46 Upper Gay Tce, Caloundra 2 pm – 4 pm	4 Family Carer Support Group 50 Savilles Rd, Nambour. 10 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	5	6	7
8 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	9 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	10	11 Maroochydhore Catch-Up Cuppa Maroochy RSL, 105 Memorial Av Maroochydhore. 10.15 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	12 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –12 noon Ecumenical Christmas Service	13	14
15 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	16 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	17 Christmas Eve Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 – 12 noon	18 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	19	20	21

22 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon TBC	23 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon TBC	24	25 Public Holiday Christmas Day Keep it simple & enjoy!	26 Public Holiday Boxing Day	27	28
29	30	31 New Year's Eve Caloundra Catch-Up Cuppa TBC RSL, 19 West Tce 10.15 – 12 noon				

NOTES

12th: Ecumenical Christmas service, singing and morning tea. Dementia Choir at the Anglican Church, Caloundra. Free.






DEMENTIA NETWORK EVENTS 2025

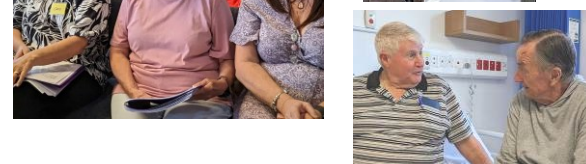
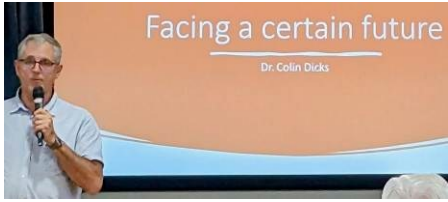
Please Register. There will be added events.

Photocopy for a noticeboard.

Contact: To register, to gain information; to be placed on the email list. Lorrae [REDACTED] (Tues – Fri business hrs)
carersoutlook@gmail.com www.scdementia.com.au
Facebook: Dementia Network Sunshine Coast

EVENT	FOR	LOCATION	DATE AND TIME	COSTS
Family Carer Support Groups	Family/friend carers (unpaid carers) and post-carers only	1. Carers Outlook 50 Savilles Road, Nambour Facilitator: Lorrae [REDACTED] 2. Anglican Church 46 Upper Gay Tce, Kings Beach, Caloundra. Facilitator: Vanessa [REDACTED]	First Thursday of the month <u>10 am-12 noon</u> Starting Feb 6 th First Wednesday of the month <u>2 pm – 4 pm</u> Starting, Feb 5th	\$ Donation. Morning tea is provided. \$ Donation. Afternoon tea is provided.
Ageless Grace Chair Exercises: Body, Brain & Mental Health Gentle chair exercise to music Instructors: Vicki Doolan, [REDACTED], Stuart; Vicki Howell, Lorrae [REDACTED]	A person living with dementia or related disorder, family carer or paid carer, friend to support	Laurel Springs Clubhouse 18 Doolan Street, Nambour	Tuesdays, weekly 10 am -12 noon From Jan 21st. Not operating Nov 5 (Melbourne Cup)	\$10 individual; \$15 a couple Includes morning tea, Check if payment can be via My Aged Care or NDIS packages
Aqua Aerobics to music Instructor: Glen McFadden Lorrae [REDACTED]	A person living with dementia or a related disorder, family carer or paid carer, friend to support	1. Nambour Aquatic Centre 31 Petrie Park Rd, Nambour Heated accessible shaded pool. 2. Caloundra Aquatic Centre Central Park Rd, Heated accessible pool	Mondays, weekly 10 am – 11 am Some are not operating due to public holidays. Thursdays, weekly 10 am – 11 am From 20 Feb	\$10 individual Check if Payment can be via My Aged Care or NDIS packages

Dementia Choir, Sunshine Singers Conductor: Anne Bowyer ██████████; Rev Jeanette. Lorrae: ██████████	A person living with dementia or a related disorder, family carer, or paid carer or friend. A support person <u>must</u> attend.	St Andrews, Anglican Church 46 Upper Gay Tce Kings Beach Caloundra Ramp on the left side	Fridays, Fortnightly, school terms , 10 am - 11.30 am Jan 31; Feb 14; 28; Mar 14; 28; April 4; (Ecumenical Service) May 2; 16; 30; June 13; 27; July 18; Aug 1; 15; 29; Sept 12; Oct 10; 24; Nov 14; 28; Dec 12 (Ecumenical Service)	\$ Donation. Morning tea is provided.
Catch – Up Cuppas (CUC) Social gathering with those who understand.	A person living with dementia or a related disorder, family carer, paid carer, friend or post-carer.	Caloundra RSL 19 West Tce Caloundra	Last Wednesdays, Bi-monthly 10.15 am Feb 26; Ap 23; June 25; Aug 27; Oct 29; Dec 31 (TBC)	Self-pay. Sometimes participants stay for lunch
Many of these venues do not open until 10 am.		Coolum Surf Club 1775 David Low Way Coolum Beach	3rd Wednesdays, Bi-monthly 10.15 am Feb 19; April 16; June 18; Aug 20; Oct 15; Dec 17	Self-pay. Sometimes participants stay for lunch
Look for the purple rose to identify the group. 		Maleny, Tranquil Park 483 Mountain View Rd Maleny	Last Wednesdays, Bi-monthly 10.15 am Jan 29; Mar 26; May 28; July 30; Sept 24; Nov 26	Self-pay. \$12.50 each. No lunch afterward. Some meet at another venue.
		Maroochy RSL 105 Memorial Av Maroochydore	2nd Thursdays, Bi-monthly 10.15 am Feb 13; April 10; June 12; Aug 14; Oct 9; Dec 11	Self-pay. Sometimes participants stay for lunch
		Nambour RSL 14 Mathew St Nambour	2nd Thursdays, Bi-monthly 10.15 am Jan 9; Mar 13; May 8; July 10; Sept 11; Nov 13	Self-pay. Sometimes participants stay for lunch
Cuppa and Dementia Discussion	A person living with dementia or related disorder, family carer or paid carer, friend, staff.	Buderim Bloomhill Cancer Centre 58 Ballinger Rd	Monday, 17th March , 10 am	Self-pay. Sometimes participants stay for lunch



Personal Contacts

Emergency: 000

Lifeline: 13 11 14

Aged and Disability Advocacy: 1800 818 338

Medical Information	Legal Information	Financial Information
General Practitioner (GP):	Solicitor:	Banks:
Specialists:	Next-of-Kin:	Financial Planner:
Dentist:	Friends:	Centrelink:
Chemist:	Neighbours:	Seniors Card Number:
Medicare Number: Hospital Patient Number: Private Health Company:	Enduring Power of Attorney: (yes /no) Location of EPA	Insurance Company: Home: Car:
Advance Health Directive (yes /no). Location	Will (yes /no). Location of Will	Funeral Parlour and Plan:
My Aged Care: 1800 200 422 Number: Level: Codes:	OR NDIS:	Elder Abuse Hotline: 1300 651 192
Service Provider:	Key Safe Pin:	Carer Gateway – Wellways: Registered (Yes/no) Emergency Respite and other support: 1800 422 737
Dementia 24/7 Helplines: Alzheimer's Qld 1800 639 331; Dementia Australia 1800 100 500; Dementia Support Australia 1800 699 799		



DEMENTIA NETWORK Sunshine Coast

Is an independent community grassroots voluntary service for people diagnosed with dementia, family carers, family members, friends & staff which provides information, referrals, gatherings and education.

It has been facilitated by Carers Outlook, Vince and Lorrae O'Rourke for about 12 years. Both have the lived experience of caring for loved ones diagnosed with dementia.

Contact: Lorrae on [REDACTED]; carersoutlook@gmail.com



Thank you to for contributions from Sage Care Advice, Maroochy North Shore Lions, Caloundra RSL, TAFE Mooloolaba, MMLaw, Faulkner Law, St Andrew's Church, Stockland Halcyon Landing, Urban Angels and the many individuals.



Catch-Up Cuppas: Maleny, Caloundra, Coolum, Maroochy, Nambour Social, fun, lucky door prizes, information sharing, emotional support.



Thank you to Vanessa, Nell, Peta, Volunteers.



Body, Brain and Mental Health Ageless Grace Chair Exercise to music. Socializing. FUN for all. Couple's activity. Thanks Vicki D, Stuart, Vicki H.
Aqua Aerobics to music: Thanks Glen at Nambour and Caloundra Aquatic Centres.



GTPRINT



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www.gtprint.com



Family Carer Support Groups: Monthly Caloundra & Nambour

Dementia Choir, Sunshine Singers: Singing, listening to music, reading the song sheets, socializing and FUN for all. Thanks Anne, Jeanette, & volunteers.

Rev Jeanette & Anne



Thank you to **Laurel Springs Retirement Village** for the generous donation and for the use of its Clubhouse for exercises. 5441 4711