

# *SPEAKERS IN SPRING FOR SENIORS*



A Free Talk Each Tuesday in September at 11am via Zoom

- 1<sup>st</sup> Your Rights Your Safety
- 8<sup>th</sup> Your Home and Adult Children
- 15<sup>th</sup> Your Choices Your Values
- 22<sup>nd</sup> Your Medical Decision Maker
- 29<sup>th</sup> Your Powers of Attorney

Each talk will be for 30 – 40 minutes with 20 minutes for questions and discussion.

Book for one Tuesday, book for some, book for all.

All sessions are free. Numbers limited to 15.

## **To book or further information**

**Email: [info@seniorsrights.org.au](mailto:info@seniorsrights.org.au) Telephone Gary Ferguson 0407 329 290**

**Hosted by Seniors Rights Victoria [www.seniorights.org.au](http://www.seniorights.org.au)**



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### *1<sup>st</sup> Your Rights Your Safety*

Your Rights Your Safety is a dynamic session which informs about elder abuse, prevention and ways to protect yourself. As part of the session we'll talk about planning for your safety and come up with some practical ways to protect your rights.

### *8<sup>th</sup> Your Home and Adult Children*

Some parents have agreed that their adult children can move home as a result of COVID-19. Other parents might have had adult children staying with them for a while. Your Home Your Children will cover these changes to living arrangements. What to think about before you agree to your adult child living with you? How can you protect your rights and continue a fulfilling lifestyle? These are some of the questions which will be answered in Your Home and Adult Children.

### *15<sup>th</sup> Your Choices Your Values*

Planning ahead as you age can be challenging. There are many lifestyle choices to consider. Your preferences are important. Sometimes you might need a support person to assist you in communicating decisions. A Care Directive can help you consider some of these choices and put them in writing. In this session we'll look at some of the key lifestyle choices, how a support person can assist you and some key sections of a Care Directive. At the end you'll have the start of a plan to put your choices in writing. This can let people close to you know the values and preferences that guide you to make your choices.

### *22<sup>nd</sup> Your Medical Decision Maker*

Your Medical Decision Maker will be the person/s, who makes decisions for your medical care when you're not able to make these decisions either temporarily or permanently. Who you choose to do this is an important decision and it's not always clear who is the best person to appoint. The Your Medical Decision Maker session will discuss how to choose and appoint the person/s who will respect your values and preferences.

### *29<sup>th</sup> Your Powers of Attorney*

When you make an Enduring Power of Attorney you are giving someone the power to make important decisions for you at a vulnerable time of your life. You need to choose someone who can stand in your place and make the decision you would make yourself if you had decision making ability. An Enduring Power of Attorney is a legal document that lets you appoint a person to make financial and personal decisions. Come along and find out how you decide on the right person/s to appoint and other key sections of the documents.

Seniors Rights Victoria is funded by the Victorian Government and provides information, support, advice and education to help prevent elder abuse and safeguard the rights, dignity and independence of older people. Elder abuse is any act which causes harm to an older person and is carried out by someone they know and trust such as family or friends. Our free services include a Helpline, specialist legal services, short-term support and advocacy for individuals and community education.