

FECCAe-NEWS

The Newsletter of the Federation of Ethnic Communities' Councils of Australia

2015 FECCA Conference

The FECCA 2015 National Biennial Conference: *Multiculturalism in Action: Building a better future for all Australians* took place from the 5-6 November 2015. This year's conference was organised jointly by FECCA and the Ethnic Communities' Council of NSW (ECC NSW).

The conference drew together leading decision makers, thinkers and practitioners to discuss and debate key issues that related to Australia's multiculturalism. These were explored through a series of plenary addresses, panel discussions and presentations.

The highlight of the social program was the FECCA Conference Dinner. The dinner was held on Thursday 5 November at the Sydney Town Hall, and was a chance for delegates to experience the finest fresh local produce at a beautiful venue.



SBS was the official media partner of the FECCA Conference and provided an SBS Radio "Pop Up Media Booth", broadcasting live, and recording interviews for SBS Radio programs. This was a great opportunity for speakers and delegates to share their insights and opinions from the event that truly recognised and celebrated *multiculturalism in action*.

To view the Conference and Dinner photos [click here](#).

For a snapshot of the Conference look out for our upcoming edition of Australian Mosaic!

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From the FECCA Chairperson



Welcome to FECCA's November 2015 update.

FECCA recently held our 2015 National Biennial Conference at the Sheraton on the Park, Sydney, which was organised in partnership with the

Ethnic Communities' Councils of NSW (ECC NSW). The Conference was a huge success with fantastic speakers, abstract presenters, facilitators and over 500 delegates.



I would like to thank the Conference organising committee, in particular, our Conference co-host, Peter Doukas and ECC NSW. My thanks also to the FECCA Office who were instrumental in bringing the whole project together, led by our Director, Gulnara Abbasova. I would also like to extend my thanks to all our sponsors and partners for their support. My biggest thanks to the delegates and speakers who made the two days the most dynamic, rewarding and forward looking FECCA National Conference of all.



The FECCA AGM was on Saturday 7 November, where new Executive Members were elected. I would like to

congratulate the members of the Executive on being part of our great team for the next two years. The new FECCA Executive has quite some continuity, as well as a sound renewal: Hina Durani, Women's Chair; Suzanne Graham, Regional Chair; and Siddique Panwala, Hon Treasurer, are most welcome to our group.

To our outgoing Hon Secretary Sam Afra, Hon Treasurer Yogan Sathianathan, Regional Chair Ricardo Viana and Women's Chair Pallavi Sinha, I would like to extend my warmest thanks for all your hard work and support over the past two years.

There are also some changes to the Executive this year, with some members taking on other roles. Parsuram Sharma-Luitl will now serve as the Hon Secretary. Senior Deputy Chairs Eugenia Grammatikakis and Tina Karanastasis will be continuing in their roles. Also continuing in his role is Mohammad Al-Khafaji as Youth Chair, while Alphonse Mulumba will step into the New and Emerging Communities' Chair role, in addition to representing FECCA's Tasmanian peak member.

We are pleased by the outcome of this year's elections, with FECCA actively taking steps to advance the gender and age balance within the organisation.

A Constitutional amendment was carried during the AGM whereby the FECCA Executive agreed to the addition of a Healthy Ageing Chair, and the position will be filled in due course. The Disabilities' Chair position will also be filled shortly.

The governance that we have in place at FECCA is one that is open and transparent, and has worked well. The role of the Executive, ably supported by the FECCA Secretariat, is a strategic role, and one of policy direction and bringing to the table ideas and issues that affect our communities. To view the full FECCA Executive [click here](#).

Finally I would like to welcome Ayaka Kawashiri, who will be joining FECCA as an intern for the next month. I wish Ayaka the best and I hope her time at FECCA proves beneficial to her studies.

Joseph Caputo OAM JP

FECCA NEWS

Introducing Ayaka Kawashiri

Ayaka Kawashiri is joining FECCA as an intern for the next month. Ayaka is a Japanese international student, studying a Master of Peace and Conflict Studies at the University of Sydney. She is passionate about studying Australia's multiculturalism and the peaceful coexistence of all people regardless of their ethnic and cultural background. Ayaka is pleased to intern at the leading national body in the multicultural sector to gain knowledge about how government policy and programs can assist to create unity in a diverse society. She looks forward to learning more about the contribution of FECCA to the Australian community through the organisation's work promoting inclusion of those from multicultural backgrounds. Ayaka will be undertaking a research project exploring the value of language services to individuals and the community.

New FECCA paper: Improving Access to Funding for New and Emerging Communities

This paper highlights the challenges faced by new and emerging communities in Australia in accessing funding for their community based activities and outlines proposed solutions for improving access. It draws on findings from a series of activities as part of FECCA's efforts to identify the needs of new migrants and refugees through community feedback and research, develop and propose evidence-based policy responses, and strengthen the capacity of new and emerging communities to self-advocate. The input comprised the advice of FECCA's New and Emerging Communities Advisory Committee members and their extended networks, as well as feedback received through an online survey. Feedback was also gathered in consultations with community leaders and multicultural and settlement organisations. Finally, the Advisory Committee held a workshop that brought together community leaders, grant providers, government officials and other key stakeholders to discuss the pathways for empowering new and emerging communities and facilitating their access to public and private grants.

To read the paper [click here](#).

FECCA's 2020 Vision for Older CALD Australians

The Federation of Ethnic Communities' Councils of Australia (FECCA) has been working to promote better outcomes and improve access to services for older CALD Australians as they age and enter the aged care system in Australia. This includes either services in the home or residential aged care.

According to the 2011 Australian Census, over 1.3 million Australians aged over 50 were born overseas in a non-English speaking country. This represents almost 20 percent of all Australians in that age group.

FECCA Chair Joe Caputo said, "At FECCA, we needed to know more about the needs and aspirations of this group. Earlier this year I launched the review on Australian research on Older People from CALD backgrounds. As a result of this research we know more about where the gaps are in policy, practice, and research, and have a broader sense of the issues, and where we would like to go."

FECCA Healthy Ageing Reference Network Chair Mary Patetsos has been instrumental in the development of FECCA's 2020 Vision for Older CALD Australians. At the FECCA National Biennial Conference in Sydney today, Mary said, "It gives me great pleasure to formally launch the 2020 Vision for Older CALD Australians. We look forward to working closely with our colleagues in the area, many of whom are here today, to achieve better outcomes for older people from CALD backgrounds."

FECCA established the Network to support its work in helping CALD older people living full and healthy lives.

"The strategies in the 2020 Vision aim to use available resources better, optimising what is available and proposing options that require further resource commitments", Mary said. "All the work of FECCA is the result of collaboration and effort of many individuals. This Vision coalesces the ideas, experience and solutions from many people who collaborated and partnered with FECCA."

FECCA NEWS

To view FECCA's 2020 Vision for Older CALD Australians [click here](#).

Productivity Commission releases draft report – 'Migrant Intake into Australia'

The Productivity Commission released its draft report on Australia's Migrant Intake on Friday. The draft report details the economic, social and environmental implications of immigration.

The draft report recommends that the Government should not use price as the principal mechanism for allocating permanent visas. The Commission found that the adoption of a price-based immigration system is not supported by evidence. Such a system could attract less desirable immigrants compared to the current system and favour immigrants with an existing capacity to pay over those who would make the greatest economic contribution to Australia. FECCA fundamentally opposes the imposition of a fee for immigration to Australia and welcomes the Commission's recommendation in this regard.

FECCA's submission to the inquiry emphasised the social and cultural benefits of migration and is pleased to see the Commission's draft report acknowledges that Australia has built a highly successful multicultural society. The report highlights that multicultural attitudes support acceptance of the immigration program, the importance that respecting the value of ethnic diversity has on migrant integration and the vital impact that settlement policies have on immigrant outcomes.

The Commission found that without further net migration, the age dependency ratio (the ratio of those aged 65 years and above to those aged 15 to 64 years) would increase from around 23 older persons to every 100 working-age individuals in 2014, to around 59 older persons by 2060. In its submission, FECCA highlighted the role immigration policy can play to counteract the negative social and economic effects of Australia's ageing population.

Key recommendations in the draft report include:

- The Australian Government should seek opportunities to improve the recognition of overseas qualifications obtained at high quality institutions, including through bridging courses;
- The Government should review the mix and extent of settlement services for immigrants (including humanitarian immigrants) with the aim of improving their labour market and social engagement outcomes. This should include consideration of the adequacy of the English-language training hours and access to employment services;
- The Government should abolish the Significant Investor Visa and Premium Investor Visa streams.

The draft report includes a chapter on managing temporary immigration programs which recommends:

- The Australian Government should commission a public inquiry into the labour market and broader economy-wide effects of work rights for international students, temporary graduate visa holders and working holiday makers;
- The Government should assess the effectiveness of changes implemented as a result of the recommendations made by the Independent Review into Integrity in the Subclass 457 Programme after sufficient time for those changes to take effect;
- The Fair Work Ombudsman should commission the development of a smart phone app that would provide temporary immigrant workers with information on their work rights and responsibility, and with links for lodging complaints about abuses or exploitation.

FECCA will be making a further submission to the inquiry by 18 December. The Commission's final report is expected to be finalised in March 2016.

FECCA NEWS



WE WANT TO HEAR FROM YOU!

- ◆ Are you aged between 40 and 65, and have questions about the Australian aged care system?
- ◆ Do you have a parent or relative who uses aged care services, or will they be entering the aged care system?
- ◆ Are you aware of available aged care services and programs?
- ◆ Tell us what you think your ageing experience will be like.

The Federation of Ethnic Communities' Councils of Australia (FECCA) is holding consultations with the Multicultural Communities Council of Gold Coast (MCCGC).

Date: Tuesday 15 December
When: 10.30 am - 1:00 pm
Where: 1 Dominions Road,
Ashmore QLD 4214

Lunch will be provided. Please RSVP for catering purposes.

For more information and to RSVP please contact:
Rose Vearing on RoseV@mccgc.com.au or (07) 5527 8011.
Nikolaus Rittinghausen on nikolaus@fecca.org.au or (02) 6282 5755.



FECCA NEWS



We would like to hear from you

Are you aged between 40 and 65, and have questions about the Australian aged care system?

Do you have a parent or relative who uses aged care services, or will they be entering the aged care system?

Are you aware of available aged care services and programs?

Tell us what you think your ageing experience will be like.

The Federation of Ethnic Communities' Councils of Australia (FECCA) is holding consultations with the North East Multicultural Association (NEMA).

Date: Wednesday 9 December 2015

When: 11.00 am – 1.00 pm

Where: 6 The Close, Purbrick Hall, Anglican Cathedral
Wangaratta VIC 3677

FECCA is the peak, national body representing Australians from culturally and linguistically diverse backgrounds (CALD). NEMA represents the interests of CALD communities in North East Victoria and promotes multiculturalism regionally.

A light lunch will be provided. Please **RSVP** by 30 November 2015 for catering purposes.

For more information and to RSVP please contact:

Sue Wheildon on sue@nema.org.au or (03) 5721 2090

Nikolaus Rittinghausen on nikolaus@fecca.org.au or (02) 6282 5755.

STAKEHOLDER UPDATES

Mental Health Australia

Mental Health in Multicultural Australia (MHiMA) Project

As many in the multicultural sector may know, Mental Health Australia is managing the MHiMA Project until the end of June 2016.

Since Mental Health Australia commenced managing the Project in mid-September 2015, we have had a range of discussions with stakeholders and assessed Project activities and arrangements to date. Following these discussions and initial planning work, Mental Health Australia has determined the most appropriate and workable option is for MHiMA Project staff to be based at Mental Health Australia in Canberra.

Mental Health Australia will be recruiting for two new positions for the MHiMA Project – a Project Manager and Project Officer – for the period of the current Project until the end of June 2016. People from CALD backgrounds are encouraged to apply. Information on the positions is available on the Mental Health Australia website <https://mhaustralia.org/about-us/employment>.

Some of the Project activities we will be pursuing in the coming months include:

- Forming a Project Advisory Group with representation of all jurisdictions, CALD consumers and carers, and CALD views and expertise outside of the mental health sector.
- Progressing a review of the Framework for Mental Health in Multicultural Australia, including an examination of its structure, delivery and sustainability, and recommendations for future delivery and implementation.
- Developing a consultation document on the future of the MHiMA project, which will be made available on the Mental Health Australia and MHiMA websites throughout December 2015 and January 2016.
- Continuing engagement with the National CALD Consumer and Carer Working Group in the Project.

The Department of Health has asked Mental Health Australia to investigate and analyse what has occurred with the most recent project, and make recommendations for a future project. We will be working closely with the multicultural sector on this future direction.

Mental Health Australia will step away from the Project at that time if appropriate governance and project management arrangements can be put into place elsewhere.

I would like to reiterate to the multicultural sector Mental Health Australia's commitment to ensuring a future for a mental health project for people from CALD backgrounds. FECCA and Mental Health Australia will be working closely together to achieve this aim.

If you would like to receive updates on the MHiMA Project, you can sign up to my CEO update by going to the Sign up to our newsletters page on the Mental Health Australia website <https://mhaustralia.org/form/sign-our-newsletters>.

Frank Quinlan, CEO, Mental Health Australia

STAKEHOLDER UPDATES

One in four women has experienced physical or sexual violence by a partner, boyfriend or date.

One in four women has experienced physical or sexual violence by a partner, boyfriend or date.

It's a devastating statistic. She could be one of your clients, patients, students or colleagues and you could encounter her today.

1800RESPECT is a national counselling service that aims to increase the safety and support of women and children experiencing the impacts of domestic and family violence and sexual assault. We recognise the crucial role of frontline workers, who are often the first person a woman discloses her experience to. This unique position means it's vital workers feel they are equipped with the right tools and information to help them identify signs, offer knowledge-based support and connect women to the most appropriate services. Together, we can play a role in increasing the support and safety of women and their children.

WHAT YOU DO CAN MAKE A DIFFERENCE

The 16 Days of Action

The 16 Days of Action is a global campaign to end violence against women that runs from November 25 to December 10, 2015.

To coincide with the campaign, 1800RESPECT will launch a free toolkit specifically for frontline workers to help them better identify signs of domestic and family violence and equip them with the skills to respond well.

Developed in consultation with experts the toolkit is an online resource with information on good practice, educational videos with specialists, tools and resources, and apps. Workers and professionals can access the full toolkit, or tailor one for their own or their staff learning or development needs.

With useful tools like the Daisy app that connects women to specialist support services, videos on safety planning and risk assessment, a resilience training program to help ensure you or your staff are looking after yourself and much more – it can be a great part of your staff learning and development programs.

New resources will continue to be added to the kit as

they become available. During the 16 Days of Action, we will release new resources on working with LGBTIQ (lesbian, gay, bisexual, transgender, intersex and queer) communities, court orientation, and working with women during times of natural disaster.

DO YOU OR YOUR STAFF KNOW HOW TO RESPOND?

What's in the toolkit?

- Core resources for everyone including information, videos and information on risk assessment, safety planning, cultural competence and trauma
- Resources to help workers and professionals understand the different types of violence against women
- Resources for managers and organisations, including information on developing domestic violence policies and working with trauma
- Resources specifically for working with LGBTIQ communities
- Resources for working with women going to court
- Resources for workers and professionals in the emergency services sector
- Promotional resources to help you raise awareness of support available to women experiencing the impacts of domestic family violence and sexual assault

What can you do?

You can ensure your staff have the right tools available to help them to respond to women experiencing sexual assault or domestic and family violence by encouraging them to register to receive the frontline worker toolkit at www.1800respect.org.au/toolkit.

If you are a peak body please download our campaign toolkit and help us to reach organisations and their workers. The toolkit includes an email for frontline workers, a printable poster, press release and other digital communication assets for your communication channels.

To find out more about how you can get involved visit www.1800respect.com.au/toolkit or contact 1800RESPECT's National Communications and Stakeholder Engagement Manager, Kelli Browne.

Kelli Browne: kelli.browne@1800respect.org.au or 0418 356189

STAKEHOLDER UPDATES

PICAC NT

COTA NT's Partners in Culturally Appropriate Care (PICAC) program has been extended for two years, until June 2017. PICAC Manager Lina Paselli is in the process of putting together a two-year work plan and is excited to announce new additional activities to the program, including:

Cultural Awareness Sessions

A series of cultural awareness sessions will be conducted, targeted first to Management in aged care facilities before sessions are scheduled with aged care workers. These sessions aim to facilitate and inspire change and support in the activities and programs for CaLD (culturally and linguistically diverse) seniors.

SENIORS EXPO Multicultural Zone

Looking ahead, a bigger multicultural area dedicated to the aged care sector will be planned at the second SENIORS EXPO scheduled in June 2016.

Consumer Directed Care (CDC)

One of the changes to the delivery of CDC sessions will be a closer focus on wellness, re-ablement and restorative care as part of the Commonwealth's Home Support Programme (CHSP).

A standardized assessment process through the My Aged Care portal is being introduced for clients to be able to access services delivered by the CHSP. This is intended by the Commonwealth to promote equity by ensuring that access to aged care services is based on a consistent assessment of need and to offer clients an increased level of control over the services they receive.

If you would like more information regarding CDC or to book a session call Lina on 08 89411004 or email or picac@cotant.org.au.

Multicultural Stories of the NT

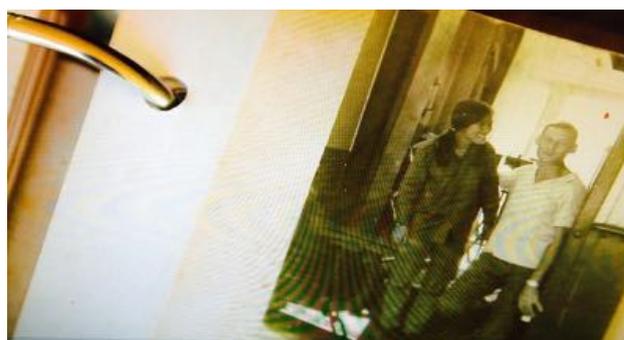
COTA NT is excited to announce that another migration story has been completed thanks to the collaboration

with CDU film student, Joshua Florendo.

This piece of migration history is the lovely and heart-felt story of a young Singaporean girl, Meng Hoeschte, who left her family in Singapore to adventure all the way to Australia. Meng has made Darwin her home ever since.

Although the 1974 Cyclone Tracy left scars, as a senior, Meng now happily lives in Howard Springs, ageing gracefully on her beautiful 5 acre property. She enjoys creating glass artwork, opening her home to friends and visitors and finally indulging on the things she didn't have when she was younger; such as full cream milk, cheese and sweet buns!

To view Meng's full migration story, visit our website www.cotant.org.au.



Fact Sheet on Australia's response to the Syrian and Iraqi humanitarian crisis

On 9 September 2015, the Australian Government announced that it will make an extra 12,000 Humanitarian Programme places available in response to the conflicts in Syria and Iraq.

[Click here](#) to read the Department of Immigration and Border Protection's Fact Sheet on Australia's response to the Syrian and Iraqi humanitarian crisis.

STAKEHOLDER UPDATES

IRT shares community blueprint for people with intellectual disability

People with intellectual disability and their carers can struggle to find accommodation that allows them to stay together as a family as they get older and their needs change. An innovative project in the Illawarra will allow families in this situation to remain together in a supportive community environment.

'Kemira' at IRT William Beach Gardens in Kanahooka is a purpose built community designed by IRT in partnership with Greenacres Disability Services, Interchange Illawarra and Community Gateway. The 'Pathways through Partnerships' model involves the University of Wollongong, which will research the effectiveness of the design and develop a blueprint to guide other service providers.

"Sharing knowledge is an important part of the Pathways model," IRT's Pathways Project Coordinator Heather Marciano said. "We've had interest from other service providers keen to learn about the project.

"IRT has responded to research into limited housing options for ageing people with intellectual disability and their primary carers, so we're happy to share our experiences. When the blueprint is complete it will outline the key features of the model that are critical to its success.

"Seeing more Pathways communities would be a wonderful outcome."

Reaching potential residents has also been important in the development of the community. Connecting with community groups, including those with members from culturally and linguistically diverse backgrounds, has been a priority.

"Our aim is for Kemira to be a culturally inclusive and age-friendly community where residents support each other," Mrs Marciano said.

Kemira, located within the established IRT William Beach Gardens Lifestyle Community and Care Centre precinct, includes 12 villas designed to the highest standards of accessibility, a community centre and five-bed respite centre.

Construction of this innovative community received \$2.9 million funding under the NSW Government's Restart NSW Illawarra Infrastructure Fund. IRT Group

has also contributed \$2 million to the construction.

Expressions of interest to live at Kemira at IRT William Beach Gardens are now being taken by IRT. For more information, enquire online at www.irt.org.au or email pathways@irt.org.au.

Volunteer Grants 2015

The Australian Government is inviting organisations to apply for Volunteer Grants 2015.

Funding is expected to be offered to around 5,700 organisations as a result of this process, with grants to be paid by 30 June 2016.

Volunteer Grants enable small community organisations to apply for grants of up to \$5,000 to purchase small equipment items to assist their volunteers, assist with the reimbursement of fuel costs incurred by volunteers (and transport costs for volunteers with disability who are unable to drive), and contribute towards the cost of training courses and background screening checks for volunteers.

Applications close at 2:00pm AEDT on 9 December 2015.

For further information about eligibility and how to apply, refer to the [Funding Open for Application](#) page. There is also a VG Hotline 1800 183 374 and email: vg2015@dss.gov.au to assist with further enquiries.

Australia@2015 Survey

Australia@2015 is a first in Australian public opinion surveys. For the first time, an Australian survey will be conducted in English and a broad range of community languages. The survey will help to understand the outlook of Australian-born and immigrants at this important time in our history – a time of rapid population growth, rising security concerns and questioning of the working of Australian democracy.

The Australia@2015 flyers are available in 20 languages (including English).

It is critical that all participants finish the survey in its entirety, otherwise the data will not be recorded.

If you would like to be sent a copy of the survey, please contact media@fecca.org.au.

For more information please do not hesitate to contact: Dr Miriam Munz, Australian Centre for Jewish Civilisation, Monash University on (03) 9903 5004.

MULTICULTURAL NEWS & EVENTS

Save the date for the 4th National Elder Abuse Conference 2016!

The 4th National Elder Abuse Conference hosted by Seniors Rights Victoria, will be taking place from 23 -25 February 2016 at the Pullman Melbourne on the Park, Australia.

The Conference will focus on the rights of older people to live life free from ageism and elder abuse. From preventative programs, to early interventions and later responses, speakers will share stories about the ways we can observe the rights of older people, which include identifying and meeting the wishes of older people as well as ensuring their safety. For more information visit the website - <http://elderabuseconference.org.au/>.



Australian Multicultural
Community Services Inc

Portability of Home Care Packages WORKSHOP FOR CONSUMER DIRECTED CARE – THE NEXT STEP

Due to popular demand we have scheduled another workshop on Thursday 26 November 2015. Places are limited to 15 participants so please book early to secure your spot. Preparation is the key to success - what matters is action and an ability to adapt to the way that CDC will be done from February 2016. Unless existing providers can offer a sustainable service, new providers will take their place.

The workshop is a 1 day session and covers the following:

1. The current CDC in Home Care Packages, its operations and its success.
2. The future direction of CDC.
3. Business models that can be used for the changes in CDC so that providers are equipped to facilitate the many stages that are to come. Participants will receive the models in portable electronic form for their own practise and possible implementation

MULTICULTURAL NEWS & EVENTS

Workshop Details

Who should attend: Case Managers, Managers of Services, Finance Managers and Accountants
When: 9.30am - 4.30PM, Thursday 26 November 2015
Where: Australian Multicultural Community Services, Suite 111, 44-56 Hampstead Rd, Maidstone 3012
Cost: \$400 (incl. GST)
To register visit: www.trybooking.com/JQFX

For more information contact Mark Sheldon Stemm on 0458342438 or markss@inet.net.au or Elizabeth Drozd on (03) 8371 2314 or elizabethd@amcservices.org.au. Link to the event http://www.amcservices.org.au/event/2cdc_ws/.

AMCS's Multicultural Planned Activity Group - ageing and preventing social isolation of older people from culturally and linguistically diverse backgrounds

Older people from culturally and linguistically diverse (CALD) backgrounds are often socially isolated due to language barrier, lack of family support or deteriorating health amongst many other issues. However as majority of those people, they wish to feel autonomy and have control of their environment. They want to be treated with dignity, respect, individuality and to experience life in a positive way. They want to belong to a community, have social contacts and have the opportunity to be active. Being socially active enhances the quality of life for any person, it is even more important for our elderly people.

Australian Multicultural Community Services has over 30 years of experience in working with CALD people. We acknowledge the importance of a holistic approach in the care planning to provide a service that fulfills participants' needs and expectations. We learn about our participants' life experience, cultural attitudes, beliefs, reason for migration, English language proficiency and other factors such as religion and post-migration experiences. Understanding and in depth knowledge of the multicultural community has been our biggest strength in establishing culturally appropriate programs, resulting in reducing social isolation among CALD older people.

Our Multicultural PAG in Geelong has participants from different backgrounds such as Italian, German and Ukrainian, they have embraced the different cultures and enjoy learning about each other in a great social setting. In the past six months they went to the Jirrahlinda Koala Wildlife Sanctuary, had a picnic in Ocean Grove and visited orchids farm. The opportunity to participate in a variety of activities including day trips, crafts and information sessions always brings a smile to their faces. Our Active Service Model approach promotes positive and active ageing, participants are encouraged to be involved in the planning, so we can better benefit from the wealth of experience and knowledge possessed by older members of society as well as give them opportunity for socialisation.



L-R: Trip to Jirrahlinda Koala Centre; Irene and Frank

It is important as a society to move away from the stereotypical negative attitude towards ageing, as a time of losing abilities and becoming isolated. We should shift the focus on the capabilities and put measures in place to ensure we are supporting older people to stay connected with their communities and enjoy a new chapter of their lives.

- Anna Suchowiecka (Senior Coordinator of PAG & Respite Programs) and Monika Garlinge (Multicultural PAG Officer).