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Listed below are some websites that may be of interest.

- www.grandparentsqld.com.au
- www.kinkare.com.au
- www.seniors.gov.au
- www.apsl.com.au/grandparent.html
- opso.com.au/grandparents.htm
- www.fsa.org.au
- www.familycourt.gov.au/
- www.familyrelationshiops.gov.au
- www.legalaid.qld.gov.au
- www.raisinggrandchildren.com.au
- www.grandparents.org.au
- www.caxton.org.au

No internet access?

Let Seniors Enquiry Line do the searching for you

Phone 1300 135 500



GRAND MATTERS

Time for Grandparents Program

The Time for Grandparents program was initiated in response to the growing trend of grandparents raising or caring for grandchildren.

Funded by the Department of Communities and operating under the auspice of Lifeline Community Care Brisbane, the program aims to support the unique needs associated with raising or caring for a grandchild. More than 470 grandfamilies including 800 children are currently part of the program.

Manager of Seniors Enquiry Line, Chris Procopis, said that in many circumstances where grandparents were the primary carers of their grandchildren, they were not eligible to receive the fostering allowance and were struggling to make ends meet. She said, “Many grandfamilies are struggling to survive on the aged pension with some having to sell their homes and move into rental accommodation to find the funds to support their grandchildren.”

Following consultations at the Grandfamily camps and with members of grandparents support groups in Queensland the program has produced ‘Grandma, You Make Me Want to touch the Sky’. The booklet, developed by clinical psychologists, covers a range of issues including raising a grandchild, effective methods of coping, grandparent self-care, the challenges of adolescence, and liaising with schools.

If Grandparents would like additional information about the Time for Grandparents Program, the Grandfamily camps or activities that are fun and interesting for their grandchildren contact Grandparent Information 1300 135 500 or visit the website www.grandparentsqld.com.au.

Examples of Grandparents' feedback about the Grandparents Program:

“I felt such relief when you said you could pay for my grandson's Leadership Camp. I would have felt so sad telling him he couldn't go because I didn't have the money. He couldn't believe he could go and has come home with improved self esteem. Thank you so much.”

“I would like to thank you for our opportunity to go to Kindilan on the camp. We had a great time and met some wonderful people, everyone with their own stories to tell. It was pleasing to see some grandfathers there and hear their thoughts on the opportunity and experiences. I did talk to the counsellors and would like to find out if there are any available to us in this area. I feel that we need some assistance as a couple as well as individually at some time. Once again, thank you very much.”

“Thank you for the copy of grandparents new booklet, 'Grandma, You Make Me Want to Touch The Sky!' I enjoyed reading it and found the CD and DVD touching and useful.”



Consciousness: that annoying time between naps.

Ever stop to thinkand forget to start again?



YOUR HEALTH



The *not-too-serious* Importance of Walking

Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$5000 per month.

My grandmother started walking five miles a day when she was 60. Now she's 97 years old and we don't know where she is.

The only reason I would take up exercising is so that I could hear heavy breathing again.

I have to exercise early in the morning before my brain figures out what I'm doing.

I like long walks, especially when they are taken by people who annoy me.

The advantage of exercising every day is that you die healthier.

If you are going to try cross-country skiing, start with a small country.



THE BENEFITS OF WALKING

Incorporating walking into your daily routine can be as easy as walking short trips to work, combining walking with the use of public transport or walking to the local shops. Walking is part of every journey we make. It is important that people are encouraged to walk more often. As a regular activity, walking:

- Improves health and fitness for individuals
- provides children with an informal learning environment for their physical, practical, emotional and social development
- provides people with the opportunity to interact with others in their community,
- Increases a sense of safety with more people out and about

Walking has many health benefits. As a regular activity, walking is important in the prevention of heart disease, stroke, type 2 diabetes, falls, fractures and injuries (through improved strength and coordination), colon cancer, hypertension (high blood pressure), osteoporosis, depression and lower back pain.

Walking can improve psychological well-being, metabolism, muscle strength and flexibility, strength and endurance, respiratory function, concentration and memory, strengthen the immune system, increase energy levels and manage weight.

Lack of physical activity is a major contributor to obesity and a range of health issues. Walking can increase the levels of physical activity in the community and reduce health care expenditures.

For more information on the health benefits of walking visit www.transport.qld.gov.au or www.heartfoundation.org.au

Remember : Health professionals recommend about thirty minutes of moderate intensity physical activity each day for adults. This time can be broken up into segments such as three lots of ten minutes of activity.

Did you know?

More than 50 per cent of Australian adults are now considered overweight. One reason for this is that we are not doing as much physical activity as we used to before we became dependent on cars.

Physical inactivity contributes to around 6400 deaths each year due to coronary heart disease, type 2 diabetes and colon cancer, and an additional 2200 more deaths due to other conditions such as stroke.

If swimming is so good for your figure, how do you explain whales?



Parent Tips

Growing and learning in the family.....The first and most important learning in a child's life happens within the family. Children learn from the way people treat them and from what they see, hear and experience as soon as they are born. Children are natural learners and between birth and five years they grow and learn at the fastest rate of their lives. It is easy to see the enormous opportunity parents, and those who care for children, have in these early years to help shape children's learning before they start school.

There are many ways of learning. Children learn by watching, by listening and especially by doing. All children go through a number of stages but there are differences between children within each stage. There are also differences in the length of time it takes for children to move from state to stage. Children will thrive in an environment which is interesting and where they feel loved and safe.

You are in the best position to know what your children like and what they can do.

- Be positive and encourage them to try new things in a safe environment.
- Provide an environment where they can explore, learn new things, try new things, practise what they can do and talk about what they are doing and learning. Teach them to watch, listen, think and question.
- Don't feel guilty about asking for information or support for your child or for yourself. Every child is different and every stage of development brings new challenges, so there may be times when you need advice or support.
- Give your children plenty of time to play. Play is important because it allows children to practise skills over and over again in their own time and to develop ideas at their own

pace.

Play materials can come from many sources.

- Outdoors, there is sand and water, shadows, trees to climb and bushes to hide in.
- Junk items can help imaginative play. Big cardboard boxes for cubbies or trains, old clothes for dressing up, old pots and pans are good for digging in the sand.
- Libraries have books and music along with games and puzzles for thinking, sharing and learning about rules.

Tip sheets www.communities.qld.gov.au or contact Grandparents Information 1300 13 5500.

Dental Health

The Medicare Teen Dental Plan provides financial assistance to families to encourage teenagers to care for their teeth by having annual check-ups and to maintain good oral health habits once they leave home. The program commenced on 1 July 2008.

The Government will provide dental benefits of up to \$150 per calendar year for each eligible teenager to receive a preventative dental check from a dentist who is registered with Medicare Australia.

Teenagers 12-17 years of age in families receiving Family Tax Benefit Part A, and teenagers in the same age group receiving Youth Allowance or Abstudy, will be eligible for the program each year. Vouchers for a preventative dental check will automatically be sent each calendar year. Most eligible people will receive their voucher in July or August. For further information contact Medicare Australia on 132011 or www.health.gov.au

The ABC's of Parenting

- A**lways try to be on time.
- B**e a model of honesty
- C**are about their hurts
- D**iscipline fairly and appropriately
- E**very day give plenty of hugs and kisses
- F**orget past offences
- G**ive occasional token gifts to say "I love you"
- H**ave something positive to tell them each day
- I**nvest in quality time.
- J**ust enjoy each others company
- K**eep looking for the good and positive
- L**isten to them when they share their thoughts and feelings
- M**ake adjustments to your routine if necessary
- N**ever criticize in front of their peers
- O**nly say words that you won't later regret saying
- P**lay and laugh
- Q**uickly right a wrong. Don't be afraid to admit you also make mistakes
- R**ecognize that each child is creative and uniquely different
- S**pend time reading to them and listening to them read
- T**ake care of yourself
- U**nderstand the age-appropriate behaviour of each child
- V**oice—teach them to share facts, thoughts, opinions and dreams appropriately and effectively
- X**ample—always try to be a good role model
- Y**esterday doesn't have to dictate today
- Z**oom in on good behaviour and hard work.



Wills

The Public Trustee will make wills for free. The wills can appoint an executor (including a solicitor, though in this case people would be more likely to go through a solicitor in the first place), or the Public Trustee can act as executor.



To administer an estate (ie. act as executor), the Public Trustee no longer charges a percentage of the estate. Instead, fees are activity based (ie. there will be a cost for each activity the Public Trustee needs to undertake). Thus, the more complicated the estate, the more expensive the fee. Anyone is welcome to phone the Public Trustee on 3213 9288 (or regional numbers) to obtain an estimate of the cost, either over the phone or as a written estimate. Before phoning, you need to know what your assets are, and how your will is to be structured. www.pt.qld.gov.au

Solicitors should also be able to give an estimate of their costs to administer an estate.

Using a will kit is not recommended unless you have it checked by a solicitor - will kits frequently cause problems and often there is a need for legal interpretation.

Over 100 ways to improve access at home.

This book, produced by Queensland Department of Housing, includes tips for overcoming some of the barriers found in housing, such as steps and hard to grip door knobs. Information is also provided on organizations that can provide further assistance.

Contact Seniors Enquiry Line 1300 135 500 for a copy of this informative book.



Applications are now open for **The Foundation for Young Australians Youth Change Makers** grants.

Youth Change Makers is a grant round supporting young people who are advocates for change in their community, with assistance of up to \$10,000 per applicant group

Individuals or small groups of young people aged 12-25 may apply for a Youth Change Maker grant. This can be done with the support of an organization, for example, a community organization or school, enterprise, youth group, or local government.

Applications for Youth Change Makers are now open and close 6 October 2008.

Further information, application forms and guidelines are available on The Foundation's website

www.youngaustralians.org or by calling 1800 252 316.



FINANCIAL INFORMATION



Robyn's Corner.

I just wanted to share with grandparents a conversation I had with a Principal of a high school recently. He stated that he is often not aware when families are really struggling to supply children with the basic needs of education as carers often feel embarrassed to approach him or his office staff.

I also come across this issue when speaking with clients during counselling sessions. Some families are struggling to buy uniforms for children and even second hand uniforms are at a cost that is prohibitive to them. If you have any concerns in meeting the costs of your child's education I would strongly suggest you make an appointment to discuss it with the Principal or Deputy.

No child should ever be disadvantaged in their learning because of financial hardship.

Regards,

Robyn Underwood.

Lifeline Financial Counsellor.

For Lifeline phone 131144 or 07 32501900

What if you can't pay your bills?

Stay calm and work out what you can reasonably pay each person to whom you owe money (your creditors), considering both your living costs, rent or mortgage, and all your debts. Not-for-profit financial counselors may be able to help you.

Financial counseling services

- Free help to manage a short-term crisis and plan to prevent a future one.
- See ASIC's Fido website www.fido.gov.au for an up to date list, or call ASIC's infoline on 1300 300 630.
- Contact Seniors Enquiry Line on 1800 135 500 or Lifeline on 13 11 44.

Centrelink (Phone 13 63 57)

- Financial seminars, for people of any age about personal finance, retirement planning, and for people facing redundancy
- Free Face-to-face financial interviews if you're facing redundancy.

Website: www.centrelink.gov.au

The Smith Family

The Smith Family supports children and families living in financial difficulty to unlock opportunities to participate more fully in society, using education as the key. They provide direct financial assistance in the form of a scholarship to the family of each sponsored student to help cover school-related expenses such as uniforms, shoes, books, excursions and equipment.

Other assistance is provided through tutoring, coaching and mentoring targeted at key transition stages in a sponsored student's education. These programs complement formal learning and help students to develop the skills they need to participate fully in society. For information about the Smith Family, their programs and eligibility contact Queensland office. Telephone 07 3257 1311 or check their website www.thesmithfamily.com.au

Regional centre contact numbers are

Brighton 07 3869 1730

Caboolture 07 5428 2999

Coolangatta 07 5536 6397

Darling Downs 07 4659 0614

Deception Bay 07 3293 2064

Heatley 07 4725 4052

Inala 07 3372 5305

Ipswich 07 3812 2297

Logan 07 3804 3812

Mackay 07 4957 5890

Maroochydore 07 5443 5864

Rockhampton 07 4928 0840

Southport 07 5503 1580

Townsville 07 4775 7138

What's considered enough money?

Just a little bit more. Will Rogers

Two young boys were spending the night at their grandparents. At bedtime, the two boys knelt beside their beds to say their prayers when the youngest one began praying at the top of his lungs, "I PRAY FOR A NEW BICYCLE. I PRAY FOR A NEW NINTENDO. I PRAY FOR A NEW VCR..." His older brother leaned over & nudged the younger brother and said, "Why are you shouting your prayers? God isn't deaf." To which the little brother replied, "No, but Grandma is."