



National

## UPDATE

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**Total AC '99 Partner Tally : 1157**

towards a society for all ages  
International Year of Older Persons 1999

*Australian Coalition '99 is an IYOP initiative supported by the Commonwealth Government of Australia*

### What We Become As We Age

*Feature Article by Helen Elliott*

I've recently been involved with an advertising campaign that's trying to put a positive spin on the idea of "old". "Trying" is the tricky word here, because in the real world it seems The Force is against us.

One tack has been to identify certain things that get better with age: there's cheese, red wine, masterpieces of art and craft along with all those vintage collectables whose value increases because of their rarity. Ummm.

Unlike cheese, as my physical person ripens I don't seem to get tastier in the edible stakes. I do have more in common with wine, perhaps, because I get more full-bodied. A masterpiece of any sort has always been out of the question and do I ever want to achieve status as a vintage collectable?

This last is the most telling aspect of ageing towards the end of the twentieth century. The French woman, Jean Calmant, achieved fame simply because she was verifiably recorded as living to a great age. She metamorphosed from being an ordinary person into a "collectable" by the fact of living another month, another year, another decade to become the oldest person in the western world. Tell us how you do it, Madame, asked an army of researchers, journalists, anyone mortally anxious about the fact of death. What do you eat, drink, smoke? How do you exercise, sleep, laugh?

Tell us so that we can ignore what the poet says: "Whatever is begotten, born and dies ..."  
Tell us so that we can forget that the human profession is to die.

That first poet was Yeats, but it was Dylan

Thomas's words that have acted as instruction for this century: "Do not go gentle into that good night, / Old age should burn and rave at the close of day; / Rage, rage against the dying of the light."

If ever there was a generation that raged against ageing it is the generation born into the second half of the century. It has been a time when anything seemed possible - even immortality. And it's something passed onto a younger generation. One of the most discomfoting things about getting older now is that you are likely to be criticised for "letting it happen". In a world obsessed and obsessive about images, women of eighty are seen skydiving, men of seventy recorded sailing around the world and old actors on the silver screen attract women young enough to be their granddaughters. Then there is the daily bombardment informing us that cosmetic surgery and the right type of skin care will banish wrinkles and the right aerobic plan will indeed defy gravity.

You might feel pressured to spend your life NOT getting older. What older person hasn't, at times, sniffed a whiff of judgement from a younger person as they've caught the edge of age glinting on their face, their body or mind? Many people believe that if you don't look thirty-five when you're really sixty-five then you're just not trying hard enough to fight this age thing. This age thing. It's not new - don't believe for one minute that in the past we respected, admired, venerated old people more than we do today. No, in western society at least, we were just more polite in our speech about the old. Old kings had power, but old peasants were likely to end their days in the poor house - or worse.

It's better to be old now than it was a hundred years ago, or even fifty years ago. The glory of getting older today is that we are allowed to see possibilities for being in ways that have previously been painfully circumscribed. We might not want to skydive at eighty but the fact that it can be done is ultimately a positive one. Not many younger people want to skydive either. The salient point about getting older is that we are as individual in old age as we are in young age.

The basic difficulty, though, lies with the language of ageing. "Old" when applied to humans is associated with the negative. Glance at your Thesaurus: weak, overblown, declining, infirm, debilitated... they all appear under the lists defining old and ageing, just as lists of words indicating spark and vitality are synonyms for "young".

Working on this advertising campaign, I've been trying to think past the wrinkles, past the fact of an ageing body to all the things I value about getting older, in myself and also in other people. I've been thinking a lot about how older people

struck me when I was very young. I am at pains not to sentimentalize old age. One thing I have noticed is that you do not immediately turn into a kind, decent or agreeable person as you turn into an older person. Who we are and how we have lived our lives will accumulate to define what we become as we age. And there is one magnificent consolation, one rich gift that can

come with age. It's called the long view. It only comes with age, it isn't dispensed indiscriminately and it is one of the most precious things any human can have. The words I associate with the long view are serenity, wisdom, patience, kindness and acceptance. They are, though, entirely unsuitable words for cheese, wine, antiques and vintage cars and can be applied only to human beings. (Would you buy a patient cheese or a kind wine?)

In The International Year of Older Persons I wish these qualities were

more obviously marketable commodities because, for me, they exactly define the splendor, the mastery and the immense achievement of a fully lived, and living life.

*"One thing I have noticed is that you do not immediately turn into a kind, decent or agreeable person as you turn into an older person. Who we are and how we have lived our lives will accumulate to define what we become as we age".*



*Lynette Curan, actress*

*"Because of the spiritual growth - when I experience the "we are all oneness" - I love getting older. To go back to youth (without the knowledge) No! No! No! I feel more "at home" now and I know that I am a happier soul. I am proud of my age."*

*1998 Best Actress Nominee, "The Boys", AFI Awards Feature films include: The Boys, Road to Nhill, The Year My Voice Broke, Alvin Purple.*

*Reproduced with the kind permission of the Australian Film Institute, AC'99 National Partner.*

## Japan and Australia share their expertise in aged care

You don't often think of Japan and Australia as having a lot of similarities, but one thing the two countries have in common is a rapidly ageing population - Japan's even more than Australia's. The Japanese and Australian Governments share a common goal of ensuring their older citizens will be able to participate fully in society, but there are differences in how aged care services are delivered.

Ms. Lana Racic, of the Office for Older Australians within the Department of Health and Aged Care, had the opportunity to study Japan's aged care system first hand when she visited the country from 30 May to 4 June.

Ms. Racic was the Australian Government representative who accompanied the joint Research Team of the Japan-Australia Partnership to Japan. The Partnership was established in January 1998 to share information and experience and to inform the development of more effective aged care systems.

The Australian Research Team, headed by Professor John McCallum, Dean of the Faculty of Health at the University of Western Sydney, looked at a range of aged care issues such as service delivery in both residential care and the community, as well as financing of aged care. Japan is preparing to introduce a long-term care insurance scheme from April 2000.

"We were able to look at some very innovative approaches in the aged care field and it was great to see first-hand how things are done in Japan," Ms. Racic said. "There are several schemes in Japan that we can learn from in Australia."

Ms. Racic was particularly impressed with Japan's Silver Human Resource Centres, which provide an ideal environment for social contact between older people. The Centres also assist older people to obtain suitable part-time employment. For example, a retired nurse provides regular medical check-ups to older people attending

the day service program for the elderly.

"The Silver Centres are informal, community based services that provide older Japanese people with a social network that allows them to continue to live an active life in the community," she said.

Ms. Racic was also interested in the innovative ways aged care facilities are structured in Japan. For instance, she visited a facility in Shinagawa City, Tokyo, that was shared between a day service centre for older citizens and a kindergarden.

"The extended family is a very important part of Japanese society and there is a great deal of respect for older citizens," Ms. Racic said. "So it was fantastic to see the strong relationships that have developed between older and younger people in this scheme."

The Japanese component of the joint Research Team, headed by Professor Ryoji Kobayashi, of the Department of Humanities at the Tokyo Metropolitan University, travelled to Australia in March this year. The joint Research Team will prepare two reports comparing aged care in Australia and Japan, the longer of which will be completed in 2000.

Another key element to the Partnership involves a series of meetings between Japanese and Australian experts in aged care. Led by the Minister for Aged Care, Mrs. Bronwyn Bishop, the Australian Expert Group will travel to Japan in August and will comprise academics, residential and community care service providers, state and Commonwealth Government representatives and a representative of the aged community.



*The Australian and Japanese Research Team and staff from the Fukuinkai Aged Care Facility in Machide City, Tokyo.*

## NEWS!

### **Seniors On-Line Day**

AC'99 National has facilitated a partnership between Adult Learning Australia (ALA) and the National Office of Information Economy (NOIE) to run the inaugural Seniors On-Line Day (SOLD) as part of Adult Learners Week in September.

On Tuesday 7th September, the theme 'Learning Later' will promote older Australians' access to and use of the Internet. All adult and community education centres and local libraries in metropolitan, regional and rural centres will be invited to participate in SOLD. Adult Learning Australia and the National Office of Information Economy will promote the day and encourage older Australians to visit participating centres and libraries so they can log on.

To participate, you will need to make computer/s available for part or all of the day. It would be a good idea to have some mentors (especially older mentors) available to assist those unfamiliar with computers and the Internet.

*For more details on Adult Learners Week, contact the ALW National Office: Mary Hannan on 02 6251 9889 or Vicki Munday on 02 6251 9887 or visit the ALA website at: <http://alw.ala.asn.au/>*

### **'Bone Lazy' Australians Face Increased Risk Of Fractures**

'Bone lazy' Australians may be committing themselves to a future of bone fractures and other problems as a result of increasingly inactive lifestyles.

A survey by the Australian Bureau of Statistics revealed that less than half of all Australians aged 18 years and over participated in physical activity at least once last year, with the number of adults exercising on a regular basis significantly lower. Age was identified as a key factor in determining whether people undertook physical activity, with the likelihood of participation declining as people grew older.

National spokesperson for the Chiropractors' Association of Australia, Dr Laurie Tassell, said

Australians needed to make a concerted effort to remain active throughout their adult lives. "While children are regularly encouraged to exercise to develop healthy bones, it is equally important for adults to consider the health of their bones as they get older," Dr Tassell said. "Our sedentary lives are increasingly detrimental to our health, as our inactivity leaves us more susceptible to loss of bone density and muscle tone, which can lead to an increased risk of bone fractures. However, it's never too late to look after your bones and all adults need to be encouraged to become active now, whatever their age group," he said.

Research from St Mary's Hospital in London has revealed exercise can not only increase bone density in older people, but weight bearing exercise in particular can increase the strength of muscles supporting joints, greatly reducing the risk of fractures later in life. Furthermore, a five year study conducted by the University of Texas has confirmed that regular exercise is vital in minimising the risk of osteoporosis. "Unfortunately, many older women rely solely on their hormone replacement therapy to minimise the risk of osteoporosis," Dr Tassell said, "however, regular activity is a simple yet effective way all adults can minimise the risk of reduced bone density. By making small changes to everyday activities, Australians can achieve a more balanced approach to good health. Exercise doesn't necessarily mean sweating it out in a gym - swimming and walking are still some of the best forms of cardiovascular activity. "If your muscles are strong the body will be better able to cope with everyday demands such as bending, lifting and turning, as it is these everyday actions that can often create problems," he said.

"By performing a combination of weight bearing strength and cardiovascular exercises Australians can greatly improve their chances of avoiding health problems and bone fractures later in life," Dr Tassell said.

*During National Healthy Bones Week (August 9 -13), older Australians are encouraged to visit their local chiropractor for a spinal check up and to obtain more information on suitable exercise programs. For more information contact your state branch of the Chiropractors' Association*

*of Australia or the National President of the Chiropractors' Association of Australia, Dr Laurie Tassell, on 08 9332 8713.*

## **What's 2,000 Years Old, Has 140 Heads And Sings?**

If you add up the ages of all the artists performing on the Hammond Care Group's forthcoming "Timelines" CD, you'll find there's over 2,000 years of musical experience! On 12 July, the "Timelines" single from the CD, and featuring Archie Roach/Carole Fraser and Barry Crocker/Front End Loader, will be released.

***The "Timelines" album, will be released on 7 September 1999, and available from all good record stores and The Hammond Care Group on tel: 1800 062 525. Special discount will apply for large orders.***



*From "Timelines", Barry Crocker (centre) and Front End Loader*

## **New Guidelines For Residential Aged Care**

"There must be a focus on delivering quality health care through new approaches to service delivery, coordinated care and independent living."

- Prime Minister Hon John Howard  
addressing the National Strategy for an Ageing  
Australia Ministerial Task Group 1999.

The Australian Council on Healthcare Standards (ACHS) accredited the first residential aged care facility in 1978. Since then, the Council has been instrumental in encouraging and assisting organisations to continuously improve the quality of their services.

Currently, the ACHS has 150 residential aged care organisations who are members of the Evaluation and Quality Improvement Program (EQuIP) and who receive ACHS accreditation.

In response to recent Commonwealth changes concerning accreditation, the ACHS has been invited to collaborate with the Aged Care Standards Agency, working closely on approaches to quality in organisations with acute care and nursing home beds.

To assist EQuIP members, the ACHS has developed a document that describes the links between the Commonwealth Standards for Residential Aged Care Facilities and the ACHS EQuIP standards. This document will enable organisations who are self-assessing against the Commonwealth standards to link their evidence back to the relevant EQuIP criterion.

The ACHS has also developed Guidelines for Residential Aged Care to assist EQuIP members providing these specialist services to implement the ACHS standards. These Guidelines, developed in consultation with the industry, specify important aspects of care that need to be considered by residential aged care providers under each EQuIP standards.

***Both the Guidelines and linkages document are available from the ACHS Library on 02 9281 9955; fax: 02 9211 9633 or email: library@achs.org.au***

## **Hearing Awareness Week**

The theme of Hearing Awareness Week 22 - 29 August 1999 is "Hearing Access Now" and is a special opportunity to bring hearing issues to the attention of all Australians.

The incidence of hearing loss in the community is rising - the most recent figures suggest that about 1 in 5 Australians have difficulty hearing. By the age of 65 years, between 30-35% of people experience hearing problems. The need to turn the volume up on the television, missing the doorbell or phone ringing and not being able to hear well in crowded noisy rooms are some of the signs that hearing loss may be present.

During Hearing Awareness Week, Australian Hearing has free hearing screenings and information sessions arranged in all Centres

in the national network. It makes sense to find out more about how we hear, what happens when hearing fails and the causes of hearing loss. The most important part of the journey is discovering that help is available. Hearing technology today means that hearing aids are able to be individually programmed to match a person's hearing loss.

In NSW, the National Hearing Awareness Week launch with Deafness Forum is on Monday 23rd August at 6.30pm at Australian Hearing, 126 Greville Street, Chatswood, phone: 02 9412 6800.

Queensland is hosting three keynote addresses and Hearing Awareness Week displays Brisbane City Hall, Wednesday 25th August from 10am-12 noon. Mr. Greg Uphold, Senior Clinical Audiologist will present "Hearing Miracles - Advances in Hearing Aid Technology and you can benefit."

Tweed Heads Bowls Club - Tuesday 24th August at 10am and 1pm, Dr. Eric LePage, Senior Research Scientist with Australian Hearing, will present "Musical Ears". You can learn about the physiological processes that allow us to hear and how important protecting your hearing for the future is.

To coincide with IYOP, 1999 marks the launch of the ***Inaugural Australian Hearing Outstanding Achievement Awards***. Australian Hearing will acknowledge the significant contributions that individuals, agencies which support hearing impaired people, and technological achievements that have resulted in better hearing solutions through these Awards.

The Australian Hearing Awards will be presented on November 14th at a special dinner on the eve of a national seminar called "Conquering hearing problems: scientists and consumers working together." The Minister for Aged Care, the Hon. Bronwyn Bishop will present the Awards at the dinner. Nomination forms will be available at all Australian Hearing Centres from September.

***For more information on what's happening during Hearing Awareness Week, including shopping centre locations where hearing screenings will be conducted, contact: 13 17 97.***

## **Best Practice In Aged Care**

The winner of the 1998 Australian Council on Healthcare Standards Quality Improvement Aware, the Royal Brisbane Hospital & District Health Service, has become a role model for best practice in aged care.

The project focused on Orthopaedic Transitional Care and highlighted the improvements in consistency and efficiency of processes relating to hip and knee replacement surgery while maintaining high quality care and patient outcomes.

The project was instrumental in significantly reducing the length of stay for hip and knee replacement surgery as well as initiating patients to appropriately change their home so as to make the return home as comfortable, safe and stress free as possible. Post-operative assistance increased by 55% while the overall projected cost efficiency resulted in a \$80,000 per annum saving for the hospital.

To celebrate IYOP and following the success of the Royal Brisbane Hospital project, the ACHS has included a special awards category for their 1999 Quality Improvement Awards to include aged care facilities.

***If you and your organisation have achieved best practice in the area of aged care and would like to share your quality ideas with other member organisations entry forms are available from the ACHS Development Unit on tel: 02 9281 9955; fax: 02 9211 9633 or email: du@achs.org.au. The closing date for applications is 31 August 1999.***

## **Catholic Health Australia**

At its 7th National Conference in May 1999, the Australian Catholic Health Care Association launched Catholic Health Australia (CHA). Formed in recognition of the changing environment in which services are delivered, CHA is the authoritative organisation of the owners of Catholic health, aged and community care services.

***To contact Catholic Health Australia, tel: 02 6239 7633 Fax: 02 6239 7634 or email: secretariat@achca.asn.au***

## Making The Connections

The Rural Development Centre at the University of New England announces a two day summit on 10 - 11 September 1999. The aim of the summit is to examine the issues (including both benefits and difficulties) and innovative solutions to increasing reliance on technology by older people in non-metropolitan Australia. The summit will bring together a diverse range of people involved in the use of communications and information technology to link rural seniors to services, information, education, support and to each other. Participants are expected to include seniors, academics and researchers from a range of disciplines, adult educators, aged care services, government services, business (including telecommunication providers) and those involved in regional development. The summit will provide the opportunity to develop partnerships across professional and interest group boundaries.

The summit will offer more than a traditional face-to-face get together, including virtual participation options: for example an online conference, video-conferencing and teleconferencing. The summit will also have a number of outreach sessions for seniors in various locations in the New England region of NSW.

**For further information, contact Ms. Ros Foskey Senior Project Officer, The Rural Development Centre, tel: 02 67732094, fax: 02 67733245 or email: rfoskey@metz.une.edu.au**

## Nanna's Day

On Wednesday 21 July, the 1999 "Nanna of the Year" will be announced. Entrants were asked to describe why their Nanna should be "Nanna of the Year" and have gone into the running to win \$10,000 cash and various other prizes. Selected stories will be featured in "That's Life!" magazine.

Nanna's Day will be celebrated on 25 July, a day that recognises the role that grandmothers and indeed all older people play in their families and the community. The first Nanna's Day will benefit The Smith Family which will receive all funds generated from the activities on and surrounding the day to support their numerous welfare programs.

**For more information on Nanna's Day, contact Paul Thompson, The PR People on 03 9867 2522, fax: 03 9867 2498 or email: prpeople@prpeople.com.au**

## Launch Of Australian Women's Weekly Children's Writing Competition

In the last edition of "Update", readers were advised that details of the competition would be advised in this edition. This will now be August, to complement the launch of the competition in the Australian Women's Weekly September edition.

## MARKET

intelligence

## Desperately Seeking Sponsorship

Public and media response to Ella Dreyfus' "Age and Consent" exhibition in Sydney has been overwhelming. It has been said that the experience of viewing Ella's images has challenged the individual's perceptions of ageing.

In response to the exhibition's success, it is proposed that many more Australians have an opportunity to view "Age & Consent". Accordingly, sponsorship is being sought at two levels:

- To enable the artist to undertake a complementary series of photographs around the issue of men and ageing.
- To support a national tour of the "complete" exhibition throughout Australia.

**If you are interested in sponsoring the "Age & Consent exhibition", please contact Ella Dreyfus on tel: 02 9555 8798 or email: edreyfus@ihug.com.au**

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**The following is an extract of a commentary on the “Age & Consent” exhibition, written by freelance journalist, Martin Thomas.**

*Photographs can have their own fecundity. The gallery not only houses images but facilitates their generation as memories and sensations come floating through. These photos of naked, older women are large, their format square (suggesting an evenness in proportion). With the power of magnification, the changes time has wrought upon the body, the fineness of wrinkled flesh, the tissue texture I know so well from holding my grandmother's arms, are simply stated.*

*A veil has been dropped, and shielded from the returning gaze. It is kind of safe to play voyeur. Depiction of the nude is typically inextricable from issues of sexuality and desire. Hence the revelation of seeing nudes where these factors are not at the forefront; which state with a certain brutality the warts and all reality of a time in our lives. No part of the body is hidden from the all-seeing lens. Scars, stretch marks, pubic hair coarse or absent, the patches discretely worn for hormone replacement purposes, are there in all their nakedness.*

*These images are not really about making beautiful what is usually maligned as some commentators have suggested. That is only*

*part of the story. Beauty is hardly omniscient among the young, and among the aged it tends to leap out only here and there. Certainly I find beauty in the torso stretched and stretched again by its erstwhile inhabitants who have left a vessel, perfectly tempered, that has done everything it was designed to do.*

*But there is much about old age that is cruel, painful and debilitating, that rots the body or - maybe worse - decays the mind. One part of the exhibition shows women in geriatric care. Some suffer dementia. There is a frightening portrait of an old, old woman. Her hands block her eyes to speak all too plainly in their silence of unresolved grief. As rich in narrative as the bodies themselves, are the signatures of the models - they all gave written consent - which the artist has reproduced, enlarged and displayed alongside the photo of its maker. Some commence with a certain assurance then drift off into doodleland. Others have that tight studied control that expresses poignantly the concentration involved.*

*Ultimately, I felt a deep sense of gratitude from this experience: not just to the artist but to the many women photographed who were brave enough to show their bodies as they are. Amidst the mixed bag of feelings it generated - fear, admiration, mirth, the oddity of being a man and encountering these secrets of womanhood - were moments of such richness and resonance.*

## **“Cheek To Cheek” Film Project**

This is a fantastic opportunity to sponsor a unique and valuable project which deals with universal themes about ageing and the care of aged parents. “Cheek to Cheek” is a half hour drama/short film conveying a humorous and uplifting story about the journey of a 73 year old woman after the death of her husband. Sponsorship of this production offers an opportunity to show support for IYOP in presenting a powerful and positive image to the community.

The film is supported by a strong production team which balances new talent with experience:

Producers Shona Challen and Sue Fleming, writer/director Beth Armstrong and award-winning cinematographer, Tom Gleeson. "Cheek to Cheek" is the original song by Irving Berlin which will be used for the film as will the original composition by composer, Solange Kershaw.

*For more information, contact Beth Armstrong on tel/fax: 02 9331 7727*

## **National CommunityLink Awards**

Communities and partnerships have taken centre stage recently with the announcement in Melbourne of the winners of the Prime Minister's Awards for Excellence in Business and Community Partnerships. The Awards are designed to encourage partnerships between business and community organisations.

In May 1999, Volunteering Australia and the National Australia Bank launched the 1999 National CommunityLink Awards which aim to recognise the efforts of clubs and organisations active in local communities.

National categories include Art & Culture; Community Service; Emergency & Safety; Environment, Conservation & Heritage; Health; Sport & Recreation. National winners will receive \$15,000 and a trophy, and state winners will be awarded \$2,000 and trophy.

*Closing date for nominations and support information must be received by Friday 20 August 1999. Nomination forms can be obtained by phoning Freecall 1800 807 121.*

## **SPECIAL**

### *Feature*

## **Older Australians & Employment**

The Inaugural National COTA Congress presents: "Older Australians: A Working Future? The changing nature of work and retirement in the 21st Century" on 7th - 9th November 1999 at the Hilton International Adelaide Hotel.

*For more information and registration forms, contact: COTA (SA) on tel: 08 8232 0422 fax: 08 8232 0433 or email: krichardson@cotasa.org.au*

## **Inquiry: Older Workers Seeking Employment Or Establishing A Business Following Unemployment**

In March 1999, the Minister for Employment, Workplace Relations and Small Business requested the Standing Committee on Employment, Education and Workplace Relations to inquire into and report on the social, economic and industrial issues specific to workers over 45 years of age seeking employment, or establishing a business, following unemployment.

*Written submissions are invited from organisations and individuals interested in placing evidence before the Committee. The Committee will receive submissions until the end of 1999. Advice on preparing submissions can be found at: [www.aph.gov.au/house/committee/documnts/howsub.htm](http://www.aph.gov.au/house/committee/documnts/howsub.htm)*

## **A Personal Story: "Too Old At 50?"**

*This account is reproduced with the kind permission of its author, Roger Riordan, Managing Director of Cybec Pty Ltd, Melbourne.*

I graduated in Electrical Engineering from Melbourne University in 1954, and, after two years in the U.K., joined C.S.I.R.O. I had won international recognition in 1968 for my work on active filters, but in 1973, I was coming up to 40, and felt I was getting nowhere. I decided I would have to get out, or be stuck there for the rest of my days, so, with few contacts and little knowledge of business, I resigned, and, in partnership with my wife, set up Cybec Electronics. We did a lot of interesting work, but never made any money. In 1979 things seemed to be looking up, and we rented a small factory in Bentleigh.

But in 1982, we had one of our periodic depressions, and when the lease came up for renewal I realised we would soon go broke if we renewed. So we moved back home, but this meant we could not do the little work we had been doing, and I had to go on the dole. I was 49, and the prospects did not look good. I applied for one job, for an engineer with some years of experience, only to be told "Oh, we're looking for someone about 21". I realised later

I should have asked them to tell me when they found a kindergarten that conferred degrees! More often I was told "You're too qualified for our job."

It was a strange feeling to walk down the street, enjoying the sun on a beautiful day, but knowing that although everything seemed to be normal our money was slowly, but inexorably, running out. Eventually I found some contracting work, and also a position as Lecturer at Chisholm Institute of Technology. However classes were large, the workload was heavy, and many of the students were poorly motivated. And all for a very inadequate pension when I was, eventually, able to retire. So, by 1989, when I turned 55, I was feeling pretty disheartened.

But, soon afterwards, someone came into the lunch room, and said "There's a virus in the PC Labs." It was not supposed to be harmful, but it happened to totally disable the PC's in our lab when it infected them. So we had a problem, and none of the commercial software then available could help. I got a sample of the virus, analysed it, found out how it worked, and wrote the first version of VET to counter it. I gave it to the students as shareware, money started to appear, and at the end of the year I retired to work on VET full time. Cybec grew rapidly, till at the start of this year, when we sold the VET business, we employed about 90 people, with offices round Australia.

If, at 55, I had walked into an employment office, and said "I'm looking for a new job; something different and exciting, something that hasn't been done before", I would have been laughed at. Yet I helped to found a brand new profession - one that would have been totally inconceivable when I was a student, and built up a successful company making a world class product. We have given a lot of young people their first jobs, and a number of migrants their first jobs in Australia. It has been extremely gratifying to watch our "kids" blossom into competent, self confident and thoroughly professional members of staff.

And, moreover, in this era of greed, we built our business on the old fashioned principles of honesty, integrity and fair play in all our dealings; with customers, staff, suppliers and even competitors. So, if you are unemployed never give up hope. And we are looking for new

projects, so if any of you think you have found the next "VET" we will be happy to talk to you.

## NEWS FROM THE states & territories

### **Victoria: Do You Throw Bricks At People?**

Throwing "information bricks" at your listeners is not the way to get your message across according to Social Change Media who ran an AC'99 Victoria workshop on June 21 in Melbourne. Fifty partner representatives learned that the two most important keys to successful communication were: finding out what your audience wants to hear; and what they already know.

Understanding the situation, understanding the gaps and understanding the help people needed is all part of making sense. Achieving resonance with your audience is simply being able to strike a chord, a shared meaning, and it makes you more likely to be able to communicate effectively.

Other topics explored by Social Change Media with Partners included strategic planning and how to make your campaign happen. The final session comprised a whirlwind tour of the various internet sites linked to Social Change Media - activist groups across the globe in the fields of environment, human rights, social change, community activity, etc.

You can start by connecting to them at <http://media.socialchange.net.au>

*Copies of workshop papers are available from Kath McKay at AC99 VIC on tel: 03 9654 4443 or email: [iyop@cotavic.org.au](mailto:iyop@cotavic.org.au).*

### **South Australia: Youth - Seniors: A Shared Future**

The IYOP theme 'towards a society for all ages' and the guidelines developed by the UN stress the importance of 'lifelong individual development', which in essence is about preparation for older age, and 'multigenerational relationships', which refers to the interdependence of family and society. That is, the importance of people of all ages working together for the betterment of society.

Preliminary discussions between a group of interested people from both the youth and seniors sectors, including COTA, Office for the Ageing, the Office of Multicultural and International Affairs and the YMCA have revealed that there is a number of significant issues which impact on both older and younger people. These include: ageism; employment and workplace issues; homelessness; and crime and violence concerns.

In response to these findings, AC '99 (SA) is in the process of developing an initiative entitled "Youth - Seniors: A Shared Future" to be undertaken in 1999 and beyond.

A Shared Future will comprise a three Phase process:

**Phase 1** Issues for a Shared Future: A Youth - Seniors Workshop: to identify the issues.

**Phase 2** Shaping a Shared Future: A Youth - Seniors Summit: To further discuss issues and develop strategies to address them.

**Phase 3** Realising a Shared Future: A Society for All Ages: to establish a Youth - Seniors Reference Group to carry the process forward, to oversee implementation of agreed strategies, to undertake new initiatives and to monitor outcomes.

Younger and older people of South Australia will be invited to participate. Those involved will include indigenous people, people from culturally and linguistically diverse backgrounds, people from rural communities, people with a disability and individuals (both men and women) who are not aligned with a particular sector or interest group.

***Full details will be publicised as they become available. For further information contact Ann Lloyd, Program Manager on tel: 08 8232 0422.***

## **Tasmania: Communicating Across The Generations - Creative Writing At Book City**

Book City, an independently owned book shop in Hobart, conducted a short story competition for school students in honour of International Year of Older Persons. The theme was Grandparents and Older Persons.

All schools in the Southern region of the state were asked to participate during first term. There were 5 different age categories so "all ages" had the opportunity to be involved. The entries received were displayed over several weeks at the shop and winning entrants were recognized with book voucher prizes.

Congratulations to Book City on this initiative for International Year of Older Persons.

## **Lifelong Learning**

An innovative program developed by Clarence High School and Clarence University of the Third Age (Tasmania) proves that it's never too late to learn.

The Tasmanian Education Minister Paula Wriedt launched the Clarence High and University of the Third Age Learning Partnership - or CUTAL - on 25 June 1999. The launch was one of a number of activities organised to celebrate the school's 40th anniversary and of course to mark International Year of Older Persons.

The philosophy behind the Learning Partnership, which is believed to be the first of its kind in Australia, is to provide young people and older members of the community with opportunities to learn from each other.

"This learning partnership that Clarence U3A and Clarence High school have formed really does underscore that learning is a lifelong process that enriches our lives - either as teachers or students - immeasurably. It also shows that learning doesn't stop when we leave school, TAFE or University."

So far, under the Learning Partnership, U3A members have been working with students, providing mentoring on projects, and supporting students with tutoring in reading. Ms Wriedt said the Learning Partnership was very much a two-way process, with students acting as tutors to U3A members in computer courses.

***For more information on Clarence U3A, contact Margaret Rose, President, Clarence U3A on tel: 03 6243 9010***

# IYOP CALENDAR

DATE	EVENT	LOCATION
1 August	National Ethnic Disability Alliance	
8-13 August	XVIIth Congress of International Society of Biomechanics	Calgary, Canada
8-14 August	National Healthy Bones Week	
10-14 August	5th Int. Congress on Physical Activity, Ageing and Sport	Kent, USA
10-14 August	5th Int. Congress on Physical Activity, Ageing and Sport	Orlando, Florida, USA
12-13 August	Active Strategies for an Ageing Workforce	Finland
12-14 August	1999 National Autism Conference	Hobart, Tasmania
15-20 August	IXth Congress of the International Psychogeriatric Association	Vancouver, Canada
17-20 August	Seniors Assembly	Collaroy Conference Centre NSW
18-27 August	Workshops on the National Statement on Ethical Conduct in Research Involving Humans	
22-25 August	The Unfinished Agenda - The Eleventh Casemix Conference in Australia Theme: "Casemix - The Unfinished Agenda"	Darwin
22-29 August	Hearing Awareness Week	
23-29 August	Images of Our Elders Tour, ACT	Westfield, Belconnen, ACT
26-27 August	2nd Annual Agedcare '99	Wellington NZ
26-27 August	Loss & Grief in Later Life	Sydney NSW
30-31 August	HAI Asia/Pacific Regional meeting	Thailand

# OF EVENTS 1999

## ORGANISERS

## FOR MORE INFORMATION

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Phone : 07 3256 6766 Fax : 07 3256 6788  
Email : cotaq@cotaq.org.au  
Webpage : www.cotaq.org.au/ac99q

Calgary Conference  
Management Services

Phone : 1 403 220 6229 Fax : 1 403 284 4184  
Email : mastroh@acs.ucalgary.ca

Osteoporosis  
Australia

Phone : 1800 628 060 Fax : 1800 640 129

Kent State University

Phone : 330 672 4106

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Email : congress@venuewest.com

The Salvation Army -  
Australia Southern Territory

Contact: Major Joan Tong  
Phone : 02 9266 9543 Fax : 02 9264 5833  
Email : joan\_tong@aue.salvatarmy.org

National Health and Medical  
Research Council

Phone : 02 6257 3299 Fax : 02 6257 3256  
Email : HEWorkshop@ausconvservices.com.au

Casemix Conference

Phone : 02 6281 6624 Fax : 02 6285 1336  
Email : conference@conlog.com

The Hammond Care Group

For further information on this photographic  
tour please ring 1800 062 525

Contact: Helen Carter  
Phone : 02 9248 0444 Fax : 02 9299 3792  
Email : hcarter@hammond.com.au  
Phone : NZ 09 358 5566  
Fax : FREE CALL 0800 401 456

AIC Worldwide

National Association for Loss and Grief

Phone : 02 9988 3376 Fax : 02 9988 3856

HelpAge International Asia/Pacific  
Regional Development Centre

Phone : (66 53) 894 805 or 221 294  
Fax : (66 53) 894 214  
Email : helpage@chmai.loxinfo.co.th

## **Tradition, Generational Bonds And Living Memories In NSW**

Tradition, generational bonds and living memories are the foundation of Jewish Community Services' contribution to International Year of Older Persons, who in conjunction with the Sydney Jewish Museum have launched an exhibition entitled "Journey to a New World - Stories in Silver". The exhibition highlights sentimental family treasures with amazing stories. The exhibition weaves the pieces which form the personal histories, some of whom escaped from the Holocaust. Several exhibits reflect Australia's heritage and others tell stories of journeys from remote parts of the world.

*The Sydney Jewish Museum is at 148 Darlinghurst Road, Darlinghurst. For more information, contact the Museum on tel: 02 9360 7999. The Exhibition runs until September 1999.*



*At the launch of "Stories in Silver - an exhibition of precious objects from members of the Sydney Jewish Community" are (L to R): Anthony Brown (AC99 NSW); Eva Fischl, President of Jewish Community Services; Prof. Konrad Kwiet, Prof. of German and Deputy Director of the Centre for Genocide Studies at Macquarie University; Robert Goot, Chairman of the Sydney Jewish Museum.*

## **NSW: Aged Care - It's Not The End Of The Road**

Presbyterian Aged Care, Sydney is entering the 5th Annual Sydney to Surfers Paradise Indy Car Rally.

The team will comprise two residents from the Aged Care facilities supported by two accompanying staff. Deliberately, the residents who will be entered are without the financial resources to participate in an event of this nature. This event will commence in Sydney on 8th October 1999 and conclude at Surfers

Paradise on 14th October. The rally vehicle is a BMW Z3 Roadster which will be accompanied by a support vehicle.

The project aims to raise awareness of IYOP, promote the perception that aged care is "not the end of the road", and enable "concessional" residents the opportunity to participate in an event that would otherwise be unattainable. It will be actively promoted with a view to involving as many members of the aged care community as possible.

Presbyterian Aged Care, Sydney seeks to offset the cost of this venture by obtaining corporate sponsorship from organisations in keeping with their philosophical ethos. All contributions (over \$2) are 100% tax deductible.

*For more information on the Rally or sponsorship opportunities, contact Martin Tooheyon (0419) 013 121.*

## **Queensland: "Adding Life To Your Years"**

Australian Nutrition Foundation has launched "Adding Life to Your Years. The Cookbook" to make healthy eating easier for older Australians. "A lot of health problems that affect us as we get older are influenced by our dietary habits, such as diabetes, cancer, heart disease and osteoporosis", said Kristie Birtwistle, ANF dietitian. "One of the most common problems though is malnutrition caused by not eating the right foods or simply not eating enough. But with care and attention, these problems can be resolved".

The book contains a range of information, from recipes to food tips - cooking for two, driving the dollar further, quick meals and seven-day menu and shopping lists.

*The book is now available for \$2.95 (plus postage) by calling the Australian Nutrition Foundation on tel: 07 3876 2677.*

**NEW**

Partners

### **Collins Booksellers**

Contact: Ms. Shelley Roberts, General Manager-Sales & Marketing  
Tel: 03 9206 0100 Fax: 03 9662 2527

Email: [shelleyr@collinsbooks.com.au](mailto:shelleyr@collinsbooks.com.au)

### **The Australian Senior Newspaper**

Contact: Mr. Phillip Hunter, Editor

Tel: 02 4351 2366 Fax: 02 4351 2340

### **KMI Exhibitions Pty. Ltd.**

Contact: Mr. Ian Bowler, Director

Tel: 02 9130 4532 Fax: 02 9310 4532

### **Vicnet**

Contact: Mr. Richard Hayward

Tel: 03 9669 9710 Fax: 03 9669 9805

Email: [vicnet@vicnet.net.au](mailto:vicnet@vicnet.net.au)

### **Guides Australia**

Contact: Mrs. Sue Conde, Asst.

Chief Commissioner

Tel: 02 9319 7206 Fax: 02 9319 7453

Email: [guides@guidesaus.org.au](mailto:guides@guidesaus.org.au)

### **National Women's Justice Coalition Inc**

Contact: Ms. Judy Harrison, Convenor

Tel: (02) 6247 2075 Fax: 02 6257 3070

Email: [nwjc@nwjc.org.au](mailto:nwjc@nwjc.org.au)

## **Letters To The Editor**

***The authors of all letters published in "Update" will receive a complimentary IYOP badge. Please forward your postal address to us when submitting your opinions and comments to the Editor.***

Dear Editor

I am writing to congratulate you on the great article "The Point about Ageing" written by Helen Elliott. It is so good to read something so relevant, so "real" and to see an article unafraid to touch on a variety of topics, all of which touch the lives of older people to a lesser or greater degree.

The thing about ageing is that we haven't done it before - it's all new territory and it's great to have other examples to observe - to see how they did it. I was especially pleased that Helen Elliott mentioned Helen Thomas - an inspiration not only to those who hope to have - or start - careers in their later lives, but also a great example of the sharpness of mind combined with long experience offered by a woman who has spent a long time in the world. Congratulations again.

Jane Sandilands  
50-Something journalist and editor

Dear Australian Coalition '99,

I am a Malaysian public health gerontologist working with Ministry of Health Malaysia.

Recently I was in Hong Kong attending the Asia Pacific Conference of IYOP. I really enjoyed reading your Update 8 April 1999 newsletter. It was really wonderful and very useful.

I will be grateful if you could send me all the old backdated issues 1-7 and please put me in your mailing list for future newsletters and other publications. Please send me all other newsletters from different older persons organisations. I also wish to share with you developments in my country. Bye and keep up the good work.

Dr. Elangovan A/L Subbiah,  
Ipoh, Malaysia

## **INTERCOM**

*from the secretariat*

## **AC99 National Partner Networking Forum**

The next Australian Coalition '99 National Partners networking forum will be held in Canberra on Friday 13 August 1999 from 1.30 - 4.00 pm. Details of the venue will be sent to National Partner organisations directly.

## **Calendar of Events: Your Contribution**

We are grateful to the large number of partner organisations that continue to submit information on events for our calendar of national and international events.

Please forward information to this office on: email [ac99nat@vicnet.net.au](mailto:ac99nat@vicnet.net.au) or fax: 03 9820 4247. We request that you send information on state, regional and local dates to the relevant AC'99 state secretariat (contact details on the back page of this issue).

## **Global Embrace Walks - October 1999**

Don't forget about the new page on our website dedicated to walks throughout 1999, and specifically to the Global Embrace. Please ensure that you send us details of your event as soon as possible. Email: [ac99nat@cota.org.au](mailto:ac99nat@cota.org.au) or fax: 03 9820 4247.

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 Phone: 02 9299 4100  
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 Email: cotansw@ozemail.com.au  
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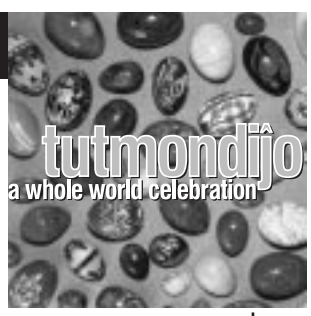
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 Email: yscotant@downunder.net.au

**CD Order Form**



**“TUTMONDIJO”  
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**Please note:** for organisations who wish to buy multiple copies for fund-raising purposes, please contact AC99 (National) on tel: (03) 9820 4463, fax: (03) 9820 4247 or email: [ac99nat@cota.org.au](mailto:ac99nat@cota.org.au)  
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