



# Kingborough

## Media Release

### TUESDAY TALKS FOR OLDER RESIDENTS

For immediate release

7 September 2017

As part of Kingborough Council's support for Positive Ageing, a series of *Tuesday Talks* have been organised for the first Tuesday of the month at the Kingston LINC.

The Talks cover topics relevant to the older residents of our community

The first Talk of the series was held on Tuesday 5 September and focused on Advance Care Planning. The session brought together over 30 people to listen to the experience and advice of retired nurse, Hilde Nilsson who went through the best ways to put an Advance Care Directive in place.

Ms Nilsson pointed out that stating our wishes for health care as we age can be a difficult but important part of the ageing process. It ensures that those around us feel confident about making respectful decisions on our behalf should we lose the ability to do so for ourselves. Ms Nilsson encouraged people to open a conversation with their GP and their friends and family.

Pleased with the attendance, Kingborough Mayor Cr Steve Wass said "Keeping people informed about the supports which exist for our older residents is an important part of Council's commitment to Positive Ageing."

Upcoming *Tuesday Talks* will be held at 10.30am on the first Tuesday of the month at the Kingston LINC:

Tuesday October 3 : RACT's **The Years Ahead** – information on road safety for older drivers

Tuesday November 7 : Centrelink – **Assets and Income Explained**

For bookings and/or information please phone Council's Community Development Officer on 6211 8170

**ENDS**

***For more information please contact Julie Alderfox, Community Development Officer for Kingborough Council on 6211 8170.***

