Catalyst Foundation is thrilled to present the 2017 Disability, Ageing and Lifestyle Expo! We invite you to join us as we focus on improving the physical, social and emotional wellbeing of people living with disabilities, those on the ageing journey, and those interested in living an active lifestyle. This is a great opportunity for you to explore the different services, products and opportunities available in the Disability, Ageing and Lifestyle sector.

The expo will be held on Friday 27 October 2017 at the Adelaide Showground, Goyder Pavilion from 10am to 4.30pm, with an entry fee of a gold coin donation.

The Expo will provide information, practical solutions, and ideas for people who are ageing, those living with a disability, family, friends, and anyone who is interested in studying or working in the disability and ageing fields.

Presenting sponsor for the 2017 Disability, Ageing and Lifestyle Expo is Community Support Inc.

For more information about the expo, please contact Sakina at 8168 8702 or email Sakina at events@catalystfoundation.com.au

We look forward to seeing you at the Expo.
2017 Disability, Ageing and Lifestyle Expo - Program for the Day

Program for the Day

Friday, 27 October 2017
Adelaide Showground

10am - 10.30am  Bravo Music
10.30am – 11am  Catalyst Foundation and Accessing Help at Home
Karen Field, Catalyst Foundation
11am -12.30pm  The NDIS and what it means for participants and potential participants, service providers and job seekers
National Disability Insurance Agency (NDIA) Department for Communities and Social Inclusion (DCSI), Department of State Development (DSD) and National Disability Services (NDS)
12.30pm – 1pm  Pulse Band Performance
1pm -1.30pm  Retirement Villages Information Session
Hannah Ward, Office for the Ageing (OFTA)
1.30pm – 2pm  Understanding Aged Care Fees and Charges
Lyn Montgomery and Sean Doherty, Department of Human Services
2pm – 2.30pm  Open Forum
2.30pm – 3pm  The nbn network is here: Get connected
Tim Saul, nbn - Australia’s new broadband network
3pm - 3.20pm  Estate planning – why it matters to you and your family
Catherine Moyse Wills on Wheels / Catalyst Foundation Legal Clinic
3.20pm – 4pm  Bravo Music
4pm  Raffle winners, #DALExpo17 competition winner and Closing
4.30pm  Expo closes and bump-out

We would like to thank all our Sponsors, Suppliers and Volunteers for their help and support for the 2017 Disability, Ageing & Lifestyle Expo. See you there!
The South Australia Retirement Villages Act 2016 passed the Legislative Council in Nov 2016 and the Retirement Villages Regulations 2017 were approved in August. The new legislation will come into operation on 1st January 2018.

Key changes introduced with the new legislation include:

• The introduction of a standard disclosure statement to improve transparency and clarity of residence contracts

• The introduction of the mandatory repayment of exit entitlements to a resident within 18 months of them vacating their residence, if it is not relicensed prior to this time

• An increase in transparency of village funds including breaking down management fees, providing details of expected consultation with residents regarding the village budget and requirements to meet with residents’ committees about finances

The Act does not prescribe limits to premiums/deferment management fees or refund percentages. It will continue to be essential to understand the contract you are signing and to have any verbal promises written down and signed.

Want information on retirement villages and other housing options?

• Attend one of our retirement village seminars.

• Use our information resources (fact sheets, housing directories)

• Contact us for help with navigating the options available.

Catalyst Foundation (formerly Seniors Information Service)
Tel: 8168 8776, 1800 63 63 68 (SA Country)
149 Currie Street, Adelaide SA 5000
information@catalystfoundation.com.au

The Turnbull Government is to be congratulated on its recent announcement of:

• An allocation of 6000 new Home Care Packages

• Additional investment in the My Aged Care system

• The establishment of an industry led Aged Care Workforce task force to look at the strategies required to ensure adequate numbers of skilled aged care workers into the future.

New packages will primarily be allocated to those with the most urgent needs and or those who have been waiting the longest.

Investment in My Aged Care will focus on improving public access, with a particular focus on rural, regional and remote communities.

Advertising opportunities are now available with the Catalyst Foundation monthly newsletter.

The Catalyst Foundation Newsletter reaches over 4,000 recipients monthly.

With many targeted advertising options and customisable plans available, this opportunity is not to be missed.

If you would like to find out more please contact our office at 8168 8776 or send us an email to: information@catalystfoundation.com.au.

Visit the DCSI stall to talk to staff and obtain information about specialist disability and domiciliary care services, including:

• Information and referrals

• Child and Youth Services

• ASSIST Therapy Services

• Independent Living and Continence Resource Centre

• Domiciliary Care and Domiciliary Equipment Service

• Disability Recruitment opportunities within supported accommodation, and

• How to get involved and have your say on disability access and inclusion.

For more information about DCSI visit:
www.twitter.com/SA_DCSI
www.facebook.com/dcsisa
www.dcsi.sa.gov.au

Visit DCSI at stalls
193 - 202
The initial testing phase of 24Legal, an app developed by South Australia’s Legal Services Commission, has been well-received by online users looking for legal help.

24Legal complements existing business hours services developed by the Legal Services Commission (LSC) of South Australia, including a web chat platform and telephone service that gives punters basic legal information and advice.

The public has embraced the free digital platform, created with seed funding from the Law Foundation of SA, which has now passed its initial testing phase.

LSC director Gabrielle Canny said that during testing, the most common questions put to the 24Legal included family law matters, intervention orders, mortgage repayments, traffic fines, fencing disputes and wills.

“24Legal puts the client more firmly in the driver’s seat. It enables them, at any time of the day or night, to start to understand their legal options and make more informed decisions. It ensures that, outside business hours, South Australians aren’t legally alone,” Ms Canny said.

“Legal problems are often like plumbing problems: if something can go wrong, it will go wrong – and it’ll probably happen on a weekend,” she added.

The LSC reports that users of the app are rising and that the platform is capable of addressing questions across 60 common areas of law.

Ms Canny described 24Legal as an online decision-making tool that empowered everyday people to know what options might be available in their current circumstances. The platform guides users through questions to help clarify the legal issue they may be facing and connect them with other kinds of information they need to learn more.

“While legal matters are often complex, 24Legal is deliberately simple – delivering preliminary legal information that’s concise and clear.

“The service will sometimes be a Band-Aid measure – rapidly providing basic preliminary legal help when it’s immediately needed. In many cases, 24Legal can tide a person over until they can get more in-depth assistance during work hours,” Ms Canny explained.

Legal Brokers

Want to find the right lawyer for the right price in your area? From time to time, we all need help with legal problems. For this reason, Catalyst Foundation is pleased to introduce a new online resource, which helps you find a lawyer and understand the fees you may be charged. To find out more please contact our office.

Legal Services Clinic

Catalyst Foundation offers a Legal Services Clinic by appointment every Wednesday between 10.30am and 2.30pm. Our Legal Services Solicitor can work with you to prepare your Wills, Powers of Attorney, Advanced Care Directives and review Retirement Village contracts. Competitive fees apply.

If you need further information, guidance or support in using the Disability Support Marketplace please call 8168 8776 or 1800 636 368 (SA Country Free Call), information@catalystfoundation.com.au
Breast Cancer Awareness Month

October is Breast Cancer Awareness Month and BreastScreen SA are focused on spreading the proactive message of early detection of breast cancer.

A 2008 research study found that South Australian women aged 50 to 69 who had a breast screen every two years had a 41% less chance of dying from breast cancer than those who didn’t screen regularly.

With only 1 in 2 South Australian women aged over 50 having a regular breast screen, that’s almost certainly someone you know and care about who isn’t taking part.

To aid discussions about free breast cancer screening as well as breast health, BreastScreen SA has recently developed a booklet, A Guide to Breast Health, for use by carers and clients.

**A Guide to Breast Health** is a free pictorial resource booklet that assists women with low literacy, sight impairment, intellectual disability and their families and carers to be aware of the importance of breast health and regular breast screening.

The booklet covers the areas of:

- breast awareness
- clinical breast examination
- mammography screening
- information for families and carers.

You can download an electronic copy, or order a hard copy by emailing BreastScreen SA at bssaequries@health.sa.gov.au with your name, address and organisational details.
**Life Care Active**

“Life Care Active – Helping CHSP eligible consumers stay well, active and connected to their community”

At Life Care Active we have a range of staff available to help clients achieve their individual goals. From the initial assessment, there is a focus on goal setting and collaborative planning with staff, clients and families and carers (when applicable) to ensure that our clients are working towards goals that are important to them rather than meeting therapist determined outcomes.

The team is truly multi-disciplinary including physiotherapists, occupational therapists, podiatrists, massage therapists, personal trainers and an exercise physiologist and nurse practitioner. The staff work together and are able to refer clients to other services to make sure needs are met and to give the client the best opportunity to meet their goals. Clients have the option of seeing therapists on 1:1 basis or joining our group programs.

We offer a wide variety of exercise classes from personal training to general exercise classes, strength and balance classes, Pilates and classes for clients with Parkinson’s disease. Most of our services can be offered in home so that clients with mobility or transport limitations can also get started on their wellness journey. We always welcome new clients to Life Care Active and look forward to helping you achieve your health and wellness goals.

For more information please call 8168 7600, or email LCReception@lifcare.org.au

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**What's on during November**

**INFORMATION SESSIONS**

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<th>Topic</th>
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<td>Wed 1</td>
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<td>Retirement Villages - What should I know?</td>
<td>Wed 8</td>
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<td>Downsizing</td>
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<tr>
<td>Estate Planning Overview (Wills, POA)</td>
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<td>Thinking of Selling your home (part 1 &amp; part 2)</td>
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<td>Accessing help at home</td>
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<td>Aged Care Fees &amp; Charges</td>
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<td>Internet/Cyber Security</td>
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<td>Introduction to Technology</td>
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<tr>
<td>Tips for Travel with iPad and Tablets</td>
<td>Tues 21</td>
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<tr>
<td>Tablet Showcase – which tablet is best for you?</td>
<td>Tues 28</td>
<td>1 - 3pm</td>
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<tr>
<td>Learn how to use your iPad and Android tablet</td>
<td>Tues</td>
<td>Timings vary</td>
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**Catalyst Foundation (including Seniors Information Service)**

149 Currie Street  
Adelaide SA 5000  
Bookings are essential  
HELPLINE: (08) 8168 8776  
Coffee and tea provided  
General Public: $5 per person | Cash only

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**Disability, NDIS, and Ageing**

When is the next NDIS Roll Out for adults in South Australia?

The next National Disability Insurance Scheme roll out for South Australian adults aged 18-64 years will occur in January 2018.

The areas that will be covered in that roll out include:

- Southern Adelaide
- Fleurieu and Kangaroo Island
- Yorke and Mid North
- Far North, and
- Eyre Western

People who meet the eligibility requirements, who are currently under 65 and who live in these areas can apply for access to the Scheme now.

What happens If you go onto the NDIS and then turn 65?

If a person is already on the NDIS, and then turns 65 they can chose whether to stay on the NDIS or transfer to the aged care system.

The new Continuity of Support (CoS) Scheme

A new, commonwealth funded Continuity of Support program commences in SA in October 2017.

This program is designed to support people who are currently receiving Disability Support Services at time NDIS begins to roll out in their area - but who aren’t assessed as NDIS eligible.

The aim of this program is to enable an eligible person to be provided with supports that will help ensure they are able to continue to achieve outcomes that are similar to those they have been achieving through a disability support program.

Eligibility Criteria -

A person might be eligible for the CoS scheme if they:

- are 65 years and over or 50 years and over for Aboriginal and Torres Strait Islander people, at the time the National Disability Insurance Scheme (NDIS) begins rolling out in their region
- are assessed as being ineligible for the NDIS at the time the NDIS begins rolling out in their region
- are an existing client of state-administered specialist disability services at the time the CoS Programme rolls out in their region.

An existing client means the person:

- who is receiving state-administered specialist disability services or has a booking/s for these services with a service provider at the time the CoS Programme rolls out in their region. This could include having a set date and time when services will be delivered being agreed even though services may not have started, or
- has received state-administered specialist disability services in the twelve months before the CoS Programme rolls out in their region.

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**Australian Government**  
Commonwealth  
Department of Health  
Home Support Programme

Catalyst Foundation is supported by the Australian Government Department of Health. Visit the Department of Health website [www.health.gov.au](http://www.health.gov.au) for more information. Although funding for this service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

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people helping people

Catalyst Foundation is the leading provider of community information in South Australia focussing on areas such as home support, aged care services, disability, housing, independent living, digital literacy, retirement living and connecting people to services.

We provide free and independent information on:
- Housing and low cost rental accommodation
- Residential and community based aged care
- Concessions and benefits
- Independent living
- Retirement housing
- Residential admission and respite vacancies

We provide support to all South Australians and have a special focus on:
- Aboriginal and Torres Strait Islander Communities
- Culturally and Linguistically Diverse Communities
- Lesbian, Gay, Bisexual, Transgender and Intersex Communities

Our services include:
- Ageing SA - accommodation placement service
- Disability Support Marketplace – an online resource for people living with disability
- Support to navigate My Aged Care, myGov
- Legal Services including Legal Brokers and Legal Services Clinic
- Seminars including Accessing Help at Home and Aged Care Fees and Charges
- IT Training and support including learning to use computers, tablets and smart phones
- Tax Help
- Easily downloadable fact sheets and publications

HELP LINE:
(08) 8168 8776
Country SA: 1800 636 368

149 Currie Street Adelaide SA 5000
information@catalystfoundation.com.au
www.catalystfoundation.com.au