

## COTA calls on incoming State Government to plan for Queensland's Ageing Population

The State Government's Office of Economic & Statistical Research (OESR) estimates that Queensland now has 1,217,360 residents over the age of 50 years and this is projected to increase to nearly 1½ million (1,443,935) over the next five years (2011).

"Planning now for Queensland's ageing population should prevent another health or water crisis" said COTA Queensland Executive Director Mark Tucker-Evans.

Queensland's population is ageing due to increased life expectancy and declining birth rates. By 2051 it is projected that one (1) in four (4) Queenslanders will be aged 65 years and over with between 6% - 8% of our population aged 85 years and older.

This demographic revolution will continue to demand a range of policy responses.

"It is essential for all levels of government to consider the needs of the ageing population and to ensure that the extra years added to life are quality years rather than years spent in ill health, isolation and poverty" Mr. Tucker-Evans said.

Health, water (at least in South East Queensland) and economic growth dominated the agenda for the State Election campaign.



**"...ensure the extra years are quality years rather than spent in ill health, isolation and poverty"**

Health has remained the number one priority with proposed policy promising to improve Queensland's health system and hospitals.

COTA advocates that an efficient and effective health system should provide a continuum of integrated services.

"It is important that we take a life course approach to improving Queenslanders health". said Mr. Tucker-Evans

The World Health Organisation recommends policies and strategies that integrate health promotion, disease prevention and affordable and accessible curative health care services especially at the primary care level.

Many chronic diseases and the associated disabilities that affect the later part of a person's life span along with their economic and human costs can be prevented.

"People need to be more involved in their own health care". Mr. Tucker-Evans said.

COTA congratulates the new Government and looks forward to working with it and the community to optimize opportunities for health, participation and security in order to enhance people's quality of life as they age.

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### Special points of interest:

- Transition Care
- Get Fit for Fun
- Can't Stand the Noise?
- Will or Enduring Power of Attorney
- Seniors Clubs News
- Queensland Seniors & Technology Symposium

# Notice of 49th Annual General Meeting

## The 49<sup>th</sup> ANNUAL GENERAL MEETING

of  
THE COUNCIL ON THE AGEING  
QUEENSLAND Inc.

will be held at  
ALL SAINTS' CENTRE  
330 ANN STREET  
BRISBANE

On Wednesday 20<sup>th</sup> September 2006

Commencing at 10:00am

with morning tea and concluding with  
Guest Speaker

**Professor Margaret Steinberg AM.**

RSVP

Jill Shipley

3316 2999

## AGENDA

1. President's opening remarks
2. Apologies
3. Minutes of Previous Annual General Meeting
4. Business Arising from the Minutes
5. President's Report
6. Executive Director's Report
7. Policy Council Report
8. Treasurer's Report and presentation of audited financial statement
9. Appointment of Auditor
10. Presentation of Life Memberships
11. Presentation of new Board
12. General Business
13. Date of Next Meeting
14. Close

## GUEST SPEAKER

*'Will you still feed me when I'm 64?  
Resourcing older women'.*

**Professor**

**Margaret Steinberg AM**

has undertaken innovative, often pioneering work on complex contemporary matters at the intersection of health, education and social policy and services.

Margaret will speak about the particular challenges faced by older women and explore the policy implications.

## Introducing COTAQ's new Board

The members who will form COTAQ's Board following the AGM to be held on 20 September 2006 are:

- Professor Jeff Giddings
- Lyn Kelman
- Linda Pollard
- Ian Reed
- Annette Reilly
- Julie Sultmann CPA
- Dr Rick Swindell AM.

Executive Director Mark Tucker-Evans is a non-voting member of the Board.

**"A nice mixture of experience and new blood"**

of COTAQ's new Policy Council and a former President of Queensland Country Womens Association; Linda is a marketing professional and a specialist in direct and relationship marketing; Ian recently retired from Queensland Health and is the author of QH's current Aged Care Strategy; Annette is a real estate

The term for each member is two years.

Jeff is Deputy Director Griffith Law School, Lyn is the Chair

consultant in Gympie and has extensive experience in local government; Julie is a CPA and has been COTAQ's Treasurer for the past 4 years and Rick has been COTAQ's President since 2003.

"I believe this is a very strong Board with eminently qualified to provide leadership in COTAQ's development over the next few years" said Executive Director Mark Tucker-Evans.

## Introducing COTAQ's new Policy Council

COTAQ has revitalized the Queensland Policy Council (QPC) which again comprises a nice mixture of experienced QPC members with a number of new faces.

The QPC will be lead by Lyn Kelman who will represent the QPC on COTAQ's Board.

Other QPC members are Judyth Collard representing the Committees on the Ageing, Professor Michele Clark, Bess Newman; Dr Nancye Peel, Professor Margaret Steinberg AM and Dr Rick Swindell AM.

Elections will be held next year for a number of additional places on the QPC.

Members are encouraged to become involved with COTAQ's policy development through sub-committees, Forums, [www.cotaq.org.au/](http://www.cotaq.org.au/) haveyoursay and the annual policy Symposium.



# **COTA Queensland**

## **49th Annual Report 2006**

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# President's Report

I present the forty-ninth President's Report for the year ending June 2006 with mixed feelings - sadness that the great experiment has failed; happiness that an organisation that has played a key role for older people for half century, is back in action.

A lot of water, regrettably much of it non-potable, has passed under the COTAQ bridge since the 2005 AGM when our Executive Director and I were so carefully choosing our words about the future. Here's a brief run down on what I believe led to NSA walking away from the signed agreement.

Once the decision was made to merge, a series of very constructive meetings were run in 2004 between each of the merging COTAs and the joint transition managers, David Deans and Ian Yates, to develop a document which all parties were comfortable with. Compromises were made and the final document, which specified governance and management detail, was approved; everyone was happy. A similar collegial process followed in Melbourne in late 2004 when NSA members and merging COTA members met each other for the first time to discuss and reach compromises over the draft constitution. That meeting was carried out in an air of collegiality, cooperation and optimism. The rapport was palpable.

But what failed?

One of the key provisions in the merger document specified the rapid formation of a key democratically-based governance body called the National Council. This body, to be formed by 30 November 2004 would be comprised of 16 NSA/COTA leaders; one from every State and Territory. Among the key tasks the National Council would:

24.6.2: - raise issues for consideration by the Board

24.6.3: - provide a conduit for ideas raised by the Board

24.6.4: - assist in locating appropriate people for appointment to the Board

The Council would also provide advice to the Board on an appropriate name for the new organisation.

The National Council clearly had a key

role to play both in finalising the merger and helping plan the way ahead. Inexplicably, the National Council was never formed and this was a major stumbling block as far as the COTAs were concerned. When the new name for the company, National Seniors Australia was registered, the COTAs expressed great concern.

Where was the agreed consultation with the National Council? Where was the implicitly understood new name which reflected a touted new beginning for both organisations? This was beginning to look more like a takeover than the amicably agreed merger.

There are other documented examples of failure to adhere to the merger document or, charitably, interpreting it in a different way. These deviations were not "deal breakers" as far as the COTAs were concerned because the joint transition managers had thoughtfully included dispute provisions as a safety valve in case difficulties of interpretation occurred. The dispute provisions had several clauses but, as far as I'm concerned, the key safety valve was:

30.3: *If no resolution of the dispute or question shall be achieved by [earlier steps] the dispute or question shall be submitted for mediation upon the written request of any of the parties to this Agreement to the others. The mediation shall be conducted by a mediator ...appointed by the President of Chartered Accountants in Australia.*

We wanted to discuss the difficulties. However, despite repeated written requests from all four COTA presidents, and from the COTA members of the partnership Board, the chairman of the Board, who incidentally was also chairman of the NSA Board, would not allow mediation to occur. We were presented with an ultimatum to sign over our assets or NSA would walk away from the partnership. Legally, we could not sign; each of the COTAs had contractual arrangements with funding

agencies and absolutely no indication from the partnership how these obligations would be met. In retrospect I'm thankful that we did not sign away our assets without proper assurance of how our contractual obligations would be met. Currently, hundreds of thousands of dollars of merger assets are in dispute and remain inaccessible. COTAQ would have been unable to pay staff and meet our project obligations. We would have been bankrupted.

I present these facts as I see them.

The COTAs have asked for *nothing more* than the meticulously negotiated, signed merger document to be followed.

I recognise that there are two sides to every argument. I also believe that neither party wanted the merger to fail. After all, the merging COTAs had already crossed the metaphorical Rubicon by breaking historical ties with the four non-merging COTAs and agreeing to what was, in essence, their own demise in the interests of what we believed was the greater good. All COTA documentation and board minutes state unequivocally that we want the merger to continue and that a professionally moderated meeting would allow differences to be aired, compromises to be reached and new timetables set. These documents are on the record – they are not retrospective assertion.

In my mind there is no question that a partnership between the 800 pound NSA gorilla and the COTA gazelles is still in the best interest of older Australians. The fastest growing subgroup of the population are Australians aged 80 years and over and this is the age group which must remain at the forefront of creative thinking about the best and fairest allocation of relatively declining resources. I'm not talking about "someone else" when I single out the 80 plus age group. Given time, a modicum of luck and self-discipline, the majority of younger Australians are destined to become 80 and older. The baby boomers are roaring into retirement and Australia needs entirely new thinking about retirement, safety nets, positive ageing and a wealth of allied issues. A truly national approach

**"This was beginning to look more like a takeover than the amicably agreed merger"**

to ageing is in the best interests of the entire society. But a truly national approach will be difficult to achieve unless the voice of older voters en masse clearly leaves the Australian Government in no doubt about what this potentially powerful lobby group expects. One needs look no further than the daily news to find numerous examples of short term political expediency at the expense of genuine nation-building. The political ping-pong being played over crises like health, water, climate change and energy to name a few, gives me little confidence that old thinking will translate into the best outcomes for older Australians. The 1000 pound plus gorilla, which would have emerged from a new organisation, would have had the ear of every politician.

What of the future? The 800 pound gorilla is a business organisation with aspirations to rapidly grow its membership in every State and Territory. The 800 pound gorilla also has a serious and increasingly effective policy focus. During the partnership period I worked closely and collegially with NSA members at State and National Policy Council meetings and found them to be every bit as focused and concerned about issues of social justice and equity for older Australians, as my COTA colleagues. Gorillas are very intelligent primates and an 800 pound gorilla will have learned a lot from its brief partnership with the gazelles and will adapt what it needs from the gazelle culture in order to grow its territory at our expense.

Both the merging and non-merging COTAs must gain as much and as quickly as possible from this whole unfortunate experience. Reunification of the COTAs is essential and personal grievances must be forgotten. The strengths of each of the groups, combined with ARPA Over 50s and, hopefully, other appropriate organisations, must be directed at forming a strong new body with an overt focus on national outcomes.

Society is changing very rapidly and a new vision for an ageing Australia is urgently needed. The current piecemeal approach to ageing advocacy, characterised by wasteful replication of

services and competition for the same pool of relatively declining resources, may suit governments but it is not in the best interests of older Australians. Leaders of the myriad organisations representing older Australians will continue to come and go and who knows when it will again be opportune for gorillas, gazelles, and other appropriate groups to work towards a unified organisation?

A single well governed, well managed national organisation would leave government in no doubt about whether ageing is a key policy issue. But until they do the politicians have carte blanche to practise their ping-pong.

I am grateful to COTAQ board members for their single-minded dedication to the merger process. They can be proud of the vision and fortitude they displayed over the past few years. The failure was not ours.

**Dr Rick Swindell AM**  
**President**

#### **COTA QUEENSLAND BOARD**

**Dr Rick Swindell AM, President**

**Annette Reilly, Vice President**

**Julie Sultmann CPA, Treasurer**

**Bill Abboud (appointed 19/04/06)**

**David Deans\* (resigned 18/01/06)**

**Rex Freudenberg\* (resigned 18/11/05)**

**Lyn Kelman\*\* (appointed 24/05/06)**

**Robert Lesca (resigned 11/03/06)**

**Glenda McChesney-Clark\***

**Mary Snell**

**Jim Whalan (resigned 19/04/06)**

**Mark Tucker-Evans, Executive Director**

**\* appointed in accordance with COTA National Seniors Partnership Agreement**

**\*\*Chair of COTA Queensland's Policy Council**

### **CNSP Queensland Policy Council**

Annual reports are usually a time to review all aspects and activities - to reiterate accomplishments and enjoy the successes, however this year it is with a sense of sadness that I present this year's QPC report.

What I am going to say must be said, as it is to Annual Reports that one looks in times to come to provide the history of the organisation.

It was intended that the QPC be the driving force of the new partnership and with a mix of membership of COTA and National Seniors it was a real possibility that the QPC could represent the older population throughout the State, offer a service of advocacy and determination.

At a time when the changing balance of population ageing it was a great opportunity to provide the structures to allow for the identification of needs, concerns and the desires of older people in the community regardless of where they live and what ever their cultural background or economic status .

The year began with hopes of regular QPC meetings, submissions and a Symposium mid-2006. However by November 2005 it was evident that the hard work put in over the past 5 years was to be lost with meetings cancelled, the Symposium postponed.

One cannot consider the QPC in isolation to the whole organisation. The focus of activity needed to be on the necessary issues relating to the Partnership thus limiting the work of the Policy Council.

I would like to commend the Executive Director and the staff for their diligence and hard work in the maintenance of the secretariat through the many months of uncertainty.

Glenda McChesney-Clark  
Co-Chair

# Executive Director's Report

As noted elsewhere in this Annual Report the 2005-06 year was an extraordinary year in COTA Queensland's history.

After five years of planning the merger with National Seniors was called off at the last minute.

On one hand we were incredibly frustrated having worked solidly towards creating a new organisation that would better serve the needs of Australia's Over 50s. Yet we remain passionate about the opportunity to create a truly great organisation to respond to the demographic challenges ahead.

And that's exactly what we've been doing once it was certain the merger was not going ahead.

## LEADERSHIP

Exceptional Boards shape and uphold the mission, articulate a compelling vision and ensure that decisions are consistent with core values.

I am indebted to COTAQ's Board who stood fast throughout a difficult period. Whilst avidly believing that a single national organisation would have a stronger voice the Board was not going to be intimidated into forsaking COTA's core values:

- Social justice, access and equity for all older Queenslanders
- Respect for the life experiences of older Queenslanders
- Participation of older Queenslanders in decisions that impact on their lives
- Openness, ethical transparent practices and accountability
- Collaborative Partnerships with stakeholders
- Continuous quality improvement and sustainability

A number of the Board will be retiring at the forthcoming Annual General Meeting having served their maximum number of terms. I sincerely thank them for their service to COTA over many years and look forward to Glenda McChesney-



Clark and Mary Snell remaining involved in COTA's programs.

For the continuing members, Annette Reilly, Julie Sultmann and Dr Rick Swindell and the incoming Board there is much work ahead.

We have established a Governance sub-committee to review and to recommend amendments to our Constitution. The Governance sub-committee will also progressively reassess Board policies and recommend enhancements where appropriate.

However the major challenge for the Board is to develop strategies to ensure COTA Queensland's sustainability.

COTA Queensland will continue to work in collaboration with other organisations who work to enhance seniors quality of life.

Collaboration is not easy, as our recent experience testifies, yet it makes little sense to be competing against organisations who purport to have the same end goals as we do.

## POLICY AND ADVOCACY

The joint COTA National Seniors Policy Council met for the final time in October 2005 (see separate report). Whilst we endeavoured to continue with this joint policy vehicle NSA advised that they would not contribute towards it financially.

We have since restructured the Queensland Policy Council and look forward to working with older people and academics throughout the state to identify, research and advocate issues on behalf of Queensland's growing ageing population.

I take this opportunity to thank all



members and staff who represent COTA Queensland on a wide range of Government and NGO advisory committees, work groups, etc.

I particularly thank the former QPC Co-Chair Glenda McChesney-Clark who ably represented COTA Queensland on the joint COTA National Seniors Queensland Policy Council.

## MEMBERSHIP

One of the positives to come from COTA being back in business is the new Members' Savings Program. Recognising that all of us, no matter what age, are being affected by the rising cost of basic items such as food and fuel we have teamed up with Ambassador Card to provide real benefits for COTA members.

COTA members can save hundreds of dollars each year off their everyday expenses using pre-purchased shopping cards and also save on leisure activities, tourist attractions, restaurants and accommodation in all states of Australia and New Zealand.

## Committees on the Ageing

Judyth Collard from Bundaberg and District Committee on the Ageing was elected at the 2005 State Forum for Committees on the Ageing to represent the Committee on the Ageing network on the Queensland Policy Council. She has made a significant contribution in this role.

## Seniors Organisations Forums

Many of Queensland's Senior Citizens Clubs, 60 & Better programs, etc. are organisational members of COTA. In recent years we have developed a statewide Directory to promote interaction between seniors clubs and



groups.

We will continue to work with seniors groups throughout the State to ensure their voices are heard on State and National issues.

**EDUCATION AND INFORMATION**

Seniorsinfolinks provides people with links to services and information needed to maintain what is important in life. The website [www.seniorsinfolinks.com](http://www.seniorsinfolinks.com) lists information under six tabs—Advocacy & Legal; Education & Lifestyle; Financial; Home Support & Personal Support; Residential Care and Transport or A-Z. Recognising that not all seniors have access to the Internet this service is also provided through 1300 738 348.

COTA joined forces with Lifelong Learning Council to mark Adult Learners Week 2005 and look forward to building on this relationship in 2006 and beyond.

We are also be developing a series of information sessions, some in partnership with other credible sources to assist seniors plan for a secure future. Peer Educators will be trained o deliver some of these sessions.

**PROGRAM MANAGEMENT**

COTA Queensland expanded its program management activities during the year (see following reports). We sincerely thank Queensland Heath (HACC), Department of Communities (Safe & Confident Living), National Prescribing Service for their continuing support and welcome Australian Department of Health and Ageing (Falls Prevention).

**STAFF AND VOLUNTEERS**

My special thanks are extended to our staff and the extensive network of

volunteers who have continued to carry on COTA’s work in spite of the often chaotic situation of the merger/ demerger around them.

During this period we moved four times but have now settled on level 3, 33 Queen Street (opposite Treasury Casino) Brisbane. We have a five year lease and we look forward to you dropping in to see us at work.

**THE FUTURE**

The ageing of Queensland’s population will have a significant impact on Queensland’s future. The impacts will become progressively more apparent and will be widespread.

In the next 5 years the Over 50s will increase from 30% to 32.6% of Queensland’s population and in 20 years the proportion of Over 50s will increase to 38.3%. By 2051 the Over 50s proportion of Queensland’s population will increase to over 44%. Queenslanders Over 100 years of age will increase from .01% of the population in 2006 to .02% in 2011 and to .06% in 2026. It is estimated that by 2051 Queensland will have 18,787 centenarians or .26% of our total population of 7,099,958.

The number of children in Queensland is projected to increase by 18% to

961,000 whilst the number of people aged 65 years or more is expected to more than double (increase of 121%) to 1.1 million people.

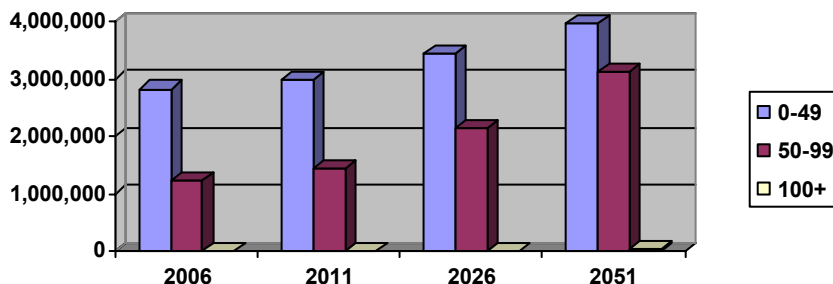
There will be implications for the workforce as projected increases in the number of children and older people outnumber increases among those of working age in every decade from 2011 to 2051. The number of people in the older working age category (45 to 64 years) is expected to double yet the largest growth is projected for people aged 65 years or more with an increase of 339.7%.

It is vital that Queensland seniors have a well-governed organisation working on their behalf to secure them a decent quality of life.

I look forward to working with our new Board, QPC, staff and volunteers, all levels of Government, business and the community to take up to this challenge.

The ageing of Queensland’s population need not be a crisis if we work together across the generations to optimise opportunities for health, participation and security in order to enhance quality of life as people age.

**Mark Tucker-Evans**  
**Executive Director**



# Policy and Programs

## Peer Education

This year has seen the further development of COTA Queensland's Peer Education Program with the introduction of two new Falls Prevention topics—'Moving Right Along' (highlighting the falls risks in and around the home with strategies to reduce said falls) and 'Sweet Dreams' (focusing on the falls risks associated with the use of sleep medication and the benefits of getting a good nights sleep without the use of long-term sleep medication).

Peer Educators have already been trained on these topics in Brisbane and on the Sunshine Coast and the Townsville team are will be trained soon.

Training of a new team of Central Queensland peer educators in Seniors Quality Use of Medicines

(SQUM) at the end of May means that seniors in both Rockhampton and in rural and remote areas now have the opportunity to learn how to become active medicines partners. A move to take the program 'out west' to the Blackall-Longreach area also aims to encourage seniors in other rural and remote areas to access better information about their medicines, thereby enjoying better health.

All peer educators have had the opportunity to participate in a 'booster training' session, building on the creative strategies that some of their peers have developed for engaging quickly and successfully with session participants. Deciding on which strategy to use depends

very much on the size and make-up of the group and the time available. They include poems, scenarios, a quiz, creative visualisation, reminiscing and ways of taking cultural differences into account.

COTA Queensland's peer educator base currently numbers 46 volunteers and others have expressed interest in joining this amazing group of skilled and energetic people.

Our sincere thanks to all our peer educators who form the social capital of this program.

Diana East

Peer Education Coordinator

## Safe & Confident Living

The highlight of a busy year for Safe & Confident Living was the productive partnership with community radio to develop and broadcast twenty by 60-second community education segments on tips and strategies for older people to remain safe and confident in daily life. It was particularly satisfying that ten people aged between thirty and eighty-three years of age were involved in the productions representing the intergenerational, ethnic and indigenous diversity in the community.

Support in-kind from the radio partners saw the segments widely broadcast across Queensland with calls received by COTA in Brisbane from Cairns in the north to Logan in the south and west to Moreton. Consequently, 500 Handbooks and

500 Fact Sheets on Safety for Seniors were distributed to older people and to the organisations that represent them, and six public talks on safety were delivered around the inner city suburbs of Annerley, New Farm and West End.

In January 2006, as a result of a partnership with the Queensland Narrating Service, COTA presented Lord Mayor Campbell Newman with thirty two audio cassette and CD recordings of the Handbook on Safety for Seniors for the print impaired for distribution and public borrowing in Brisbane City Council public libraries. The presentation board featuring the materials and information about COTA Queensland has been on display in the Central City library and at West End and New Farm libraries.

Water is the on-going 'big issue' for Queensland. COTA took up the challenge for older (and particularly frail elderly) people by raising the specific needs of older people with local and State Government representatives. COTA posted the issue on the Discussion List of the Queensland Safe Communities Council which resulted in the greatest number of 'hits' on a single issue in a day. COTA is pleased to note that water exemptions have now been secured for people aged 70 and over and for people with a disability.

Pat Ryan

Safe & Confident Coordinator



seniorsinfo**links**.com  
**1300 738 348**



## Home and Community Care (HACC)

COTA Queensland has been a HACC-funded service for over 20 years.

COTA provides information about HACC services and options to older people throughout Queensland. Information is provided through face-to-face information sessions, a 1300 number (1300 738 348), the seniorsinfolinks.com website, seniors expos and other media.

COTA will continue to develop this service in response to the different needs of older people and their carers throughout Queensland.

We also work with HACC Area Managers and Service Providers to ensure that HACC consumers needs are foremost in their planning.

COTA Queensland formed a collaborative with two other HACC-funded Statewide services Carers Queensland and Queensland Aged and Disability Advocacy to pilot a series of consumers forums to better inform the annual Statewide HACC plan produced by Queensland Health. Seven pilot sessions were held in different areas across the state to enable HACC consumers and potential HACC consumers to identify their needs and priorities. This information was collated by the three organisations (C3) to provide input into the annual planning, development and delivery of funded HACC services. To date HACC consumers have had little input into the Annual HACC Queensland State Plan.

COTA is strengthening its relationship with HACC Consumers by working with local seniors networks throughout Queensland. COTA is providing support to these networks which will provide on-going feedback about HACC services in their areas.

This information will be provided to the HACC Unit whilst safeguarding the identity of people who may have been experiencing difficulties with the delivery of HACC services.

Emma Bennett  
HACC Coordinator

## Queensland Seniors & Technology

### Register Now!

for

**COTA Queensland's  
Annual Policy Symposium**

**OzAccom & Ozwings  
PO Box 104  
RBH Post Office Q 4029**

**Phone 1800 814 611**

Psychologist, social researcher and writer Hugh Mackay (right) will be the keynote speaker at COTA Queensland's Seniors & Technology Symposium at Chifley at Lennons Hotel Brisbane on Thursday 22 February 2007.



**“Technology has the potential to support and assist the senior members of our them behind?”**

Dr Karen Barnett (above left), Dr Jeremy Davey, Professor Jeffrey Soar (above right) and Dr Malgosia Zlobicki are among other speakers at the February Symposium.

**Queensland Seniors  
&  
Technology**

OpportunITy or Obituary?

**Thursday  
22 February 2006**

## **COUNCIL ON THE AGEING QUEENSLAND INC. STATEMENT BY MEMBERS OF THE BOARD**

The Board has determined that the Council is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial statements.

In the opinion of the Board of the Council the financial report comprising the Statement of Financial Position, Statement of Financial Performance and Notes to the Financial Statements:

1. Presents fairly the financial position of the Council on the Ageing Queensland Inc. as at 30 June 2006 and its performance for the year ended on that date.
2. At the date of this statement, there are reasonable grounds to believe that the Council on the Ageing Queensland Inc. will be able to pay its debts as and when they fall due.

This statement is made in accordance with the resolution of the Board and is signed for and on behalf of the Board by:

Dr Rick Swindell AM

President

Dated this 21st day of July 2006

Julie Sultmann CPA

Treasurer

### **NOTES TO THE FINANCIAL STATEMENTS For the Year Ended 30 June 2006**

#### **NOTE 1: STATEMENT OF SIGNIFICANT ACCOUNTING POLICIES**

*This financial report is a special purpose financial report prepared in order to satisfy the financial reporting requirements of the Associations Incorporation Act (Queensland). The committee has determined that the Council is not a reporting entity.*

The financial report has been prepared in accordance with the requirements of the Associations Incorporation Act (Queensland) and the following Australian Accounting Standards and other mandatory professional reporting requirements.

AAS 5: Materiality

AAS 8: Events Occurring After Reporting Date

No other applicable Accounting Standards or mandatory professional reporting requirements have been applied.

The financial report has been prepared on an accruals basis and is based on historic costs and does not take into account changing money values or, except where specifically stated, current valuations of non-current assets.

The following material accounting policies, which are consistent with the previous period unless otherwise stated, have been adopted in the preparation of this financial report.

(a) Members' subscriptions are accounted for on a cash receipts basis.

(b) Property, Plant and Equipment

Property, plant and equipment are carried at cost less, where applicable, any accumulated depreciation. The depreciable amount of all fixed assets are depreciated over the useful lives of the assets to the Council commencing from the time the asset is held ready for use.

(c) Income Tax

The Council is exempt from income tax under Division 50 of the Income Tax Assessment Act, 1997.

Capital Grants

*Capital grants are recorded as non operating income when fully expended in accordance with the funding conditions.*

#### **NOTE 2: MOTOR VEHICLE & COMPUTER EQUIPMENT**

*Assets purchased with Grant Funding cannot be used for any other purpose than that stated in the funding agreement and cannot be sold or otherwise disposed of without the permission of the funding body, and a contingent liability may exist in relation to any sale process.*

**COUNCIL ON THE AGEING QUEENSLAND INC**  
**STATEMENT OF FINANCIAL POSITION**  
**As at 30 June 2006**

| <b>CURRENT ASSETS</b>             | <b>2006</b>             | <b>2005</b>             |
|-----------------------------------|-------------------------|-------------------------|
| Cash at Bank                      |                         |                         |
| Cash Management Account           | 66                      | 190,103                 |
| Term Deposit                      | 6,116                   | 6,116                   |
| Maxi Account                      | 176,754                 | -                       |
| Cheque Account                    | 396                     | 1,696                   |
| New Cheque Account                | 16,135                  | 15,897                  |
| Petty Cash Float                  | 150                     | 150                     |
| Debtors                           | 27,844                  | 2,206                   |
| Prepayments                       | 15,021                  |                         |
|                                   | <hr/>                   | <hr/>                   |
| <b>TOTAL CURRENT ASSETS</b>       | <b><u>242,482</u></b>   | <b><u>216,169</u></b>   |
|                                   |                         |                         |
|                                   | <b>2006</b>             | <b>2005</b>             |
| <b>NON-CURRENT ASSETS</b>         |                         |                         |
| Plant & Equipment (At Cost)       | 49,358                  | 29,638                  |
| Less Accumulated Depreciation     | (12,497)                | (8,461)                 |
| Computers & Peripherals (At Cost) | 52,379                  | 42,166                  |
| Less Accumulated Depreciation     | (41,012)                | (37,969)                |
| Motor Vehicle at cost             | 25,086                  | 25,086                  |
| Less Accumulated Depreciation     | (11,733)                | (8,652)                 |
| <b>TOTAL NON-CURRENT ASSETS</b>   | <b><u>\$61,581</u></b>  | <b><u>\$41,808</u></b>  |
|                                   |                         |                         |
| <b>TOTAL ASSETS</b>               | <b><u>\$304,063</u></b> | <b><u>\$257,977</u></b> |
|                                   |                         |                         |
|                                   | <b>2006</b>             | <b>2005</b>             |
| <b>CURRENT LIABILITIES</b>        |                         |                         |
| Bank Overdraft                    |                         |                         |
| Accrued Leave                     | 32,215                  | 24,811                  |
| Other Income Received in Advance  | 120,985                 | 54,411                  |
| Payroll Liabilities               | 13,330                  | 10,923                  |
| Creditors                         | 6,441                   | 3,301                   |
| GST Payable                       | 5,007                   | 3,254                   |
|                                   | <hr/>                   | <hr/>                   |
| <b>TOTAL LIABILITIES</b>          | <b><u>177,978</u></b>   | <b><u>96,700</u></b>    |
|                                   |                         |                         |
| <b>NET ASSETS</b>                 | <b><u>126,085</u></b>   | <b><u>161,276</u></b>   |
|                                   |                         |                         |
| <b>ACCUMULATED MEMBERS FUNDS</b>  | <b><u>126,085</u></b>   | <b><u>161,276</u></b>   |

**COUNCIL ON THE AGEING QUEENSLAND INC.**  
**CONSOLIDATED STATEMENT OF FINANCIAL PERFORMANCE**  
**For the Year Ended 30 June 2006**

| <b>Income</b>                           | <b>2006</b>            | <b>2005</b>           |
|---|------------------------|-----------------------|
| Government Grants                       | 172,075                | 194,700               |
| Membership Subscriptions                | 40,976                 | 29,799                |
| Insurance Commissions                   | 12,262                 | 13,039                |
| Project Income                          | 47,535                 | 43,719                |
| Sundry Income                           | 27,602                 | 62,807                |
| Donations                               | 4,014                  | 1,032                 |
| Interest Received                       | 10,036                 | 10,480                |
| <b>Total Income</b>                     | <b><u>314,500</u></b>  | <b><u>355,575</u></b> |
| <b>Expenditure</b>                      |                        |                       |
| Audit Fees                              | 1,110                  | 4,281                 |
| Bank Charges                            | 499                    | 911                   |
| Board/ Meeting Expenses                 | 7,302                  | 12,511                |
| Cleaning                                | 1,297                  | 562                   |
| Computer Maintenance Software & Support | 5,320                  | 9,826                 |
| Conference/ Seminar Expenses            | 1,594                  | 10,819                |
| Depreciation                            | 10,966                 | 9,664                 |
| Electricity                             | 1,814                  | 699                   |
| Insurance                               | 3,716                  | 2,329                 |
| Motor Vehicle                           | 4,572                  | 3,846                 |
| COTA National Seniors Fees              | 0                      | 783                   |
| Newsletter Expenses                     | 5,002                  | 4,181                 |
| Other Core Expenses                     | 168                    | (378)                 |
| Parking                                 | 4,053                  | 3,340                 |
| Photocopier                             | 3,831                  | 6,936                 |
| Postage                                 | 2,910                  | 3,901                 |
| Printing/ Stationery                    | 2,579                  | 2,557                 |
| Relocation Costs                        | 5,085                  |                       |
| Rent                                    | 34,144                 | 10,564                |
| Repairs/ Maintenance                    | 120                    | 215                   |
| Staffing Expenses                       | 207,503                | 185,912               |
| Subscriptions                           | 1,212                  | 1,143                 |
| Sundry Expenses                         | 8,634                  | 5,628                 |
| Telephone/ Fax/ Internet                | 7,942                  | 5,699                 |
| Travel & Accommodation                  | 24,523                 | 19,231                |
| Venue Hire                              | 3,795                  | 2,333                 |
| <b>Total Expenditure</b>                | <b><u>349,691</u></b>  | <b><u>307,495</u></b> |
| <b>Operating Surplus (Deficit)</b>      | <b><u>(35,191)</u></b> | <b><u>48,079</u></b>  |

**COUNCIL ON THE AGEING QUEENSLAND INC.**  
**CONSOLIDATED STATEMENT OF FINANCIAL PERFORMANCE**  
**For the Year Ended 30 June 2006**

| <b>Non-Operating Income</b>                                       | <b>2006</b>           | <b>2005</b>           |
|---|-----------------------|-----------------------|
| Capital Grants  |                       |                       |
| Motor Vehicle Trade-in  | <u>          </u>     | <u>          </u>     |
| <b>Total Non-Operating Income</b>                                 | <b>0</b>              | <b>0</b>              |
| <b>Surplus (Deficit) from ordinary activities</b>                 | <b>(35,191)</b>       | <b>48,079</b>         |
| <b>Accumulated Surplus at the beginning of the Financial Year</b> | <b>161,276</b>        | <b>113,197</b>        |
| <b>Accumulated Surplus at the end of the Financial Year</b>       | <b><u>126,085</u></b> | <b><u>161,276</u></b> |

**INDEPENDENT AUDIT REPORT**  
**To the Members of**  
**COUNCIL ON THE AGEING QUEENSLAND INC.**

**Scope**

We have audited the financial report, being a special purpose financial report comprising the Statement of Financial Performance, Statement of Financial Position and the Notes to the Financial Statement for the year ended 30 June 2006. The Board is responsible for the financial report and has determined that the accounting policies used and described in Note 1 to the financial statements which form part of the financial report are appropriate to meet the requirements of the Associations Incorporation Act (Queensland) and are appropriate to meet the needs of the members.

The financial report has been prepared for the purpose of fulfilling the requirements of the Associations Act (Queensland). We disclaim any assumption of responsibility for any reliance on this report or on the financial report which it relates to any person other than the members, or for any purpose other than that for which it was prepared.

Our audit has been conducted in accordance with the Australian Auditing Standards. Our procedures included examination, on a test basis, of evidence supporting the amounts and other disclosures in the financial statements and the evaluation of significant accounting estimates. These procedures have been undertaken to form an opinion whether, in all material respects, the financial report is presented fairly in accordance with accounting policies described in Note 1 so as to present a view which is consistent with our understanding of the Council's financial position, and performance as represented by the results of its operations. These policies do not require the application of all Accounting Standards and other mandatory professional reporting requirements.

The audit opinion expressed in this report has been formed on the above basis.

**Audit Opinion**

In our opinion the financial report of Council on the Ageing Queensland Inc. presents a true and fair view of the financial position of the Council on the Ageing Queensland Inc. as at 30 June 2006 and the results of its operations for the year ended in accordance with the accounting policies described in Note 1 to the financial statements.

Business Links Australia Pty Ltd  
Peter Clarke  
65 Fairbank Street, Sunnybank

Dated this 30th day of August 2006.



The Australian and Queensland Governments are working together to improve the transition from hospital to home for older people.

Transition Care provides short-term support and therapies to help older people to become confident enough to return home where possible with the support of in-home care if necessary.

**Q** How will I get this service?

**A.** You will need to be referred to this service by a doctor—this could either be your GP or your hospital doctor. They will ask the ACAT (Aged Care Assessment Team) to come into the hospital to assess you

before you are discharged. They will then refer you to Transition Care.

**Q. Will I still get my HACC services?**

**A.** No. These will be suspended but they will recommence at the end of the Transition program.

**Q. What sort of services will I get?**

**A.** This will depend on your needs but it may include physiotherapy, Nursing Care, Assistance with housework or shopping and home modification.

**Q. What will I be required to do?**

**A.** You will need to agree to follow the

program and where requested carry out instructions to help you recover more quickly and regain your independence.

**If you have a question in relation to HACC Services please contact seniorsinfolinks.com or 1300 738 348**

## Get Fit for Fun



**Victoria Gill Dipl. R.M., Master Trainer**

Bertie was a retired plumber who wanted to go on an overseas trip with his wife, Betty. They planned to do a bus tour through Europe and stopover with friends in England.

During talks with their English friends, it was suggested that a few days walking in the countryside and visiting authentic English pubs would be fun. Bertie and Betty agreed enthusiastically.

Bertie had a friend John, who was an old hand at walking in New Zealand and Tasmania. Over drinks Bertie told John the exciting news about the overseas holiday – the trip that had been thought about for so long – it was finally going to happen.

John took a good look at Bertie's bulging waistline and at Bertie's legs. He thought for a minute and said, "Can I ask you a question Bert?"

"Sure John!"

"How much do you want to enjoy this trip and how does Betty want to feel when she gets to where you want to go?"

Bert looked a bit surprised at this. John didn't even wait for the answer.

"Bert, if you really want to enjoy this whole overseas trip properly you are going to need to be fitter than you are. The pace on these bus tours can be pretty full on, and if you want to enjoy your drinks at the English Pub at the end of the day, you need to be in pretty good shape.

Bert looked down at his legs and thoughtfully patted his stomach.

"Okay, John. What do you

suggest?"

The end result of Bert's meeting with John was a totally enjoyable overseas experience. Betty and Bert started doing some specific exercises that helped strengthen their legs and arms for walking and lifting suitcases.

Being fit made all the difference to what Bert and Betty could do and how they felt at the end of a long day.

*Further Information for Exercise for Over 50's:*

**Fitness Queensland  
 3876 6522**

(Governing Industry Body)

**Green Apple Wellness Centre  
 3261 1249**

(Australian Fitness Facility of the Year 2006)

## Can't Stand the Noise?

Have you ever had the experience of being woken up early Sunday morning to the sound of a mower? Or kept awake all night while your neighbours had a raging party?

Increases in pollution, housing density and the amount of noisy household appliances found in modern homes are all contributing to an escalation in noise pollution in Queensland. International research into the effects of loud and/or sustained noise indicates that health can be adversely affected. Sleep loss, metabolic disorders, heightened anxiety, tension and depression can stem from exposure to noise pollution.

The Government has moved to address noise pollution by introducing legislation. However, a recent investigation by COTAQ has found that the legislation regulating nuisance noise is overlapping and confusing. The Queensland Police Service, Environmental Protection Agency and your local city council, along with a host of smaller agencies, all share responsibility for noise management.

COTA has developed the following table of authorities you can contact regarding common nuisance noise problems:

**Will  
or Enduring Power of Attorney**

If you have moved to Queensland from interstate the good news is that if you have made a Will or Enduring Power of Attorney in that other state, technically and generally speaking, they will be valid in Queensland.

The bad news is that unless you update them to a Queensland version, either you or your executors and attorneys will face some significant practical problems in seeking to enforce them here.

The moral of the story is, if you have moved ere, save yourself some trouble and trade up to the Queensland version.

*Look Out, Carne Reidy Herd Lawyers*

| Noise  | Authority   | Contact details  |
|--|---|--|
| Most noises where the source of the noise is at a residential property, such as domestic animals, including barking dogs; regulated devices, such as mowers and power tools; building work, swimming pool and spa pumps and air conditioning equipment | Your local council  | See White Pages.<br>Brisbane City Council:<br>(07) 3403 8888 |
| <b>For more information on this subject contact Pat Ryan</b>   | <b>Coordinator Safe &amp; Confident Living Project</b>            | <b>COTA Queensland 3316 2999.</b>                            |
| Noise from music and/ or parties, musical instruments and/ or vehicles at a residential address and noise from off-road vehicles   | Your local police   | See White Pages  |
| Noise from nightclubs and other licensed venues  | Department of Tourism, Fair Trading and Wine Industry Development | Only accept written complaints. See White Pages.             |
| Traffic noise from arterial roads  | Queensland Transport  | (07) 3834 2011 (Monday to Friday, 8:30am-5:00pm)             |
| Noisy car exhaust pipes  | Queensland Transport  | 13 28 30 (Mon to Fri, 8am -5pm)                              |
| Noise from Aircraft  | Air Services Australia  | 1300 302 240   |

For more information on this subject contact Pat Ryan, Coordinator Safe & Confident Living Project, COTA Q 3316 2999.

# COTA

CONNECTING OVER 50% THROUGHOUT AUSTRALIA

## Queensland

Level 3, 33 Queen Street  
(Opposite Treasury Casino)  
GPO Box 21  
BRISBANE  
Phone: 07 3316 2999  
1300 738 348  
Fax: 07 3316 2900  
E-mail: [cotaq@cotaq.org.au](mailto:cotaq@cotaq.org.au)  
Website: [www.cotaq.org.au](http://www.cotaq.org.au)



Queensland Seniors  
& Technology  
Symposium



Psychologist, social researcher and writer Hugh Mackay will be the keynote speaker at COTA Queensland's Seniors & Technology Symposium to be held at Chifley at Lennons Brisbane on 22 February 2007.

# Seniors Clubs News

## Join a club

Most of Queensland's Senior Citizens Clubs are members of COTA Queensland.

If you are seeking to join or know someone who may benefit from joining a Senior Citizens Club contact COTA Queensland and we will put you in touch with your closest Club or Centre.



## Badges

Queensland Senior Citizens badges are available from the COTA Queensland office at a cost of \$6.60 each plus postage and handling. (They are maroon, gold and green in colour).

To order please ring Jill.

**COTA members can save hundreds of dollars each year off their everyday expenses using pre-purchased shopping cards for food and fuel. Also save on leisure activities, tourist attractions, restaurants and accommodation.**

COTA membership not only gives you access to a wide range of products and services but also gives you the chance to belong to an organisation that works with you and for you.

## Issues for Seniors

COTAQ will conduct Annual Seniors Forums throughout Queensland to listen to seniors and their issues.

If you or your Club are aware of any issues for seniors in your area please bring them to COTAQ's attention.

COTA Queensland is in regular contact with politicians and bureaucrats advocating on behalf of all seniors.

## Statewide Club Directory

COTA produces an annual Directory to promote positive interaction between seniors clubs and groups. The Directory aims to encourage friendly and useful exchange of ideas, information and hospitality.

**Public Liability Insurance** is now available to Clubs at very competitive rates through COTA Queensland's group insurance scheme.

**For further details contact Jill on 1300 738 348.**



## STOP PRESS

- Changes in state government legislation have eased the auditing procedures of small community organisations. Contact Office for Fair Trading 13 13 04 or [www.fairtrading.qld.gov.au](http://www.fairtrading.qld.gov.au)
- Congratulations Nev Abbey who has been named Thuringowa Senior of the Year and Vi Cox, who has been named Townsville Senior of the Year. Both Nev and Vi are COTA Queensland Peer Educators.
- Lucky winners of COTA Seniors Expo hampers are Lynda Cotton (SouthBank); Mr E. Carr (Beenleigh) and Jan Ferguson (Strathpine).