



**GUIDE TO ON-LINE
HEALTH & WELLBEING RESOURCES
FOR HACC SERVICES**

October 2010

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Users should be aware that the content of this guide is of a general nature and is not intended to constitute a definitive statement on any subject matter and does not constitute legal or specific advice. The MAV recommends you take all appropriate steps to assure yourself of the accuracy and appropriateness of the information before using the information contained in or linked from the website.

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HACC program staff provide a range of information to HACC clients to assist people maintain and increase their capacities for independent living. This database presents a range of information sources to enable easy access to information across a broad range of health and wellbeing topics. The internet based health and well-being information within this guide is predominantly targeted to older people and includes a wide range of resource material, information brochures, newsletters and fact sheets.

Information in the database covers a broad range of topics provided by federal and state government departments, community organisations and health agencies. Most of this internet-based information is easy to download and print and some of the documents are available in hard copy to order in larger quantities. The topics include:

- [General Resources on Ageing](#)
- [Advanced Care Planning](#)
- [Advocacy](#)
- [Aids & Equipment](#)
- [Alzheimers](#)
- [Care at Home](#)
- [Carers](#)
- [Continence](#)
- [Dementia](#)
- [Depression](#)
- [Diet & Food & Shopping](#)
- [Driving & Mobility](#)
- [Drugs & Alcohol](#)
- [Dust Storms](#)
- [Elder Abuse](#)
- [Emergencies](#)
- [Ethnic Resources](#)
- [Exercise](#)
- [Falls Prevention](#)
- [Fluids](#)
- [Gardening](#)
- [Grief & Bereavement](#)
- [Guardianship](#)
- [Hearing](#)
- [Heatwave & Heat Stress](#)
- [Health & Wellbeing - General](#)
- [Housing](#)
- [Independent Living](#)
- [Information for Seniors](#)
- [Lifelong Learning](#)
- [Medical Conditions](#)

[Arthritis](#)
[Back Problems](#)
[Brain injury](#)
[Cancer](#)
[Diabetes](#)
[Epilepsy](#)
[Lymphoedema](#)
[Multiple Sclerosis](#)
[Osteoporosis](#)
[Pain Management](#)
[Parkinson's Disease](#)
[Stroke](#)
[Medicines](#)
[Mental Health](#)
[Palliative Care](#)
[Parkinson's Disease](#)
[Physical Activity & Fitness](#)
[Powers of Attorney & Guardianship](#)
[Public Toilets](#)
[Recreation Activities](#)
[Safety & Security](#)
[Sleep](#)
[Social Connections](#)
[Tai Chi](#)
[Vision](#)
[Women's Health](#)

The Victorian Government's Better Health Channel provides a host of information for older people and is used by local government HACC staff as an information source. However, resources from other community agencies and organizations often provide equally detailed information.

The database contains over thirty different topics and includes more than 180 documents from reliable sources. The material provides a valuable resource for council HACC staff requiring information to hand on to clients.

Resource Name	Published by	Type of document	Nature of information	Hyperlink (Click on the link to open the file)
General Resources on Ageing				
Better Health Channel	Victorian Government	Website	Wide range of health resources with printable information sheets	http://www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf?open
Seniors .gov.au	Australian Government	Website	Wide range of resources and links to other web based resources Covers all aspects of ageing including Your health, Your Finances, Your Work, Your Lifestyle, Your Care, Your Rights, Government Contacts, and events calendar	http://www.seniors.gov.au/
A guide to Services for Senior Victorians	Department of Victorian Communities	Hard copy and downloadable DL brochure		http://www.seniors.vic.gov.au/Web19/osv/rwpgslib.nsf/GraphicFiles/GuideforSeniors/\$file/GuideforSeniors.pdf
Living at Home Your Choices and Options – A Guide for Older Victorians	Victorian Government	56 page brochure		http://www.health.vic.gov.au/agedcare/publications/livingathome/downloads/living_at_home.pdf
Tips on Healthy Ageing	National Ageing Research Institute	Website and series of printable fact sheets	Health Ageing Arthritis Nutrition Managing Pain Avoiding Falls Urinary Incontinence Vision Impairment Dementia Depression in Later Life Memory Safe Use of Medicines Sleeping Well	http://www.nari.unimelb.edu.au/tips_on_ageing/ageing_tips.htm
Help Staying At Home	Department of Health and Ageing	Web site	Links to information on: Eligibility and standards, help available; community care service finder; aged care assessment team finder; health & wellbeing; financial and legal;	http://www.agedcareaustralia.gov.au/internet/agedcare/publishing.nsf/Content/help+staying+at+home#1
Independent living	Seniors.gov.au	Website with printable information sheets	Independent living	http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Independent+Living+Centres+-+Caring+for+yourself http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Emergencies
My Doctor website - General health information	Mydr.com.au	Website with wide range of information including printable fact sheets		http://www.mydr.com.au/

Advanced Care Planning				
Planning for future health and personal care	Austin Health	Information sheet		http://www.racgp.org.au/Content/NavigationMenu/ClinicalResources/RACGPGuidelines/AdvanceCarePlans/200906VIC_Advance_Care_Planning.pdf
Advanced Care Planning	Respecting Patient Choices	Website with range of resources		http://www.respectingpatientchoices.org.au/
Advocacy				
Consumer Affairs Victoria	Victorian Government	Website with links to useful information		http://www.consumer.vic.gov.au/CA256EB5000644CE/HomePage?ReadForm&1=Home~&2=~&3=~
Dispute settlement	Disputes Settlement Victoria – Department of Justice	Website with useful links		http://www.justice.vic.gov.au/disputes
Aged Care in Victoria Publications	Victorian Government	Range of on-line resources		http://www.health.vic.gov.au/agedcare/publications/pubs.htm
Aged Care – Helping People at Home	Better Health Channel – Victorian Government	Printable Fact Sheet		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Aged_care_helping_people_at_home/\$File/Aged_care_helping_people_at_home.pdf
Aids & Equipment				
Independent Living – Aids & equipment	Better Health Channel – Victorian Government	Printable Fact Sheet		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Aids_and_equipment_help_independent_living/\$File/Aids_and_equipment_help_independent_living.pdf
Assistive technology and aids	Independent Living Centres Australia	Website with access to wide range of information	Extensive database on assistive technologies and aids	http://www.ilcaustralia.org.au/home/assistive_technology.asp
Telephone assistance	Telstra Australia	Website with links and contacts		http://www.telstra.com.au/abouttelstra/commitments/disability-services/
Hearing - Aids	Hear Service Victoria	Website with information on aids		http://www.hearservice.com.au/hearservice_Products_and_Services_Hearing_Aids
Customised equipment for people with a disability - Technology for independent living	TADVIC	Website with information		http://www.tadvic.asn.au/
Alzeimers				
Alzheimers Explained	Better Health Channel - Victorian Government	Website with printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Alzheimer's_disease_explained/\$File/Alzheimer's_disease_explained.pdf

Alzheimers Disease & Exercises	Better Health Channel - Victorian Government	Website with printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Alzheimer's_disease_and_exercise/\$File/Alzheimer's_disease_and_exercise.pdf
7 Mind Your Mind Signposts	Alzheimers Australia	Downloadable fact sheet – 1p		http://www.alzheimers.org.au/upload/MYMIinformationSheet.pdf
Mind Your Mind – How to Keep Your Mind Healthy and Reduce the Risk of Dementia	Alzheimers Australia	Printable booklet – 26p		http://www.alzheimers.org.au/upload/MYM_New_Booklet_2009.pdf
Alzheimer's and dementia	MyDoctor.com.au	Range of printable fact sheets		http://www.mydr.com.au/topics/alzheimers-disease-and-dementia

Care at Home

Aged Care – Helping People at Home	Better Health Channel - Victorian Government	Website with printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Aged_care_helping_people_at_home/\$File/Aged_care_helping_people_at_home.pdf
Care Services	Seniors.gov.au – Australian Government	Website with printable information sheets		http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Home+help http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Care+services http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Residential+aged+care
Care for Indigenous People	Seniors.gov.au – Australian Government	Website with printable information sheets on sheets		http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Care+services+for+Indigenous+people
Care for Veterans	Seniors.gov.au – Australian Government	Website with printable information sheets on sheets		http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Care+services+for+Veterans
Care in Rural and regional areas	Seniors.gov.au – Australian Government	Website with printable information sheets on sheets		http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Care+services+for+rural+and+regional+areas

Carers

Seniors.gov.au	Seniors.gov.au – Australian Government	Website with printable information sheets	<u>Range of information for carers</u>	http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Carer+Allowance http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Carer+Payment http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Carers+Information+Pack http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Commonwealth+Carer+Resource+Centres Commonwealth Carer Respite Centres
Carers – Specialist Services	Better Health Channel - Victorian Government	Website with printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Care_specialist_services/\$File/Carers_specialist_services.pdf

Carers – Support Available	Better Health Channel - Victorian Government	Website with printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Carers_support_available/\$File/Carers_support_available.pdf
Carer Card information for Carers	CarerCard Program Victorian Government	Website with printable information sheets		http://carercard.vic.gov.au/ http://carercard.vic.gov.au/carers
Carer Card Information for Local Councils	CarerCard Program Victorian Government	Website with printable information sheets		http://carercard.vic.gov.au/_data/assets/pdf_file/0019/435610/carer-card-local-government-guidelines-may-2010.pdf
Contenance				
Incontinence and Contenance Problems	Better Health Channel - Victorian Government	Printable fact sheet		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Incontinence_management/\$File/Incontinence_management.pdf
Urinary Incontinence	National Ageing Research Institute	Website & Downloadable fact sheet		http://www.mednwh.unimelb.edu.au/tips_on_ageing/urinary_tips.htm
Live Better with Urinary Incontinence	Department of Health and Ageing – Australian Government	Downloadable fact sheet		http://www.bladderbowel.gov.au/doc/LiveBetter.pdf
Seniors.gov.au	Seniors.gov.au – Australian Government	Website with printable information sheets		National Contenance Helpline

Dementia				
Dementia	National Ageing Research Institute	website		http://www.nari.unimelb.edu.au/tips_on_ageing/dementia_tips.htm
Dementia	Better Health Channel - Victorian Government	Website with printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Dementia_explained/\$File/Dementia_explained.pdf http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Dementia_diagnosis_and_early_signs/\$File/Dementia_diagnosis_and_early_signs.pdf http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Dementia_different_types/\$File/Dementia_different_types.pdf http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Dementia_through_all_its_stages/\$File/Dementia_through_all_its_stages.pdf
Dementia DBMAS	Alzheimers Australia	Website with wide range of information		http://www.alzheimers.org.au/content.cfm?infopageid=4023&CFID=1273213&CFTOKEN=52494711
Alzheimer's and dementia	MyDoctor.com.au	Range of printable fact sheets		http://www.mydr.com.au/topics/alzheimers-disease-and-dementia
Seniors.gov.au	Seniors.gov.au – Australian Government	Website with printable information sheets		Dementia support services
Depression				
Depression in Older People	Beyond Blue	Website with range of material including printable fact sheets		http://www.beyondblue.org.au/index.aspx?link_id=101.864
Depression in Older People	Beyond Blue	Printable fact sheet – 4p		http://www.beyondblue.org.au/index.aspx?link_id=4.1141&http://www.beyondblue.org.au/index.aspx?link_id=7.980&http://www.beyondblue.org.au/index.aspx?link_id=6.1068&tmp=FileDownload&fid=955
Depression in Older People	Beyond Blue	Booklet – also available in hard copy from Beyond Blue – 40p		http://www.beyondblue.org.au/index.aspx?link_id=4.1141&tmp=FileDownload&fid=1470
Depression in Older People	Black Dog Institute	Downloadable fact sheet		http://www.blackdoginstitute.org.au/docs/DepressioninOlderPeople.pdf
Depression and Ageing	Better Health Channel - Victorian Government	Website with printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Depression_in_the_elderly/\$File/Depression_in_the_elderly.pdf
Depression in Later Life	National Ageing Research Institute	Website with printable information sheets		http://www.nari.unimelb.edu.au/tips_on_ageing/Depression.htm

Diet, Food, Cooking & Shopping				
Healthy Eating for Older Adults	Go For Your Life Older Adults Resource	Website with printable information sheets		http://www.goforyourlife.vic.gov.au/hav/articles.nsf/webl1/healthy_eating_olderadults?open
Food Safety	Seniors.gov.au – Australian Government	Website with printable information sheets	Short general note about food safety and storage	http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Food+Safety+Information+Council
Good Food & Health Advice for Older People Who Want to Help Themselves	DHS	28 page Booklet Downloadable PDF file	Hard copy	http://www.health.vic.gov.au/hacc/downloads/pdf/goodfood.pdf
Nutrition for older Australians	Nutrition Australia	Website and printable fact sheet	Range of dietary information for older people and importance of nutrition with ageing	http://www.nutritionaustralia.org/static/older-australians.php
Shopping Cooking and Enjoying Meals	Seniors Information Service SA	Website with printable information sheets		http://www.seniors.asn.au/centric/health_wellbeing/healthy_lifestyle/shopping_cooking_and_enjoying_meals.jsp?
Useful Resources for Cooking	Seniors.gov.au – Australian Government	Website with printable information sheets		http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Useful+resources+cooking
Healthy Eating for Seniors	Tasmanian Government	Website with printable information sheets	Healthy Eating Eating on a Budget Food Safety Handy Foods for the Cupboard Shopping and Cooking For One Quick & Easy Meals Increasing Fluid Intake	http://www.eatwelltas.org.au/olderaustralians.php http://www.eatwelltas.org.au/PDFs/Handy%20Foods.pdf
Nutrition	National Ageing Research Institute	Website with printable information sheets		http://www.nari.unimelb.edu.au/tips_on_ageing/diet_tips.htm
Adding Life to Your Years The Cookbook	Dept of Health & Ageing, Department of Veterans Affairs & Nutrition Australia	Downloadable booklet Menu Planning, shopping lists, recipes (65p)		http://www.dva.gov.au/aboutDVA/publications/health/Documents/Cookbook.pdf
Driving & Mobility				
Maintaining Your Mobility – The transition from Driver to non driver	Department of Infrastructure Victoria	Hard copy brochure	Practical support to older people reducing their driving	http://www.transport.vic.gov.au/DOI/DOIElect.nsf/\$UNIDS+for+Web+Display/565CBED7BC15BFE5CA2573A0000A4D2D/\$FILE/MaintainingMobilitySummary.pdf
Motorised Scooters	Council on the Ageing NSW and Able Access	A4 20 page brochure		http://www.mynrma.com.au/cps/rde/xbcr/mynrma/scootersafebooklet1.pdf
Motorised Scooters	Department of Veterans Affairs	8 page colour brochure		http://www.dva.gov.au/aboutDVA/publications/health/Documents/scooter_brochure.pdf
Alternatives to Driving	NRMA	Website and downloadable information sheets	Information on: Scooters Safety Motorised wheelchairs Australian Road Rules	http://www.mynrma.com.au/cps/rde/xchg/mynrma/hs.xsl/older_drivers_home.htm Scooter Safe Training Resource (PDF 296KB/23 pages) Module 2 - Safe Motorised Wheelchair Practices (PDF 1.1MB/16 pages) Module 3 - Australian Road Rules (PDF 853KB/4 pages) Motorised wheelchair fact sheet (PDF 440KB/2 pages)

Getting Around if You No Longer Drive	RACV	Downloadable PDF file	Information on travel assistance and options using public transport and taxis	http://www.racv.com.au/wps/wcm/connect/d2727d004da9aa5fa4eafc54a1b45993/getting_around_if_you_no_longer_drive_brochure.pdf?MOD=AJPERES&CACHEID=d2727d004da9aa5fa4eafc54a1b45993
Road Safety for Seniors	RACV	Downloadable PDF files	Information on vehicle safety, road safety and mobility	http://www.racv.com.au/wps/wcm/connect/racv/Internet/Primary/road+safety/road+safety+for+seniors
Older Drivers Handbook	VicRoads	Printable handbook in multiple languages		http://www.vicroads.vic.gov.au/Home/SafetyAndRules/SaferDrivers/OlderDrivers.htm http://www.vicroads.vic.gov.au/NR/rdonlyres/99E5EA87-9F6E-42A8-BA08-5D44581EC519/0/VRPIN00562OlderDrivers.pdf Victorian Older Drivers' Handbook (Arabic) [PDF, 4090KB, 18pp] Victorian Older Drivers' Handbook (Croatian) [PDF, 1464KB, 18pp] Victorian Older Drivers' Handbook (Greek) [PDF, 1153KB, 18pp] Victorian Older Drivers' Handbook (Italian) [PDF, 1077KB, 18pp] Victorian Older Drivers' Handbook (Maltese) [PDF, 1468KB, 18pp] Victorian Older Drivers' Handbook (Polish) [PDF, 1479KB, 18pp] Victorian Older Drivers' Handbook (Russian) [PDF, 1502KB, 18pp] Victorian Older Drivers' Handbook (Serbian) [PDF, 1484KB, 18pp] Victorian Older Drivers' Handbook (Somali) [PDF, 1429KB, 18pp] Victorian Older Drivers' Handbook (Spanish) [PDF, 1079KB, 18pp] Victorian Older Drivers' Handbook (Vietnamese) [PDF, 1146KB, 18pp]
Disabled Parking	Municipal Association of Victoria	Information on disabled parking permits		http://www.mav.asn.au/CA256C2B000B597A/ListMaker?ReadForm&V=Listing~&K=TOC+DPPS~&LnL&REFUNID=72C2BD5436BB46EBCA257276002A713B~&1=Level1Sort-Level1MenuLabel~&2=Level2Sort-Level2MenuLabel~&3=Level3Sort-Level3MenuLabel~&Count=10~
Drugs & Alcohol				
How to get Help - Drugs & Alcohol in Victoria	Victorian Government Health Information	Website with links to services and information		http://www.health.vic.gov.au/drugs/help.htm
Drug use, support and information	Better Health Channel	Website with links to services and information and printable fact sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/hl_drugs?open
Alcohol related brain impairment	Better Health Channel	Website with links to services and information and printable fact sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Alcohol_related_brain_damage?open

Alcohol use	Better Health Channel	Website with links to services and information and printable fact sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/hl_alcohol?open
Dual Diagnosis – Drugs and mental health issues	Dual Diagnosis Australia & New Zealand	Website and printable fact sheets		http://www.dualdiagnosis.org.au/home/index.php?option=com_docman&task=cat_view&gid=15&Itemid=27
Directline – Support for people and families of drug users	Directline – Victorian Government Health Information	Website with information and links		http://www.health.vic.gov.au/drugs/directline.htm
Dust Storms				
Dust Storms and Health	Environment Victoria	Website with printable information sheets		http://www.health.vic.gov.au/environment/downloads/dust_storms_and_health.pdf
Elder Abuse				
Elder Abuse information - Seniors Rights Victoria	Office of Senior Victorians – State Government	Website with printable information sheets	Brochures available – Overview of Seniors Rights, and Postcard	http://www.seniorsrights.org.au/ http://www.seniorsrights.org.au/images/submenu/information/srv_overview_19sep08.pdf http://www.seniorsrights.org.au/images/srv_postcard.pdf
Seniors.gov.au	Seniors.gov.au – Australian Government	Website with printable information sheets	Link to Seniors Rights Victoria	http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Your+Rights
Emergencies				
Emergencies	Seniors.gov.au – Australian Government	Web based information		http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Emergencies
Ethnic Resources				
Community Organisations Guide	Victorian Multicultural Commission	On-line guide to community resources	Accessible by seniors groups, postcode locations and community Provides contact information for community groups including seniors groups	http://www.multicultural.vic.gov.au/resources/community-directory?organisation-name=&organisation-type=&community=&local-government-area=&post-code=3163&focus-seniors=on&option=com_community_directory&view=listing&action=submitted&fd903e89819eda4e16055ac8d3be714a=1
Community Organisations Guide	Victorian Multicultural Commission	On-line guide to community resources	Accessible by seniors groups, postcode locations and community Provides contact information for community groups including seniors groups	http://www.multicultural.vic.gov.au/resources/community-directory?organisation-name=&organisation-type=&community=&local-government-area=&post-code=3163&focus-seniors=on&option=com_community_directory&view=listing&action=submitted&fd903e89819eda4e16055ac8d3be714a=1

Resources for Older People in community languages	NSW Health Multi Cultural Communication	Website with printable information sheets in multiple languages: all or some of the documents in: Arabic, Chinese, Croatian, English, Greek, Italian, Macedonian, Maltese, Russian, Spanish, Turkish, Vietnamese, Dari, Farsi, Korean, Thai, Portuguese, Khmer, Lao, Sorani, Serbian, Bosnian, Maltese, Ukrainian, Polish, Punjabi, Farsi	<p>Topics include:</p> <ul style="list-style-type: none"> o Managing medicines o Be Physically Active o Don't let fear limit life o 'Falls Prevention – Your Home Safety Checklist o Gentle exercise – nothing to lose and a lot to gain o Getting a good night's sleep o Getting older – Be cautious with medication o Getting Older? How to take charge of your future o Dental Issues o Growing older is all about living o Growing Older, but staying well o Healthy Food and Active Lifestyle = happy life for my family o Home Safety and Falls Prevention o Home Safety and the Older Person o Improve Your Balance Information for Carers o Making a Move o Manage your medicines o Prevent Falls by Learning about Your Medicines o Stay on Your Feet with Safer Shoes <p>Stay on Your Feet Whatever Your Age</p>	http://www.mhcs.health.nsw.gov.au/mhcs/topics/Older_People.html
Strength Training	Goyou're your Life - Victorian Government	Printable information sheets	This tip sheet is available in seven community languages:	Arabic strength training tip sheet (249kb, pdf) Chinese (Mandarin) strength training tip sheet (510kb, pdf) German strength training tip sheet (395kb, pdf) Greek strength training tip sheet (406kb, pdf) Italian strength training tip sheet (396kb, pdf) Polish strength training tip sheet (603kb, pdf) Vietnamese strength training tip sheet (412kb, pdf)
Heat stress - preventing heat-related illness	Environmental Health – Victorian Government Health Information	Website with printable information sheets	Printable facts sheets in English And 15 other languages as listed	<p>ENGLISH - Preventing Heat Related Illness (50kb, pdf)</p> <p>ARABIC heatrelatedillness/arabic.pdf</p> <p>CHINESE SIMPLIFIED - heatrelatedillness/chinese_simplified.pdf</p> <p>CHINESE TRADITIONAL - heatrelatedillness/chinese_traditional.pdf</p> <p>CROATIAN - heatrelatedillness/croatian.pdf</p> <p>ITALIAN - heatrelatedillness/italian.pdf</p> <p>MACEDONIAN - heatrelatedillness/macedonian.pdf</p> <p>POLISH - heatrelatedillness/polish.pdf</p> <p>RUSSIAN - heatrelatedillness/russian.pdf</p> <p>SERBIAN - heatrelatedillness/serbian.pdf</p> <p>SOMALI - heatrelatedillness/somali.pdf</p> <p>AMHARIC - heatrelatedillness/amharic.pdf</p> <p>GREEK – heatrelatedillness/greek.pdf</p> <p>SPANISH - heatrelatedillness/spanish.pdf</p> <p>TURKISH - heatrelatedillness/turkish.pdf</p> <p>VIETNAMESE – heatrelatedillness/vietnamese.pdf</p>

Exercise				
Active Living for Older Adults	Go For Your Life – Victorian Government	Website with printable information sheets		http://www.goforyourlife.vic.gov.au/hav/articles.nsf/webl1/active_living_olderadults?open
Exercise Safety	Go For Your Life – Victorian Government	Website with printable information sheets		http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pages/Exercise_safety?open
Living Longer Living Stronger - <u>Metropolitan</u> Program Locations Guide	COTAVic	Printable sheet	Printable sheet with location of <u>metropolitan</u> LLLS programs	http://www.cotavic.org.au/_data/assets/pdf_file/1645/metro_venue_list_may10.pdf
Living Longer Living Stronger - <u>Rural</u> Program Locations Guide	COTAVic	Printable sheet	Printable sheet with location of <u>rural</u> LLLS programs	http://www.cotavic.org.au/_data/assets/pdf_file/1646/rural_venue_list_may10.pdf
Falls Prevention				
Falls prevention for Older People	Better Health Channel – Victorian Government	Printable Information Sheet		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Falls_prevention_for_older_people/\$File/Falls_prevention_for_older_people.pdf
Avoiding Falls	National Ageing Research Institute	Website with printable information sheets		http://www.mednwh.unimelb.edu.au/tips_on_ageing/falls.htm
Falls Prevention	Seniors.gov.au – Australian Government	Website with printable information sheets		http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Falls+Prevention
Facts on Falls Among Seniors	Monash University	17 page fact sheet	Evidenced based information on falls impact and prevention. Good fact sheet for staff with links to other resources	http://monash.edu/muarc/VISU/falls/fallfact.pdf
Don't Fall For It - A guide to preventing falls for older people	Government of South Australia	32 page booklet on fall proofing Downloadable file		http://www.health.gov.au/internet/main/Publishing.nsf/Content/8DE953DBDE1B850CCA256FF100275AA1/\$File/dontfall_all.pdf
Slips, Trips & Falls - A Guide	MD Foundation	Practical advice to avoid slips, trips and falls		http://www.mdfoundation.com.au/resources/1/factsheets/Slips_Trips_Falls_A_Guide.pdf
Fluids				
Water for Wellbeing	Continence Foundations of Australia	Downloadable range of resources around the theme of fluid intake Hard copy with DVD available on request		http://www.continence.org.au/site/index.cfm
Gardening				
Gardening for Seniors	Better Health Channel - Victorian Government	printable information sheet		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Gardening_for_seniors/\$File/Gardening_for_seniors.pdf
Gardening Safety	Go For Your Life – Victorian Government	Website with printable information sheets		http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pages/Gardening_safety?open

Grief & Bereavement				
Grief & Bereavement Resources	Australian centre for Grief & Bereavement	Website with range of information		http://www.grief.org.au/resources
Grief & bereavement Support Programs	Australian centre for Grief & Bereavement	List of supports		http://www.grief.org.au/grief_and_bereavement_support/other_bereavement_support_prog
Support for grief & bereavement	Grieflink	Website with range of information and resources including printable pages		http://grieflink.org.au/?page_id=5
Guardianship				
Enduring Powers of Guardianship	Office of the Public Advocate Victoria	Printable information sheet		http://www.publicadvocate.vic.gov.au/file/file/Powerofattorney/Enduring%20Power%20of%20Guardianship%20-%202021_07_09.pdf
Advice for Enduring Guardians	Office of the Public Advocate Victoria	Printable information sheet		http://www.publicadvocate.vic.gov.au/file/file/Powerofattorney/190510%20OPA%20Fact%20Sheet_Guardian_CD4.pdf
Hearing				
Hearing services	Hear Service Victoria	Printable fact sheets		http://www.hearservice.com.au/node/40
Deafness – A range of causes	Better Health Channel - Victorian Government	Website with printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Deafness_-_a_range_of_causes/\$File/Deafness_-_a_range_of_causes.pdf
Assistive Technologies for Hearing Impaired	National Relay Service	Website with range of information		http://www.relayservice.com.au/
Information on the National relay Service	National Relay Service	Fold-out DL brochure.	A useful introduction to relay calls and the NRS. Diagrams of the four main call types, how to get started, seven good reasons to team up with the NRS, and NRS contact details	http://www.relayservice.com.au/multiversions/3285/FileName/Stay_in_touch_BROCHURE_Sept09.pdf
Heatwave & Heat Stress				
Heat Stress and Heat Related Illness	MBF	Website information and printable fact sheet		http://www.mbf.com.au/Wellness/Articles/heat_stress.html
Managing health impacts of a heatwave for frail older people and younger people with disabilities in the community	Department of Human Services Victoria	Printable fact sheet		http://www.vrfb.com.au/Text/1139967656924-7700/uploadedFiles/1233898962562-4743.pdf
Heat Stress and heat related Illness	Better Health Channel - Victorian Government	Website with printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Heat_stress_and_the_elderly/\$File/Heat_stress_and_the_elderly.pdf

Heat stress - preventing heat-related illness	Environment Victoria	Website with printable information sheets	Printable facts sheets in community languages	http://www.health.vic.gov.au/environment/emergency_mgmt/heat_stress.htm ARABIC - Preventing Heat Related Illness (859kb, pdf) AMHARIC - Preventing Heat Related Illness (846kb, pdf) CHINESE SIMPLIFIED - Preventing Heat Related Illness (1MB, pdf) CHINESE TRADITIONAL - Preventing Heat Related Illness (1.1MB, pdf) CROATIAN - Preventing Heat Related Illness (821kb, pdf) ITALIAN - Preventing Heat Related Illness (820kb, pdf) GREEK - Preventing Heat Related Illness (831kb, pdf) MACEDONIAN - Preventing Heat Related Illness (828kb, pdf) POLISH - Preventing Heat Related Illness (826kb, pdf) RUSSIAN - Preventing Heat Related Illness (829kb, pdf) SERBIAN - Preventing Heat Related Illness (827kb, pdf) SOMALI - Preventing Heat Related Illness (825kb, pdf) SPANISH - Preventing Heat Related Illness (824kb, pdf) TURKISH - Preventing Heat Related Illness (886kb, pdf) VIETNAMESE - Preventing Heat Related Illness (829kb, pdf)
Health & Wellbeing - General				
Caring for Yourself	Seniors.gov.au	Website with printable information sheets	Driving and mobility Elder abuse prevention Emergencies Falls prevention Food safety Home safety and security Independent living centres Medical and personal alarm systems	http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Caring+for+yourself
Healthy Ageing – Staying Physically Active	Better Health Channel - Victorian Government	printable information sheet		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Healthy_ageing_stay_physically_active/\$File/Healthy_ageing_stay_physically_active.pdf
Older Adults - Keeps Things Running Well	Go For Your Life – Victorian Government	Website with printable information sheets		http://www.goforyourlife.vic.gov.au/hav/admin.nsf/images/older_adults_keeping_things_running_well.pdf/\$File/older_adults_keeping_things_running_well.pdf
Well For Life	Department of Health Victoria	Printable booklet		http://www.health.vic.gov.au/agedcare/downloads/wellforlife/active_livinga5.pdf
Seniors.gov.au	Seniors.gov.au – Australian Government	Website with printable information sheets	Australian Government's premier source of information for Australians over 50. Seniors.gov.au provides you with a single point of access to Government and non-Government information and services for older Australians Range of information on	http://www.seniors.gov.au/ http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Alcohol+and+drug+use http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Cardiovascular+disease http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Choose+Health%3A+Be+Active+booklet http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Diabetes Men's health Physical activity Prostate problems Tobacco use

Muscles Bones & Joints	Better Health Channel - Victorian Government	Website with printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Ageing_muscles_bones_and_joints/\$File/Ageing_muscles_bones_and_joints.pdf
Healthy Ageing	National Ageing Research Institute	Website with printable information sheets		http://www.nari.unimelb.edu.au/tips_on_ageing/ageing_tips.htm
Ageing – The Skin	Better Health Channel - Victorian Government	Website with printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Ageing_the_skin/\$File/Ageing_the_skin.pdf
Ageing and Health.... All about	Better Health Channel - Victorian Government	Website with access to printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Ageing_and_health_theme_page?OpenDocument&source=homepage&linktype=All+About+List&ppln=All+About&ppos=All-2
Healthy & Active Living	Office of Senior Victorians	Website		http://www.seniors.vic.gov.au/web19/osv/dvcosv.nsf/headingpage\$display/healthy+and+active+living
Health Wellbeing & Family	About Seniors	Website		http://www.aboutseniors.com.au/index.php/articles/category/health_wellbeing_family/
Men's Health	Seniors.gov.au- Australian Government	Website		http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Men%27s+health
Kidneys – Age Related Problems	Better Health Channel - Victorian Government	Website with access to printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Kidneys_age_related_problems/\$File/Kidneys_age_related_problems.pdf
Keeping Active	Links to Useful information for individuals and community	Lists range of resource links across diverse areas of activity for older people		http://www.community.gov.au/Internet/MFMC/community.nsf/pages/section?opendocument&Section=Keeping%20Active
Exercise for Frail Elders	Book for purchase off internet			http://www.sportstek.net/elderly_exercises.htm

Housing

Seniors.gov.au	Seniors.gov.au – Australian Government	Website with printable information sheets	<u>Ideas on finding appropriate housing</u>	http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Housing+options
Residential Care	Seniors.gov.au – Australian Government	Website with printable information sheets		Residential aged care
Accommodation Advice – Special Needs	Better Health Channel - Victorian Government	Website and printable fact sheet		http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Accommodation_advice_special_needs?open
Social Housing	Victorian Office of Housing	Website with range of printable information		http://www.housing.vic.gov.au/
Older People living comfortably at home - Home assessment	Archicentre	Website and booking portal		http://www.archicentre.com.au/

Independent Living				
Independent Living – Aids & Equipment	Better Health Channel - Victorian Government	Website with printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Aids_and_equipment_help_independent_living?open
Information for Seniors				
Seniors Information Victoria Online Directory	Seniors Information Victoria	Online directory		http://www.datascape.com.au/infocomse/cota/search.cfm
Legal Advice				
Seniors Rights Victoria	Seniors Rights Victoria	Contacts for legal advice to senior Victorians		http://www.seniorsrights.org.au/
Lifelong Learning				
Lifelong Learning Resources	Seniors.gov.au – Australian Government	Website with printable information sheets	Range of links to services and programs in lifelong learning	http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Lifelong+learning
U3A Network Victoria Inc	U3A Victoria	Website with links to all Victorian U3A groups		http://home.vicnet.net.au/~u3avic/
Locate a Neighbourhood House in Victoria	Association of Neighbourhood Houses & Learning Centres	On-line service		http://www.anhlc.asn.au/find
Medical Conditions				
Arthritis				
Arthritis – Tips on Healthy Ageing	National Ageing Research Institute	Website & Downloadable fact sheet		http://www.mednwh.unimelb.edu.au/tips_on_ageing/arthritis_tip_s.htm
Tai Chi	Go For Your Life Resources - Victorian Government	Printable information sheets	This tip sheet is also available in seven community languages:	http://www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/Tai_Chi_for_Arthritis.pdf/\$File/Tai_Chi_for_Arthritis.pdf Arabic Tai Chi for Arthritis tip sheet (257kb, pdf) Chinese Tai Chi for Arthritis tip sheet (539kb, pdf) German Tai Chi for Arthritis tip sheet (450kb, pdf) Greek Tai Chi for Arthritis tip sheet (461kb, pdf) Italian Tai Chi for Arthritis tip sheet (451kb, pdf) Polish Tai Chi for Arthritis tip sheet (462kb, pdf) Vietnamese Tai Chi for Arthritis tip sheet (463kb, pdf)
Arthritis and Exercise	Better Health Channel	Printable Fact Sheet		http://www.betterhealth.vic.gov.au/bhcv2/bhcpdf.nsf/ByPDF/Arthritis_and_exercise/\$File/Arthritis_and_exercise.pdf

Osteoarthritis	Better Health Channel - Victorian Government	Website with printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Osteoarthritis/\$File/Osteoarthritis.pdf
Managing Arthritis Pain	National Prescribing Service	This brochure, available in English and traditional Chinese script, has information to help you manage your pain	Traditional Chinese	http://www.nps.org.au/consumers/our_work_with_communities/people_with_chronic_conditions/manageyourpain/helping_you_manage_pain http://www.nps.org.au/_data/assets/pdf_file/0005/81149/14831_ANSW_Pain_Chinese_DL_web_2.pdf
Brain Injury				
Resources and contacts for brain injury	Brain Injury Centre	Website with links to community agencies and organisations throughout Victoria		http://www.braininjurycentre.com.au/aus/index.php?option=com_sobi2&catid=15&Itemid=154
Brain Injury resources	Brain Injury Australia	Website with links and fact sheets		http://www.braininjuryaustralia.org.au/index.php?option=com_content&view=section&layout=blog&id=2&Itemid=16
Back Problems				
Exercises for your Thoracic Spine	Go For Your Life Resource – Victorian Government	Website & Printable fact sheet		http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pages/Back_problems_exercises_for_your_thoracic_spine?open
Cancer				
Information on cancer	Cancer Victoria	Website with printable information sheets		http://www.cancervic.org.au/about-cancer
Information on Cancer	Better Health Channel	Website with printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcvarticles.nsf/pages/ct_cancer?open
Diabetes				
Diabetes	Seniors.gov.au – Australian Government	Printable information sheet		http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Diabetes
Epilepsy				
Epilepsy information	Epilepsy Action Australia	Website with printable information sheets		http://www.epilepsy.org.au/
Epilepsy & Risk	Better Health Channel	Printable Fact sheet		http://www.betterhealth.vic.gov.au/bhcv2/bhcvarticles.nsf/pages/Epilepsy_and_risk?open
Lymphoedema				
Lymphoedema	Better Health Channel	Fact sheet		http://www.betterhealth.vic.gov.au/bhcv2/bhcvarticles.nsf/pages/Lymphoedema?open

Multiple Sclerosis				
Multiple Sclerosis Explained	Better health Channel	Printable Information sheet		http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Multiple_sclerosis_explained?open
Multiple Sclerosis Australia	MS Australia	Website with printable information sheets		http://www.msaustralia.org.au/
Osteoporosis				
Osteoporosis	Better Health Channel - Victorian Government	Website with printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Osteoporosis/\$File/Osteoporosis.pdf
Osteoporosis	Dietitians Association of Australia	Website with printable information sheet		http://www.daa.asn.au/index.asp?PageID=2145834416
Pain Management				
Helping You Manage Pain	National Prescribing Service Website	Website with downloadable booklet	A booklet with information and a pain diary to manage your arthritis pain	http://www.nps.org.au/consumers/our_work_with_communities/people_with_chronic_conditions/manageyourpain/helping_you_manage_pain
Managing Pain	NARI – National Ageing Research Institute	Website with printable information sheets	Tips on healthy ageing	http://www.nari.unimelb.edu.au/tips_on_ageing/pain_tips.htm
Chronic Pain	Seniors.com.au – Australian Government	Website with printable information sheets		http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Chronic+pain
Parkinson's Disease				
General information on Parkinson's Disease	Parkinson's Victoria	Website with wide range of information to support those with Parkinson's Disease		http://www.parkinsonsvic.org.au/help-finder/index.htm
Aids & Equipment for those with Parkinson's Disease	Parkinson's Victoria	Website with wide range of information to support those with Parkinson's Disease		http://www.parkinsonsvic.org.au/help-finder/aids-equipment/finding-equipment.htm#commonly
Stroke				
Stroke - The After Effects	Better Health Channel	Printable information sheet		http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Stroke_the_after_effects?open
Medicines				
Safe Use of Medicines	National Ageing Research Institute	Website & Downloadable fact sheet		http://www.mednwh.unimelb.edu.au/tips_on_ageing/safe_tips.htm
Information on Medications	National prescribing Service	Website & Downloadable fact sheet		http://www.nps.org.au/consumers/medicines_and_health_topics

Mental Health				
Anxiety	Seniors.gov.au – Australian Government	Website with printable information sheets	Anxiety Depression Grief & Loss	http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Anxiety http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Depression Grief and loss
Healthy Ageing – keeping an Active Mind	Disability on line	Website with printable information sheets		http://www.disability.vic.gov.au/dsonline/dsarticles.nsf/pages/Healthy_ageing_keeping_an_active_mind?OpenDocument
Healthy ageing - stay mentally active	Victorian State Government	Go For Your Life web based information		http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pages/Healthy_ageing_stay_mentally_active?open
Memory	National Ageing Research Institute			http://www.nari.unimelb.edu.au/tips_on_ageing/memory_tips.htm
Healthy Ageing – Stay Mentally Active	Better Health Channel - Victorian Government	Website with printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Healthy_ageing_stay_mentally_active/\$File/Healthy_ageing_stay_mentally_active.pdf
Worry	Better Health Channel - Victorian Government	Website with printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Worry/\$File/Worry.pdf
Mind Your Mind	Alzheimers Australia	4DL size colour brochure and downloadable fact sheet		http://www.alzheimers.org.au/content.cfm?infopageid=2178
Palliative Care				
Palliative Care Information and Support	Palliative Care Victoria	Website with wide range of information and printable information sheets		http://www.pallcarevic.asn.au/
Some frequently Asked Questions About Palliative Care	Palliative Care Victoria	Printable Booklet		http://www.pallcarevic.asn.au/media/1188277472875-9740.pdf
Physical Activity & Fitness				
Choose Health: Be Active A Physical Activity guide for older Australians	Department of Veterans Affairs & Department of Health & Ageing	Informative 27 page brochure downloadable as PDF or available from	Information on physical activity. Includes personal activity planner; activity ideas; basic information on simple exercises and healthy eating tips	http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-physical-choose-health
Well For Life: Physical activity advice for older people and their carers	Go For Your Life – Victorian Government	32 page downloadable brochure		http://www.health.vic.gov.au/agedcare/downloads/wellforlife/active_livingqa5.pdf
Go For Your Life Resource	Victorian Government	Website	Wide range of information on exercise and diet	http://www.goforyourlife.vic.gov.au/hav/articles.nsf/web1/active_living_olderadults?open
Exercise for Older People	Health InSite- Australian Government	Website with evidence based research		http://www.healthinsite.gov.au/content/internal/page.cfm?ObjID=0009523C-DEA6-101E-8AC083032BFA006D&startpage=1

Activity for Older Adults	Nutrition Australia	Web page and printable fact sheet		http://www.nutritionaustralia.org/printable.php?url=http%3A%2F%2Fwww.nutritionaustralia.org%2Fstatic%2Factivity-olderadult.php
Recommendations on physical activity for health for older Australians	Department of Health	Printable 4 pages of written material with 5 recommendations on general advice when performing physical activities	A reference document for workers	http://www.health.gov.au/internet/main/publishing.nsf/Content/ECBF57CB49827C0BCA2575820004650C/\$File/pa-guidelines.pdf
Physical Activity Fact Sheet for Women	Jean Hailes Foundation	Website and printable fact sheet		http://www.jeanhailes.org.au/images/stories/Education/Documents/info/physical_activity.pdf
"Go for your life' A Healthy and Active Living Guide for Senior Victorians	Victorian Government	16 Page colour brochure Downloadable from website		http://www.goforyourlife.vic.gov.au/hav/admin.nsf/images/A_healthy_and_active_living_guide_for_senior_vics.pdf/\$File/A_healthy_and_active_living_guide_for_senior_vics.pdf
Strength Training – Go For Your Life resources	Victorian Government	Printable information sheets Links to some Better Health Channel resources	Printable short information sheets on topics for seniors Strength Training Tip Sheet (PDF 714kb)	http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pages/Strength_Training_is_for_Over_50s_too?Open This tip sheet is also available in seven community languages: Arabic strength training tip sheet (249kb, pdf) Chinese (Mandarin) strength training tip sheet (510kb, pdf) German strength training tip sheet (395kb, pdf) Greek strength training tip sheet (406kb, pdf) Italian strength training tip sheet (396kb, pdf) Polish strength training tip sheet (603kb, pdf) Vietnamese strength training tip sheet (412kb, pdf)
Go For Your Life Resource – Tip sheet	Victorian Government	Printable information sheets	Regular newsletter from OSV	http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pages/Seniors_Go_for_your_life_newsletter?open
A Physical Activity Guide for Senior Victorians	Victorian Government	Printable information sheets		http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pages/A_Healthy_and_Active_Living_Guide_for_Senior_Victorians?open
Healthy Ageing – Stay Physically Active	Better Health Channel - Victorian Government	Website with printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcv2.nsf/ByPDF/Healthy_ageing_stay_physically_active/\$File/Healthy_ageing_stay_physically_active.pdf
Go For Your Life Resources	Victorian Government	Printable information sheets on a range of topics	Some resources available in other languages including Arabic	http://www.goforyourlife.vic.gov.au/hav/articles.nsf/web12ls?openview&restricttocategory=tip+sheets+-+older+adults&count=10&start=1&lifestage=older+adults ARABIC.pdf GREEK.pdf ITALIAN.pdf ITALIAN 2.pdf VIETNAMESE.pdf
Tai Chi – Health Benefits	Better Health Channel - Victorian Government	Website with printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcv2.nsf/ByPDF/Tai_Chi/\$File/Tai_Chi.pdf

Tai Chi and Arthritis	Better Health Channel - Victorian Government	Website with printable information sheets	This tip sheet is also available in seven community languages:	http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Tai_Chi/\$File/Tai_Chi.pdf Arabic Tai Chi for Arthritis (PDF 256 kb) Chinese (Mandarin) Tai Chi for Arthritis (PDF 538 kb) German Tai Chi for Arthritis(PDF 449 kb) Greek Tai Chi for Arthritis (PDF 460kb) Italian Tai Chi for Arthritis (PDF 450 kb) Polish Tai Chi for Arthritis (PDF 461 kb) Vietnamese Tai Chi for Arthritis (PDF 462 kb)
Powers of Attorney & Guardianship				
Take Control – A guide to powers of attorney and guardianship	Victorian Legal Aid	Downloadable PDF file 60 pages approx	Covers all aspects of powers of attorney and guardianship in Victoria	http://www.legalaid.vic.gov.au/cl.take_control.pdf
Powers of Attorney & Guardianship	Office of the Public Advocate Victoria	Website with printable information sheets		http://www.publicadvocate.vic.gov.au/powers-of-attorney/185/
Public Toilets				
The National Public Toilet Map	Department of Health & Ageing Australian Government	On-line maps of public toilet location		http://www.toiletmap.gov.au/
Recreation Activities				
Community Directory – Older Adults	Go For Your Life – Victorian Government	On-line access to sporting clubs and organisations, community groups, fitness centres, disability groups, peak sporting and representation bodies, National parks, walking tracks and more		http://www.goforyourlife.vic.gov.au/hav/articles.nsf/leveltwoview/community_directory_olderadults?open
Locate a Neighbourhood House in Victoria	Association of Neighbourhood Houses & Learning Centres	On-line service		http://www.anhlc.asn.au/find
Safety & Security				
Home safety	Seniors.gov.au – Australian Government	Website with printable information sheets	<u>Home safety</u>	http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Home+safety+and+security

Personal alarms	Department of Health - Victoria	Website with printable information sheets		http://www.health.vic.gov.au/agedcare/downloads/pav_infosheet.pdf Personal Alert Victoria Information Sheet - Arabic (863kb, pdf) Personal Alert Victoria Information Sheet - Chinese (1,223kb, pdf) Personal Alert Victoria Information Sheet - Croatian (947kb, pdf) Personal Alert Victoria Information Sheet - Dutch (949kb, pdf) Personal Alert Victoria Information Sheet - German (953kb, pdf) Personal Alert Victoria Information Sheet - Greek (956kb, pdf) Personal Alert Victoria Information Sheet - Hungarian (950kb, pdf) Personal Alert Victoria Information Sheet - Italian (949kb, pdf) Personal Alert Victoria Information Sheet - Macedonian (906kb, pdf) Personal Alert Victoria Information Sheet - Maltese (948kb, pdf) Personal Alert Victoria Information Sheet - Polish (947kb, pdf) Personal Alert Victoria Information Sheet - Russian (168kb, pdf) Personal Alert Victoria Information Sheet - Vietnamese (955kb, pdf)
Personal alarms	Seniors.gov.au – Australian Government	Website		http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Medical+and+personal+alarm+systems
How to Live Confidently – Information for Older Victorians	Department of Justice Victoria	24 page booklet	Information an wide range of safety issues for older people	http://www.justice.vic.gov.au/wps/wcm/connect/1e3d8400404a4531b1f6bf5f2791d4a/How_To_Live_Confidently_2007.pdf?MOD=AJPERES
Aids & Equipment for safety	Department of Health and Ageing – Australia	Website and printable page		http://www.agedcareaustralia.gov.au/internet/agedcare/publishing.nsf/Content/Aids+and+equipment?Open&etID=WCMEXT06-WCME-7DA2RA
Home Design and Safety	Department of Health and Ageing – Australia	Website and printable page		http://www.agedcareaustralia.gov.au/internet/agedcare/publishing.nsf/Content/Home+design+and+modification
Your Home Fire Safety	CFA	PDF File generic and specific to older people		http://www.cfa.vic.gov.au/documents/housefires.pdf
Walk with Care - Pedestrian Safety for Older People	VicRoads	Website with printable information sheet		http://www.vicroads.vic.gov.au/NR/rdonlyres/C9D60DCE-1F68-4281-829B-AE3CA3A87116/0/WalkWithCare.pdf

Sleep				
Sleeping Well	National Ageing Research Institute	Website & Downloadable fact sheet		http://www.nari.unimelb.edu.au/tips_on_ageing/sleeping_tips.htm
Getting a Good Night's Sleep	Health promotion Service for Older People - NSW	Downloadable fact sheet		http://www.mhcs.health.nsw.gov.au/publication_pdfs/8195/OTH-8195-ENG.pdf Arabic (pdf), Chinese Traditional (pdf), Greek (pdf), Italian (pdf), Macedonian (pdf), Spanish (pdf), Turkish (pdf), Vietnamese (pdf)
Social Connections				
Healthy Ageing – Stay Involved	Better Health Channel - Victorian Government	Website with printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Healthy_ageing_stay_involved?open
Seniors.gov.au	Seniors.gov.au – Australian Government	Website with printable information sheets	Loneliness & social isolation	Loneliness and social isolation
Factors Influencing Social Isolation	Queensland Government	Web based information	List of factors	http://www.communityservices.qld.gov.au/seniors/isolation/factors.html
Social Isolation Newsletter	Cities of Manly, Waringah and Pittwater	Ideas on how to locally network		http://www.pittwater.nsw.gov.au/_data/assets/pdf_file/0005/32396/Connecting_Again_Newsletter_Edition_1.pdf
Connecting You with Your Community	Cities of Manly, Waringah and Pittwater	Checklist Ideas		http://www.pittwater.nsw.gov.au/_data/assets/pdf_file/0004/46399/Social_Isolation_A4.pdf
Ageing Well and Social Inclusion of Older People	Benevolent Society of NSW	Social Issues Paper Downloadable		http://www.bensoc.org.au/uploads/documents/issues-paper-2-ageing-well-jul2009.pdf
OMNI – Older Men New Ideas Social Groups	COTAVic	List of OMNI groups in Victoria		http://www.cotavic.org.au/_data/assets/pdf_file/1473/omni_flyer_-_back_page_march_09.pdf

Tai Chi				
Tai Chi for Arthritis	Go For Your Life Resource – Victorian Government	Printable Fact sheets in community languages		<ul style="list-style-type: none"> • Arabic Tai Chi for Arthritis tip sheet (257kb, pdf) • Chinese Tai Chi for Arthritis tip sheet (539kb, pdf) • German Tai Chi for Arthritis tip sheet (450kb, pdf) • Greek Tai Chi for Arthritis tip sheet (461kb, pdf) • Italian Tai Chi for Arthritis tip sheet (451kb, pdf) • Polish Tai Chi for Arthritis tip sheet (462kb, pdf) • Vietnamese Tai Chi for Arthritis tip sheet (463kb, pdf)
Tai Chi for Arthritis	Website supported by Arthritis Australia	Range of information on Tai Chi		http://www.taichiforarthritis.com/
Arthritis Information Sheet – Tai Chi	Arthritis Victoria	Printable Fact Sheet		http://www.arthritisvic.org.au/downloads/TaiChi.pdf
Tai Chi and Arthritis	Arthritis Victoria	Webpage		http://www.arthritisvic.org.au/pages.asp?d=5A4C5A717251477C7008060D0F0406
Tai Chi and Arthritis	Better Health Channel – Victorian Government	Website and Printable Fact sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Tai_Chi_and_arthritis http://www.betterhealth.vic.gov.au/bhcv2/bhcpdf.nsf/ByPDF/Tai_Chi_and_arthritis/\$File/Tai_Chi_and_arthritis.pdf
Veterans Affairs				
Department of Veterans Affairs	Australian Government	Website and Printable Fact sheets		http://www.dva.gov.au/Pages/home.aspx
Vision				
Vision loss – multiple subjects	Better Health Channel - Victorian Government	Printable information sheets		http://www.betterhealth.vic.gov.au/bhcv2/bhcpdf.nsf/ByPDF/Vision_loss_some_causes_explained/\$File/Vision_loss_some_causes_explained.pdf
Peer Support Groups	Vision Australia	Links to groups around Victoria		http://www.visionaustralia.org.au/info.aspx?page=1977
Information and facts sheets on loss of vision	Vision Australia	Website with printable information sheets		http://www.visionaustralia.org.au/info.aspx?page=1984
Macular Degeneration	MD Foundation	Website with printable information sheets		http://www.mdfoundation.com.au/int_awareness_week.aspx
Vision Impairment	National Ageing Research Institute	Website with printable information sheets		http://www.nari.unimelb.edu.au/tips_on_ageing/vision_tips.htm

Low Vision - A guide	MD Foundation	Coping strategies, low vision tips for the recently diagnosed and a detailed service directory of low vision organisations		http://www.mdfoundation.com.au/rresource/1/factsheets/LV_AG_low_rre.pdf
Women's Health				
Ageing Well – Women's Health information	Jean Hailes Foundation for Women's Health	Website	Information for women over 70 Emotional wellbeing Health Issues Healthy Lifestyles Nutrition Through Life Nutrition Physical Activity Sexuality Health Tools Resources	http://www.ageingwell.org.au/content/view/154/195/
Women's Health Australia	Seniors.gov.au – Australian Government	Website		http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Women's+Health+Australia