

ΩMEGA NEWS & VIEWS



LEABROOK PLACE
Omega FamilyCare Apartments



THE GLENBROOK
Omega FamilyCare Apartments



THE ASHBROOK
Omega FamilyCare Apartments

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www.omegaseniorcare.com.au

LIVING ALONE CAN BE DANGEROUS

The need to be independent and a desire to stay in a family home are strong forces that work upon the minds of older people, convincing us that all is well. But in fact, living alone can all too easily become a dangerous and even life-threatening state in which to live.

Older people often live in homes which are in need of repairs or upgrading but many cannot afford for the necessary work to be done or don't even realise potential dangers such as outdated electrical wiring that may not be obvious.

One of the greatest causes of injury to older people living alone is a simple fall. The turned up corner of a rug, worn slippers, a lack of balance, uneven pavers in the yard and trying to change a light globe are just a few of the most common contributors to taking a tumble. And remember, a fall can be far more serious than it is for a teenager or even a middle-aged adult. Brittle bones are more easily broken and fractured hips, elbows and wrists are regular results of falls in the home.

We hear horror stories in the media of people living alone having had a fall and being left stranded and immobile on their floor for hours or days until somehow the alarm is raised. Similarly, the increase in home invasions has us all checking our security in an effort to feel less vulnerable.

These are the more obvious physical dangers of living alone, but what about our personal well-being. Being alone can lead to loneliness and isolation. Being lonely can lead to depression, which may ultimately result in a shortened life. As humans we seek out and genuinely need companionship. We are not purely solitary creatures and studies have shown that isolation has a direct negative effect on our health. Conversely, a strong friendship network, stimulating relationships and keeping physically and mentally active, can extend our lives and certainly enrich them.

So what do you do if you're living alone and the dangers are now something you have to deal with? Look at your options – engage some assistance from family and friends, utilise initiatives such as Seniors Information Service (phone 8168 8776). But act now – don't wait until you are in crisis.

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LEABROOK PLACE
Omega FamilyCare Apartments

Exceptional and rare opportunity to view and secure your future at this highly sought after Eastern suburbs retirement community. **Leabrook Place** is located on beautiful **Tusmore Avenue** at **Leabrook**, apartments available now from **\$295,000. Call 8131 3933 today.**

(from page one)

Is living alone in an Omega FamilyCare Apartment safer? Definitely yes! Omega FamilyCare Apartments are purpose built, of a high quality standard and every apartment has an emergency call system. With trained staff on site 24 hours a day, 7 days a week, **your safety is assured**. We know if your mail has not been collected or if you've been feeling unwell and we can check on your well-being, all the time respecting your individuality and independence. Similarly, residents look out for each other and there's always a friend nearby for a chat, or an activity to get involved in to keep the blues at bay.

We don't apologise for social engineering either – we see it as part of what we do to add value to people's lives. Our residents are central to all we do and we will not stand by and let a life spiral out of control without intervening.

So, if the dangers at your place are starting to make you nervous, or if you think there should be more to your life in retirement, give us a call, we'll be open and honest with you and let you know if we think living in an Omega FamilyCare Apartment is right for you. Call our **Information Line** today on **8131 3933**. (Seniors Information Service can also provide guidance. Phone 8168 8776).

SUPERANNUATION & PENSION CHANGES

(Complicated but worth taking the time to understand!)

Between May and September 2009, the Federal Government announced a number of changes to superannuation payments, withdrawals and taxation levels, plus an increase in the qualifying age for the aged pension.

Pre-tax contribution levels halved

An important change relates to the amount of money you can pay into your super fund before you pay tax. From 1 July 2009, the maximum amount of concessional – or pre-tax – contributions you can make without incurring additional tax of 31.5%, has been halved.

For those who are aged under 50 during the 2009/10 financial year, the amount drops from \$50,000 per annum to \$25,000 pa although this so called 'cap' does not come into effect until 1 July 2010. The concessional contributions for individuals aged 50 and over will be capped at \$50,000 pa, down by half from the present \$100,000 pa until 30 July 2012.

If the total amount of your concessional contributions for the 2009/10 financial year falls under the current concessional cap, then your contributions will only be taxed at 15%. However,

if your concessional contributions exceed the cap then any excess contributions will be taxed at 46.5%.

The cap on non-concessional – or after-tax – contributions has not been changed and remains at \$150,000 pa for the current financial year. However, there is talk that in the future this contributions cap will be calculated at six times the rate of the concessional contributions cap. Investors are still able to make non-concessional contributions of \$450,000 over three financial years.

Hardship withdrawals

Changes have also been made for those who wish to make withdrawals from frozen mortgage funds on the grounds of hardship. Investors can now withdraw up to four times per year, as opposed to once, with an annual maximum of \$100,000 pa, which is five times the previous limit. The definition of the grounds of hardship has been extended to cover a beneficiary of a deceased estate of an investor, where the beneficiary is suffering hardship.

To find out more about changes to superannuation and pensions, we recommend you seek professional advice.



WHAT'S HAPPENING?

Human Swine (H1N1) Flu continues to be in the headlines and during October and November, residents and staff at Leabrook Place, The Glenbrook and The Ashbrook were encouraged to take part in a vaccination campaign. With SA cases of swine flu now around 9,000, and 26 deaths, it's important to maximise the health and wellbeing of all and protect ourselves from any pandemic. The vaccination service is provided at each site at no cost to individuals to minimise the exposure of

Swine Flu to residents, families and staff.

Melbourne Cup celebrations are always colourful and well attended. The sweeps are a great way to enjoy a flutter without needing to study the form guide.



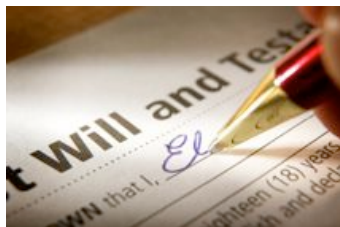
FamilyCare Services free from GST are now being

enjoyed by eligible residents. The financial savings can be as much as \$2,500 per annum.

Regular activities take place at all sites and include Tai Chi, indoor bowls, happy hours, craft, exercise classes and snooker to name a few. If you like to be busy, there's always something to do.

To find out more about what's happening at Leabrook Place, The Glenbrook or The Ashbrook, call our **Information Line** on 8131 3933.

MAKING A WILL (part one)



Few of us like to consider our own demise but, when it comes to writing our last will and testament, it's something we all

have to do – and the sooner, the better.

Currently around 40% of Australians don't have a will and it is estimated that a significant proportion of them – maybe one in five – are over the age of sixty. State and federal governments recommend that everyone over the age of eighteen and of sound mind should make a will. Without a will, there is little or no likelihood that descendents and other family members will be provided for after we die.

It is important that each individual makes a will although it may involve couples discussing the contents of their wills together and wording each one in accordance with their jointly agreed wishes.

For those who haven't yet written a will, the best thing to do is start now. While your financial, social

and residential situation will invariably change in the future, you will have a firm platform on which to make amendments.

There are a number of do-it-yourself (DIY) will kits available. It makes good sense to have the wording of your DIY will checked by a solicitor before committing to it.

All wills must be dated and signed by the maker of the will (the testator) and two witnesses who can be friends or neighbours, but not family members, dependents or beneficiaries of the will. Contrary to popular belief, they do not need to be Justices of the Peace, doctors, police officers or other so called 'persons of authority'.

Making a will need not be complicated. The secrets are to seek a little advice and know your own mind. A good source of information when it comes to preparing and writing your will is a visit to www.publictrustee.sa.gov.au.

Part 2 next issue will look at advance directives such as Power of Attorney.