



BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 20th March 2024



March 18 marks Ruby's birthday and this year she would have turned 6. Ruby unexpectedly passed away not long after her 4th birthday in April 2022.

We will forever wonder what presents she would have asked for, which friends she would have invited to her party,

what sort of cake she would have blown the 6 candles from and what her birthday wish would have been... all the endless unknowns have forged the path for Rubys Mae's Wish and the idea to honor Ruby's kind and giving spirit. As Ruby always told everyone that she wanted to be a doctor or a mermaid, the direction of the charity was an easy choice to help keep her dreams live on. Ruby Mae's Wish main objectives are to raise funds for Children's Hospitals to purchase vital medical equipment and to fund crucial education days. Through Ruby Mae's Wish and the generosity of sponsors we have also created an initiative of gifting Care Packs to parents who find themselves with a sick or injured child needing to be retrieved unexpectedly for urgent medical care.

The idea of Ruby Mae Day came from a Facebook comment from a follower that "Ruby Mae Day" was a day this particular lady wore her purple shirt purchased via the website (www.rubymaeswish.com.au), we loved the idea instantly and thought that there was no other day more fitting to hold an annual Ruby Mae Day other than her birthday – March 18. Thanks to a Facebook comment RUBY MAE DAY was started and has become something we could have never imagined!

Ruby Mae Day will forever more be on March 18 and we can only hope the day will be filled with flowers, cakes, LOTS of PURPLE, bubbles, LEGO, random acts of kindness, dance parties, karaoke and anything and everything that Ruby loved doing. If we cannot celebrate with Ruby, we will celebrate hard for her.

The support from friends, family, businesses, communities, workplace morning tea rooms, schools, individuals, strangers and more is indescribable. We are non-stop hearing and receiving messages from across Australia about what people

have planned for the day. We are beyond blown away by the support of our local and surrounding communities who have literally covered their towns in purple and have gotten behind Ruby Mae Day! The community's kindness, generosity, support and passion is what helps keeps us going. It means the world to us that Ruby touched so many lives and this is shown by the amount of support this kind and caring girl's dreams have on so many people.



We will never be able to express the gratitude and appreciation we have for each and every one of you that has made any kind of effort for RUBY MAE DAY, whether it be wearing purple socks to work, baking cupcakes, putting a purple ribbon in your daughter's hair, face painting, decking your business out in purple for the day/week, raising funds, holding a mufti day at your local school, sending us a message, thinking about us, mentioning/tagging us, nothing has gone unnoticed and we will never be able to put into words the admiration we have for you all for all your support.

Without you all and your continued support Ruby Mae's Wish would not be what it is today. We have achieved so much to be proud of since the charity has been established and by pledging to support RUBY MAE DAY you have helped us continue to keep Ruby's spirit and caring nature alive through helping others. To date Ruby Mae's Wish has gifted 70 Care Packs across NSW and QLD, we have donated \$8990 worth of equipment to John Hunter Children's Hospital Paediatric Intensive Care Unit and in early March held the first education day in Ruby's honor for Hunter New England Health valued at \$10k for Paediatric Renal Education.

We miss Ruby more and more every day but now live by a famous Winnie the Pooh motto of "how lucky am I to have something that makes saying goodbye so hard".

March 18 – forever more Ruby May Day



Saturday 23rd March
2024 8:30am to 1:30pm
Sunday 24th March
2024 8:30am to 1:30pm

Furniture, Kitchen Appliances, Tools, Jewellery

41 Fitzroy Street Barraba. Contact number 0488030222



Students of the Week and Captains Award, Term 1 Week 7

K/1: Hudson B for your amazing number recall in Maths!

2 /3: Georgie for being a responsible classroom member

4/5/6: Jax for improvement in maths

Captains Award: Albie for great playground behaviour



25 Nights Reading Awards Term 1 Week 7

Albie, Nahla, Max, Willow and Arley



BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of members and guests.

THIS WEEK

THURSDAY 21st March

Bingo from 6pm

FRIDAY 22nd March

MEAT RAFFLES

1st Draw 6.45pm

2nd Draw 7.30pm

MEMBERSHIP DRAW \$1400

Sunday 24th March

Angler Club raffles from 1pm

Membership Draw \$2000 (2 draws)

HAPPENING SOON

FRIDAY 29TH March Easter Raffles

SUNDAY 31st March No raffles

CLUB CLOSED EASTER MONDAY

BISTRO HOURS

Phone 0427330808

DINE IN OR TAKEAWAY

DAILY BLACKBOARD SPECIALS AVAILABLE

ALSO PIZZAS MADE TO ORDER

MONDAY/TUESDAY: CLOSED

WEDNESDAY: 12PM-2.00PM

THURS/FRI/SAT: LUNCH 12-2PM

DINNER FROM 6PM

SUNDAY: 12-2PM



Dear Parents and Guardians,

I am delighted to share some fantastic news from the recent Regional Carnival in Armidale, where our Primary swimmers once again showcased their incredible talent and dedication. Our relay team deserves special recognition for their remarkable performance, improving their time by a staggering 21 seconds! Their hard work and determination truly paid off, exemplifying the spirit of teamwork and excellence.

Congratulations also go to Akira on his outstanding achievement at the carnival. Akira has demonstrated exceptional skill and perseverance, improving his time by 7 seconds and securing a spot at the State level for the 50m freestyle event. We are immensely proud of Akira and wish him the best of luck as he represents our school at the State competition. Your dedication inspires us all!

As we continue to nurture a thriving school community, I want to emphasise the importance of our school culture. The culture of a school is evident in every interaction, from the moment you walk through the gates. It is everyone's collective behaviour, even when no one is watching. On Monday night, we embarked on a three-year journey to strengthen and enrich our school culture through professional learning for our staff. Together, we explored what school culture means and how our language and actions shape it. I am eager to collaborate with students, staff, parents, and the community to foster a positive and inclusive culture where everyone feels valued and supported.

Now, let's revisit a critical aspect of our school environment - uniform compliance. Our students must adhere to the school's uniform policy, emphasising wearing the correct shoes for health and safety reasons. Additionally, for high school girls, the uniform includes black pants, shorts, or the school skirt. Please note that leggings or bike shorts are not considered part of the uniform. Proper attire not only promotes a professional appearance but also ensures the well-being of our students, especially in subjects like Industrial Arts, Science, and Agriculture. Let's continue to prioritise safety and professionalism in our school environment.

Progress on the hall roof construction is proceeding at a remarkable pace. Witnessing the construction company roof the hall in a single day was a testament to their teamwork and coordination. I am pleased to report that the hall should be completed within the next two weeks. Following this, there will be a brief break before commencing work on D-block and E-block.

A gentle reminder about the importance of attendance: We want to do everything we can to ensure your child achieves their

potential and enjoys being in school. Regular attendance is essential for maximizing learning opportunities and enhancing future prospects. If your child is absent, please inform the school promptly, providing the reason for their absence. Open communication enables us to support you and your family when needed. Remember, every day counts and even occasional absences can accumulate, significantly impacting your child's academic progress and overall well-being.

We are excited to announce that we now have a full complement of 30 students set to embark on our New Zealand trip in November. Keep an eye out for our students who will be selling chocolates to raise funds for their trip. Additionally, at the P&C meeting on Tuesday night, the ladies from the CWA Manila Twilight branch generously offered their support to help raise funds for the New Zealand trip. We are grateful for their support and hopeful that we can raise as many funds as possible to minimize the final repayment for the trip. A special thank you to the P&C members and staff who manned the barbecue at the Barraba show, raising \$1000 towards the trip already. Your contributions are invaluable in making this trip a reality for our students.

We are thrilled to share that Luna, our school support dog, recently enjoyed visiting the Preschool. Luna thoroughly enjoyed meeting all the children and engaging in some reading time with them. Witnessing the pre-schoolers nurturing their love for reading in Luna's presence was heart-warming. Luna and I thank Katie and her staff for warmly welcoming us into the Preschool. Your hospitality and support are truly appreciated. As always, please don't hesitate to reach out with questions or concerns. Together, let's continue cultivating a vibrant and supportive learning environment for our students.

Warm regards, Patrick Sullivan

Clean Up Australia Day

Our Primary students took part in 'Clean Up Australia Day' on Friday 1st March. The students searched in and around the school, looking for all of the rubbish that may have been left behind. Well done to all of our students and teachers who participated in the clean up.



Form 114 (version4)

Succession Act 2006 s.93, Probate and Administration Act 1898 s 92 and Trustee Act 1925 s 60.

**NOTICE OF INTENDED DISTRIBUTION.
ESTATE OF KENNETH GARVEN HISCOCK.
NSW GRANT MADE.**

Any person having any claim upon the estate of Kenneth Garven Hiscock, late of Barraba who died on 11 September 2023 must send particulars of the claim to the legal representative for the estate at care of PJK Law, 149 Queen Street, Barraba NSW 2347, ref PJK.MS:2023/1301, within 30 days from the publication of this notice. After that time the legal representative intends to distribute the property in the estate having regards only to the claims of which the legal representative had notice at the time of the distribution.

LETTER TO THE EDITOR

Hi

I would like to congratulate you on your newspaper. When newspapers seem to be becoming less relevant yours seems to be continuing well. It takes me longer to read your paper than several NDs which contain little if one ignores the crime reports.

Keep up the good work.

Trish Balcombe



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Cat & Dog Boarding available for short or long-term stays.

After last week's "Shop Assistants in 1854" there is another one but it can stay in the folder for the time being. The sorting and filing of the heaps of records continues as I have been trying to make sense of another early family.

The convict records usually give theft of articles such as food, clothing, money and livestock such as horses, sheep and lambs but this time I have found "shot a neighbour's rabbit" which may or may not be true but certainly attracts the attention. This fellow obviously came to Australia but I have a feeling that the reason for coming maybe fiction in this case. Anyway, he settled down in Australia with his wife, also a convict, and made a successful living. Incidentally they left a lot of descendants - families of nine or ten over at least three generations with many names used in each generation. At least we now have two of these families sorted with one large one to go - I don't know how they all came to be in the one folder but they should soon be in three folders.

I wonder how many residents remember that 2024 marks 20 years since the Council amalgamation with Tamworth. Council put out a Community Newlink pamphlet each quarter and the one that has been kept is January, 2004. The General Manager discusses Amalgamations, Barraba Water Supply, and the 2003 Citizen of the Year who was Robert Sweeney, the junior was Shaun Faulkner and Mrs. Ros. Peake received the Mayoral Award. The Anglican Ladies supplied the morning tea.

The Barraba Show was coming up with Poll Herefords the feature cattle and the poultry section returning and the wether competition was still going in those days. To top it all off Barrapella and friends - how talented they were - presenting a variety show on Valentine's Day in support of the Clifton Hall Purchase and Restoration.

Some people may remember the Waste - Art and Design Competition which was designed to use some of our waste as well as making a poster about rubbish and what we can do with it. The 2003 event was apparently very successful but I am not so sure about 2004 with everyone's eyes on the proposed amalgamation.

How things have changed in the last 20 years!

WE NEED YOUR HELP!

TRANSPORT DRIVER
Provide transport to individuals or groups of older persons

COMPANION INDIVIDUAL
Spend one on one time with a GoCo client in their home or out in the community

COMPANION GROUP
Deliver fun activities to our clients such as bingo or mystery tours!!

MEALS ON WHEELS DELIVERY
Deliver meals to clients straight to their door

GET IN TOUCH AND START VOLUNTEERING TODAY! 6740 2240 OR SEE JODY AT OUR QUEEN ST OFFICE



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and lunch**

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Shelley on 0488192256**

Shelly is serving 'Roast of the Day' for Sunday lunches. Phone 0488192256 to book a table.

EASTER AT BARRABA
Anglican Church

**GOOD FRIDAY
MARCH 29TH
10AM BARRABA ANGLICAN CHURCH**

**EASTER SUNDAY
MARCH 31ST
10AM BARRABA ANGLICAN CHURCH**

ALL WELCOME FOR A FREE BBQ LUNCH AFTER CHURCH ON SUNDAY

BARRABA UNITING CHURCH NOTICES

Sunday 24th March Barraba all services return to 10:45am
All Welcome

ANGLICAN CHURCH TIMES

St Laurence's Barraba

Sunday service at 10.00am
Woodsreef 2nd Sunday of the month at 11.30am

CATHOLIC CHURCH TIMES

Barraba 1st Saturday evening Mass 6pm
2nd 3rd 4th and 5th Sunday 9am
Upper Horton 11am on the 3rd Sunday
Weekday Mass Wednesday 10am

BARRABA COMMUNITY NEWS

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Presented by You'll Miss The Tide Productions

SAME TIME, NEXT YEAR





Natacha Curnow



Ben Simpson

PETER ROSS - Director • GLENDON FLETCHER - Set & Costume Design

THURS 4 APR | 7:30PM
FRI 5 APR | 11:00AM & 7:30PM
CAPITOL THEATRE TAMWORTH



SEASON PARTNER: **Woodleys**

MEDIA PARTNERS: WIN, 88.9, DOWNTOWN

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BOOK NOW!! Call Entertainment Venues on 6767 5200
 or visit entertainmentvenues.com.au

You'll Miss The Tide Productions, based in Tamworth NSW, formed at the beginning of 2023 when founder Ben Simpson (Barraba native and son of Mike and Vicki Simpson), Natacha Curnow (*ABC New England-North West*) and Peter Ross (*Entertainment Venues Tamworth*), committed to taking the plunge to broaden the horizon of live entertainment in the region and create pathways for regional performing artists to pursue a passion for entertainment.

The talented team at the helm, combine to create dynamic staged performances, workshops for actors, corporate training services, script writing development, and are currently in pre-production for their first short film project!

You'll Miss The Tide Productions launched the Inaugural 2023 Season of 'In The Raw' staged play reads, which included a trip to The Playhouse Barraba with their production of 'The Importance of Being Earnest' by Oscar Wilde. 'In The Raw' has become one of the best nights out in Tamworth and continues in 2024 with 6 more riotous comedies, at a very affordable price and a BYO drinks and snacks atmosphere. Audiences don't quite believe what they see and just keep coming back for more.

Following the success of the 2023 Season of 'In The Raw', *You'll Miss The Tide Productions* were invited to include two fully developed productions in the Season 2024 for The Capitol Theatre Tamworth, and are currently in rehearsals for their very first Main Stage production on **April 4th & 5th 2024**, of Bernard Slade's comedy classic 'Same Time Next Year', featuring Natacha Curnow & Ben Simpson, directed by Peter Ross. It'll be Huge!

You'll Miss The Tide Productions welcomes audiences from across the region to get involved in Season 2024, and what better chance to see what they have on offer, than getting along to 'In The Raw' March 2024 - Banging Denmark by award winning playwright Van Badham, Tamworth Community Centre, Friday March 15th, 7:30pm. You can follow *You'll Miss The Tide Productions* on Facebook and tickets can be purchased through the Entertainment Venues Tamworth booking site. Ben & his team invite you to get onboard and 'Ride The Tide'!

Author Event- Sally Warriner

Sally Warriner is 'Not Just the Wife of the General Manager', but also a nurse, mother, travel agent, social secretary, party host and organiser extraordinaire.

Tamworth City Library invites you to an evening of refreshments and re-telling of the memoir of one woman's life on outback stations, and an homage to many unsung women like her.

The in-conversation Author Event will be held Thursday 4 April, starting with refreshments at 5.30pm, followed by the Author Talk at 6pm and ending with audience questions and the opportunity to buy your own signed copy of 'Not Just the Wife of the General Manager' provided by Collins Bookstore Tamworth.

Bookings for this free event can be made via <https://bit.ly/CNRLsally>

2024 Tamworth International Eventing CCI

23 March - 24 March



Eventing returns to Tamworth with the International 4-star competition to be held on 23-24 March 2024.

Run over two days riders compete in the Olympic discipline of eventing consisting of a dressage phase, show jumping phase and a cross country phase which utilises AELEC's 72 hectare grounds.

Spectator entry is free.

PAID OPPORTUNITY

Calling all Aboriginal Artists!

Expressions of Interest Sought for

Inclusion of Aboriginal Artwork into Corporate Branding

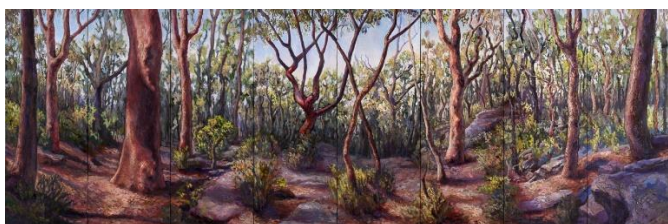
Gathering, Community, Collaboration

We are seeking an Aboriginal artist, who has a connection with the Kamilaroi/Gomeri Nation to create an artistic element to include in our corporate branding.

For more info and full EOI criteria head to www.tamworth.nsw.gov.au/brandingEOI



Guided Tour: ARTEXPRESS 2024



24 March from 11:00 am

Groups most welcome!

Featuring a selection of outstanding student artworks developed for the art-making component of the HSC examination in Visual Arts in 2023, ARTEXPRESS 2024 provides insight into students' creativity and the issues important to them.

The exhibition, encompasses a broad range of approaches and expressive forms, including ceramics, collection of works, designed objects, documented forms, drawing, graphic design, painting, photomedia, printmaking, sculpture, textiles and fibre, and time-based forms.

Presented in partnership with the NSW Department of Education, Arts Unit and the NSW Education Standards Authority (NESA).

Venue: Gallery 1, Tamworth Regional Art Gallery.

RSVP: 6767 5230 or email gALLERY@tamworth.nsw.gov.au

Cost: Free, **booking encouraged**

2024 Centenary MG National Meeting 30 March



The MG Car Club of Sydney is hosting the 2024 Centenary MG National Meeting in Tamworth & Gunnedah over the Easter weekend with up to 200 vintage MGs participating in the event.

The general public is invited to view these magnificent cars on:

- Saturday 30th March at Cross Park, Gipps Street, Tamworth. A Concours d'Elegance will commence at 9am with judging of the cars.
- On Easter Sunday 31st March, a motorkhana will be held at Gunnedah Airport.
- On Easter Monday there is a speed event at Oakburn Park Raceway Tamworth.





**Here is an overview of outcomes from
Tamworth Regional Council Ordinary Meeting
on Tuesday 12th March 2024:**

Councillors tonight agreed to allocate \$850,000 from the Westdale Land Reserve to provide additional funding for the Jewry Street Extension project, a heavy vehicle bypass from Taminda to the Tamworth Global Gateway Park. The money will be repaid to the reserve through the sale of land at the Tamworth Global Gateway Park. The funding for the project initially included \$5.886 million from the NSW Government's Growing Local Economies program and \$654,000 from Council's Civil Construction Reserve. A report to Council explained the Jewry Street Extension was completed in excess of the original \$6.54 million budget due to a range of factors. These included an 18-month delay while complex flood modelling and landowner negotiations were completed, global supply chain issues and increased material costs which could not have been forecast at the time of the funding application in 2018. The Council report said all Park land sales are returned to the Westdale Land Reserve and as at 31 December 2023 there was \$11,361,229 owing to the reserve. Currently about \$5 million of land sale revenue has been deposited into the reserve, an additional \$6.7 million of land sales are under contract and awaiting settlement and about \$9.6 million of land is available for sale, the report said.

Councillors also decided to move forward with "Australian Fauna" themed road names for Stages 12 to 17 of Moore Creek Gardens. The proposed road names are Bowerbird Road, Fantail Street, Pardalote Court, Pipit Street, Plover Street, Quail Close and Zebra Finch Drive. These names were chosen as they are birds that are identified as occurring in the Tamworth region. The proposed names will now go on display to the community and if there are no formal objections, they will be published in the Government Gazette.

Councillors agreed to a full fee waiver for the NSW Primary School Sports Association Football Championships to be held in August for the use of the Gipps Street Sporting Complex in Tamworth. The event is expected to bring 350 players to the region.

Councillors tonight considered a report showing progress on the first six months of the 2023-24 Our Annual Plan and Budget. The report – for the six months to December 2023 – revealed that from 212 reportable actions a total of 81 per cent are either complete or on track.

More than 4,000 trees were planted by Tamworth Regional Council staff and the Urban Street Tree Advisory Group in 2022 to 2023, according to a report tabled at tonight's meeting. The report included minutes of the two most recent group meetings. It also revealed information about future tree plantings scheduled for locations such as Duri Rd, White St and Brisbane St as part of Council's greening strategy. The report said further work to finalise a planting strategy for autumn, which includes a detailed audit of what replacement trees are needed to address the losses of plantings across the region, is underway. The plantings are funded through Council's existing projects and operational budgets.

The Leading Cause Of Injury In Old Men Is



Them Thinking They Are Still Young Men



Bereen Church back to life with \$14,850 restoration complete

The picturesque and quaint St Mark's Anglican church, nestled in the Horton Valley, has been brought back to life thanks to \$14,850 of funding to restore the 111-year-old building. I inspected the completed works alongside Gwydir Shire Mayor John Coulton and church wardens Ali and Ian McDouall last week. The restoration involved painting the exterior and interior of the building, including the roof, as well as repositioning and remounting the church. Skilled tradespeople lifted and repositioned the church onto new footings, which will assist in diverting storm water away from the foundations and maintain the building's structural integrity.



St Mark's is a much-loved church and a place of support and pastoral care for the farming families who live in the Horton Valley. It is a true local gem, absolutely adored by the local community, and everyone worked together to allow this charming old building to be so beautifully restored. The works were made possible by a \$14,850 grant under the previous State Government's *Community Building Partnership* program. A church fundraising committee was also formed, and money raised paid for a new access ramp,

minor repairs, preparation, and extra painting. Upper Horton has always been a very self-sufficient community where everyone watches out for each other, and the restoration of the church is a true reflection of this. The Bereen Church in the Horton Valley holds four services a year.

VALUATION NSW EXTENDS GRADUATE PROGRAM

Exciting opportunities are being offered to launch a new career with NSW's valuation agency, Valuation NSW, offering up to seven new graduate positions in property valuation.

Valuation NSW CEO Stewart McLachlan said applications are now open for the second year of the agency's Graduate Program, creating training and job opportunities for new industry entrants.

"Valuation NSW's Graduate Program is a once in lifetime opportunity to start your valuation career with mentoring from leaders in their respective fields who are responsible for administering the state's valuation system" Mr McLachlan said. "Valuation NSW will teach you how the property sector works while building analytical skills and knowledge of valuation methodologies and market trends, to enable you to pursue a range of career paths in the industry."

Valuation NSW supports the Valuer General and is responsible for the state's valuation system, determining the value of land for rates and taxes. It keeps tabs on more than 2.6 million parcels of land in NSW valued at over \$2.80 trillion. Valuation NSW also provides independent assessments of compensation paid for land that is compulsorily acquired when landowners cannot agree on a value. In addition, Valuation NSW also provides valuation advice and services across Government including in the areas of bespoke and complex valuations and methodologies, broad brush valuation and risk mitigation strategies, as well as valuations for some of the State's key assets.

Applications for the Graduate Program are now open from Friday 15 March until Sunday 31 March, with successful applicants to be notified in April and commence in late May 2024. Valuation NSW was ranked equal first globally in 2019 by the International Property Tax Institute review of Property Tax Administration Systems.

For more information and to submit an application for the Graduate Program, visit: www.valuergeneral.nsw.gov.au



Golf Notes

Shane Middlemiss with a good score of 41 stableford points claimed the season opening event sponsored by Hamilton

Trotter on Sunday. Runner up with 40 points was Bill Simpson with balls going to Peter Simpson 36, John Hartley 34, Ali Smith 33 and Chris Sweeney also 33 points. NTPs went to Stacey Sedgwick on the 3rd and Peter Simpson on the 6th.

Next Sunday, the 24th Mar is a 4BBB Stableford for the J and T Waugh and F Allan trophies.

The following Sunday 31st March is an Individual Stableford for the G Allen trophy.

The Annual General Meeting will be at 5.00pm on 14th April after the Mixed Foursomes. Please complete your Nomination forms before 8th April, they are on the counter at the Club.

A gentle reminder to players to carry a sand bucket to replace all the divots during the drier time.



Rugby Union Trials



On Monday 12 March five of Secondary students traveled to Farrer Memorial Agricultural High School to trial for CHS and Northwest rugby. Andrea trialed for the U16's girls, Bella for the U18's girls and Jack, Michael and Jack for the U18's boys. They took part in some skills and drills as well as a handful of games over the day. Well done to you all on your great effort on the day.



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How do I handle it if my parent is refusing aged care? 4 things to consider

Lee-Fay Low, Professor in Ageing and Health, University of Sydney



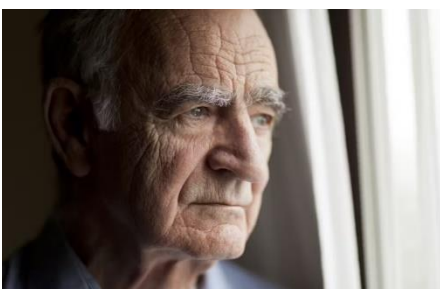
It's a shock when we realise our parents aren't managing well at home.

Perhaps the house and garden are looking more chaotic, and Mum or Dad are relying more on snacks than nutritious meals. Maybe their grooming or hygiene has declined markedly, they are socially isolated or not doing the things they used to enjoy. They may be losing weight, have had a fall, aren't managing their medications correctly, and are at risk of getting scammed.

You're worried and you want them to be safe and healthy. You've tried to talk to them about aged care but been met with swift refusal and an indignant declaration "I don't need help – everything is fine!" Now what? Here are four things to consider.

1. Start with more help at home

Getting help and support at home can help keep Mum or Dad well and comfortable without them needing to move. Consider drawing up a roster of family and friends visiting to help with shopping, cleaning and outings. You can also use home aged care services – or a combination of both. Government subsidised home care services provide from one to 13 hours of care a week. You can get more help if you are a veteran or are able to pay privately. You can take advantage of things like rehabilitation, fall risk-reduction programs, personal alarms, stove automatic switch-offs and other technology aimed at increasing safety.



Call My Aged Care to discuss your options.

2. Be prepared for multiple conversations

Getting Mum or Dad to accept paid help can be tricky. Many families often have multiple conversations around aged care before a decision is made. Ideally, the older person feels supported rather than attacked during these conversations.

Some families have a meeting, so everyone is coming together to help. In other families, certain family members or friends might be better placed to have these conversations – perhaps the daughter with the health background, or the auntie or GP who Mum trusts more to provide good advice.

Mum or Dad's main emotional support person should try to maintain their relationship. It's OK to get someone else (like the GP, the hospital or an adult child) to play "bad cop", while a different person (such as the older person's spouse, or a different adult child) plays "good cop".

3. Understand the options when help at home isn't enough

If you have maximised home support and it's not enough, or if the hospital won't discharge Mum or Dad without extensive supports, then you may be considering a nursing home (also known as residential aged care in Australia).

Every person has a legal right to choose where we live (unless they have lost capacity to make that decision). This means families can't put Mum or Dad into residential aged care against their will. Every person also has the right to choose to take risks. People can choose to continue to live at home, even if it means they might not get help immediately if they fall, or eat poorly. We should respect Mum or Dad's decisions, even if we disagree with them. Researchers call this "dignity of risk".

It's important to understand Mum or Dad's point of view. Listen to them. Try to figure out what they are feeling, and what they are worried might happen (which might not be rational). Try to understand what's really important to their quality of life. Is it the dog, having privacy in their safe space, seeing grandchildren and friends, or something else?

Older people are often understandably concerned about losing independence, losing control, and having strangers in their personal space. Sometimes families prioritise physical health over psychological wellbeing. But we need to consider both when considering nursing home admission. Research suggests going into a nursing home temporarily increases loneliness, risk of depression and anxiety, and sense of losing control.

Mum and Dad should be involved in the decision-making process about where they live, and when they might move. Some families start looking "just in case" as it often takes some time to find the right nursing home and there can be a

wait. After you have your top two or three choices, take Mum or Dad to visit them. If this is not possible, take pictures of the rooms, the public areas in the nursing home, the menu and the activities schedule.

We should give Mum or Dad information about their options and risks so they can make informed (and hopefully better) decisions. For instance, if they visit a nursing home and the manager says they can go on outings whenever they want, this might dispel a belief they are “locked up”. Having one or two weeks “respite” in a home may let them try it out before making the big decision about staying permanently. And if they find the place unacceptable, they can try another nursing home instead.



4. Understand the options if a parent has lost capacity to make decisions

If Mum or Dad have lost capacity to choose where they live, family may be able to make that decision in their best interests. If it's not clear whether a person has capacity to make a particular decision, a medical practitioner can assess for that capacity.

Mum or Dad may have appointed an enduring guardian to make decisions about their health and lifestyle decisions when they are not able to. An enduring guardian can make the decision that the person should live in residential aged care, if the person no longer has the capacity to make that decision themselves. If Mum or Dad didn't appoint an enduring guardian, and have lost capacity, then a court or tribunal can appoint that person a private guardian (usually a family member, close friend or unpaid carer). If no such person is available to act as private guardian, a public official may be appointed as public guardian.

Deal with your own feelings

Families often feel guilt and grief during the decision-making and transition process. Families need to act in the best interest of Mum or Dad, but also balance other caring responsibilities, financial priorities and their own wellbeing.

ACCPA Welcomes wage rises for aged care workers

The Aged and Community Care Providers Association (ACCPA) has welcomed the Fair Work Commission decision to award further wage rises to direct care workers, but acknowledges the disappointment facing many other workers, who will receive substantially smaller increases.

The FWC awarded direct care workers wage increases of between 3% and 14%. This is on top of the 15% increase to their award rates last year. “We’re delighted the Fair Work Commission has acknowledged the vital contribution aged care workers make to our community through the care they provide to older Australians,” ACCPA CEO Tom Symondson said. “A key recommendation of the Aged Care Royal Commission was to raise the pay of aged care staff.”

Mr Symondson also acknowledged the disappointment facing thousands of other workers in aged care, who will receive rises of 3% to 7% and who also missed out on the 15% increases awarded to our care staff last year - at a time when all Australians are facing a cost of living crisis.

“There is an ever-widening chasm between what we pay some workers in aged care and what we pay others. Without our laundry staff, kitchen staff, cleaners, gardeners, maintenance, and administrative staff our direct care workers couldn’t do what they do. They all work within the unique environment of aged care whether they are delivering services to older people in their own homes or in residential care. We commend the Albanese Government for honouring its pre-election commitment and fully funding last year’s 15% award increase for direct care workers. We fully expect the Government to do the same with these increases in stage three and any further increases awarded by the Commission. As the Government acknowledged in making that promise, our sector can only afford such increases for our valued workers with matching government funding.”

**When older people say,
"Enjoy them while
they are young."
They are talking about
your knees and hips
not your kids.**