



liberty
community connect

Vision

Deliver flexible and practical services leading to better outcomes for clients.
Create long-lasting community and personal connections to combat loneliness and isolation.

Mission

People on the Gold Coast live happily in their home and community for the fullness of their life.

Values

Treat others with respect by valuing their choices and rights.
Show integrity, by being accountable, owning our mistakes, and learning. People are our potential, not the problem.
Build a better community by being leaders of change.





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LIBERTY COMMUNITY CONNECT

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Vitay
Liberty's President

A Message From The President

The Decade of Healthy Ageing

The period between 2021 and 2030 is the United Nations' Decade of Healthy Ageing. But, what is meant by the term healthy ageing? The World Health Organisation defines healthy ageing as the process of developing and maintaining the functional ability that enables well-being in older age.

This could be characterised as a person's ability to live in an environment with a level of independence where that person is able to meet their basic needs, continue to learn new skills and develop new interests, make decisions independently, be mobile, build and maintain relationships in the community, and generally continue to contribute to society.

Through an individual having a healthy ageing focus their ability to maintain mental and physical health would improve, contributing

to a reduction of chronic disease, fall injuries, and an overall increase in an individual's ability to participate in the community. This focus has massive benefits to both the individual and the community.

A key objective of Liberty is to assist clients to manage their own 'healthy ageing' by developing programs and support measures to encourage clients to take responsibility for their own well-being and independence.

Over the last six months, the Committee has been very fortunate to attract new Committee members with a broad range of skills, backgrounds, and expertise, which will complement existing skills and knowledge not only at a Committee level but also at Liberty as a whole.

.. The Committee

This has allowed the Committee to form various sub-committees, such as the finance and investment sub-committee and a risk sub-committee, which will allow a more informed decision process at the Committee level. We are also working toward establishing a consumer consultation sub-committee to allow an improved focus on the future needs and expectations of our clients. These sub-committees will allow a better overview of Liberty's future programs and direction.

These initiatives will allow the Committee of Management to support Liberty in assisting with the provision of appropriate services and programs to support healthy ageing and changing client needs and expectations.



"As the Treasurer, I bring a wealth of financial expertise and passion for maximising resources to ensure the best outcomes for our clients. With a track record of financial planning, project management and transparent reporting I am excited to lead Liberty into the future."

James Schmidli - Treasurer
Committee Member since 2021

George is a highly experienced finance professional with over 40 years of senior management experience in various sectors in Australia, the United Kingdom, and Asia. He is a Chartered Accountant with a Master of Business Administration and a Fellow of the Australian Institute of Management.

George's Australian experience includes working for remote First Nations organisations in Queensland and the Northern Territory. He has also previously been a trustee and Treasurer of a charity providing support services to families, such as his own, who have adopted children.



George Dutton - Secretary
Committee Member since 2022

To learn more about Liberty's Committee of Management go to <https://libertycommunity.org.au/our-team/> or scan the QR Code



"The Change Makers"

Liberty Celebrates National Volunteer's Week

National Volunteer Week was celebrated in May with this year's theme being "The Change Makers". Volunteering brings people together, builds communities, and improves our society. Liberty hosted an afternoon tea for all of our volunteers in appreciation of their commitment and generosity towards Liberty and our clients.

We would like to thank all of our valuable volunteers for their vital contribution to the Liberty community. Volunteers are truly 'The Change Makers!'

Coming soon, you will see our Volunteers looking fabulous in their new royal blue Liberty shirts.





Joyful Connection

Life can be challenging - out of the blue, we can face health issues, the loss of loved ones, changes to our financial well-being or living arrangements, or a simple fall that could leave us rendered unable to do the things we have always done. It isn't always easy to face each day. Our community is facing some hard issues, with increased rates of homelessness, increased costs of living, and depleting availability of essential services. A rather morbid assertion, but a real one for many. Yet we find the strength to carry on, pick ourselves up, dust ourselves off, and get on with life. Hope is also a tangible presence in our community. I see it every day on the faces of our staff. They are dedicated to improving the lives of others and leaving a smile on the faces of the people they serve. There are many other organisations and people actively swimming against the tide of negativity and despair.

We acknowledge them, the many unseen community groups who work to make this world a better place. Where would we be without the likes of our local neighbourhood centres, support groups, service providers, health care workers, and local volunteers who come to our rescue in times of disaster or emergency.

Our community is vibrant and filled with many examples of joyful connection and personal sacrifice. This should give us great hope. There may be war and disaster, but the strength of a resilient and connected community is capable of rising above it all to stay strong and kind.

Relational connection is the number one predictor of a long life. This means, staying connected to others and finding new friendships and groups to be part of can increase your likelihood of living a longer and healthier life. Being part of one of these wonderful groups and services working to improve our community is doing far more than you realise because, apart from caring and serving, they are also strengthening your community connections. They are adding to our health and well-being by creating friendships and belonging. Hope is present and it does not disappoint.

We would love to see you at Liberty so come along, get connected, and add a few days to your number.

CEO Message - cont

Organisations providing Commonwealth-subsidised aged care services are required to comply with the Aged Care Quality Standards. Aged care providers are assessed by the Aged Care Quality and Safety Commission and must be able to provide evidence of their compliance with and performance against the Quality Standards. Approved NDIS providers are also required to adhere to the NDIS Code of Conduct and Practice Standards.

On a regular basis, providers undergo rigorous and detailed audits to ensure compliance with the legislated requirements. Liberty has recently completed both our Aged Care Quality Standards and NDIS audits. We are proud to confirm that we have been assessed as meeting all Standards. The process requires considerable work and consultation with staff and clients. Thank you to all staff, volunteers, and clients who provided feedback and comments to the auditors.

Congratulations to the team at Liberty for their dedication and hard work to achieve our compliance with the Standards as both an approved NDIS and Aged Care Provider.



It is also with great pleasure I would like to introduce our new Social Worker, Elizabeth Taylor. This will give our clients access to much-needed support to navigate some of the challenges of life such as being discharged from the hospital or complex health issues.

Elizabeth is originally from Manchester in the United Kingdom, and emigrated to Australia in 2017. Qualifying as a Social Worker in 2007 Elizabeth has 16 years' experience in this role. She has worked with older adults throughout her career, supporting individuals who experience physical, intellectual, and mental health needs, to ensure they live a fulfilled life. Elizabeth is passionate about the job and the wonderful people she gets to work with. Elizabeth believes older adults should be a pivotal part of society and that a person's age is not a 'disability'. If you would like to access Elizabeth's services please contact Liberty on 5578 1668.

Liberty is undertaking a great deal of work to ensure we are growing with the needs of our clients. Over the last few months, we have consulted with various clients and conducted our first strategic planning event where representative clients came along to share what they need from us over the coming years. As a result of this consultation, and much research, we have grown our Community Connections service to Friday nights and Saturdays, we have added new services such as our domestic team, issued staff uniforms, purchased new Liberty vehicles, and rolled out better technology so that our teams have access to better information when coming to your home. In the months ahead we will also roll out a new online portal for clients who wish to use it. This will give you access to your calendar of services, statements, and the ability to communicate directly with our team. We are also creating a client services team. This team of lovely staff will be your point of contact and will give you access to someone who can solve problems, deal with service issues, and support you with information about how to navigate the aged care system. Exciting times are ahead. We are here to support you to remain in your home and community so that you can enjoy a full and long life.

Cheers and God Bless.

Allan (a grateful CEO)

My Care, My Choices

No one likes to talk about dying. Most of us would prefer to not even think about it let alone speak to someone about it, but death will outrun us all. It is important to consider what you would like to occur should this happen, especially for your family and loved ones. We have seen it many times. The family is left without instructions, and lawyers, government agencies, or medical professionals have to make choices on your behalf simply because there are no written instructions or directions. It's distressing for everyone. This can be avoided, and it's a simple process.

Read below to see what your options are, and if you would like more information please give us a call and simply say, "I'd like some information about Advance Care Planning". It would be our privilege to help.

My Care, My Choices – Advance Care Planning

(My Care, My Choices is a Queensland Government advance care planning initiative)

What is Advance Care Planning?

Advance care planning involves thinking and making choices now to guide your future health care. It is a process of communicating your wishes, values, beliefs, and treatment preferences with your family, friends, and healthcare providers.

If you have strong beliefs about what you want to happen in the future, it is particularly important to make your plans and wishes known now. You can do this by having a conversation with those close to you and documenting your preferences.

Planning Ahead Can Mean:

- *discussing your health care and quality of life choices with those closest to you, and*
- *choosing and appointing your Enduring Power of Attorney(s), and/or*
- *completing an Advance Health Directive, and/or*
- *write down your values, beliefs, and healthcare preferences in a Statement of Choices.*

Why Should You Plan Ahead?

Planning in advance helps those close to you make healthcare decisions on your behalf, if you are unable to make those decisions for yourself. It provides comfort for you and your loved ones knowing you have done your best to ensure your wishes can be respected. Advance care planning is a completely voluntary process.

Planning Ahead Can Help To Ensure:

- *the treatment and care you receive in the future are in line with your wishes*
 - *your loved ones won't have to make difficult decisions on your behalf without knowing what you would have wanted*
 - *your words guide those making decisions about your health care when you can't speak for yourself*
- Even if you are fit and healthy, it is never too early to plan your future health care.*

If you want more information, a brochure or some direction on how to get started
give us a call at Liberty on 5578 1668
or contact My Care, My Choices Advance Care Planning QLD on 1300 008 227
or visit www.mycaremychoices.com.au.





Anne, Liberty's Receptionist from 2007 - 2023

Anchors Away

"It's time for me to pull up anchor and sail away from Liberty after fifteen eventful years at the reception desk. My husband and I are retiring! We have brought a sixty foot canal narrow boat in England, enabling us to navigate the United Kingdom's 2,000 miles of inland waterways. (I hope we still like each other after three years of living in confined quarters).

When I joined Liberty in 2007 it was known as Nerang Community Respite. Back then the building was half the size and there were half the staff and clients. It soon became noticeable over the years that the demand for services had increased. We required more staff and a larger facility, so we expanded accordingly.

It will be difficult to say goodbye to my friends at Liberty, however, I would like to wish everyone well and will take warm memories to sustain me through long, cold winter days when our boat is icebound on a frozen canal.

Thanks for the memories my Liberty friends". - Anne H

"We would like to thank Anne for her amazing fifteen years of service here at Liberty! She has truly been an asset and her presence will most certainly be missed. Good luck and all the best for the future Anne!" - Chance





Patricia, out and about at a Gold Coast location

You Spoke, We Listened

Liberty's Community Connections has a new look! In the last few months, we have introduced some new programs, which have been very popular and very exciting for both our clients and staff alike. Here at Liberty, we are focused on finding out what you would like to do, where you would like to go, and what you want to get out of life! Your thoughts and suggestions are very important to us. As a result, we have now set up extra days and activities including Friday After Dark, where you can enjoy dinner, dancing, a movie, or a show, and we have introduced a monthly Saturday outing so you don't have to sit at home and miss social activities on the weekends.

You are part of a family here at Liberty. We celebrate you for the individual you are, thus making things easier for you to 'live happily in your own home and community for the fullness of your life.'

Being part of a community can have a positive effect on mental health and emotional well-being. Community involvement provides a sense of belonging and social connectivity. It can also offer extra meaning and purpose to everyday life. Feeling valued and comfortable socially can prevent and reduce feelings of isolation, anxiety, and depression. One example is music, which has multiple mental health benefits - regardless of whether you play an instrument, sing, or just listen and enjoy. Music can help you manage your emotions and cope with stress, and it's also a great way to connect.

Activities that get you out and about can make you feel happier and more relaxed. We have also introduced a variety of fitness classes, including, drumming, and hydrotherapy classes. If you would like to know more, please phone Liberty on 5578 1668. Hurry, numbers are limited!.

Friday After Dark

For the very first time, Liberty had launched its Friday after-dark activities! This program will run fortnightly and activities include going out for dinner, going to the movies or night markets, seeing a show, and much more. Liberty is offering transport to and from most locations.

Hurry, spaces are limited to eight for each outing!
Call the office to register.

Saturday Activities

We are pleased to announce Liberty's Saturday program. Activities include movies, morning markets, matinee shows, museums, art galleries, and much more.

If this sounds like something you would be interested in please contact the office for further details on 5578 1668.

Ladies' Day Out

Liberty is currently running our Ladies' Day Out program. These outings are held every six weeks, creating a time for our ladies to bond, get out and about on the Gold Coast, and share in some exciting new experiences.

Get in quick and book .. spaces are limited and are filling up quickly!
For more information, please contact our office on 5578 1668.



Men's Day Out

Running every six weeks our Men's Day Out program offers the opportunity for men to enjoy their time together, doing 'blokey things' out and about on the Gold Coast.

For more information, please contact our office on 5578 1668.

Compliments



"The atmosphere in the centre is very welcoming. Any fears or reservations I had in mind have been cleared. I feel very safe in the buses and being transported safely was a big relief. I feel physically and mentally challenged on both days I attend. This has been an extremely positive change in my life."

- Tony

"It was so good to be able to go out at night with my friends"

- Marie



"One of the best days I've had! The gardens were beautiful, a sensational day and I want to go again!"

- Diane



First Visit Free

Come along to our Community Connections program at Liberty.

We truly have something for everyone here, whether it be going out in the community for the day or spending time here in the centre.

You will enjoy a bite to eat, have a ton of laughs, make new friends and we may be able to pick you up and drop you home.

To make a booking please phone Reception on 5578 1668

***Subject to availability and limited to one free visit per person**

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 libertycommunity.org.au







Staying Happy At Home

Happiness is the most important experience we want for those we care for. This includes ourselves. We always want to be happy and have those around us be happy. We need happiness in our lives for many more reasons than just feeling good occasionally.

Scientists have found that the three things that make people most happy are:

PLEASURE - doing things you enjoy
ENGAGEMENT - feeling interested in your activities and connected to others, and
MEANING - feeling like what you do matters.

Liberty Community Connect integrates these three important elements into our service delivery. It may be via services delivered to your home or your attendance here at our Community Connections programs. We want you to feel useful and needed, knowing that what you do and who you are matters. Understanding that your social engagement keeps you connected to your community and ultimately finding pleasure in continuing to do the things you enjoy.

Happiness is a beautiful sense of well-being, joy, and contentment. Liberty is committed to supporting our clients through service delivery to live happily in their homes for the fullness of their lives. These services include but are not limited to:

- Domestic Assistance
- Social Support
- Personal Care
- Respite in Your Home
- Lawn Maintenance
- Meal Preparation
- Group Social Programs
- Transport to Medical Appointments
- Social Worker Consultation
- Welfare Checks
- Physiotherapy*
- Nursing*
- Podiatry*
- Palliative Care*

*Available services are dependent upon the funding you are eligible for.

Liberty provides services under Commonwealth Home Support Programme, Home Care Packages, and National Disability Insurance Scheme.

Lawn And Garden Maintenance

Liberty Community Connect offers a subsidised garden maintenance service that is funded under the Commonwealth Home Support Programme. With this funding, we deliver lawn mowing and garden maintenance. Our lawn mowing service allows for approximately 13 mows annually per home to keep your garden safe and inviting.

"Our goal is to support frail aged persons and persons over 65 with a disability to maintain their independence and assist them to stay in their homes." - Melissa

How do I get Support at Home and/or Lawn and Garden Maintenance?

Contact My Aged Care on 1800 222 422

The Regional Assessment Service Team, will complete a comprehensive assesment to determine eligibility

*What if I am not eligible?
Find out why. Work towards meeting
fundamental criteria for eligibility*

*What if I am eligible?
You will be provided with a referral code and
a list of service providers that offer the
services you are in need of*

Finding a service provider

Start calling the service providers that My Aged Care has provided you, until you find a service provider that is able to provide you with the services you need.

What is the Commonwealth Home Support Programme (CHSP)?

CHSP is a base-level funding stream that supports people 65+ and 50+ Aboriginal or Torres Strait Islanders to remain safe and clean in their homes. If you would like further information regarding Commonwealth Home Support Programme please phone Liberty on 5578 1668.

Who pays for these services?

The Commonwealth Home Support Programme (CHSP) pays for a percentage of the service, while you will pay a small contribution towards your service.



Daniel (NDIS participant), Roxanne and Tabitha (Support Workers) are cooking up a storm

National Disability Insurance Scheme

NDIS - National Disability Insurance Scheme – is a funding source from the Australian Government.

How to apply for NDIS funding?

- Make a verbal application by phoning 1800 800 100 or complete an Access Request Form
- Gather your evidence to prove your age, citizenship/residency, and your disability
- Seek help on the process if you need additional guidance



Once everything is provided to the NDIS, you will receive a decision on your eligibility within 21 days, or requested to provide additional information.

You can engage a Local Area Coordinator (LAC) to assist you on this journey by contacting your local NDIS office. NDIS.gov.au has an extensive range of information that you are able to access.

Once you have your NDIS Plan, Liberty can assist you in Achieving Your Goals

Liberty offers social engagement through our Community Connections programs. You have the option to participate here in the center or hop on one of our buses to venture out into the Gold Coast community. We have a diverse range of activities each month.

If achieving your goals with the support of an individual Lifestyle Support Worker is your preference we offer one-to-one support in your home and/or community. Services are designed with you, for you.

"Live the life you love, love the life you live." - Rowena



Malcolm, client on a Home Care Package

Malcolm's Story



Malcolm has been a client of Liberty since 2019. He is currently on a Home Care Package and lives with his son, who cares for him full-time. Having a Home Care Package with Liberty has enabled Malcolm to feel comfortable and confident knowing he is getting the best care in the comfort of his own home.

Being a sufferer of arthritis, we have explored product options with Malcolm to assist with his day-to-day living and, to date, Malcolm's Package has allowed him to live comfortably in his own home through the purchase of an adjustable bed and pressure care mattress, a bathroom modification, a new recliner chair with a gel cushion to relieve pressure areas, a concrete pathway down the side of the house to allow for easy access to the garden, an electric scooter, and an electric wheelchair that has helped his carer to get him to appointments at the hospital. The services Malcolm currently receives include personal care, palliative nursing, and domestic assistance.

Malcolm enjoys getting out and about and has recently started riding in his scooter to see what's going on around the neighborhood.

"We are so happy that we are able to assist Malcolm to stay happy and comfortable in his own home."
- Sharleen

If you know someone who needs a service provider for a Home Care Package, please call Liberty on 5578 1668.

How to Knit a Spaghetti Bag

Measurements

Width - 30 cm

Height - 45 cm (excluding handles)

Yarn Required

Lincraft Spaghetti - 1 x 1000g ball

NEEDLES

A pair of 12.00mm knitting needles. Wool needle for sewing up.

REQUIREMENTS

Needle and plain thread (optional).

TENSION

Tension is not important for this project.

BAG

First Handle:

Using 12.00mm needles, cast on 30 sts.

1st row: K3, cast off next 24 sts, K2 ... 6 sts.

Bag:

Next row: K3, turn, cast on 10 sts, turn, K3 ... 16 sts. Knit in garter st until Bag measures 90cm from beg.

Second Handle:

Next row: K3, cast off next 10 sts, K2 ... 6 sts.

Next row: K3, turn, cast on 24 sts, turn, K3 ... 30 sts. Cast off.

FINISHING

Fold the bag in half and sew side seams using whipstitch and a length of spaghetti yarn. If the yarn is too thick for a yarn needle, just push it through with your fingers. Try to keep the rows even on both sides of the bag for an almost invisible seam. At the bottom of the bag, secure the yarn with a knot and poke it through to the wrong side of the bag.

Tassel (optional):

Cut 7 x 30cm lengths of spaghetti yarn and fold them in half. Cut a smaller piece of yarn and run it through the fold of the tassel pieces and knot at the top (or secure with needle and thread).

Cut a smaller piece of yarn and wrap it around the tassel to form a neck. Secure with needle and thread as neatly as possible. Attach the tassel to one of the bag handle edges.



Reference: <https://lincraft.com.au/blogs/free-patterns/a362-spaghetti-bag>



Our Fabulous Beef Lasagne

Ingredients

- 1 tbsp olive oil
- 1-2 diced onions
- 3-4 crushed garlic cloves
- 2 grated medium carrots grated
- 1 grated capsicum
- 800g - 1 kg of beef mince
- 4 - 5 400g tins of crushed / whole / diced tomatoes
- 1 cup of red wine
- 2 bay leaf
- 1- 2 tsp sugar
- 1 beef stock cube (optional)
- fresh finely chopped basil, rosemary, thyme, oregano, and parsley (as much as you like)
- 1 cup of cheese blend (cheddar, mozzarella, and parmesan)

Bechamel Sauce

- 1/4 cup of flour
- 50g butter
- 2 1/2 - 3 cups of milk
- 1 cup of cheese blend (cheddar, mozzarella, and parmesan)
- pepper & salt to taste
- 1/2 tsp of cinnamon

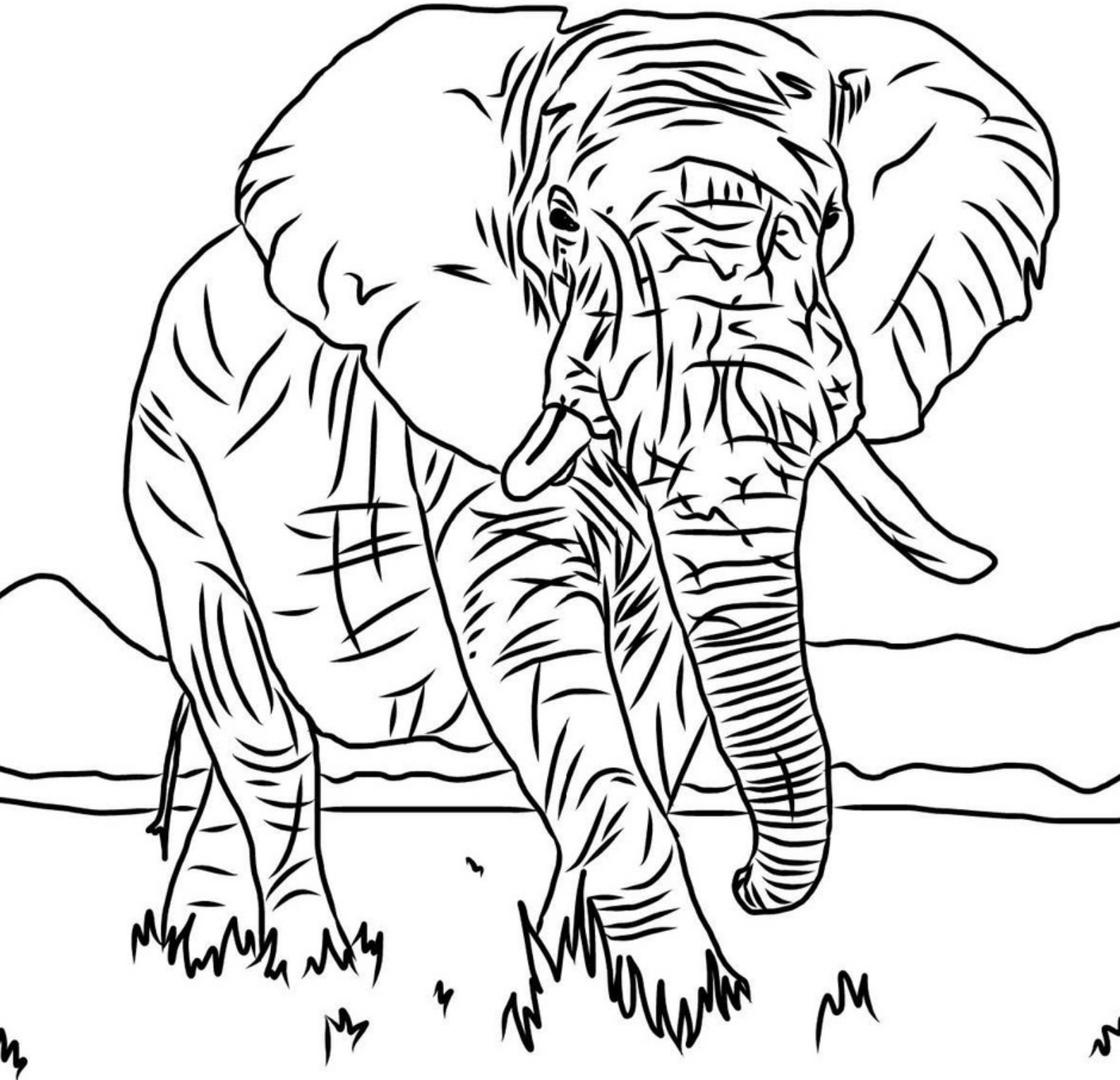
MAIN DISH

Recipe from Kimberley, the Administration Officer here at Liberty, who has shared her favourite Lasagne recipe with us

Method

1. Cookout onions. Once onions are cooked, add vegetables and cook them out - use some of your wine to deglaze during this process. Add minced garlic, and cook for about 1 minute.
2. Add beef mince and cook until brown
3. Add your tins of tomato, sugar, remaining wine, stock cube (optional), and herbs. 'I normally cook for about 2 hours, but this depends on how rich you would like the lasagne. I also add a little bit of water if the mixture is too dry (you need the mixture to be wet enough to cook pasta sheets.) Whilst waiting I make the bechamel sauce.'
4. **Bechamel Sauce** - Melt butter in a saucepan over medium heat. Add flour. Cook, stirring, with a wooden spoon, for 1 to 2 minutes or until the mixture bubbles. Gradually stir in milk. Keep stirring. Add in cinnamon, cheese, and salt & pepper. Preheat oven to 180 degrees.
5. Spoon about 1 cup of meat sauce on the base of a square baking dish, then cover it with lasagna sheets. (Trim sheets to fit over the meat if needed.) Layer with 2 cups of meat sauce (or enough to cover the pasta), Repeat layers and add bechamel to the middle layer and the top of the lasagna. Sprinkle the top layer with a cheese blend. Bake for 25 - 30 minutes, or until pasta is cooked.

A R T T H E R A P Y



WORD SEARCH

L	I	P	E	A	R	L	A	E	I	A	I	T	D
A	I	E	A	K	P	E	R	I	D	O	T	D	D
R	Q	D	A	R	U	A	Z	U	R	I	T	E	I
U	I	U	L	T	A	N	J	K	A	A	U	S	A
I	Z	N	A	A	A	R	Z	A	G	R	R	A	M
C	R	O	Z	M	R	N	R	I	D	A	T	P	O
I	T	I	T	D	A	E	Z	E	T	E	R	P	N
T	P	O	O	L	Y	R	M	A	I	E	A	H	D
R	R	R	P	D	A	G	I	E	N	J	P	I	Z
I	P	M	P	A	M	A	D	N	K	I	I	R	T
N	L	R	L	L	Z	R	I	E	E	R	T	E	A
E	O	N	Y	X	R	N	E	E	I	O	U	E	E
U	L	A	P	O	R	E	P	S	A	J	L	B	N
A	L	T	S	Y	H	T	E	M	A	X	D	I	Y

amethyst
aquamarine
azurite
citrine

diamond
emerald
garnet
jade

jasper
kunzite
onyx
opal

pearl
peridot
sapphire
pearl

ruby
tanzanite
topaz

Gold Coast Seniors Health & Lifestyle Expo

Free information and education for seniors.

The Gold Coast Seniors Health & Lifestyle Expos showcase exhibitors with a variety of products and services relevant to seniors' health and lifestyles.

For more information, visit www.goldcoastseniorshealthandlifestyleexpos.com or contact Warren on 0409 277 430



Gold Coast Disability Expo | My Future, My Choice

Free information and education for people with a disability. The Gold Coast Disability Expo brings together a wide range of products and services to help people live their best life, including government and advocacy information, health and medical, and a LOT more. For more information please visit goldcoastdisabilityexpo.com.au

Waste Management

The Gold Coast City Council are offering an assisted Waste Management service to those who are unable to put out their waste bins in a safe manner. If you think this might be you, please phone the Gold Coast City Council, Waste Management Service on 07 5582 9399 or email, wasteadmin@goldcoast.qld.gov.au for more information.

Important Contacts

ADA Australia (Aged and Disability Advocates) - 1800 818 338

Aged Care Quality Safety Commission - 1800 951 822

Beyond Blue (depression, anxiety and related disorders) - 1300 224 636

Carer Gateway - 1800 242 636

Deaf Services Queensland - 3892 8500

Deaf & Other Communication issues -

- 24 hour relay ~ TTY/voice calls ~13 36 77
- Speak & listen ~ 1300 555 767
- SMS relay ~ 0423 677 767

Department of Community, Disability Services & Seniors - 1800 080 464

Disability Information Service - 1800 177 120

Energex (power supply/outages) - 13 62 62

Gold Coast City Council Seniors and Disability Directory - 1300 465 326

Lifeline (counselling and support) - 13 11 14

Life threatening emergencies (critical or serious situations only) - 000 or from mobile 112

Meals on Wheels, Nerang - 5596 1026

My Aged Care - 1800 200 422

National Coronavirus Helpline - 1800 020 080 (www.health.gov.au)

National Disability Insurance Scheme (NDIS) - 1800 800 110

Older Persons Advocacy Network (OPAN) - 1800 700 600

Queensland Community Support Scheme (QCSS) 1800 600 300

Seniors One Stop Information Line (no question too big or small) - 1300 135 500

State Emergency Service - SES (flood and storm assistance - fallen trees, roof damage, floods) - 13 25 00

Transcord Community Transport Services - 5539 3733

Translating and Interpreting Service (TIS National) - 13 14 50 and ask to be connected to 13QGOV

Vision Australia - 1300 84 74 66

Volunteering Gold Coast Transport - 5526 5288



Active at Home

Are you at risk of falls and accidents? Or maybe your strength, mobility, and balance isn't what it use to be. Liberty offers Active at Home a "home-based" exercise program designed specifically for people who want to regain their strength and confidence to keep active and independent.

The program has proven results to improve the general wellbeing of its participants. It improves a base level of strength, balance, and flexibility so that older adults can slow down the ageing process and enjoy increased capacity to help with everyday activities.

We would love to continue to promote this wonderful opportunity to all our clients.

If you would like more information please speak with your support worker or call the office on 5578 1668.



LIBERTY FEEDBACK

Each year Liberty gives the opportunity for our clients/participants to take part in our annual survey. This allows us to review our service delivery and adapt where necessary so we can continue to provide high quality services to the Gold Coast community. Your feedback is welcome at any time.

If you have something you would like to share with us, please complete and return the Feedback Form below.

As we all know "little things matter" and it's often the small details that make a big difference. So big or small we want to hear from you. What do you love about Liberty? What do you think could be improved? It certainly matters to us if it matters to you, but we won't know unless you let us know.

We encourage you to:

- Send us an email (ruth@libertycommunity.org.au)
- Give us a call on 5578 1668
- Fill in the feedback form and return to us at the centre or post it to PO Box 446, Nerang Qld 4211

FEEDBACK FORM

Name: _____

Phone : _____

Suggestions/Complaints Feedback: _____

Our Thanks Go To

Liberty Community Connect often receives, donations, grants and funding. We would like to thank those who have contributed to making Liberty that little bit more special. Without you, we would not be where we are today.



A Little Bit About Liberty

Liberty Community Connect offers a diverse range of support services on the Gold Coast. Opportunities include activities that are fun, interactive and offer choice, and are available in either our 'home away from home' centre at Nerang or within the community ~ out and about exploring and participating in all that the Gold Coast has to offer. Additionally, we assist with support within the home ~ house cleaning tasks, shopping, appointments, personal care/hygiene, laundry, and respite care (to name but a few). Lawn mowing and yard tidies are also available. We tailor support ranging from basic needs under the Commonwealth Home Support Programme, to managing a diverse range of services through home care package funding, including clinical care, and the National Disability Insurance Scheme. All up ... we're the true meaning of a one-stop shop in supporting people to live in their homes and to be a part of their community ensuring a better life for all.

Would you like to make a difference and empower people to actively participate and live a life of their choice ?

Volunteering At Liberty

People choose to volunteer for a variety of reasons - for some, it offers the chance to give something back to the community or make a difference to the people around them, and for others, it provides an opportunity to develop new skills or build on existing experience and knowledge. Liberty has a range of volunteering opportunities available. If you are interested in becoming part of our team phone Liberty on 5578 1668

We welcome your enquiry to find out more about us. For more information please give us a call on 5578 1668, go to our website at www.libertycommunity.org.au, Facebook or drop in and see us at 31 Martin Street, Nerang.

It is through the generosity and the power of community that Liberty can continue the great work it does. If you would like to assist in enhancing the quality of life for people with a disability, people who are older, their carers and their families please donate by cheque or EFT

All donations \$2 and over are tax deductible

Payment Type:
ELECTRONIC TRANSFER

Name : _____

Email : _____

Phone Number : _____

Address : _____

Postcode: _____

Amount Donated : _____

I have included Liberty Community Connect in my will Y/N

BSB: 633-000
Account No: 133382044
Reference: Your Name



Liberty Community Connect is a registered Charity (DGR 900 490 770)