



SENIORS INC (aka The Little Bay Coast Centre)

NEWS SHEET

Supplement

JUNE 2020

Joint Study by Macquarie University, University of NSW and Beyond Blue



We care for you

A stepped - care approach to obtain and maintain a healthy, happy and fulfilling life

- Do you constantly feel **overwhelmed**?
- Do you constantly feel **worried** or **concerned** about things?
- Do you often feel so **sad** that nothing could **cheer you up??**
- Do you feel like you don't have the **motivation** to participate in your usual activities?
- Do you find it **hard** to get out of bed or to get on with tasks that need to be done?

If you answered **"yes"** to any of these questions - and you are **65 years of age or older** -you might be eligible to participate in a research study to treat feelings of worry, anxiety and low mood in older adults.

For more info: Pick up a flyer at The Centre or call us on 9311 4886 - we will post a Flyer out to you.



MAKE YARRA BAY MORE ACCESSIBLE

Join us to discuss how we can make Yarra Bay more accessible for Everybody! We encourage anyone who has experienced barriers at the Bay to be part of this conversation.

**Join the virtual conversation
on Thursday June 11th from
2pm to 4pm**

zoom.us/j/5589353533

RSVP by Friday 5th June to this event by calling (02) 8622 0456 or e-mail capacitybuildingprojects@vinnies.org.au

If you cannot attend but would like to submit feedback, please call or e-mail to receive a survey.



St Vincent de Paul Society
good works



Randwick City Council
a sense of community



Administration: 2 Curie Ave, opposite Corner Pine Avenue & Ewing Avenue, Little Bay
T: (02)9311 4886 - E: admin@coastcentre.org.au - Web: www.coastcentre.org.au
Hours: 9am - 3pm - Monday to Friday

STUDY INVITATION

WOULD YOU LIKE TO HELP IMPROVE BEREAVEMENT SUPPORT FOR OLDER PEOPLE?

The Melbourne Ageing Research Collaboration, led by the National Ageing Research Institute, is conducting a research project on grief and its effects on quality of life and healthcare use in older people.

To participate, you need to be:

- a) Aged 65 years or older.
- b) Currently living in Australia.
- c) Able to read and write in English.
- d) Have experienced the death of a significant person in your life at least 6 months ago or longer.

To participate in this study, we invite you to

Complete a 25-Minute Survey

The survey can be accessed online via this link:

<https://bit.ly/grief-survey>

If you prefer a paper-based version, please leave us a message with your name and address and we will post a survey to you:

Dr Katrin Gerber at the National Ageing Research Institute
Telephone: 03 8387 2662 - E-mail: k.gerber@nari.edu.au

All participants who return a completed survey enter into a draw to **win one of five \$200 Coles-Myer gift cards.**

This study has been approved by the Human Research Ethics Committee of Deakin University (Reference Number 2019-433).



Melbourne
Ageing Research
Collaboration

Hearing Questionnaire

To help us better serve you, please complete this survey to tell us about any hearing problems that may affect your lifestyle and communication needs. For each question think about how you hear in that situation **most of the time.**

Does your hearing cause you to talk to family members less often than you would like?	Yes	Sometimes	No
Does your hearing cause difficulty when listening to TV or radio or make you do these activities less often than you would like?	Yes	Sometimes	No
Does your hearing cause you to use the phone less often than you would like?	Yes	Sometimes	No
Does your hearing make it difficult when visiting friends, relatives, or neighbours or make you want to visit them less often?	Yes	Sometimes	No
Does your hearing cause you to go shopping less often than you would like?	Yes	Sometimes	No
Does your hearing cause you to attend any lectures or religious services less often than you would like?	Yes	Sometimes	No
Is it hard for you to hear or understand if there is noise or music in the background, or other people are talking at the same time?	Yes	Sometimes	No
Does your hearing cause you to feel embarrassed when meeting new people?	Yes	Sometimes	No
Does your hearing make you irritable?	Yes	Sometimes	No
Does your hearing cause you to feel frustrated or have arguments when talking to members of your family?	Yes	Sometimes	No

Do other people become frustrated when they talk to you because of your hearing loss?	Yes	Sometimes	No
Do you feel disadvantaged by a hearing problem?	Yes	Sometimes	No
Does your hearing cause you to be nervous?	Yes	Sometimes	No
Does your hearing cause you to want to be by yourself?	Yes	Sometimes	No
Do you feel that any difficulty with your hearing limits or hampers your personal or social life?	Yes	Sometimes	No
Does your hearing cause you to feel depressed?	Yes	Sometimes	No
Does your hearing cause you to feel left out when you are with a group of people?	Yes	Sometimes	No

Hearing Australia

131 797

hearing.com.au

Privacy and Your Personal Information
We will not use your personal information for any other purpose and will not disclose it to anyone without your consent. Your personal information is handled in accordance with the Hearing Australia Privacy Policy which is available free of charge at any Hearing Australia Centre or online at hearing.com.au/Corporate/Privacy.