

Age Pension Increase in 2009-10 Budget

From 20 September 2009, the maximum rate of single pension will increase by \$65 a fortnight - \$5 of this will be incorporated in the new Pension Supplement.

Part rate singles will receive a partial increase in the pension, with the minimum increase being \$20.20 a fortnight. All couples will all receive a pension rate increase of \$20.30 a fortnight combined, regardless of their income or assets.

These increases are on top of the regular indexation of pensions due in September 2009.

The qualifying age for Age Pension for both men and women will be increased by six months every two years starting from 1 July 2017. At 1 July 2023, the qualifying age will reach 67.

The qualifying age for the Commonwealth Seniors Health Card is age pension age, consequently this age will also increase in line with the change. The qualifying age for Department of Veterans' Affairs Service Pension will not be changing.

If you are eligible for the Age Pension, Carer Payment, Wife Pension, Widow B Pension, Bereavement Allowance or Disability Support Pension (excluding those aged under 21 without children), you will receive the new Pension Supplement. This will be paid fortnightly and will replace the following payments:

- Pharmaceutical Allowance (PA)
- Utilities Allowance (UA)
- GST Supplement
- Telephone Allowance (TAL)

A new Carer Supplement of \$600 will be paid to people who on 1 July each year from 2010 are recipients of:

- Carer Allowance Adult
- Carer Allowance Child
- Carer Payment
- Wife Pension (Age) with Carer Allowance
- Wife Pension (DSP) with Carer Allowance
- Department of Veteran's Affairs (DVA) Carer Service Pension
- Department of Veteran's Affairs (DVA) Partner Service Pension with Carer Allowance.

The first payment has already been made in June 2009. Those in receipt of a Carer Allowance will receive the supplement for each eligible person in their care.


SOUTH EASTERN SYDNEY ILLAWARRA NSW HEALTH

A FREE PUBLIC SEMINAR

PRESENTED BY THE CONSUMER CONSULTATIVE COMMITTEE OF THE AGED CARE PSYCHIATRY SERVICE, PRINCE OF WALES HOSPITAL - PART OF THE SOUTH EASTERN SYDNEY AND ILLAWARRA MENTAL HEALTH SERVICE

BRAIN PLASTICITY

It's Never Too Late To Change Your Brain




Monday 9 November 2009
Level 2
South Sydney Juniors Club
558A Anzac Parade Kingsford
10am - 1pm


Morning tea will be provided


Bookings Essential
Please RSVP to
Filomena Romano
9382 3753

Scientific and medical findings have shown that the mature brain can be recharged, thus improving quality of life and forestalling memory loss and dementia.

An Australian Government Initiative







Dr Michael Valenzuela
It's Never Too Late to Change Your Mind: The role of exercise and cognitive stimulation

Nicola Gates
Can brain exercise prevent memory loss?

Prof Henry Brodaty
Can what you eat, drink and take prevent memory loss?

This means that some carers will receive more than one Carer Supplements. Those receiving a part rate of Carer Allowance under shared care arrangements will receive a proportion of the Carer Supplement.

To enquire about your centrelink entitlements call:

- Retirement 13 2300
- Disability and Carers 13 2717
- To speak to Centrelink in languages other than English 13 1202
- Customer Relations Freecall™ 1800 050 004

This information was sourced from http://www.aboutseniors.com.au/index.php/articles/category/centrelink#what_changes_will_take_place

Knitting Network

Want to spend a few hours in the company of others, in pleasant surroundings while doing something for a worthwhile cause? We have just the group for you.

Our knitting group meets every Monday on Level 3 of The Bowen Library from 12md to 2.30pm. They work on the Wraps with Love project which involves knitting and putting together colourful, warm rugs which are provided to areas of disaster and need.

This week we deliver another 35 rugs, which represents a lot of knitting, stitching and a lot of conversations, laughter and friendships formed. The group welcomes new members to help with the project and join in the fun. If you can't knit we can teach you. We also welcome donations of wool. Bring along your lunch. Tea & coffee supplied for a coin donation.