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## Stay Informed

### CONTENTS

I'm OKAY	1
Impact of Ageing Survey	1
PIN ONLY. Starts August	2
Dementia & Disability Workshops	3
Snap Send Solve App	3
Changes to Pensioner Excursion Tickets	4
Getting Ready Workshops	5

I'M OKAY 

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## I'M OKAY

We have all heard stories about emergency and disasters like floods, storms, fires, house fires and personal safety issues.

We have also heard about what people did in these situations, what they should have done and what they didn't do.... Then you hear about emergency plans.

I begin to think ... What will happen to me if I don't have a plan? Do I hope that if someone else is around they will know what to do? There might not be anyone else, just me ... sounds scary, but not if you are prepared and you have a plan. Having one helps eliminate the stress.

I would not like to be in a situation and not know what to do, so I got on the Internet to find out what I could. Having a physical disability I looked up the Physical Disability Council of New South Wales, and there was a link about emergency readiness called I'm Okay.

The website is wonderful, packed full of information, some I did not know about.

It contains information such as: Why be emergency ready, Action Plan Steps – that assist you with making a plan and Tools and Resources – that provides information and has links to services like the NSW SES, the NSW Rural Fire Service, personal safety and Articles Research and Media Releases.

Now I have the facts that can help me make my decisions about developing an emergency action plan, I hope that you will join me in making a plan suited to your needs, because you never know what's around the corner.

**[BE READY, BE SAFE, HAVE A PLAN. TAKE A LOOK AT THE WEBSITE](#)**

<http://www.pdcnsw-emergencyready.com/>

### 2014 Survey: Impact of ageing on people with physical disability

During 2008/09 and again in 2011 PDCN used state-wide surveys to consult on the impact of ageing on people with physical disability. The aim of the surveys was to better understand the everyday lives of people living in NSW with a physical disability, who are aged over 50 years.

The data gathered through the research surveys, was collated and a comparative analysis undertaken of both the 2008/9 and 2010/11 results. A paper was developed based on these findings. These reports have informed PDCN's work to bring about change to support the needs of older people living with a physical disability.

PDCN will be conducting this survey again in 2014. It is available now. To fill out the survey, please go to <http://questionpro.com/t/AJgVSZQhOJ>

For a print copy of the survey, please go to <http://www.pdcnsw.org.au/images/stories/documents/impact%20of%20ageing%20survey%202014.pdf>

If you require a copy as a word document, contact us. Findings delivered as a panel presentation 6pm Wednesday 22nd October 2014 @ Glebe

# NO MORE SIGNATURES PIN ONLY. STARTS AUGUST

## Be prepared

The change is due in August 2014. The Physical Disability Council of NSW (PDCN) supports PINWise's advice to be prepared for the change-over. Here are some things to think about.

Do you have a PIN? – Some people may not have a PIN for their card. If so, contact your financial institution who can arrange for a PIN to be sent to you. A PIN is secure information relating to your bank account, it is important this information is not passed onto others and is recorded in a secure place;

Where are POS terminal positions in stores you use often – are they accessible? POS terminals should be able to be removed from their secure brackets. If not, PINWise advise contacting the financial institution who own the terminal (their logo should be on the terminal)

## Remember

**NEVER give your PIN to anyone to enter it for you**

Individual arrangements – PINWise also advise if there are special circumstances which mean you are unable to verify payments by PIN, you should consult with your bank, which may be able to advise of alternative methods of payment available.

## Obtaining a PIN:

Visit your branch to choose a pin (avoid pins with repeated numbers and researchable information such as birthdays) or you can call your bank.

## Keep PDCN informed

PDCN is committed to educating stakeholders about PIN verification to minimise any issues that may occur.

PDCN would like to hear about your experience with the transition to PIN verification, what has worked and what you think needs improvement. [admin@pdcnsw.org.au](mailto:admin@pdcnsw.org.au)

## Issues with PIN Verification

If you experience any inaccessible POS terminals, PINWise advises customers to contact the bank who own the POS terminal. The name of the bank will be displayed on the POS terminal.

For more details on the changeover you can go to PINWise's website at: <http://www.pinwise.com.au/>

## Dementia and Physical Disability Workshops

**Physical Disability Council of NSW (PDCN)** and **Alzheimer's Australia NSW (AlzNSW)** are delivering a skill-based educational program at no cost for community service providers supporting clients who have a physical disability and dementia within the Metro North region. These workshops have been delivered throughout NSW in 2013 and will continue in 2014 and 2015.

To register for a workshop, please go to

<http://www.fightdementia.org.au/new-south-wales/education--training-in-nsw.aspx>

Below are the workshops for 2014

### June to August

June 4-5 **Narrabri**

**Narrabri Community College Shop 3 Maitland Street Narrabri**

June 18-19 **Campbelltown**

**Campbelltown RSL Carberry Lane Campbelltown**

July 9-10 **Coffs Harbour**

**Club Coffs 61a West High St Coffs Harbour**

July 23-24 **Bankstown**

**Bankstown Golf Club 70 Ashford Ave Milperra**

August 6-7 **Taree**

**Club Taree 121 Wingham Rd Taree**

### September to November 2014

September 17-18 **Marrickville**

October 15-16 **Queanbeyan**

November 5-6 **Dubbo**

To register for a workshop, please go to

<http://www.fightdementia.org.au/new-south-wales/education--training-in-nsw.aspx>

### Snap Send Solve App

Snap Send Solve is the free app that allows you to easily report issues to the relevant authorities anywhere in Australia. Spotted a dangerous pothole? Or maybe some broken playground equipment?

Get it fixed quickly and easily using Snap Send Solve.

Check out the website <http://www.snapsendsolve.com/> to find out more

## Changes to purchasing Pensioner Excursion Tickets on State Transit buses

In preparation for the new Opal ticketing system, Pensioner Excursion Tickets, Family Funday Sunday tickets and MyMulti Day Passes will not be available for purchase on board State Transit buses in the Eastern Sydney region from 28 April 2014, and across all of metropolitan Sydney from Sunday 1 June 2014.

### Why is the on board purchasing of some tickets changing?

The NSW Government is rolling out a new electronic ticketing system called Opal. The Opal card is a smartcard the size of a credit card. It will be used on the public transport network in Sydney, the Blue Mountains, Central Coast, Hunter, Illawarra and Southern Highlands.

For State Transit buses across Sydney to be ready for Opal, they need to have new technology. Once this happens, some tickets – like Pensioner Excursion Tickets, Family Funday Sunday tickets and MyMulti Day Passes – can no longer be sold on board.



It is easy to see whether your bus is Opal enabled. Look for the Opal logo on the front and inside of your bus. If your bus shows the Opal logo, then you won't be able to buy Pensioner Excursion Tickets, Family Funday Sunday tickets and MyMulti Day Passes on board.

### Where to buy your Pensioner Excursion Ticket for buses

You can still buy Pensioner Excursion Tickets, Family Funday Sunday tickets and MyMulti Day Passes at over 1,600 ticket sellers across Sydney, including many newsagents, convenience stores, Woolworths, Australia Post outlets and Transport Shops. Pensioner Excursion Tickets purchased from ticket sellers, for example at convenience stores, are undated. This means you can buy them in advance to keep in your wallet or purse. You can always have one when you need it.

Pensioner Excursion Tickets bought from a railway station ticket office or ticket machine are active immediately. They must be used that same day.

### The Gold Opal Senior/Pensioner Card: Later in 2014, the Gold Opal Senior/Pensioner Card will be released.

Instead of buying paper tickets, you will be able load value onto a Gold Opal Senior/Pensioner Card to pay for your fare. You can do this via a range of options, and you keep your card on a permanent basis. Tap on at an Opal card reader to start your journey, and tap off at the end of your journey. The system automatically calculates the correct fare and deducts it from the value you have stored on your Opal card. Customers who qualify for **\$2.50 Pensioner Excursion Tickets** will be eligible for the new Gold Opal Senior/Pensioner card and **no travel conditions have changed**.

For more information on Opal, visit [opal.com.au](http://opal.com.au) or call **13 67 25 (13 OPAL)**.

**Until the Gold Opal Senior/Pensioner card is available, you can buy Pensioner Excursion Tickets, Family Funday Sunday tickets and MyMulti Day Passes at your local ticket seller.**



Physical Disability Council of NSW  
Ordinary People Ordinary Lives



**‘Getting Ready’: Living the life I  
want to live  
(a free workshop for people with  
physical disability)**

**The focus of the workshop is gaining more control over your life by identifying what is important to you, set goals and make a plan to achieve goals:**

- Provide opportunity for individuals through discussion and personal reflection, to identify and focus on what is important to them
- Assist individuals in identifying skills and supports, they may need to attain their specific goal
- Gain Information about funding initiatives
- Enable greater self awareness and confidence in individuals
- Interactive workshop learning from the experiences of others

**Developed by people with physical disability, for people with physical disability, facilitated by people with physical disability**

**To register for a free workshop or to find out more information please contact:  
admin@pdcnsw.org.au or call (02) 9552 1606**

*‘Getting ready’ is a consumer capacity building activity as part of Stronger Together 2 an initiative of Ageing, Disability & Homecare, Department of Family & Community Services NSW*

Physical Disability Council of NSW  
3/184 Glebe Point Road  
Glebe NSW 2037

Phone: (02) 9552 1606  
Fax: (02) 9552 4644  
E-mail: admin@pdcnsw.org.au  
www.pdcnsw.org.au

**Ordinary People  
Ordinary Lives**



## Workshop Facilitation

### **Getting Ready is a free workshop run over two days**

The restricted number of participants, the diversity of facilitator life experience and the face-to-face nature of the facilitation style all contribute to the effectiveness of the workshops.

- Conducted in two half-day sessions with a night in between for reflection and preparation .
- Optimum number of participants for each workshop is five people, but will accept up to 10 people
- The workshop is conducted by two facilitators, at least one of whom has a physical disability.

### Upcoming workshops:

<b>Date</b>	<b>Location</b>	<b>Address</b>	<b>Time</b>
26-27 May 2014	<b>Sydney CBD</b>	Woolley Room, Sydney Mechanics School of Arts, 280 Pitt Street Sydney NSW 2000	Day 1—1.15pm arrival, workshop 1.30pm to 4.30pm Day 2—9.45am arrival, workshop 10am to 1pm
23-24 June 2014	<b>Bomaderry</b>	Magnolia Room Bomaderry Bowling Club, 154 Meroo Road, BOMADERRY NSW 2541	Day 1—1.15pm arrival, workshop 1.30pm to 4.30pm Day 2—9.45am arrival, workshop 10am to 1pm
14-15 July 2014	<b>Penrith</b>	McAuley Room, Penrith Bowling and Recreation Club. Cnr Woodriff and Derby Street, Penrith NSW 2750	Day 1—1.15pm arrival, workshop 1.30pm to 4.30pm Day 2—9.45am arrival, workshop 10am to 1pm
28 - 29 July 2014	<b>Bathurst</b>	Venue to be confirmed	Day 1—1.15pm arrival, workshop 1.30pm to 4.30pm Day 2—9.45am arrival, workshop 10am to 1pm
11-12 August 2014	<b>Randwick</b>	Venue To be confirmed	Day 1—1.15pm arrival, workshop 1.30pm to 4.30pm Day 2—9.45am arrival, workshop 10am to 1pm

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Glebe NSW 2037

Phone: (02) 9552 1606  
Fax: (02) 9552 4644  
E-mail: [admin@pdcnsw.org.au](mailto:admin@pdcnsw.org.au)  
[www.pdcnsw.org.au](http://www.pdcnsw.org.au)

