# **Ageing Well Expo**

Friday 25 October, 10am-3pm Nets Stadium, 2 Somers Ave, Macleod

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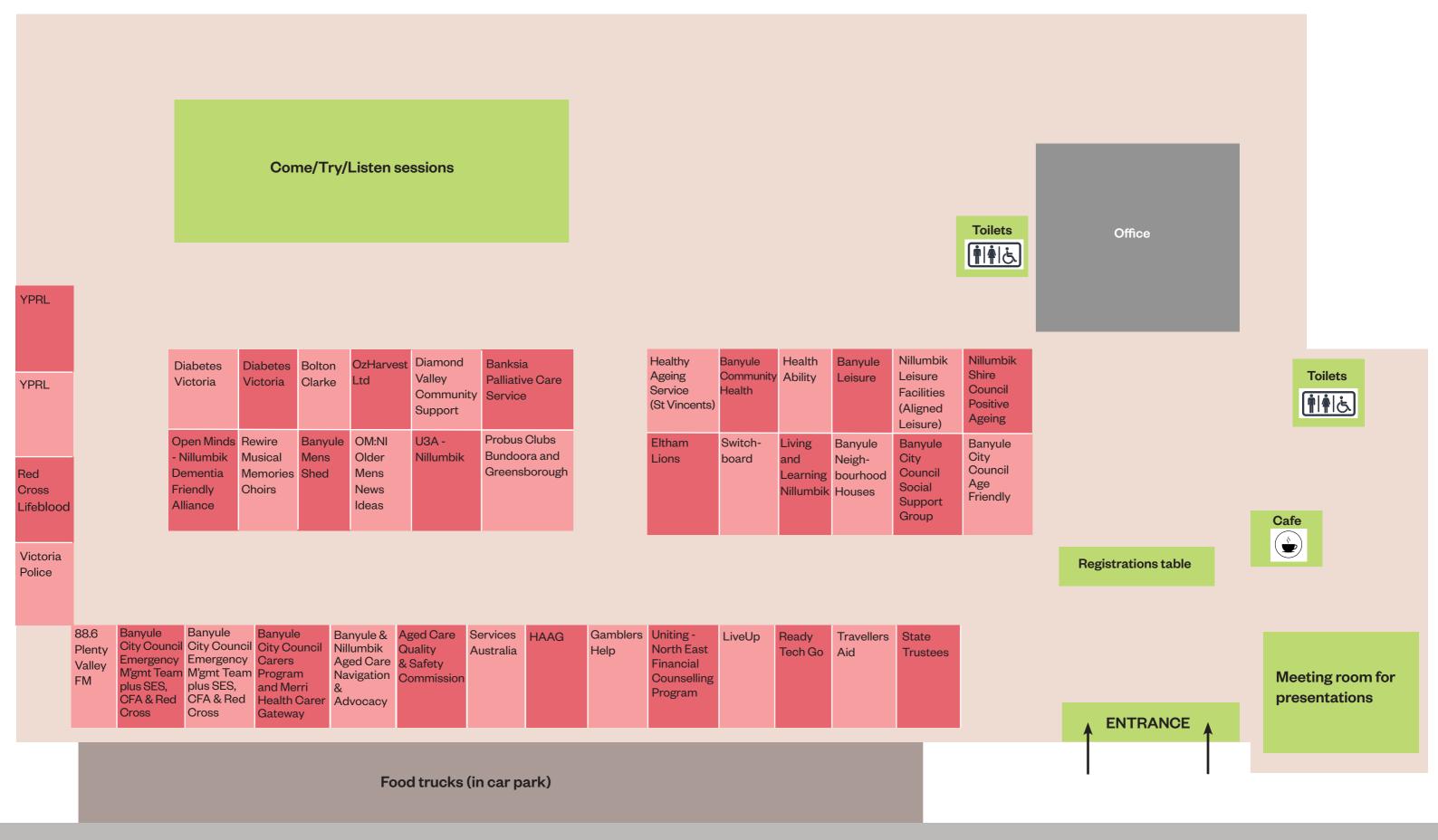


## Ageing Well Expo Stallholder Map Macleod Netball Stadium

(Not to scale)







### **Presentations**

#### In meeting room near entrance/cafe

Time	Details
10.15am-11am	Services Australia An overview of supports Services Australia can provide people who are planning for retirement or in retirement. Covering Financial Services Officers and Aged Care Specialist roles.
11am-11.45am	Nillumbik Shire Council - Aged Care Navigation Wrapping your head around My Aged Care (MAC). What is CHSP, what is an aged care package, eligibility for support, finding a provider, respite, permanent care.
11.45am- 12.30am	Office of the Public Advocate Information on enduring Powers of Attorney, medical treatment decision making, advance care directives and more.
12.30am-1.15pm	Bolton Clarke Healthy Brain, Healthy Body – this information session will introduce you to the six factors of positive ageing so you can learn how to experience happiness and satisfaction at any age.
1.15pm-2pm	Ready Tech Go Technology Teaser – how tech can support people as they age (smart watches, online shopping, social media, voice to text)
2pm-2.45pm	Victoria Police Scam awareness - common scams to be aware of and ways to avoid them.

# **Come/Try/Listen Sessions**

#### In common court area

Time	Details
10.05am	Welcome and introduction
11am	Tai Chi by Eltham Chinese Seniors Citizens
12pm	Rewire Choir - performance
1pm	Seated Exercise by Ivanhoe Aquatic
2pm	Cross Eyed Coyotes Entertainment - music performance