

Event  
Program

# Ageing Well Expo

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

Brought to you by



**Banyule**  
City Council



**Nillumbik**  
The Green Wedge Shire



# Ageing Well Expo Stallholder Map

## Macleod Netball Stadium

(Not to scale)

Brought to you by



Come/Try/Listen sessions



Office

YPRL

YPRL

Red Cross Lifeblood

Victoria Police

Diabetes Victoria	Diabetes Victoria	Bolton Clarke	OzHarvest Ltd	Diamond Valley Community Support	Banksia Palliative Care Service
Open Minds - Nillumbik Dementia Friendly Alliance	Rewire Musical Memories Choirs	Banyule Mens Shed	OM:NI Older Mens News Ideas	U3A - Nillumbik	Probus Clubs Bundoora and Greensborough

Healthy Ageing Service (St Vincents)	Banyule Community Health	Health Ability	Banyule Leisure	Nillumbik Leisure Facilities (Aligned Leisure)	Nillumbik Shire Council Positive Ageing
Eltham Lions	Switch-board	Living and Learning Nillumbik	Banyule Neighbourhood Houses	Banyule City Council Social Support Group	Banyule City Council Age Friendly



Registrations table

ENTRANCE

Meeting room for presentations

88.6 Plenty Valley FM	Banyule City Council Emergency M'gmt Team plus SES, CFA & Red Cross	Banyule City Council Emergency M'gmt Team plus SES, CFA & Red Cross	Banyule City Council Carers Program and Merri Health Carer Gateway	Banyule & Nillumbik Aged Care Navigation & Advocacy	Aged Care Quality & Safety Commission	Services Australia	HAAG	Gamblers Help	Uniting - North East Financial Counselling Program	LiveUp	Ready Tech Go	Travellers Aid	State Trustees
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Food trucks (in car park)

SOMERS AVENUE

# Presentations

In meeting room near entrance/cafe

Time	Details
10.15am-11am	<b>Services Australia</b> 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	<b>Nillumbik Shire Council – Aged Care Navigation</b> 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	<b>Office of the Public Advocate</b> Information on enduring Powers of Attorney, medical treatment decision making, advance care directives and more.
12.30am-1.15pm	<b>Bolton Clarke</b> 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	<b>Ready Tech Go</b> Technology Teaser – how tech can support people as they age (smart watches, online shopping, social media, voice to text)
2pm-2.45pm	<b>Victoria Police</b> 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	<b>Welcome and introduction</b>
11am	<b>Tai Chi by Eltham Chinese Seniors Citizens</b>
12pm	<b>Rewire Choir - performance</b>
1pm	<b>Seated Exercise by Ivanhoe Aquatic</b>
2pm	<b>Cross Eyed Coyotes Entertainment – music performance</b>