

Seniors Recreation Council of WA Inc

Tech Savvy Seniors

UP DATE



Web: www.srcwa.asn.au

ISSUE: 4 29th July 2020

Phone 08 9492 9774

MANAGING GOVERNMENT SERVICES ONLINE ACCESS

"My Aged Care" is the Australian Government's starting point for anyone on their aged care journey. Like a lot of things, we don't think about things that are not necessarily on the horizon for ourselves and our loved ones. Dealing with Government Departments at a time of high stress is the last thing we need as we are dealing with life changes. Being prepared for any eventuality can save a lot of angst, especially, when the time comes, that seniors are unable to manage at home. The starting point for this Government service is to make sure you have access and/or have set up your account on the My Gov website. Frequent questions about the "account" are "Is it so they (the Government) can charge me for services, will I need to put in my credit card number and how secure is my information?" Firstly, My Gov is a secure way to access government services online. You can link these government services to your My Gov account: Australian JobSearch, Australian Taxation Office, Centrelink, Child Support, Department of Health Applications Portal, Department of Veterans' Affairs, HousingVic Online Services, Medicare, My Aged Care, My Health Record, National Disability Insurance Scheme, National Redress Scheme and State Revenue Office Victoria.

The account is only used to identify you as an individual - so only your information is visible to you and there is no cost involved. To set up an account you will need an email address. Enter your email address (only one email address per person can be used), a code will be emailed to you to verify it is a

legitimate email address. Next you will need to enter your mobile phone number to receive security codes via SMS. You will then receive a confirmation code via SMS. Enter the code, then you will need to create a password. For your security you will next be asked to choose and answer three secret questions. These are questions to which only you will know the answer. Your My Gov "Username" will be emailed to you and you can use either your email address or mobile number to log in. After you have linked all your services you now are ready to start using the My Gov portal to manage your affairs online. Once you have finished using the My Gov site click on the 'sign out' button at the top right-hand side of the screen, then close the browser.

Any dealings you have with My Aged Care can be accessed via the My Gov Portal. If you want to see what services you are currently receiving, you can view your aged care record online. Your record will show your care plan and current service arrangements.

More information on My Aged Care can be accessed at <https://www.myagedcare.gov.au/>.

LIVELIGHTER



HEALTHY LIVING TOOLS & RESOURCES

Technology can help us to LiveLighter and there are plenty of tools and resources on the LiveLighter website to check out.

<https://livelighter.com.au/Tools-and-Resources>



ONLINE GOOD FOR YOUR HEALTH

Connectivity has also proven good for our health during COVID-19, thanks to the widespread embracing of telehealth. While health consultations over the internet are certainly nothing new, it's taken a global health crisis to accelerate telehealth services to the mainstream. Almost half of those surveyed (48 per cent) who visited their GP in the past two months did so virtually via telehealth services, and 63 per cent of respondents are open to using telehealth in the future. It's not just younger people that are embracing this connected kind of healthcare."

Australians over the age of 65 are also taking advantage of attending appointments from the comfort and convenience of home, increasing from 13 to 27 per cent in recent times. "The waiting room is no longer an essential stop on the path to see a GP". "Now, more than ever, Australians of all ages are accessing telehealth services – and it's a trend that is likely to continue once restrictions have lifted."

The number of over **65s** accessing **telehealth services** has doubled.



Contact nbn on 1800 687 626 or visit www.nbnco.com.au

A TOP FREE READ AND PRIZES TO WIN

Have a Go News is Western Australia's longest running lifestyle newspaper targeting the mature demographic.

Established in **1991**, **Have a Go News** is the only wholly family owned Western Australian newspaper for the mature market and is the longest running paper available for the over 55s.

Digital editions of the newspaper are available online via the Have a Go News website see below, apart from quality content and interesting articles you can enter competitions, just follow the instructions under the "Win" tab.



PHONE: 08 9227 8283

WEB: www.haveagonews.com.au



Remember "THE ONLY SILLY QUESTIONS ARE THE ONES YOU NEVER ASK!"
www.srcwa.asn.au Email: martin.yates@srcwa.asn.au