

Providing
reliable and up to
date information to
improve the
understanding of
arthritis and
osteoporosis.
Promoting
healthy lifestyles
and self-
management to
optimise health
outcomes.

Inside this issue:

P 2

- Census figures

P 3

- Service Agreement
- Membership renewals
- Thank you Airport Development Group

P 4

- Charter of Aged Care Rights

P 5

- Support group and Darwin Community Legal Service

P 6

- Recipe
- Move it or lose it!

P 7

- What We Do
- Out and About

P 8

- Seniors Expo
- Back to school

joinNTed

The newsletter of
The Arthritis Foundation of the
Northern Territory Inc.

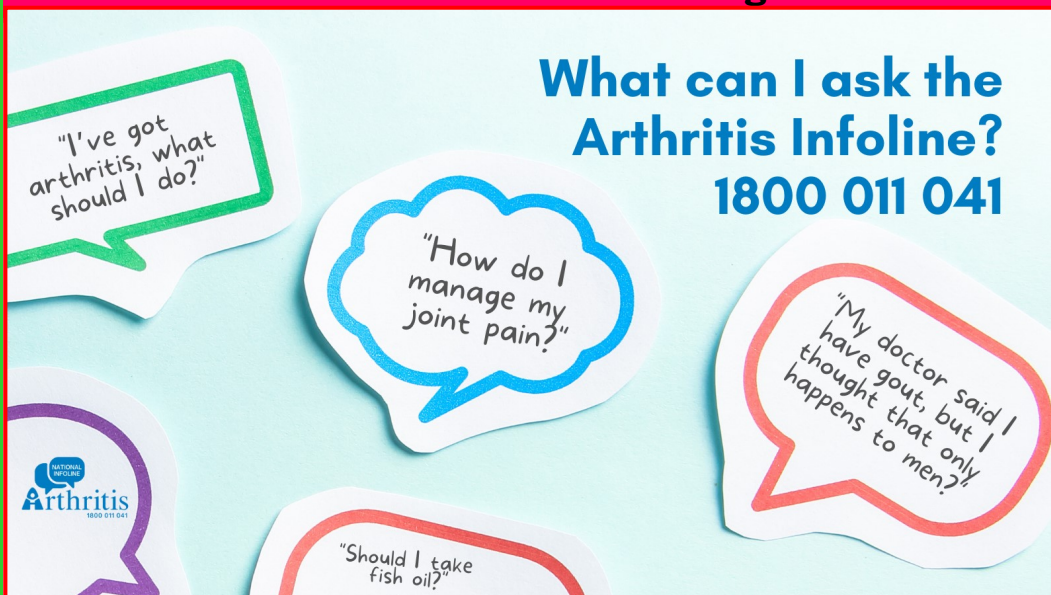
Trading as



Arthritis & Osteoporosis NT

August 2022

**What can I ask the
Arthritis Infoline?
1800 011 041**



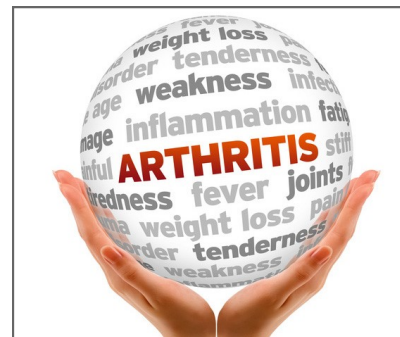
*Call the toll free National Infoline service and
speak to a local for information on the many
forms of arthritis and tips for management.
1800 011 041*



The prevalence of arthritis - Census figures

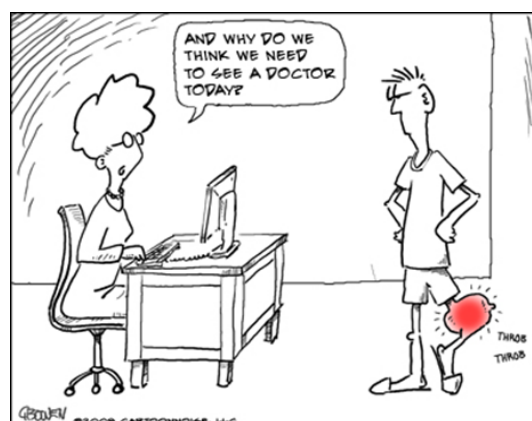
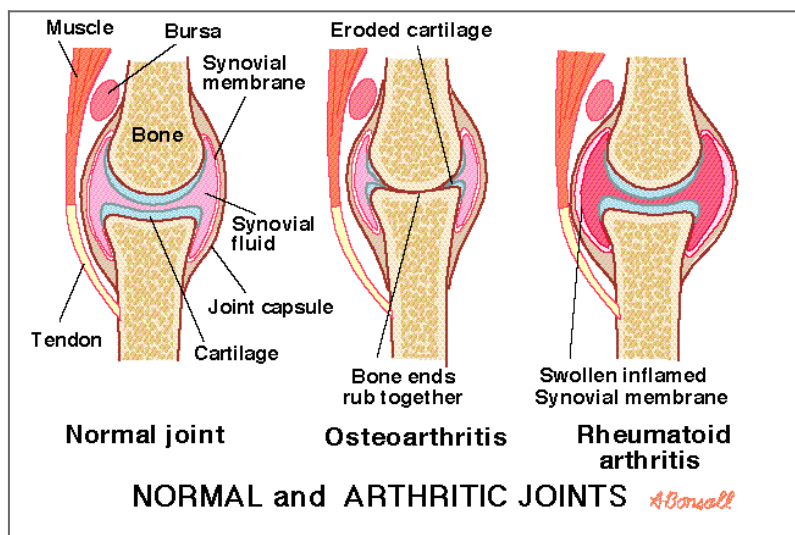
Do you remember filling in the Census form last year? For the first time, there were questions on long-term health conditions. On publication of the figures, our office was contacted by ABC Radio for comment on the prevalence of arthritis.

On Wednesday 30th June on ABC Darwin Breakfast Jo Lavery interviewed Ruth Garden, the first question being asked: was the high prevalence of arthritis a surprise? Not at all: Arthritis Australia has figures from the Australian Institute of Health and Welfare demonstrating quite clearly how prevalent arthritis is. Census figures now confirm that arthritis is in the top three of all reported long term health conditions, more than heart disease and diabetes combined.



If you are interested in listening to the interview call the office to make arrangements - we have a copy of the audio file. Otherwise check it out at facebook.com/arthritis.osteoporosis.nt

Dr David Gruen AO, Australian Statistician, said: “For the first time, we have data on long-term health conditions across the whole population. This is critical data to inform planning and service delivery decisions about how treatment and care is provided for all Australians. Census data will help provide a more detailed picture of Australians’ health. Census data complements existing Australia Bureau of Statistics surveys by providing additional insights about the communities that require services to support complex health needs.”



Here at AONT we are aware that managing more than one long term condition is complex, and many clients report that living with arthritis often takes a back seat behind the “more important” conditions. We hope that we can at least assist you in managing your arthritis. Please contact us: **1800 011 041** or **8948 5232**.

The office is usually staffed from 9:30am to 2:00pm Monday to Thursday.

Phone messages can be left anytime, and we can also be contacted by email at info@aont.org.au

AONT Agreement with NT Department of Health

Some personal information needed for our reporting

The Board has recently signed off on a new Service Agreement providing funding for another five years. As with all previous Agreements, this requires reporting every six months, on both the services delivered and the related financial acquittal. The performance measures have been expanded, which means we need to collect more information from both our members and clients.

As a result, when renewing your membership, or just calling for information, we will be asking the following:

- ♦ Your year of birth, and
- ♦ Aboriginal or Torres Strait Islander status

The Department of Health simply wants statistics on these groups, not anyone's personal information. We look forward to your cooperation!

Membership renewals



Thank you to all those of you who have renewed your annual membership. Personalised renewal notices have been included as a reminder for those who haven't. Membership loyalty is a valued asset - that income really does make a difference to the viability of the our organisation.

Thank you Airport Development Group Pty Ltd Community Giving Program

Welcome to the latest members of our team: Mr Plain Skeleton (a full size anatomical model) and "Petite Pete Skeleton" twins. The full size model made a nice addition to our display at the Seniors Expo. Look carefully at the Back to School article on the back page and you can see that the twins made it to this Expo...

AONT appreciates the support of an Airport Development Group grant, enabling us to purchase these educational aids.



All older people should know!



Australian Government
Department of Health



Australian Government
Aged Care Quality and Safety Commission

Charter of Aged Care Rights



All people receiving Australian Government funded residential care, home care or other aged care services in the community have rights.

You have the right to:

1. safe and high-quality care and services;
2. be treated with dignity and respect;
3. have your identity, culture and diversity valued and supported;
4. live without abuse and neglect;
5. be informed about your care and services in a way you understand;
6. access all information, including that about your rights, care and services;
7. have control over and make choices about your care, and personal and social life, including where choices involve personal risk;
8. have control over, and make decisions about, the personal aspects of your daily life, financial affairs and possessions;
9. your independence;
10. be listened to and understood;
11. have a person of your choice, including an aged care advocate, to support or speak on your behalf;
12. complain free from reprisal, and to have your complaints dealt with fairly and promptly;
13. personal privacy and have your personal information protected;
14. exercise your rights without it adversely affecting the way you are treated.

If you have concerns about the aged care you are receiving, you can:

- Talk to your aged care provider, in the first instance,
- Speak with an aged care advocate on 1800 700 600 or visit opan.com.au, for support to raise your concerns, or
- Contact the Aged Care Quality and Safety Commission on 1800 951 822 or visit its website, agedcarequality.gov.au. The Commission can help you resolve a complaint about your aged care provider.



Palmerston Support group - advocacy for seniors



At the July meeting of our Palmerston Support Group, the guest speaker was Ramnik Walia (second from left in this photo) from Darwin Community Legal Service. The presentation, focussing on Seniors rights, was very interesting and informative. Although attendance was low due to members' other commitments, the group greatly appreciated Ramnik's excellent presentation, all leaving well informed.

Darwin Community Legal Service (DCLS) is a free, confidential service that supports members of the community to protect their legal rights. Through fair access to legal advice and support, DCLS advocates to resolve issues of injustice and disadvantage. The service is independent and the aim is to be fearless.

The multi-disciplinary service consists of:

- **General Legal Service** – information, referral, legal advice and representation in areas of civil law affecting basic rights – Darwin, Palmerston and surrounds, and NT wide where appropriate resources available, including *Volunteer Advice Sessions* – NT wide, and the new *Veterans Legal Service*
- **Tenants' Advice Service** - information, referral, legal advice, legal help including representation for tenants – NT wide
- **Seniors and Disability Rights Service** – support, advocacy and empowerment by, with and for seniors and people with a disability – especially Top End but NT wide
- **Free Legal Advice clinic** - staffed by NT lawyers who volunteer their time to provide high quality legal advice after hours and on weekends
- **Special projects including Older Persons Abuse, NDIS appeals** and working with the Disability Royal Commission
- **Collaborative community legal education** projects on advocacy for rights, justice and inclusion.

Article provided by DCLS

If you would like to know more about Darwin Community Legal Service, including education and information sessions, call them on 8982 1111.

Spiced lamb with roasted vegetables

Ingredients

- ◆ 1 clove garlic, finely chopped
- ◆ 1/4 teaspoon ground black pepper
- ◆ 1 teaspoon olive oil
- ◆ 1/2 teaspoon smoked paprika
- ◆ 150 g lamb steak or backstrap
- ◆ 1 medium potato, chopped
- ◆ 100 g pumpkin, peeled, chopped
- ◆ 125 g can chickpeas, rinsed, drained
- ◆ 1/4 teaspoon ground cumin
- ◆ Olive oil spray
- ◆ 100 g baby spinach leaves
- ◆ Balsamic vinegar to serve, optional



Instructions

1. Preheat oven to 200 deg C. Combine garlic, pepper, oil and half the paprika in a bowl, mix well. Add lamb and toss until well coated. Set aside.
2. Place potato, pumpkin and chickpeas into a medium-sized baking dish. Spray with oil and sprinkle over cumin and remaining paprika. Gently toss to coat the vegetables. Bake for 20-30 minutes until vegetables are crisp and golden.
3. Meanwhile heat a barbecue or chargrill pan to high. Cook lamb for 4 minutes each side for medium. Remove from heat and rest for 5 minutes.
4. Toss roasted vegetables with baby spinach, to wilt slightly. Slice lamb and serve over vegetables. Drizzle with pan juices or balsamic vinegar, if desired.

Tip: Prepare double the vegetables and use the second half in a lunchtime salad the next day. Simply toss with some halved cherry tomatoes, crumbled low-fat feta and a squeeze of lemon juice. Yummy!

Move it or lose it!

Our bodies are designed to move - even with arthritis.

Moving more helps maintain:

- muscle strength,
 - joint mobility and
 - overall flexibility,
- so that we can keep on moving!



Arthritis & Osteoporosis NT: What We Do

Our work includes:

- Responding to walk in, email and telephone enquiries
- Providing personalised information packs in response to enquiries
- Producing this newsletter six times a year
- Hosting pain self-management courses for consumers - ring the office on 8948 5232 for more details of the next available course
- Providing information stands at a range of forums throughout the year
- Keeping in touch with other community health organization and the services they provide
- Delivering bulk materials on request to a range of health services
- Presentations to community groups by invitation
- Making applications for various small grants to assist with special projects
- Liaising with Arthritis Australia and other state and territory arthritis organisations
- Liaising with Healthy Bones Australia.

Out and About

Patronage by Her Honour the Honourable Vicki O'Halloran AM Administrator of the NT

Ruth and Hilary were pleased to accept a recent invitation from Her Honour for an informal catch-up on the activities of Arthritis & Osteoporosis NT.



The Arthritis Foundation Federation

Early last month, Arthritis Foundation representatives from around Australia met to work on the collective purpose of the affiliation. While all state and territory affiliates have autonomy over their activities, prioritising different aspects of their service delivery, it was accepted that it is important to have a succinct and powerful vision for all Australians: ***Freedom from arthritis***. Planning is under way for further collaboration in achieving this collective purpose.



Coincidentally, we had the opportunity to sing Happy Birthday to Arthritis Australia President, Kaylene Hubbard, seated. Cake provided by Jonathan Smithers, CEO of Arthritis Australia at left.

**The Arthritis
Foundation of the
Northern Territory Inc.**
Trading as
**Arthritis &
Osteoporosis NT**
ABN 67 099 326 608

Patron

Her Honour the Honourable
Vicki O'Halloran AM
Administrator of the NT

Find us at:

Shop 18 Rapid Creek
Business Village,
48 Trower Rd Millner

www.aont.org.au

[facebook.com/
arthritis.osteoporosis.nt](https://facebook.com/arthritis.osteoporosis.nt)

We are open:

9:30am – 2pm
Monday to Thursday
(excluding Public Holidays)

Contact us:

Free call: 1800 011 041
(08) 8948 5232
PO Box 452,
Nightcliff 0814
info@aont.org.au

Staff

Administrative Assistant
Deirdre Moldenhauer

Accounts
Natalie Valastro

Board

President
Vacant

Vice President
Margaret Murray

Secretary
Hilary Fowler

Treasurer and Public Officer
Ruth Garden

Board Members

Amin Islam
Ruth Quinn
Lyn Skipper
Renae Callaway

Arthritis & Osteoporosis NT

COTA's Seniors Expo - 30th July



Once again we had an information stand at this annual event - an opportunity to showcase some of our materials, and to raise community awareness of our organisation and the services provided.



We had over 150 visitors to our stand, including some health care providers who had not known of our existence until then.

Back to School



Guess who went back to school to host our information stall at Darwin High School's Healthy Living Expo? The focus of our information stand was

Teenage years, time to build strong bones - the recipe being calcium rich foods, sun-safe Vitamin D and weight-bearing physical activity.

