

**Submission
No 7**

**INQUIRY INTO SUPPORT FOR OLDER VICTORIANS FROM MIGRANT
AND REFUGEE BACKGROUNDS**

Name: Name withheld

Date Received: 4 November 2021

Name
withheld

Inquiry into support for older Victorians from migrant and refugee backgrounds submission (Edit) Microsoft Forms

1. Name *

2. Email *

3. Postal address *

4. Phone number

5. Are you a carer/family member helping an older Victorian fill in this survey?

6. Are you an older Victorian from a culturally diverse background? If yes, what is your age and cultural background?

7. What are some of the everyday challenges for you and your parents/grandparents?

I cared for my mother who had dementia for years before she died three years ago. The challenges my mother and I faced were; - long distances between our homes, - culturally insensitive care systems, including in aged care, - no support for me in understanding the illness and what was needed for her care - no support for my own mental health, given how traumatic it is to care for and lose a parent through this illness, - no support for carers, I was working full-time and looking after children as a single parent, - long waiting lists at hospitals for public patients, my mother waited two years for a hip replacement and doctors have suggested that this contributed to her dementia on-set, - doctors who treated my mother as though she was old, migrant and therefore dispensable

8. What makes you feel safe in your community?

I live in area which is disproportionately young. I feel I am ignored by a council that prioritises making money, through tourism, rates and parking fees. You become invisible when you no longer work. I would feel safer if I were visible to those in the community and those making decisions. We need better support to remain active - eg good street lighting, seating and shade in public spaces, no skate boards on footpaths, accessible parking - the list goes on. We need decision-makers who don't see us as a nuisance but instead a resource. One such decision-maker recently described volunteers my age as 'just another old person with too much time on their hands'.

9. Do you have access to adequate healthcare?

I do but only because I can afford private health insurance. Even then why does the local doctor charge over \$60 to see me?

10. Do you know where to find support?

Support for what? I don't know how to get support I don't have to pay for.

11. How can services be improved?

Which services? Again is there anything I can access that I don't have to pay for?

12. Do you have access to, and know how to use a computer? What would help you do this?

Yes.

13. What do you do to keep socially, physically and mentally active?

U3A, gym, volunteer

14. What more could be done to help you live happily?

Opportunities to socialise in my community through broad based activities that are not age segregated. A feeling that when I am no longer self sufficient what's ahead of me is sensitive and appropriate care. People are frightened stiff of aged care because these facilities tend to be so disgraceful. I've had first hand experience of these and they are run for profit which provides incentives for neglect.

15. Is there anything else you would like to add? *

You need advice from and the involvement of a diverse range of older people towards constructing age and culturally appropriate systems. The so-called baby boomers have a lot to offer that needs to be tapped rather than ridiculed. I've tried and I have been disappointed with the responses.

