



2024 SENIORS HANDBOOK

Your Guide to Local Services and Support.

Disclaimer

This document has been prepared by volunteers on behalf of local charity Denmark Futures Ltd. It is for the benefit of older Denmarkians.

Whilst every effort has been taken to ensure that the information is current and accurate, it may not include all of the relevant businesses and services in our town.

Users are encouraged to verify details independently. The Denmark Chamber of Commerce directory provides a listing of local businesses which is updated annually.

You can find out more about Denmark Futures at our website www.denmarkfutures.org.au

Welcome

Welcome to the 2024 Denmark Seniors Handbook. Its purpose is to put all the important information in one printed document, so it's easy to find and use. There's also an online version at the Denmark Futures website at www.denmarkfutures.org.au

Denmark is a small community but it has many resources to support seniors to lead a happy, healthy, connected life. Each section has a specific focus, with all the details you need to get started. If you're thinking about retirement, have already retired, or are wondering what Government support might be available, www.my.gov.au/en/services/ageing is a great place to start your research.

Need an Advocate?

Advocare support seniors who want to live a full, purposeful life making their own informed choices. We all have times in our lives when we need help and support to organise our lives.

If you prefer to use an advocate to support you, this service is available through [Advocare](#). Christine visits Denmark CRC on the 2nd Thursday of every month.



Advocare: 1800 655 566
Christine: 6252 3561

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Information about general help and information services available in Denmark and our region.

Safety - Personal

Denmark WA is generally considered a safe and peaceful place to live. We have a dedicated group of professionals and volunteers who work together to deal with emergencies when they occur. Please ensure you have the list of contact numbers on page 8 and 9 in an easy to reach place e.g. on your fridge so that you can easily access it.



Emergency Services

Police, Fire and Ambulance are all available within Denmark with a 24 hour emergency response service.



Crisis Services

There is limited in-person crisis support within Denmark, however services are available by phone.



BushFire Preparedness

In our town, bushfire is a regular threat that we deal with. There are community groups in your area who work together to prepare effective responses.



Elder Abuse

More information on Elder abuse is on the next page. Advocates are available by phone or you can meet with Advocare at the CRC for a confidential discussion.

Safety-Personal

Elder mistreatment can occur in various settings, including residential aged care facilities, community housing, community services, and within families.

Similar to other types of abuse, speaking up about elder mistreatment can be challenging. It may even be difficult to acknowledge it privately. In cases where elder abuse occurs within families, seeking assistance can provoke feelings of shame and fear of retaliation.

However, advocates are ready to provide support to individuals in need.



WA Elder Abuse
Helpline
1800 724 679

Different Ways Elder Abuse Can Occur:

Financial Mismanagement - This involves someone mishandling your money or assets, like not giving you access to your funds or making financial choices without your say-so.

Neglect - This means not giving you the care you need, like not providing adequate food, shelter, clothing, medical care, or emotional support.

Emotional Abuse - This can make you feel scared, ashamed, or powerless. It's when someone hurts you emotionally, rather than physically.

Sexual Abuse - Is a range of unwanted sexual behaviours, from inappropriate touching to using offensive language and worse.

Contact List - Personal Safety

Description	Contact	Information
Police Emergency	000	49 South Coast Highway, Denmark
Police Assistance (non emergency)	13 14 44	49 South Coast Highway, Denmark
Ambulance	000	St John Ambulance Denmark Sub Centre
Bushfire Warnings	Online or Via ABC Radio on 630AM	www.emergency.wa.gov.au/
Live Fire Map	Bushire.io	phone app
Fire	000	16 Brigades
Shire of Denmark SMS Alert	Register to receive alerts via https://www.denmark.wa.gov.au/residents/fire-and-burning-information.aspx#Community-sms-alert	Provides information about Total Fire Bans, Road Closures - Not for emergency situations
Emergency calls via Chat, SMS, Captions, Voice Relay and TTY	1800 555 727	https://www.accesshub.gov.au/about-the-nrs/how-to-make-an-emergency-call-using-the-nrs
SES - Natural Disasters	13 25 00 0429 926 715	33 Zimmermann St, Denmark

Contact List - Personal Safety

Personal safety refers to the actions and precautions that individuals take to ensure their own protection and well-being in various situations.

Description	Contact	Information
Poison Information Line	13 11 26	
Denmark Hospital Emergency	9848 0600	50 Scotsdale Road, Denmark
Lifeline	13 11 14	24 hour crisis and suicide prevention support
Women's Domestic Violence Helpline	1800 007 339	24 hour service
Men's Domestic Violence Helpline	1800 000 599	24 hour service
Crisis Care Helpline	1800 199 008	Urgent homelessness
Advocare	1800 655 566	Confidential help and support
Domestic Violence website	1800 737 732	1800respect.org.au

Safety - Safe Home

We all need a safe and sturdy home as a base for our daily living activities. These home services help you keep your home a safe and supportive environment.



Household Aids for Daily Living

Do you need help to move around your home, and the appliances you need to help you live more easily?



Garden Maintenance Services

The Denmark Chamber of Commerce has a list of garden maintenance businesses. You can also access this through your Aged Care package. Some of these are also listed on page 38.



Home Maintenance Services

The Denmark Chamber of Commerce has a list of home maintenance services. You can also access this through your Aged Care package. Some of these are also listed on page 38.

Contact List - Safe Home

Physical supports such as grab rails, non-slip floor coverings, ramps at steps, and appliances such as a kettle tipper can make life easier at home.

Description	Contact	Information
Denmark Hospital Emergency	9848 0600	50 Scotsdale Road, Denmark
Water Corp 24 Hour Water Supply Fault	13 13 75	
Western Power 24 Hour Electricity fault	13 13 51	
SES - Natural Disasters	13 25 00 0429 926 715	33 Zimmermann Street, Denmark
Garden and Home Maintenance Services	https://denmarkchamber.com.au/local/category/businesses/	The Chamber of Commerce maintains an up to date directory of local businesses
Garden and Home Maintenance Services	Your Home Care provider or Mabel //mable.com.au/find-support/	If you have an aged care package for home support

Safety - BushFire Preparation

Around September each year, as the weather warms up, the community is encouraged to make their Bushfire Plans and educate themselves with available resources before the high-threat period begins.

The Shire provides access to online resources and assistance is available from Shire Rangers and the Fire Compliance Officer. There are also local community groups through the Bushfire Ready program.

Preparing a Bushfire Safety Plan



There are a range of online resources available to help you, plus local community resources and businesses that can work with you to prepare your Plan.

Evacuation Plan



It's good to remember that getting ready doesn't just mean getting your property ready – you also need a plan for how you might evacuate if needed.

Preparing your Property



This means managing vegetation around the house, installing firebreaks and ensuring that there's good access to your property.

Contact List - Bushfire Preparation

Description	Contact	Information
Phil Williams Excavations and Mulching	0427 444 401	Firebreaks
The William Bay Bobcat	0438 974 551	Firebreaks
Dusenber Land Garden Environment Services	0422 512 717	Garden and yard cleanup Fire preparation advice
Bio-Diverse Solutions	9842 1575	Fire Preparation and Advice, Bush Fire Plans
BushFire Ready - Local Denmark Community Action Group	Find your local group at https://www.yourdenmark.wa.gov.au/be-bush-fire-ready Or Ring the Shire of Denmark on 9848 0300 for details	For neighbours and friends to network, share ideas and information, to develop and implement strategies which can reduce their bushfire risk

Healthy Food

As we age, the importance of healthy food increases too. We need more hydration and nutrient-dense foods that support muscle and bone health, heart health, cognitive function and gastrointestinal health. The following services can help you access healthy food in ways that suit you.



Pre-prepared meals

In recent years a number of services have opened that provide pre-prepared meals. This even includes Foodbank WA! This can be especially useful for those older Denmarkians who live alone.

Home Delivery



Many local businesses deliver within the central area of Denmark. If you live beyond the delivery region, connect with a volunteer neighbour to bring your shopping to your door. Most are happy to help.

Healthy Food

Access to affordable nutritious food is one of the top four challenges for our older community. You may be able to take advantage of these options to meet your healthy food needs.



Community Food Pantry

Located at the Denmark Community Resource Centre, the Food Pantry is open for concession card holders who are experiencing Financial hardship on Wednesdays from 10am – 2pm and other times by appointment. A range of goods are available at reduced cost.



Foodbank WA

Foodbank operates a mobile service to Denmark. The Community Resource Centre takes the food orders and payments by 12 noon every Friday with drop off at the CRC every Tuesday.

Growing your own

The Denmark Community Garden, located behind the Community Resource Centre is inclusive and accessible, holding regular workshops and events for learning new gardening skills. It's run by Green Skills who can be contacted on 9848 3310.



Contact List - Food Delivery

Description	Contact	Information
<u>Denmark Community Resource Centre</u> Foodbank and Food Pantry	9848 2842	Food provided at reduced prices
<u>Wholly Local</u> 9 South Coast Highway, Denmark	9899 4486	Home cooked fresh pre packaged meals - Delivery available. If you're on a Home Care Package you can receive , subsidised meals, HCP customers pay 30% on all orders
<u>Denmark HomeGrown</u>	0432 092 461	Locally sourced food Online order and Delivery available
<u>Supa IGA</u>	9848 3211	Click & Collect available. Delivery available to Denmark, Ocean Beach, Mt Shadforth area and Peaceful Bay. Schedule online.
<u>IGA Holling Road</u> (<u>Little IGA</u>).	9848 1242	Pre packaged meals available

Contact List - Food Delivery

Description	Contact	Information
<u>Wholistically Healthy</u>	0450 344 607	Home delivery available. If you're on a Home Care Package you can receive subsidised meals, HCP customers pay 30% on all orders.
<u>The Green Pantry</u>	9848 1039	Online order and Delivery available by arrangement
<u>Coles online</u>		Delivery available to certain areas
<u>Lite N Easy</u>	Online ordering Delivery in Denmark (some areas) 13 15 12	If you're on a Home Care Package you can receive , subsidised meals, HCP customers pay 30% on all orders
<u>Woolworths online</u>		Delivery available to certain areas

Medical & Allied Health

Compared to other small regional towns, Denmark has a good range of medical and allied health services. Finding services that suit you and your circumstances is a positive step towards thriving as you age.



Medical Services

Denmark has a hospital, medical centres pathology and allied health services.



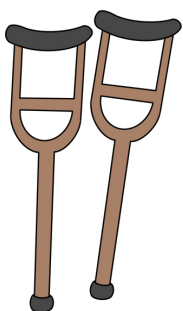
Specialist Health Services

There's a limited number of specialist services in Denmark. For this reason, people often travel to Albany or Perth if they need specialist care.



Transport to Medical Appointments

There are transport services that can get you to medical appointments in Albany at a subsidised cost. See these on page 31.



Hiring equipment/mobility aids

Denmark Pharmacy offers an excellent range of medical equipment aimed at mobility and home help. Phone: 9848 3635

Contact List - Medical Services

Denmark is well serviced with Doctors. The Hospital is open 24 hours in the event of an emergency, and the Pharmacy provides a range of support services including vaccinations.

Description	Contact	Information
<u>Denmark Medical Centre</u>	9848 4111	Unit 3, 3 Mount Shadforth Rd, Denmark
<u>Denmark Family Practice</u>	9848 1410	70 Strickland Street, Denmark
Denmark Hospital	9848 0600	50 Scotsdale Road, Denmark
<u>Denmark Pharmacy</u>	9848 3635	20 Strickland Street, Denmark
Health Direct	1800 022 222	24 hour telephone health advice

Neurocare in Albany provides community neurological nursing and **health care navigation services** for people of all ages living with a neurological condition or symptoms, including Parkinson's, Huntington's, motor neurone disease, brain injury, stroke, epilepsy, dementia, pain, migraine, chronic fatigue and other brain and nervous system disorders:

Phone: 9841 5233

Free call: 1800 645 771

Email: hello@ncwa.com.au

Contact List - Visiting Specialists

Many Specialist Doctors visit Albany. Your GP can assist you to find the right one for your circumstances. If you need to visit a Specialist in Albany, transport is available through St. John's Community Transport. You can book by phone on 0499 796 129. Specialists that visit Denmark in person are listed below.

Description	Contact	Information
Dr David Offerman Ophthalmologist	9842 1672	In Albany and periodically in Denmark
Professor Peter Kendall Respiratory Physician	0408 778 831	Periodically in Albany and Denmark

Local Pathology

Description	Contact	Information
<u>Pathwest</u>	9848 2711	3/78 Strickland St. Denmark Monday to Friday 8am - 3.45pm Saturday 8.20am - 10.45am
<u>Clinipath Pathology</u>	9278 0602	Unit 5, 3 Mount Shadforth Road Denmark Monday - Friday 8:00 am - 3:30 pm

Contact List - Allied Health

Denmark has a wide range of allied health providers. Your GP is a good person to consult in the first instance if you're not sure what kind of support you need.

Description	Contact	Address
Acupuncturist Mitchell Macgregor	0477 161 007	Room 4, 81 Strickland St. Denmark, Thursdays
True Nature Art Therapy	0412 402 979	truenatureearththerapy. com.au
<u>Denmark Chiropractic</u>	9848 3848	6/27 (rear) Strickland St. Denmark
<u>Palm Court Dental Clinic</u>	9848 1486	Unit 9 Palm Court, 69 Strickland St. Denmark
Dietitians and Nutritionists <u>Amity Health</u>	9842 2797	66 South Coast Highway, Denmark
Freedom Exercise Physiology	0466 712 972 hello@ freedomexercise.com .au	3b/19 South Coast Highway Denmark
Exhale Exercise Physiology	0439 518 986	Denmark Recreation Centre, Mclean Park

Contact List - Allied Health

Description	Contact	Address
Audika Hearing Clinic Denmark	6369 7560	Unit 5, 3 Mount Shadforth Road, Denmark
Exercise Physiology Carol Bradbury Denmark Yoga Centre	denmarkyogacentre@ gmail.com 0414 651 331	4/39 Strickland St. Denmark
Holistic Hands Massage Therapy Remedial Massage & Reiki Therapy	0438 930 737	The Forum, 81 Strickland St Denmark
Massage Therapy Vibeology Wellness Centre	9848 2424	22 South Coast Hwy Denmark
Chris Mazzali Remedial Massage Therapist	0405 472 855	Denmark Chiropractic and Wellness Centre 6/27 Strickland St. Denmark
Emily Toner Remedial Massage Therapist	0488 958 388	Shop 10 Palm Court, 69 Strickland St. Denmark

Contact List - Allied Health

Description	Contact	Address
Rae Powy's Naturopath Specialising in gut health & digestive conditions	Bookings online: www.raepowys.com.au /services 0466 121 083	Denmark Chiropractic and Wellness Centre 6/27 Strickland Street, Denmark
Emma Lloyd Yin & Tonic Natural Medicine Naturopath and herbalist	0404 509 899	Element Health 5A Strickland St. Denmark
Occupational Therapy Laura Sinclair Foresight Therapy	0448 953 800	therapy@4sight.net. au
<u>Denmark Optometry</u>	9484 3252	78 Strickland St. Denmark
Great Southern Osteopathy Witney Lewis	0409 816 846 www.greatsouthernosteopathy.com.au/ denmark	South Coast Clinic Wednesdays 66 South Coast Hwy
Denmark Physiotherapy Clinic	9848 1521	84 Strickland St. Denmark

Contact List - Allied Health

Description	Contact	Address
Nest Physiotherapy Shelley Kennedy Continence & Women's Health Physiotherapy	0422 162 816	31 South Coast Highway, Denmark
<u>Ocean Beach Physiotherapy</u>	9848 1965	1/31 South Coast Highway, Denmark
<u>Great Southern Podiatry</u>	0429 052 940	66 South Coast Hwy Denmark
Denmark Podiatry	9840 9067 0428 409 067	84 Strickland St. Denmark
Sleep Specialists	9841 1532	South Coast Clinic Wednesdays 66 South Coast Hwy
Rick England Accredited Mental Health Practitioner and Clinical Social Worker	rick.england8@gmail. com	5/39 Strickland Street, Denmark

Mental Health

Denmark has a range of professional services and community programmes that can help keep you mentally fit.



Phone Support

Phone support services are useful as a first point of information and support. They can listen to you and refer you to a more specialised support.



Psychology Support

Denmark has a good range of psychological services to help you stay mentally fit.



Act, Belong, Commit

Being part of a group helps you feel connected, supported, and gives you a sense of purpose, which is good for your mental well-being.

Denmark has many activities and clubs to join, and organisations are always on the look out for new members and volunteers. Why not give it a go?

Contact list - Local Mental Health Support Services

Your GP can provide advice and referrals to local mental health services.

Description	Contact	Information
Denmark Hospital Emergency	9848 0600	50 Scotsdale Road, Denmark
Palmerston 63 Serpentine Road, Albany	9892 2100 albany@palmerston.org.au	Supporting those affected by drug and alcohol issues
Relationships Australia	Book appointment: 6164 0530 albany@relationships.wa.org.au	Counselling Mediation and family dispute resolution
Depression Support Network	9842 1439 Jo: 0428 289 578 manager@dsnalbany.com.au	One-to-one peer support
<u>Amity Health</u> 66 South Coast Hwy, Denmark	9842 2797 query@amityhealth.com.au	Offers funded mental health counselling for eligible adults.
Community Mental Health - Albany Hospital	30 Warden Avenue, Spencer Park (Albany)	Inpatient and outpatient mental health services

Conact List - Mental Health Phone Support Services

Phone support services are useful as a first point of information and support. They can listen to you and refer you to a more specialised support.

Description	Contact	Information
Suicide Callback Line	1300 659 467	24 hour telephone and online counselling
<u>Lifeline</u>	13 11 14 Txt: 0477 13 11 14 www.lifeline.org.au	24 hour crisis and suicide prevention support
<u>Beyond Blue</u>	1300 224 636	For people living with depression and anxiety
Grief Line	1300 845 745 (6am to midnight AEST)	Will listen to and support anyone who is grieving
QLife	1800 184 527	LGBTI peer support for people wanting to talk about a range of issues.

Contact List - Companionship

Many residents don't have family living close by. If you'd like to chat with someone or receive regular visitors, here are some good contacts to get you started. On page 44 there's a list of service and fellowship clubs you might like to join, and on page 45 there's information on how you can keep up to date with what social activities are on in Denmark.

Description	Contact	Information
G'day line for over 50s	1800 920 552	Want to chat with someone about your day? Share stories, your thoughts or interests with another person on the G'day Line
Volunteer Visitors Service <u>Red Cross</u>	1800 733 276 contactus@redcross.org.au www.redcross.org.au	Companionship and social support. You can be a visitor and or receive a visitor
Companionship to attend Denmark based clubs or activities	9848 2842	<u>Denmark Community Resource Centre</u> , 2 Strickland Street, Denmark
Forget-Me-Not Cafe Dementia Support - Social Support	9848 2842	<u>Denmark Community Resource Centre</u> 4th Thursday each month

Contact List - Psychologist

When you need a bit of extra mental health support, we have a good range of psychologists in Denmark. Please call to see when they're available to work with you. You can also check in with your Doctor if you need additional support.

Description	Contact	Address
Douglas Hatchett Clinical Psychologist & Clinical Hypnotist	0437 195 758	165A Spencer St. Denmark
Lisa Studman Denmark Clinical Psychologist	9848 2641	Denmark Community Resource Centre, 2 Strickland St. Denmark
Emma Spencer-Percy Psychologist specialises in supporting neurodiverse clients	0493 163 878 emma@spencer- percy.com	Denmark Community Resource Centre, 2 Strickland Street, Denmark

Contact List - Psychologist

Description	Contact	Address
Jessica Heller-Bhatt Clinical Psychologist Registrar	0478 633 933 jesshbhatt@gmail.com	Tuesdays, Fridays Denmark Family Practice
Lesley Wybenga Point Hillier Psychology Assessment & Therapy. ADHD, Behavioural Issues and Parenting	www.pointhillierpsychology.au	Denmark Community Resource Centre, 2 Strickland St. Denmark

Contact List - Health

Transport & Equipment Hire

The Denmark Pharmacy has a range of equipment for hire. Availability of specific equipment changes from time to time, so check with the pharmacy to see what is available.

Description	Contact	Information
<u>Denmark Pharmacy</u>	9848 3635	Mobility Equipment Hire 20 Strickland St
<u>St John's Community Transport</u>	0499 796 129	Transport to medical appointments
The Umbrella Group Great Southern	0434 022 687	Transport to Albany Hospital for Cancer Patients
Home Care Providers	Refer page 33 for phone number	If you have a Home Care Package or receive support through the Commonwealth Home Support Program you may be able to access transport services

The Denmark Pharmacy range at May 2024 included:

Various crutches	Blood pressure monitor
Wheelchair	Nebuliser
Commode	Vaporiser
Walking sticks and frames	Diffuser
Shower chair	Ear thermometer
Circulation boosters	

Social Transport

Our community is spread out across a big, beautiful landscape. As your needs change, you may want to access a driver to help get around.

Need a regular driver?



If you receive an aged care support package you may be able to access a regular driver through that package. If you're not on an aged care package, you can still find a local driver through www.mable.com.au/find-support/

Medical appointments



St John's Community Transport Service can take you to anything medical related in Denmark or Albany. Book on 0499 796 129. The Umbrella Group provides transport for cancer patients.

Emergency evacuations



Planning how to reach a safe place during emergencies (like a fire) is crucial for a swift and secure evacuation. Talk with friends and neighbours and make a plan now - before you need it.

Occasional driver services



Friends, family, neighbours and the community stand ready to assist! Ask! Speak to the Denmark CRC if you need help.

Contact List - Transport

If you have a Home Care Package or receive support through the Commonwealth Home Support Program you may be able to access transport services through your Provider.

Description	Contact	Service
<u>TransWA</u>	9848 2842 (the CRC)	Book bus trips all over WA through the <u>Denmark CRC</u> , Pensioners may be able to access free travel
Blue Wren Rideshare	0429 451 235	On demand Taxi - Bookings essential
<u>St John's Community Transport</u>	0499 796 129 9841 4212	Transport to medical appointments
The Umbrella Group Great Southern	0434 022 687	Transport to medical appointments for Cancer Patients
Make sure you plan for emergency evacuation.	See Page 13 for contacts to help you prepare a plan	You can get assistance to make a plan from your local Bushfire Ready Group

Housing

As we age, our housing needs and preferences change. You may want to downsize for easier upkeep or to improve accessibility and social connections. The goal is to ensure we have comfort, safety and a high quality of life.



Getting help to stay in your home

There are two Denmark-based home care service providers, and a range of home care providers that service Denmark from Albany.



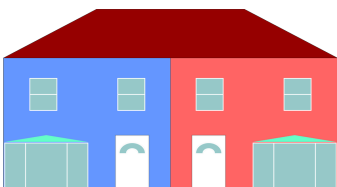
Residential Aged Care

The Denmark Hospital has a small residential nursing home. It's expected that an additional Residential Aged care facility in Denmark will be available in the near future.



Respite Care

There are no respite care facilities in Denmark. Some respite care is available through Hawthorn House in Albany.



Independent Living Units

Amaroo Village has independent living units that you can purchase, and some that you can rent. Call [Amaroo](#) to go on the waiting list.

Contact List - Help to Stay at Home

Home Care can provide support in the areas of personal and home care, including such things as helping with the preparation of meals, shopping, cleaning and looking after the house, gardening, companionship and support with your pet.

All of the following services work in the Denmark area. You don't have to have an aged care package to access support with Mable - you can pay privately.

Description	Contact
ACare WA - Denmark Based Home Care - locals helping locals	0474 357 003 or Marie 0429 161 716 info@acarewa.com.au
<u>Amaroo @ Home Denmark</u> Home Care	1300 653 967
Baptistcare Home Care Services Home Care	1300 660 640
Silver Chain Group Home Care	9242 0119
Albany Community Care Home Care	9841 8668
Chorus Albany Home Care	1800 264 268
Mable Home Care - locals helping locals	1300 736 573 https://mable.com.au/

Contact List - Housing

There's currently a waiting list at all types of accommodation in Denmark listed below. Limited respite facilities are available in Albany for persons living with dementia.

Description	Contact	Address
Denmark Health Service Residential Nursing Home	9848 0600	Denmark Hospital, Scotsdale Road
<u>Amaroo Village</u> Denmark Retirement Rental Villas	1300 653 967	12 Hardy Street, Denmark
<u>Amaroo Village</u> Denmark Independent Living Villas	1300 653 967	12 Hardy Street, Denmark
<u>Hawthorn House</u> 40 Henry Street Albany Respite Care - Dementia	9841 3755	Provides the family a short break while offering an enriching experience for the person living with dementia

Home Maintenance & Pets

You've worked hard to create a comfortable home. It makes sense to get help to maintain it so that you continue to enjoy it.



Home Maintenance

For peace of mind and a well-kept home, consider reaching out for help with those tricky maintenance chores.



Garden Maintenance

Maintaining a garden can be fulfilling, but if it becomes overwhelming, reach out for support to keep it thriving.



BushFire Preparedness

Stay safe during bushfire season—ask for help in preparing your home and garden.



Pets

Pets can be vital for our well-being. Dog walking areas and services are available to ensure your dogs get the exercise they need.

Contact List - House, Garden & Pets

An up to date list of local businesses that undertake home maintenance, cleaning and pet care/walking is maintained by the Denmark Chamber of Commerce.

A printed directory is delivered annually, and you can search online at <https://denmarkchamber.com.au/local/category/businesses/>

To get you started, here are some local businesses that can be of assistance:

Description	Contact	Service
Dusenberg Land Garden Environment Services	0422 517 717 dousy@hotmail.com	Garden maintenance General Handyman Yard Cleanups & Firewood deliveries
Maintco	0419 784 846	Building Maintenance Property Maintenance
Bee Organised	0425 891 689	Help to declutter and get organised in a way that works for you
Denmark's Happy Hounds	denmarkshappyhound swa@gmail.com 0477 198 285	Dog Walking
Divine Canine Denmark	Cairo 0487 602 300 misspepper1@live.com	Dog Walking
Beach Combing Dog Wash	Tilly 0402 801 351	Pick up and drop home Dog for Dog Grooming

Enjoying Life

We're lucky to have such an abundance of activities and events, with both indoor and outdoor options to choose from here in Denmark. You will be welcomed when you get involved and gain the benefits of sharing the richness of our community.



Sharing hobbies and interests

Denmark residents share a large range of hobbies and interests. The best place to check what's on offer is the Community Resource Centre.



Keeping Fit

Keeping fit as you age is crucial for overall health. Find activities you enjoy and make them a regular part of your routine.



Clubs for Service & Fellowship

Service and fellowship clubs offer valuable connections as well as opportunities for getting involved and making a contribution.



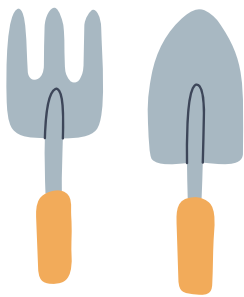
Keeping mentally active

[South Regional TAFE](#) - Denmark has a range of educational courses on offer each term. Located South Coast Hwy, Denmark.
Phone: [\(08\) 6371 3210](#)

Hobbies and Interests

A current register of the range of activities on offer is maintained by the Denmark Community Resource Centre. This is located at 2 Strickland Street. Phone: (08) 9848 2842

A Sample of the Range



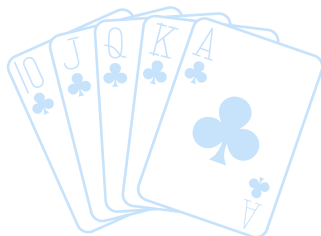
Gardening



Quilters



Wood work,
machinery restoration
Mens' Shed



Bridge



Embroidery, Sewing



Historical
Society



Yoga, Meditation



Dog Club

Arts, Music, Theatre

Denmark has a reputation as a thriving creative community.

Live arts, music and theatre events are advertised in the local Bulletin Newspaper, and by the [Denmark Community Resource Centre](#) and the [Denmark Arts Council](#) in their newsletters (you can subscribe). There's often live music playing at venues and cafés around town.

If you want to participate in art, music or theatre, as a helper or as a performer, the best place to find others is through the [Denmark Arts Council](#), located at 2A Strickland Street, or phone 9848 3623.

A Sample of the Range



A wide range of drawing, painting groups and gatherings



Circus



Performance



A wide range of music



Choir

Keeping Fit

Fitness activities take place all around Denmark. Options include group and individual activities such as team sports, rowing, cycling, yoga, and some of the best walking tracks in the State.

There are three key venues for fitness activities in Denmark - the Country Club, the Riverside Club and the Denmark Recreation Centre.

Denmark Recreation Centre

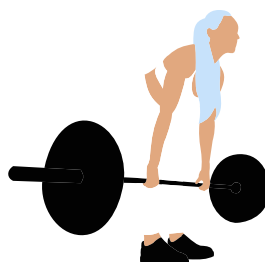
Located at McLean Park, Brazier St, Denmark. Call 9848 0344 or email reccentre@denmark.wa.gov.au

A gym and fitness timetable is published on the Shire of Denmark website at: www.denmark.wa.gov.au/community/recreation-centre.aspx

The Rec Centre offers supervised gym, table tennis, pilates, chair yoga, pickleball, music and moves, badminton, fitness and stretch classes. Financial discounts are available to Seniors.

There's also a range of club sports on offer - such as indoor cricket. The Rec Centre can put you in touch with the right people.

Almost every popular sport is on offer in Denmark. Check with the recreation centre for contact details of the activities that interest you.



Denmark Country Club

Located at 925 South Coast Hwy, Denmark. Phone: 9848 1413
www.denmarkcountryclub.com.au

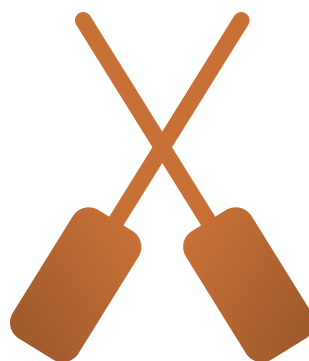
An 18-hole golf course, undercover driving range, eight synthetic tennis courts and a spacious modern clubhouse are all at Denmark Country Club.



Denmark Riverside Club

Located at 3 Morgan Rd, Denmark Phone: 9848 1517
www.denmarkriversideclub.org

The place to go for bowls, rowing or dragon boating. There are also regular social dinners.



Contact List - Service & Fellowship

Joining a service club offers social interaction and camaraderie, as members come together for regular meetings, social events, and volunteer activities. Beyond personal benefits, service clubs are advocates for important social issues, raising awareness and supporting charitable causes that benefit the wider community.

Service Club	Contact
Country Women's Association	9 Mitchell Street, Denmark denmarkcwa@outlook.com
Lions Club	denmark.wa.lions.org.au
The Men's Shed (Women Tuesday and Friday)	2D Inlet Drive, Denmark. info@denmarkmenshed.com.au
Denmark River Probus Club www.denmarkriverprobus.org.au The Probus Club of Denmark www. denmarkprobus.com	There are two Probus clubs in Denmark, both have monthly meetings with interesting guest speakers as well as outings and excursions for club members.

Staying Connected

The most important activity for good mental health is to keep connected to your community. Listening to local radio, reading the local paper, and engaging with local community groups helps you feel less alone and builds supportive friendships.



Denmark Bulletin Newspaper

The Denmark Bulletin is free and available online, as well as from newstands at the Newsagent and the Environment Centre. It is published every second Thursday.



Art Events

Denmark Arts Council is the peak body for arts within the Shire of Denmark. You can find out what's on at

<https://www.denmarkarts.com.au/whats-on>



Community Events

The Community Resource Centre maintains a list of forthcoming events and activities. Call the CRC on 9848 2842 to get on the mailing list or check at <https://denmarkcrc.com.au/events/>



Denmark FM Radio

Listen to community radio at 99.7 Denmark FM. Tune in for local music, news, events, stories and more. The program schedule is available from www.denmarkfm.com.au

Technology

If you're connected to the internet, there are lots of options for exploring your interests, many of which are free. There are online courses, downloadable books, resources for researching your family tree, and exploring new ways of finding people with similar interests.



Internet Access

Having an internet service opens up a whole world of opportunities to engage. From online learning to entertainment streaming services and online communities. You can also do most of your shopping online these days.

Technology Support



For over 50s keen to get online, Be Connected is a free program to help you get started, and learn about how to protect yourself from scams. Help is provided by the [Community Resource Centre](#). Call 9848 2842.

Connecting with Family



Many people lose touch with their siblings, relatives and even children as they get older. Video calls and family chat groups can help you reconnect. You can set these up on your smart phone, or using a computer.

Contact List - Technology

Technology training and support is available through the following organisations:

Description	Contact	Address
<u>Denmark Community Resource Centre</u> Be Connected program	9848 2842	2 Strickland Street, Denmark
Telstra Tech Savvy Seniors	13 75 87	Guides available from www.telstra.com.au/tech-savvy-seniors/start-learning
Seniors Recreation Council of Australia WA	9492 9773	www.srcwa.asn.au/programs/tech-savvy-seniors/

Remember to keep your user passwords safe.

Many people often say that they can't remember all their passwords. If that's you, you might like to use a **pass phrase**. It should be something that you know well, but that might not mean anything to other people. For example, two or three grandchildren's names joined together e.g. johnmaryemma.

Scams

Scams are designed to trick you. There are some contact details on the next page for government bodies you can call or email if you have concerns that you have been tricked or scammed.

Unfortunately scams are on the rise, but not every form of deception happens on a website or through email. Some of the most effective deceptions occur by phone and text messages. Two types are particularly common: the kindness scam and the fear scam.

The Kindness Scam

One common scenario is receiving a call about your phone account not being fully paid, urging you to settle the amount to avoid any service disruptions.

These scams, (often effective due to the caller's friendly demeanor) typically lead you into a conversation where they aim to establish rapport.

After engaging you for some time, they may suddenly end the call, expressing concern about their supervisors, which can evoke a sense of guilt.

Exploiting this vulnerability, they then proceed to request your credit card details to settle the supposed debt.

About 1 in 5 people fall prey to such schemes. It's important to stay vigilant and refrain from sharing sensitive information over the phone unless you're absolutely certain of the caller's identity and legitimacy.

The Fear Scam

The fear scam might come in the form of a threatening phone call or text message regarding an overdue bill or unpaid taxes. These calls often use scary language to make you feel vulnerable and alone.

Some of us screen out unwanted calls, however in recent times there has been an increase in people leaving demands on answering machines that sound both authentic and frightening. Try not to play the call over and over again - you can easily become more convinced that it's real and pay the caller so that they don't receive an in-person visit or a bigger bill. Ask someone else to listen with you so that you can get a bigger picture of what is happening.

Service	Contact	Description
WA Government Scamnet	1300 304 054	Advice about scams, and how to report and/or protect yourself
Australian Signals Directorate	www.cyber.gov.au/report-and-recover	Report an incident, recovery information
Australian Government Scamwatch	www.scamwatch.gov.au/get-help/advice-for-older-australians	Provides specific information, advice and support for older Australians
e-safety Commissioner	e.safety.gov.au	Get help, report scams, access resources.

Navigating the Aged Care System

Accessing care and support in your home can be as simple as a telephone call to **My Aged Care 1800 200 422** or making enquiries through the website www.myagedcare.gov.au. Once you're registered with **My Aged Care**, the next step is getting an assessment. **My Aged Care** will organise this for you.

Eligibility



Eligibility is simple - you need to be over the age of 65 or if you are Aboriginal or Torres Strait Islander, over the age of 50. There must also be a need, such as being unable to get shopping, being unable to drive to appointments, managing your household chores, or help with medications. These are all recognised needs. You can also check your eligibility online at www.myagedcare.gov.au/assessment.

What Services are Available?



- Domestic Assistance
 - Shopping
 - Personal Care
 - Home Maintenance
 - Home Modifications
 - Aids and Equipment
 - Nursing Home
 - Transport
 - Meals and Food
 - Social Support
 - Allied Health
 - Respite Care
-

Contact List - Aged Care System

The recommended place to start is **MyAgedCare**, contacting them either by phone or online. Once you are registered, an appointment will be made with you so that your needs can be assessed. The assessment looks at what services you might be eligible for in your unique situation.

Description	Contact	Information
My Aged Care Australian Government	1800 200 422 or www.myagedcare.gov.au	A place to start and register
Older Persons Advocacy Network	1800 700 600	An advocate for information or support in relation to your government-funded aged care services

Denmark has quite a number of Home Care providers that receive their payment through your Aged Care package. They frequently run information sessions to explain the Aged Care System and advertise these to the community in the local Bulletin Newspaper or via the CRC.

The [Denmark Community Resource Centre](#) also hosts various talks on aspects of the Aged Care Systems and has friendly, local volunteers to help you find the right resources.

Contact List - Home Care Providers

Home Care can provide support in the areas of personal and home care, including things such as helping with the preparation of meals, shopping, cleaning and looking after the house, gardening, companionship and support with your pet. The following organisations service the Denmark area.

Description	Contact
<u>Albany Community Care</u>	<u>www.accc.org.au</u> 9841 8668
<u>ACare WA - Denmark Based</u>	<u>info@acarewa.com.au</u> 0474 357 003
<u>Amaroo @ Home Denmark</u>	<u>www.amaroovillage.com.au</u> 0438 925 801
<u>Baptistcare Home Care Services</u>	<u>www.baptistcare.com.au</u> 1300 275 227
<u>Silver Chain Group</u>	<u>www.silverchain.org.au</u> 1300 650 803
<u>Clarence Estate</u>	<u>www.clarenceestate.com.au</u> 9841 5999
<u>Catholic Homes</u>	<u>www.catholichomes.com</u> 1300 244 111
<u>Chorus</u>	<u>www.chorus.org.au</u> 1800 264 268
<u>Mable</u>	<u>www.mable.com.au</u> 1300 736 573

End of Life Planning

An end of life plan provides clear communication and peace of mind during a deeply emotional time, enabling you to focus on love and remembrance rather than uncertainty and stress. Taking active steps to plan for the end of life ensures that you and your family's wishes can be heard and respected.

Advance Care Planning

Advanced Care Planning allows individuals to make decisions about the care they would want to receive if they become unable to speak for themselves. This often involves discussing preferences regarding medical treatment and end-of-life care with family, friends, and healthcare providers. It may include the preparation of legal documents that reflect these wishes.

Wills, Powers of Attorney and Enduring Power of Guardianship

Creating a will and designating a power of attorney are essential steps to ensure that your wishes are respected and legally enforced in the event of incapacity or death. You can make clear decisions about your assets and guardianship, giving confidence and protection for you and your loved ones.



Contact List - End of Life Planning

As well as the traditional services listed below, Denmark currently has Kristy Radcliffe and Kit Bewley operating as “End of Life Doulas” or as “Death Midwives”. They offer services to a dying person and their family around the time of the end of a life, providing information, resources, and support. Their aim is to connect you to what you need to make the end of life meaningful to you.

Kristy and Kit can be contacted via the Community Resource Centre or directly on 9848 3279.

Description	Contact	Address
Marshall Family Law	9842 5633	Albany based but appointments in Denmark
Cousins Family Law	0412 767 803	Home appointments
HFM Legal	9848 3908	55 Strickland St Denmark

Voluntary Assisted Dying

Information is available from your Doctor, or from the WA Government via the website:

www.health.wa.gov.au/voluntaryassisteddying

Need Help with Something not Listed?

If you have feedback or suggestions for a future edition we'd love to hear from you - email us at denmarkfutures@gmail.com. The two best places to start if you need help with something not listed in this Handbook are:

Denmark Community Resource Centre

Located at 2 Strickland Street Denmark, the Community Resource Centre is our key community resource. If they don't have the answer immediately, they will likely know where to look as they help many people every day.



The Shire of Denmark

The Shire of Denmark has a website containing a lot of information about contact points for State-based Seniors services. They also provide discounts on some of the Shire's own services such as rates, and membership of the 24 hour Gym at the Recreation Centre. The offices are located on South Coast Highway, opposite Denmark High School.



Thriving Seniors

The purpose of Denmark Futures is to support a thriving Denmark community by empowering the community to participate directly in the design and implementation of solutions to critical social and built infrastructure gaps.

Seniors are a big part of the Denmark community. In 2021 over 55s represented 29% of the Australian population but in Denmark, they made up 44.3% of our population! This proportion is expected to grow over time.

Taking action to improve the wellbeing of Seniors in Denmark will have a significant positive impact on the whole community. Your ideas and experience are important ingredients in good decision-making, so please get involved and have your say in community forums.

