

Age well. It's your choice.

For immediate release

Monday 26 September 2011

Seniors get their motors running to prove age is no barrier for living life in the fast lane!

Edith 'Mim' Egan "doesn't have time to be old".

Mim, who turns 97 on October 4, says she doesn't realise her age until she looks in the mirror, although she barely has time for that these days either.

The grandmother of seven, who lives independently at home, arises at 6am each day to complete her 30 minute exercise routine, eat a healthy breakfast of oatmeal, and then head off to her weekly writing class, do a spot of gardening, practice her music, play bridge on the computer, or spend time with her beloved family.

On Sunday, October 2, Mim's schedule will include a new and exciting experience when she joins 11 other seniors with a zest for life to ride in a precession of V8 cars as part of the 2011 Victorian Seniors Festival celebrations.

The ride from the Albert Park Grand Prix circuit to Federation Square has been organised by peak Victorian aged care body Aged & Community Care Victoria (ACCV) and leading Victorian aged and community care providers Aged Care Services Australia Group, Alzheimer's Australia Victoria, Annecto, Arcare, Bapcare, Benetas, Blue Cross Community and Residential Care, Cambridge Aged Care, Southern Cross Care, TLC Aged Care and Villa Maria and as part of the *Be Inspired! Age well: It's your choice* campaign - encouraging older people to achieve their dreams and keep active within the community.

Australia's oldest and longest-racing Hot Rod driver Ray Welsh, aged 73, will join Mim in the celebrations; signing autographs at Federation Square alongside his prized Hot Rod. Ray, who celebrates 50 years of competitive racing in November, will also take on the Minister for Health and Ageing David Davis in a simulated race; which promises to be a fun spectacle.

Both Ray and Mim are living proof that age is no barrier to living life in the fast lane.

Mim credits her thirst for knowledge and "glass half full" attitude to her impressive state of physical and mental health.

The former English and Social studies teacher, who reads the dictionary in her spare time, has kept a diary since 1977, recording everything that happens each day and what my family is up to.

Be Inspired! is an initiative of



VILLA MARIA



Mim said it was vitally important to her to remain active within the community and to live at home. And although she does receive extra support from Southern Cross Care (Vic), Mim has rejected offers of housework and cooking assistance, instead preferring to spend time with her care worker by walking around the block.

Chief Executive Officer of ACCV Gerard Mansour said Mim was the perfect example of a growing number of seniors choosing to remain at home with community care support.

Mr Mansour said the Productivity Commission's [Caring for Older Australians](#) report, released in August, showed change is urgently needed within the aged care industry to cope with Australia's burgeoning population and rapidly increasing demand for more community care, as well as aged care beds.

"We need to see a greater focus on funding for community care," Mr Mansour said.

"Current annual funding increases do not even meet rising costs and the last decade has seen a decline in services provided to our older Australians in their own home of up to 20 per cent. Under current policy settings, we won't be able to provide the care our older people like Mim need as we move into a future with a greater demand on aged care."

Overall, Mr Mansour said the report set a bold agenda for the future of reform and the long term sustainability of the aged care industry.

"The *Be Inspired!* message of ageing well with choice is a significant one and reflective of the wishes of senior Australians," Mr Mansour said.

"They deserve choice, flexibility and access within aged care, which can only be made possible if we have a viable industry."

Mr Mansour said *Be Inspired!* also aimed to acknowledge and thank older Victorians for the valued economic and social contribution they make to our community.

"Every day in Victoria we provide care to more than 150,000 older people and every one of them has helped inspire our country to be what it is today. In return, our aged care industry is at the forefront of making wishes and dreams come true for older Australians in our care."

As well as the opening day event, aged and community care providers throughout the State will grant the wishes of many of their residents and clients during the Festival week to encourage the older Victorians in their care to continue to be inspired.

For more information on the *Be Inspired!* campaign, visit www.accv.com.au.

Media opportunities: There will be plenty of fun and colourful photo opportunities at the event on Sunday, October 2 as seniors and CEOs arrive in their V8 cars and later participate in an exciting race car simulator challenge. Interviews with inspiring seniors are also available on request, including with Hot Rod racing legend Ray Welsh.

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be **inspired!**

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2011 Victorian
Seniors Festival

Be inspired!
2-9 October

