



# Queensland Focus

## Edition 41—Christmas Special



### UnitingCare Community's Elder Abuse Prevention Unit Holiday Hours of Operation:

- 24 December 2015  
Open 9am to 12 noon
- 25 December 2015 until 4 January 2015— Closed
- 5 January 2015—  
Reopen 9am to 5pm

### Christmas Funnies

Dear Santa, I was framed

A song told me to Deck the Halls...so I did. Mr. And Mrs. Hall are not very happy.

Why does Santa have three gardens?  
So he can 'ho ho ho'!

What happened to the man who stole an Advent Calendar?  
He got 25 days!

Service funded by:



### Keeping Tensions Down at Christmas

*Elder Abuse Prevention Unit*

Family get-togethers are exciting and fun and most often full of laughter, food, chatter and drinks. For some however these gatherings bring dread and fear. Most families have moments of heightened tensions. There is usually “that topic” that when mentioned sets everyone off and each person has an opinion or idea about how best to deal with “that person/situation”.

Here are 5 tips for addressing, as a family unit, the hot topic of **caring and future planning** for an older relative, who can still make their own decisions:

1. Include the older relative in the conversation and make them the person who has the final say. This is especially important if they are still capable of making their own decisions. Perhaps it may be good for someone to write the ideas down and send it to everyone in the family and leave a copy with the older person to think about and decide later.
2. Don't rush the decision—give the older person time to think the options through.
3. Research the options and services - allow the family time to do their research. It may be good to get people to bring the options and information with them to the family meeting so that there can be an open discussion about the pros and cons of each option.
4. If these discussions are “bound to happen” perhaps agree to have them at a time when it won't “ruin” Christmas. Putting the discussion on hold until after the festivities are done means everyone can enjoy their time together.
5. Consider booking a mediator for the family meeting to ensure that everyone is heard and that everyone gets a chance to put their ideas and opinions forward in a safe environment.

Remember that the older person has the final say. It is important that the older person does not feel bullied or coerced into making a decision before they are ready. They may take longer to process the decision as they may have more to lose but they are still capable of doing this with support and help from a loving family. It is often with good intentions that we can unknowingly pressure an older relative into a decision they are not ready to make.

To you and yours a very Merry Christmas and Happy New Year.

## 30 Acts of Kindness Challenge

*Mental Illness Fellowship Queensland*

While many of us will enjoy the company of loved ones, sadly isolation and loneliness are the reality for a lot of people.

But by providing personal support and tailored solutions to people affected by mental illness, we can help when people need it the most.

*"[I] feel that I am not alone and that I have access to support and hope for recovery in the near future."*  
– MIFQ participant.

You play an important role in walking side-by-side with us to bring hope and change to the lives of thousands of people we support each year.

Will you take up the challenge and encourage your friends to donate this festive season?

Tell them why you want to help people living with mental illness and inspire 30 of your nearest and dearest to do the same.

For more information about Mental Illness Fellowship Queensland visit: <http://www.mifq.org.au/>



### **Seniors Legal and Support Service (Brisbane) - Christmas Holiday Hours**

Closed: 24 December 2015 to 3 January 2016

Reopens: 4 January 2016

### **Disclaimer:**

Editor's Note: Opinions expressed in this edition "Queensland Focus", do not necessarily reflect those of The Elder Abuse Prevention Unit (EAPU). Articles in this newsletter may be used with the permission of the contributing author. This publication is a guide only and should not substitute independent legal advice.

#### **For more information please contact:**

Elder Abuse Prevention Unit  
PO Box 2376  
CHERMSIDE CENTRAL QLD 4032  
Phone: (07) 3867 2525  
**HELPLINE: 1300 651 192**  
Email: [eapu@uccommunity.org.au](mailto:eapu@uccommunity.org.au)  
[www.eapu.com.au](http://www.eapu.com.au)



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## Jamie Oliver's Dairy-Free Chocolate Truffles

*Courtesy of Jamie Oliver Foundation*

<http://www.jamieoliver.com/recipes/chocolate-recipes/dairy-free-chocolate-truffles/#dGrHTGJAVzw9xvRV.99>



- 300 g dairy-free dark chocolate
- 3 tablespoons coconut oil
- 240 ml light coconut milk
- 1 teaspoon vanilla bean paste , or vanilla extract
- 1 handful of desiccated coconut
- 1 handful of mixed nuts , such as pecans, hazelnuts and macadamias
- 2 tablespoons cocoa powder

Chop the chocolate into small pieces, then place into a bowl with the coconut oil. Heat the coconut milk in a small pan over a low heat, then pour into the bowl and stir gently to combine – it's important not to mix too quickly.

Stir in the vanilla bean paste or vanilla extract. Cover the bowl with cling film, then place in the fridge to set for at least 4 hours.

When the truffle mixture has almost set, toast the desiccated coconut over a medium heat for 1 to 2 minutes, or until lightly golden. Tip onto a plate, then return the pan to a medium heat and add the nuts. Toast for around 2 minutes, or until golden, then leave to cool for a few minutes. Finely chop, then place onto a second plate. Spread out the cocoa powder onto a third plate.

Using a teaspoon, scoop out little balls of the truffle mixture and roll in the palm of your hands, placing them onto a tray as you go. It's totally up to you how you decorate them – roll the balls in either the toasted coconut or chopped nuts, or for a simple finish, roll them in the cocoa powder. Return the decorated truffles to the fridge for around 10 minutes to firm up, then serve.