

# Positive Pathways

Positive Life NSW



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## Welcome to our newsletter focused on all older people living with HIV in NSW!

Dear Readers

As we enter the final months of the year, it's a perfect time to pause, reflect and look forward to the holidays with family and friends.

This month, we're focusing on key topics to support healthy ageing and provide practical insights for enhancing your well-being.

With the weather warming up, let's explore some ideas for staying active safely outdoors. November also brings us closer to the festive season, a time to reconnect and celebrate. However, it can sometimes feel overwhelming.

Roberto shares his story to change things up this holiday season, and I include some information about our advocacy and support as part of the Ageing Support Program.

If you need any support to navigate or deal with your HIV and health, please get in touch with me at Positive Life NSW on (02) 8357 8386, 1800 245 677 or email

[contact@positivelife.org.au](mailto:contact@positivelife.org.au)

As always, we welcome your thoughts and contributions—this newsletter is for you! If you have stories, ideas, or feedback to share, please reach out.

Wishing you a warm and happy holiday's ahead.

See you in February 2025!

Priscilla X

### THIS MONTH

What to do in your local area?

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Services Australia

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Life.mail bulletin

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Treatments Support

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Dental Options

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Ageing Support

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NSW TrainLink

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Get advocacy or support!

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Personal Story: A new beginning



## What to do in your local area?

For ageing adults living with HIV in NSW, outdoor activities like yoga or Tai Chi in parks, beach walks, cycling on smooth paths, community gardening, and bird watching offer safe, low-impact ways to stay active.

Local councils around NSW often advertise or offer a range of options for the community to stay active supporting physical health, flexibility, and mental well-being.

These activities include cultural activities, local markets, walking groups, community gardening options and more.

### SYDNEY CITY:

<https://news.cityofsydney.nsw.gov.au/articles/what-to-do-in-sydney-this-november>

### FIND YOUR LOCAL COUNCIL:

<https://www.olg.nsw.gov.au/public/find-my-council/>



## Finding it difficult to reach Services Australia?

If you're living with HIV and finding it difficult to reach Services Australia (Medicare, Centrelink etc), get in touch with Positive Life NSW for an in-person appointment to access Centrelink and other government services.

Call Positive Life (02) 8357 8386, 1800 245 677 or [contact@positivelife.org.au](mailto:contact@positivelife.org.au)



Positive Life NSW publishes an email newsletter each month.

Subscribe to Life.mail to get details about upcoming events, latest campaigns and projects, news and programs relevant to all people living with HIV across NSW into your email inbox.

[www.positivelife.org.au/publications/life-mail-ebulletin/](http://www.positivelife.org.au/publications/life-mail-ebulletin/)





## Positive Minds

Positive Minds offers all people living with HIV in NSW access to free counselling, in a private and confidential space near Positive Life's Surry Hills office.

Both our counsellors are accredited, non-judgemental, trained professionals who are either living with HIV or directly affected by HIV themselves and understand what it's like to live with HIV.

Call Positive Life NSW on (02) 8357 8386, 1800 245 677 (freecall) or [contact@positivelife.org.au](mailto:contact@positivelife.org.au)



## Treatments

If you have any questions about HIV medications, including

- Understanding your blood test results, viral load, etc
- Difficulties with side effects, taking medication on time,
- Depression, anxiety and thoughts of suicide,
- Substances use, smoking, alcohol and other drugs,
- HIV and travel, links to immigration support and studying with HIV in NSW.

Get in touch with Positive Life NSW on (02) 8357 8386, 1800 245 677 (freecall) or [contact@positivelife.org.au](mailto:contact@positivelife.org.au)

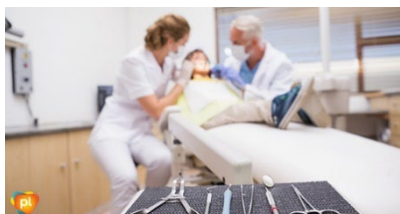


## NSW TrainLink

A Country Pensioner Excursion (CPE) ticket is an affordable ticket for eligible pensioners and seniors to travel in regional NSW and ACT.

For \$2.50 you can [book an Economy class seat on a NSW TrainLink Regional service](#). You will need to book 7 days or less in advance.

**Pensioner Travel Vouchers** provides [free and discounted travel on NSW TrainLink Regional services](#) to eligible pensioners and seniors within NSW. Please note new condition for the purchase of discovery pass – Passes must be validated and travel must commence within 30 days from date of purchase.

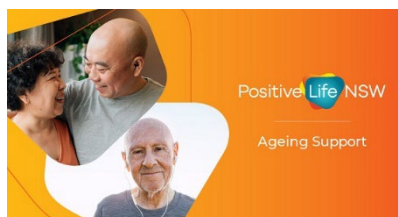


## Dental Options

Free public dental health care is available to all people living with HIV who hold a **Health Care Card, Pensioner Concession Card or Commonwealth Seniors Health Card** and are eligible for Medicare. Public dental services provide both emergency and general dental services. Priority will be given to dental emergencies, such as

- Bleeding in the mouth that won't stop.
- Swelling of the face from a tooth infection.
- Recent injury to the teeth.

Call the Oral Health NSW Intake Centre on 1800 679 336 and have your Medicare and concession card details with you.



## Ageing Support

Positive Life offers one-on-one support for **anyone living with HIV over 45 years across NSW** to navigate the aged care, disability and/or healthcare maze and find the services you need to live your life your way.

Together we can talk about what you want, what works for you, and how you can keep your independence for as long as possible.

Our friendly and knowledgeable staff live with HIV ourselves, are non-judgemental and understand how important it is to live life your way!

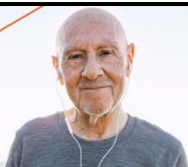
Call Positive Life NSW on (02) 8357 8386, 1800 245 677 (freecall) or [contact@positivelife.org.au](mailto:contact@positivelife.org.au)



### G'DAY LINE

When you call the G'day line, you'll connect with a telephone support volunteer trained to support older people who feel lonely or socially isolated.

If you're over 50, living in Australia and feel the need for social support or connection, you can reach out to G'day line on [1300 920 552](tel:1300920552) from [8am to 8pm, 7 days a week.](#)



## When you need advocacy or support to live your life!

If you are living with HIV in NSW and over 45 years, get in touch when you want some advocacy or support to work out how to make your life a little easier.

You might need a little extra daily help around the house, have occasional jobs around your home, need some support to overcome barriers or hurdles you're experiencing, or want to find some respite while caring for a partner or parent.

If you need to find out your options for support after a fall, illness or a stay in hospital or you think it's time to explore

your options with residential aged care, reach out! Together, let's find answers to your questions and help navigate through the government assessment maze.

The Positive NSW Ageing Support program offers **one-on-one support** for anyone living with HIV **over 45 years** across NSW (metropolitan, rural or regional) to navigate and access the aged care, disability and/or healthcare maze and find the services you need to live life your way. Contact: Priscilla on (02) 8357 8386, 1800 245 677 (freecall) or email [contact@positivelife.org.au](mailto:contact@positivelife.org.au)



### A new beginning: Christmas in Ho Chi Minh City

This Christmas, I turn 58. For the past 20 years, living with HIV has made the holidays the hardest time of the year. With no friends or family to spend it with, I usually end up alone, watching Netflix and feeling sorry for myself. This year, I decided to change things.

I booked a trip to Vietnam. It's just a week and on a tight budget, but I'll be in Ho Chi Minh City, exploring and learning new things. Instead of the usual loneliness, I'll be wandering through bustling markets, tasting exotic foods, and soaking in the vibrant culture. I'll visit historical sites, meet new people, and immerse myself in the city's energy.

It's a small adventure, but it's my way of reclaiming joy and making new memories. This Christmas, I won't be alone; I'll be discovering a new world. The thought of stepping out of my comfort zone and embracing the unknown fills me with excitement and hope. It's a reminder that life, even with its challenges, can still offer moments of beauty and connection.

This year, Christmas will be about new beginnings and the courage to seek happiness.  
Ciao

Roberto (Positive Life NSW Community Member)

*Photo: Shutterstock image - Preparing for the celebration of the Chinese New Year on the streets of Ho Chi Minh City*