Attachment 1.

Digital Legacy

Discussion / talk at PSA Retired Associates Group (RAG) Meeting held on 27 October 2026:

Question: What on earth is meant by Digital Legacy? Or, Digital Assets?

A **digital legacy** refers to the digital information and assets that remain available about a person after their death, including social media profiles, online conversations, photos, and videos.

It encompasses both the content created by the individual and what others share about them online.

A **digital asset** is anything that exists only in digital form and comes with a distinct usage right or distinct permission for use.

Data that do not possess those rights are not considered assets.

Digital assets include, but are not limited to:

digital documents, audio content, motion pictures, and other relevant digital data currently in circulation or stored on digital appliances, such as personal computers, laptops, portable media players, tablets, data storage devices, and telecommunication devices.

Exercise:

1. List 7 of your most important Digital Assets that would remain after you pass on.

2. Choose 3 of these, & state how you would like them to be managed after your death.

3. Pick one of these:

(a) SmartPhone;
(b) Computer;
(c) Tablet;
(d) SmartWatch:

Write a short instruction to the person that will probably take charge of this gadget after you no longer can.

Pass around the copy of: **"Digital-Will-Template"**.
If anyone wants a copy, eMail Ysbrand Oosten at:

y.f.oosten@gmx.com

Attachment 2.

What is Carer Gateway and who is it for?

Carer Gateway provides free support services and information to people who provide care and support to a family member or friend. It may be because they have disability, a medical condition, mental illness or are frail due to age.

It doesn't matter if you receive a government payment or not, you can still access Carer Gateway. After all, every caring situation is different.

Some carers look after another person 24 hours a day and help with daily living, while others support people for a few hours to help with everyday things.

How are services provided?

A range of organisations across Australia provide Carer Gateway services to carers in local communities.

Services are provided in-person, online and via phone.

How do I access services?

By calling 1800 422 737 Monday to Friday, 8am–5pm local time, you can talk to a Carer Gateway service provider in your area. They will talk to you about your situation and help you access services that are specific to your needs.

You can access online services and more information on the Carer Gateway website: carergateway.gov.au.

What services are available?

Coaching

Learn new ways to manage stress and improve your wellbeing.

- **In-person coaching** – meet one-on-one with a coach in your area.
- **Self-guided coaching** – undertake online interactive courses.

Counselling

If you're feeling stressed, anxious, sad or frustrated, a professional counsellor can talk with you about your worries and offer help.

- **In-person one-on-one counselling** – speak one-on-one with a professorial counsellor in your local area.
- **In-person group counselling** - come together with other carers to discuss your situations in a safe environment with a professional counsellor.
- **Phone counselling** – speak with a professional counsellor over the phone from wherever it's convenient for you.

Respite Care

- **Emergency respite** - get assistance in looking after the person you care for if an unplanned event stops you from being able to provide care. For example, if you are ill or injured.
- **Planned respite** - plan for regular breaks to rest and recharge while respite services look after the person you care for.

Peer support groups

Meet with people in similar caring situations and share your stories, knowledge and experience.

- **In-person** – meet local carers, share advice and learn from each other in a safe space.
- **Online community forum** – join the online forum and be part of a supportive community with other carers.

Online skills courses

Learn new skills for looking after yourself. Find out about new ways to deal with stress and legal issues, and improve your health and safety. Each course covers a different topic and you can complete them online at your own pace.

Tailored support packages

Supports and services are tailored to help you in your caring role.

You may be able to access:

- services or equipment to help with your continued education, for example, tutoring, educational supplies or training courses
- planned respite, where a service provider steps in to take care of your family member or friend while you take a break
- services and assistance with household tasks and transport.

Do you provide care and support to a family member or friend with disability, a medical condition, mental illness, or who is frail due to age?

Would it help to have services to support you so that you can continue to be there for the person you care for?

If you answered yes to any of these questions, Carer Gateway can help you.

How do I contact Carer Gateway?

Call Carer Gateway on 1800 422 737 Monday to Friday, 8am–5pm to speak with your local Carer Gateway service provider about the supports and services available to you. Emergency respite is available 24 hours a day, seven days a week on the same number.

If you need information in a language other than English, call the Translating and Interpreting Service on 131 450.

If you are deaf, or have a hearing or speech impairment, you can call the National Relay Service on 133 677.

Online services and more information are available on the Carer Gateway website: carergateway.gov.au

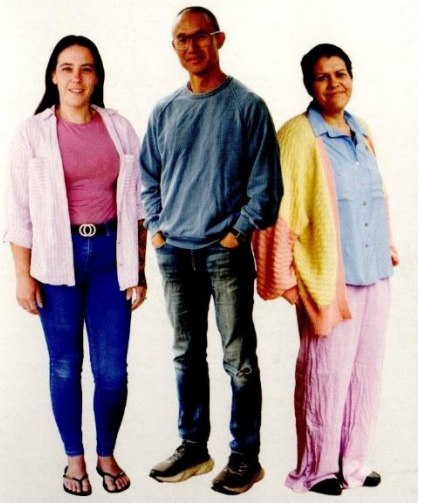
Carer Gateway
An Australian Government Initiative

carergateway.gov.au

Connecting carers to support services

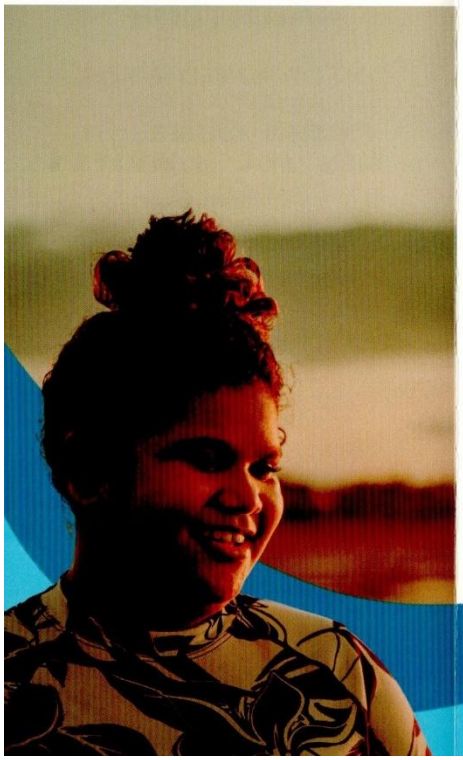
Do you provide care and support to a family member or friend?

Carer Gateway is for you.



Carer Gateway
An Australian Government Initiative

There are an estimated 3 million carers in Australia, and 958,000 carers in NSW



WHAT DOES CARERS NSW DO?

Carers NSW advocates for better outcomes for carers through our work in policy and research.

We provide information, education and resources to support carers. Additionally, we offer programs and learning opportunities for carers to meet their evolving needs.

WHO DOES CARERS NSW SUPPORT?

Carers NSW supports all family and friend carers.

To access our services and support...

- You do not need to live with the person you care for or be their main source of care or support.
- You do not have to provide care every day.
- You could be any age, from any cultural background, and live anywhere in NSW.

CARER GATEWAY PROVIDER

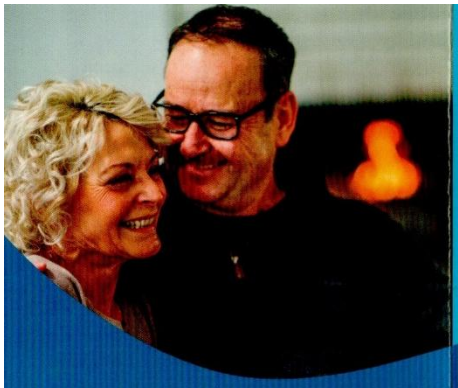
Carer Gateway is an Australian Government initiative providing free services and support for carers across Australia.

No matter where you are located in NSW or Australia, you can contact Carer Gateway and be connected to the Carer Gateway Service Provider in your region. Call 1800 422 737 or visit www.carergateway.gov.au

Carers NSW is the dedicated Carer Gateway Service Provider across Hunter New England, the Central Coast and North Coast of NSW.

Carer Gateway
An Australian Government Initiative

Carers NSW Australia



A carer is any individual who provides unpaid care and support to a family member or friend who lives with a disability, mental illness, alcohol or drug dependency, chronic condition, terminal illness or who is frail due to age.

CARERS NSW IS THE PEAK NON-GOVERNMENT ORGANISATION FOR CARERS IN NSW

CONTACT US

WEBSITE
www.carersnsw.org.au

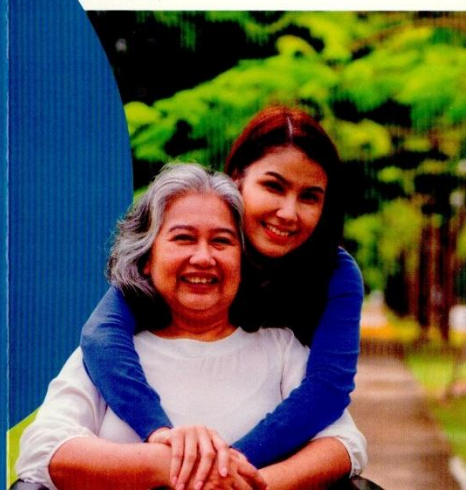
PHONE
02 9280 4744

EMAIL
contact@carersnsw.org.au

OUR VISION IS AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS

Carers NSW Australia

INFORMATION FOR FAMILY AND FRIEND CARERS IN NEW SOUTH WALES



ONLINE EDUCATION SESSIONS

Free education for carers, health and service providers

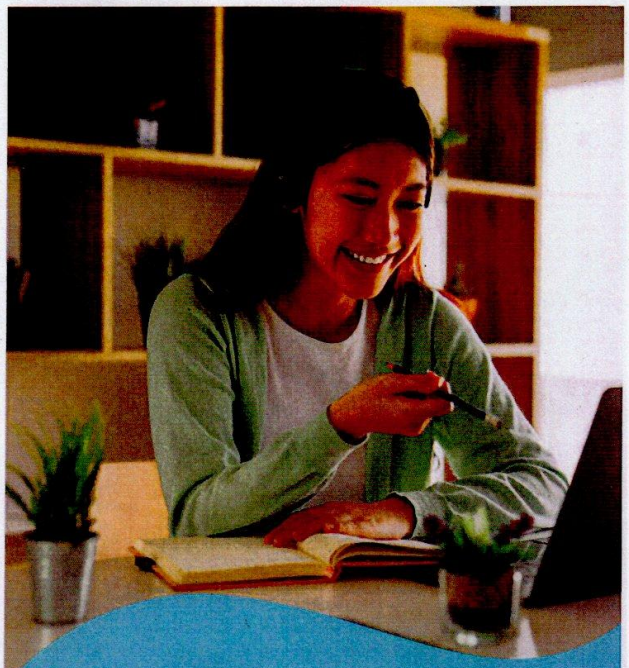
Carers NSW education programs are designed to help carers, their families and support networks by:

- Offering practical information and skills to support the caring role and boost carer health and wellbeing.
- Helping services better understand and support carers from all walks of life.
- Equipping professionals, organisations and the wider community to better recognise and respond to carers needs.

The education calendar is updated monthly to help you plan ahead for any topics of interest.

SUBSCRIBE to the Carers NSW education mailing list to receive monthly event updates at https://bit.ly/4jAyPsk

SCAN TO REGISTER FOR AN EDUCATION SESSION



EDUCATION TOPICS

- Carer Gateway Services and Supports
- About Carers NSW
- Future Matters
- Accessing Aged Care Services
- Understanding and Supporting Carers
- Supporting Carers in the Palliative Care Setting
- Working With Supporters: For CHSP Providers
- Emergency and Disaster Planning: For CHSP Providers
- Supported Decision Making

To request a guest speaker contact the Education Team on 02 9280 4744 or email education@carersnsw.org.au

Carers NSW

Carers NSW Australia

AGED CARE HUB

A central access point for information and resources to support carers of older Australians.

Explore the Carers NSW Aged Care Hub at www.carersnsw.org.au/aged-care-hub or using the QR code below.