Age is no barrier

Seniors Month in South Australia, from October 1 to 31, is a time to focus on the achievements and contributions of older people in the community, especially those who are OBE - Over B1**dy Eighty!

It is also a time to recognise the importance of looking after both the mental and physical health of older people living in South Australia.

To honour the amazing achievements and resilience of seniors Australia-wide, beyondblue has produced a booklet titled Our Stories which features a collection of inspiring stories and insights from a remarkable group of OBEs, who prove age is no barrier to a healthy and active lifestyle.

We hope the OBE campaign and Our Stories inspire everyone to live active and healthy lives well into their eighties and beyond.

Beyondblue is also working with Council on the Ageing (COTA) SA to deliver information sessions to older people about depression and where to get help.

Depression is common, but it is not a normal part of ageing. It's an illness and help is available regardless of the person's age.

For information about COTA’s depression awareness sessions, call 8232 0422 or go to www.seniorsvoice.org.au or to find out about Seniors Month events visit www.seniorsvoice.org.au/asp/events_calendar.aspx

To order free copies of Our Stories, or find out more about the OBE campaign, visit www.beyondblue.org.au or call the beyondblue info line on 1300 22 4636.

Leonie Young, chief executive officer, beyondblue: the National Depression Initiative.