

Media Release



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Carers NSW congratulates 2013 NSW Seniors Week Ambassadors

Carers NSW congratulates the 2013 NSW Seniors Week Ambassadors who were announced by Minister for Ageing and Disability Services, Andrew Constance today.

Carers NSW Carer Representative, Nan Bosler OAM was among the twelve ambassadors which also includes Australian of the Year, Ita Buttrose and horticulturist Graham Ross.

Carers NSW CEO Elena Katrakis said she was delighted that Ms Bosler had been appointed.

"I am absolutely delighted the Nan Bosler is a NSW Seniors Week Ambassador. She has been an outstanding advocate for seniors and carers for many years and it is wonderful to see her be recognised for her significant contribution."

"Nan is a tech savvy, proactive and engaging person and is a great role model for all of us."

Ms Bosler is a former carer and has been a Carers NSW Carer Representative for several years. She is a member of the NSW Carer Advisory Council and is President of the Australian Seniors Computer Clubs Association (ASCCA).

Ms Katrakis said that Ms Bosler perfectly embodies the "LIVE LIFE" theme of the 2013 NSW Seniors Week.

"Nan continues to achieve things that most of us can only dream of. She has five tertiary qualifications, is a strong advocate and is even a published author. She is an inspiration and shows us that we can achieve our goals and enjoy life at any age."

Ms Katrakis added that it is important to support senior carers to achieve their own life goals while continuing their caring role.

"A lot of older Australians are carers and it is important for us to support them in living life to the full while also supporting them to continue in the caring role if they would like to."

"Caring can be a very rewarding experience and while it can be challenging, carers should remember that caring is one aspect of their lives and that there are other aspects that they can pursue, explore and develop while still providing care for their loved one."

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