



MEDIA RELEASE

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YOUR SIDE ANNOUNCE TRACEY SPICER AM AS AMBASSADOR

Your Side is excited to announce Tracey Spicer AM as their new ambassador. Tracey will be talking about how care planning early can assist ageing loved ones to stay safe in their own homes for longer. She will also be exploring some of the challenges people face finding the right help from a complex aged care system alongside Your Side CEO Danielle Ballantine in two filmed 'In Conversation' sessions.

While working full-time and raising two children, Tracey was a carer for her beloved grandfather in his final years. Her father now has emphysema and the family rallied around to organise support services.

"I wish I had known about the help available a lot earlier in this process. If I'd talked to an organisation like [Your Side](https://yourside.org.au), then I would have had more quality time to spend with loved ones, instead of the frustration of researching and coordinating care," Tracey says.

"Your Side is thrilled to have Tracey as our ambassador. She is not only an experienced and Walkley Award winning journalist, but a wonderful person who has stood up for what she believes in. Our job at Your Side is to help people access the right support so they can live a full life in our community as they age. Tracey has been a fearless spokesperson and influencer throughout her career with an authentic connection to equality and social justice. I am also looking forward to discussing some of the themes and recommendations from the Royal Commission into Aged Care Quality and Safety in our 'In Conversation' sessions," says Your Side Australia's CEO Danielle Ballantine.

As our parents age, we all know a good plan will help a stressful, complex experience be a little smoother for everyone. Most of us would prefer to age safely and confidently at home. The right in home care and support services means people remain in their communities and retain their independence.

"That is where an organisation like Your Side can help - planning early and connecting to My Aged Care to receive Home Care Package support means that you can stay healthier, active and social for longer living at home," says Tracey.

Tracey and the team at Your Side say it's time to reframe how we think about ageing – older people should no longer be considered passive recipients of care.

"Just because you are getting older doesn't mean you are not physically or mentally active enough to contribute to the decisions around the care YOU receive. Your Side's 'Total Care' model helps to alleviate the stress of coordinating that care – saving families an estimated 200 hours a year and allowing carers to get on with living a more balanced life. Our new relationship with Tracey will



highlight all of the services Your Side has to offer for both those who need to be cared for and the busy and dedicated carers that also need our extra support,” says Your Side CEO Danielle Ballantine.

So, if you live in Sydney give [Your Side](#) a call today on **1300 134 332** or email customercare@yourside.org.au. They are friendly, offer expert advice and here to help.

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PHOTOS

Download photos of Tracey Spicer [CLICK HERE](#)

Photographer: Bec Lewis

AVAILABLE FOR INTERVIEW

- Tracey Spicer
- Danielle Ballantine - CEO, Your Side Australia