

RIPPLEGRAMS

A resource to
support older people
changing their
gender identity
or expression.

*For older people living
out their **gender**
diversity in later life,
a world of possibilities
may open.*

Foreword


For older people living out their gender diversity in later life, a world of possibilities may open. The opportunity to be your authentic self, to feel liberated and more confident are changes that some older Trans and Gender Diverse (TGD) people have reported in this resource. However, this process of change in a family may also result in conflict, communication difficulties and other challenges. The Ripplegrams presented in this resource highlight the possible consequences for older TGD people and their families when a change like this happens in established family relationships.

At the Bouverie Centre, we believe it is important that older TGD people and their families know that there are services out there to help them negotiate their way through changes. Family relationship services can provide a safe environment for families and those in close relationship to find ways to understand worries or address problems.

Our service works with families where a person is transitioning or questioning their gender across the age range. This was initiated because research interviews we did with TGD people in 2014 showed that it can be difficult to find services that are skilled at supporting the whole family when a family member is living out their gender diversity. The people we interviewed were hopeful that with the right family support, many of their family's fears and concerns could be sorted through, but they often did not know how to find the right service or when they had searched, services were not available.

Accessing a family relationship service can help people work through problems, improve communication and build stronger family relationships, which research has shown are key protective factors for strong mental health and wellbeing for TGD people, especially at times of heightened vulnerability like coming out to family and friends about gender diversity.

Whilst unfortunately limited at this stage, there are family services like ours in all states and territories and we encourage you to find your local service and seek support so you and your family can move forward together.



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Introduction

This resource is for older people who are changing their gender identity or expression as older people. It was developed as part of the Kinfolk Project, which was funded by the Commonwealth Department of Health Australia to increase older TGD people's choices and control over the ways they express their gender.

The resource recognises that changes to gender identity or expression as an older person can impact on relationships with intimate partners, siblings, children and grandchildren. To help plan for these changes, it may be useful to map out and plan for the intended and unintended consequences of transition in families. We call this a Ripplegram.

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Transitioning late

The current generation of older people has grown up with limited choices regarding the expression of their gender outside the gender binary. Research shows that some older people who had inklings of their gender diversity early on, knew that disclosure could result in imprisonment or attempted 'cures' such as shock therapy etc. This was highlighted by Sandy, an older Trans woman, who shared her story of growing up and transitioning late in life as part of a research report called Gender is just part of who I am (Latham and Barrett, 2015) Sandy reflected that:

I tried very hard to fit in with society. My parents knew [about my gender diversity] ... from a very early age. My father tried to have me cured ...with psychiatric and electro convulsive therapy. ...I got married three times, had four children, tried very hard to be normal. I became a body builder at the request of some of my psychiatrists, they decided if I made the perfect male body, I would be more happy with it. (Latham and Barrett, 2015 p. 13)

Similarly, Caren reflected on the pressure to conform to a gender binary from an early age, and how she tried very hard to fit in, by saying:

Depraved is how I felt for most of my life. I mean my greatest fear in the world has been to be seen as gay, sissy, wimp, unmanly, ...I got beaten up and bullied ...because I was different. I was absolutely sure I was only the person who behaved like this or felt like this or did this. That's why I felt depraved. It's ... the tribe thing, if you do something that's different from the rest of the tribe there's a terrible fear of being left behind, or cast out or ostracized or punished. And I was desperate to belong to the tribe, but unfortunately the tribe didn't [want me]. I felt ashamed of myself. It made me avoid situations. It used to horrify me and terrify me because I didn't know how to talk like a bloke, or act like a bloke, I tried very, very hard. (Latham and Barrett, 2015, p. 12)

*... I saw a sparkle in my eyes
that I'll never forget.*

For many, knowing it was unsafe to express their gender diversity meant repressing their gender identity. This was emphasised by Jeanine, an older Trans woman who described this repression using the following metaphor:

... it's like being in a house and you have this room that you never quite enter. Or you do enter it at times but then it's shut off and you don't go back in there again. I considered this a part of my life, meaning this room that I just didn't enter. I knew that it was there but most of the time I tried to just shut it out (Latham and Barrett, 2015, p. 16)

The current availability of information on gender diversity has resulted in some older people realising they have subconsciously repressed their gender diversity. This was highlighted by Beatrice, an older Trans woman who talked about a lifetime of gender binary conditioning when she noted:

I'm almost 67 and I didn't understand anything about the trans world until four years ago. That's been a pretty huge leap for me, overcoming a lifetime of conditioning. When I look back there were tell-tale signs along the way that I never linked to...the way I am in life (Latham and Barrett, 2015, p. 1)

The recognition of gender diversity for some older people comes as a liberation. This was highlighted by Sandy, an older Trans woman who was asked by a friend why she had a sparkle in her eyes. In response, Sandy described seeing herself in a hospital mirror after gender affirming surgery and said:

... I saw a sparkle in [my] eyes that [I'll] never forget. [When I looked at my reflection in the mirror I saw] a very contented woman looking at me. ... that was the moment that I felt complete ...as a whole human being. From time to time the sparkle, it does fade a little bit ... but it comes back again. (Latham and Barrett, 2015, p. 30)

For older Trans and Gender Diverse (TGD) people, the discovery of gender diversity in later life can be a liberation; and it may also bring unique challenges. For example, the options for gender transition may be limited by the cost of surgery, surgical risk and the limited effectiveness of hormone therapy (compared with starting hormone therapy in earlier years). Additionally, changing gender identity and expression may result in difficulties within families where there are established gender roles and expectations. In these situations, older TGD people may face restrictions to their gender expression by family members and service providers who hold binary views of gender (Barrett et al, 2009; Latham and Barrett, 2015; Crameri et al., 2015; Barrett, 2008). Older TGD people may comply with these restrictions in order to preserve family relationships, but this can adversely impact on mental wellbeing (Latham and Barrett, 2015).

There are currently no resources in Australia to assist the older people who are experiencing difficulties within their family relationships because they have changed the way they express their gender identity. The Kinfolk Project was established to address this gap.

ALICE'S GARAGE

The Garage pays homage to Alice Anderson, a motor mechanic who set up an all female motor service in Kew in 1919. Alice was described as 'unconventional' – women were not expected to be independent and a garage was considered mens business. Undeterred, Alice provided training and opportunities for women to work as pupil mechanics; she also offered women driving classes, mechanical instruction and the opportunity to work alongside mechanics on their own cars. We recognise Alice empowered women with information, opportunities and respect for their capacities. Almost 100 years later we build on Alice's principles to empower LGBTI elders through information, opportunities and respect for their capacity for autonomy.

The Kinfolk Project

The Kinfolk project involved a survey and interviews with older TGD people and their families, as well as workshops with family relationship services and aged care service providers. The research included Trans women and gender diverse people, however we were unable to recruit any Trans men to participate. A suite of resources was developed (see: alicesgarage.net/kinfolk) that includes the following:

- **Our Authentic selves:** a print and film resource and education module for aged care service providers on how to promote Dignity and Choice for older TGD people accessing aged care services
- **Ripplegram:** a resource for older TGD people to plan for the consequences of changing gender expression
- **Gender Genograms:** a resource for mapping gender roles and expectations in families
- **The Kinfolk Report:** the overall report on the project.

This Ripplegram resource focuses on a process we developed to map out the intended and unintended consequences of transition or changing the ways gender is expressed. The approach emerged from conversations with older TGD people who talked about the need for resources to help older TGD people and their families prepare for change.

How to use this resource

This resource includes three key sections. The following section outlines important considerations for older TGD people who are transitioning or changing their gender expression. The second section presents the Ripplegram process, beginning by outlining some of the potential consequences of change and then outlining steps involved in developing a Ripplegram. Two examples of a Ripplegram are presented and then links to further information.

This document is not intended as a stand-alone resource, rather as something that older TGD people could take to their local family relationship services as a starting point for working through some consequences of transitioning or changing gender expression. It may also be useful to document a Gender Genogram (see above) as the two documents collectively provide a framework for understanding of how gender works in families and how adjustments can be made when an older family member changes their gender expression.

Alice's Garage, Melbourne.
Available from: alicesgarage.net/kinfolk

Important considerations for older TGD people.

In our workshop for older TGD people and family relationships services, a number of challenges facing older TGD people who transition or change their gender expression as an older person were raised. One particular consideration was that older TGD people who recognise their gender diversity late in life, may want to make changes quickly. However, interviews indicate that some family members need time to understand and work through the consequences of changes to gender identity and expression.

If you are an older TGD person reading this resource, we want you know that you have the right to be your authentic self, and that you deserve to be loved and respected. As you plan to change the way you express your gender, we invite you to read the following considerations and put plans in place to promote your mental health. At the end of the resource we have included links to support services that are there for you 24 hours a day. Here are some things you might want consider:

- 1.** It may be important to recognise the cumulative and corrosive impacts of everyday transphobic microgressions on mental wellbeing; and identify strategies to promote your wellbeing
- 2.** There is a cost to being ignored, put down and not seen; taking steps to promote your mental health is important
- 3.** The lack of recognition of gender diversity may be an ongoing source of trauma that needs to be taken into account in planning to promote mental health
- 4.** Changing gender expression in later life may mean there are limited opportunities to access to surgery or make hormonal changes. It is important to recognise this and celebrate wherever you are at
- 5.** Restrictions to your gender expression by family may be difficult to challenge if you are concerned that failing to comply will result in less contact with family or other negative consequences. Family relationships services may be able to help you work through some of these challenges.

6. It can be difficult not to internalise the transphobic messages of the world around us. It is important that you know your own worth and that you have the right to express your gender identity
7. There are a number of family violence or elder abuse services that also may be able to assist you to manage complex family relationships where your rights are infringed
8. Families are often complex and need support to adjust to change. The Ripplegram process is designed as a tool for you to take to family relationship services to identify ways of helping your family adjust to changes in gender expression
9. Having access to Trans inclusive family support services is relatively recent; we need to build an understanding that that these services are here to help
10. Not all family members will come on this journey with you, but we have developed the Ripplegram process to increase the likelihood that family members are supportive
11. Some family members may be influenced by transphobia in the media and may be ashamed of TGD family members and believe gender diversity is a sickness. It may be useful to provide family members with basic information on gender diversity (see the Gender Genogram for example)
12. Successful families are inclusive of TGD people
13. Some family members may be reluctant to access family therapy because they believe there is a stigma involved in therapy, or because relationships have been fractured for some time. There are a number of mainstream family relationships services in every state and territory and the experience of family therapy can strength family relationships
14. Making a difference to your family can start with your own growth process. Learn to be proud of your gender identity, build your self-esteem, it may have a positive impact on your family
15. Some family members may not be able to see beyond your gender; be prepared for that
16. Its ok to say it's not ok and to access support services; there are some wonderful support services available.

Ripplegram

A RippleGram, is a visual image and description of the intended and unintended consequences of transition or changing gender expression as an older person. The purpose is to assist in planning for these consequences and to guide family relationships services in supporting older TGD people and their families. In the Ripplegram process we invited participants to respond to the following:

1. We want to invite you to draw the process of your transition/changes to your gender expression. The reason for doing this is to help identify the intended and unintended consequences of change and strategies to manage any challenges
2. Imagine your life as a pond; and imagine your transition as throwing a stone into the pond
3. The stone has a ripple effect on the pond; this represents all the consequences (intended and unintended; positive and negative) of your transition or changes to your gender expression
4. You are invited to draw the stone hitting the pond as the central image and then respond to the following questions. For each question please draw a response and describe what you are drawing as you draw, or after you have drawn:
 - A. What were the positive impacts/ripple effects on you?
 - B. What were the positive impacts/ripple effects on your family, friends, community and work?
 - C. What were the negative impacts/ripple effects on your family, friends, community and work?
 - D. What were the negative impacts/ripple effects on you?
 - E. Repeat question: what were the positive impacts/ripple effects on you?

The questions were ordered to invite participants to describe the positive effects of their transition or gender change first, followed by any negative effects on them. Discussion of effects on family was next and was emotionally difficult, particularly where the older TGD person felt responsible for negative effects on family, or had experienced a deterioration in family relationships. The discussions ended by revisiting the first question about the positive effects on older TGD people, as a reminder of why changes were made.

The questions exploring effects on family were expanded to include to friends, work and community when it became apparent that changes in each of these domains could have a direct impact on families. In reflection on these questions, the following prompts may be useful.

1. Prompts re-positive impacts on Family

- Are family pleased or relieved to see the older TGD person happier?
- Has the family renegotiated what works?
- Have family connections been strengthened by improved communication?

2. Prompts re-positive impacts on older TGD people

- Is there relief at being able to be your authentic self?
- Has mental wellbeing improved?
- Does the older TGD person have increased confidence in themselves?

3. Prompts possible negative impacts on family

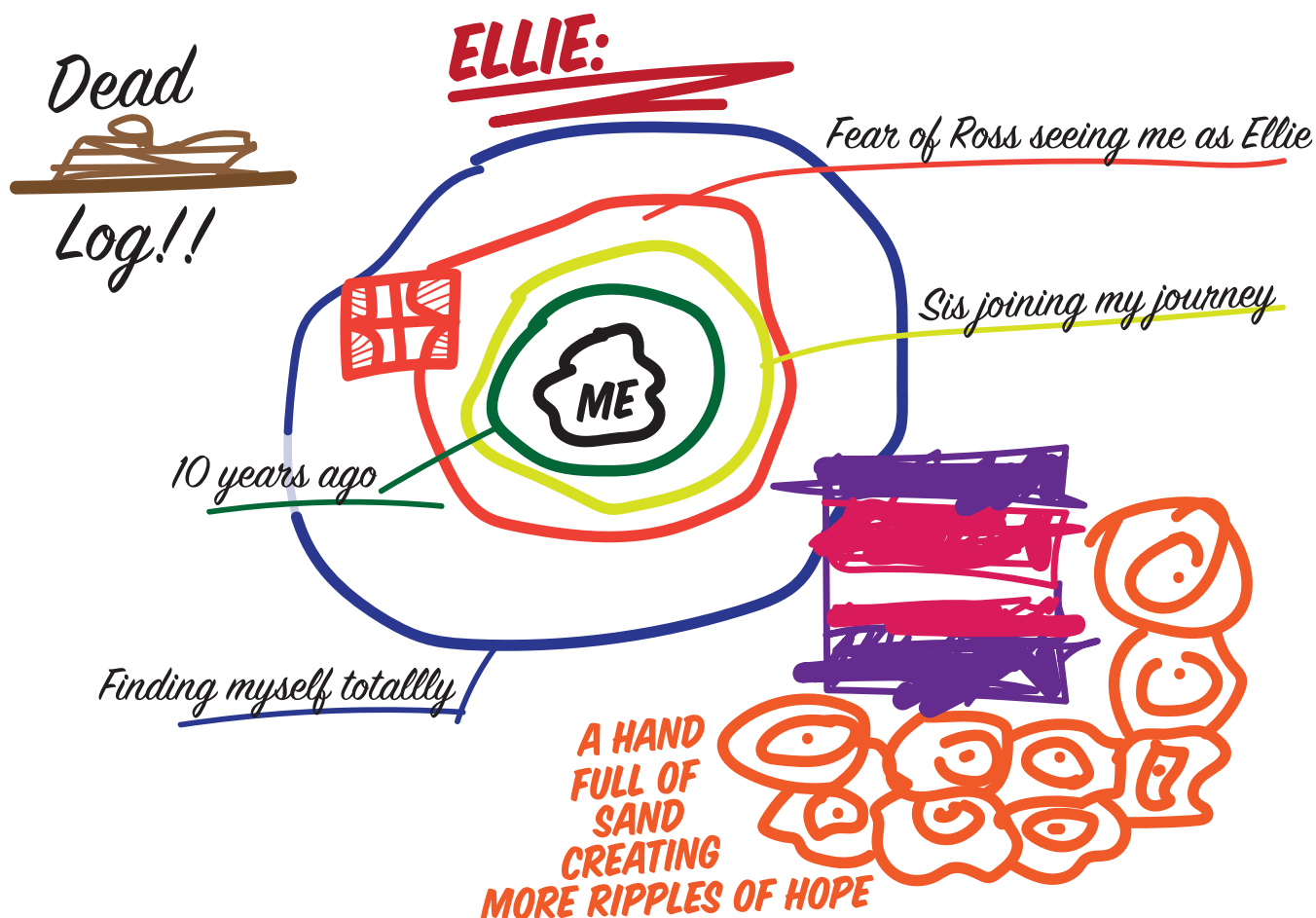
- Does the family feel ashamed, embarrassed or struggling to adjust?
- Is there now a hormonal/libido or gender mismatch in intimate partner relationships?
- Is the family experiencing difficulties (eg: restricted travel, reduced family business, declined group/church membership, limited community involvement, travel restrictions or threats to safety) from those who are transphobic or believe the older person who has transitioned is now in a same sex relationship?

4. Prompts Negative impacts on older TGD person

- Will family members withdraw (eg: loss of an intimate partner or restricted access to children and grandchildren)?
- Do family members impose restrictions on gender expression (eg: older Transwoman prohibited by family from presenting as female with particular family members, at family events or in the community)?
- Have gender changes negatively impacted on employment, income, travel, social connections and safety?

The ways in which Ripples are perceived is an important learning from the process. In conversations with older TGD people there is a sense of inevitability that changes to gender expression will upset some family members. In the Ripplegrams presented in the following section, ripples were described in one Ripplegram as a threat to family dynamics, and in the other Ripplegram as creating momentum for change. In both discussions, difficulties were experienced exploring both the positive and negative effects; although we agreed afterwards that it was important to document both.

In the following section two Ripplegrams are presented, beginning with the Ripplegram image drawn by the older TGD person. A description of the image and the responses to the questions were transcribed as the participant spoke and then read back to the older TGD person for verification and building on the Ripplegram story. The Ripplegrams were then emailed to the participants with the invitation to make any further changes.



People now come up to me and acknowledge where I am in my life. I put myself out there more often now. I have got more confidence now and people respond positively to that.

Ellie

Ripples of Hope

I threw the stone into the pond more than once. Cross dressing was part of my life since I was five. Ten years ago, I acknowledged there was more to me than my current existence and that I had to do something about it. That was when I realised Ellie was there and needed to be seen. I became myself all of the time at retirement, on my 65th birthday. The biggest positive was that I had no fear of people anymore. There were people I avoided but I had no fear of people; because I knew who I was. Before that I had a good idea, but I was still living a double life.

People now come up to me and acknowledge where I am in my life. I put myself out there more often now. I have got more confidence now and people respond positively to that. People in my town now recognise me and they acknowledge that I exist. They are happy to acknowledge me and that affirms me and reminds me that I am where I need to be. Every time I stand up and tell people my story or be seen as an Elder in public, it is affirmation that I am where I should be. I am doing the right thing. I am who I am. I am myself.

Ten years ago I was suicidal. Not now. I am in a really good place; because I know who I am and I got to where I need to be.

I have drawn this using green for GO and yellow, because it is my favourite colour. These are happy colours. I can't use reds or blacks because they show negativity. If I can find pink and blue, I will be very happy because they are the colours of the Trans Flag.

My sister and I have become great mates. My sister's happiness is a response to me finally being me. She is happy because I am happy, and she is glad she has got a sister. I've drawn that here in yellow because it is my favourite colour. She was and is with me. She joined my journey. I acknowledge the shit she went through as a kid when I was nicking her clothes; we've talked about it and that has been extremely helpful for her. For me, talking about it helped me to realise I was so self-centred and had no concern for anyone else. I have acknowledged that with her in the talking we have done.

There was no negative impacts. My mum, she just said she didn't want to meet me. So, when I visited her, I went as her son. The only negative there was that I had to take a few nurofen. That is infinitesimal. My children and I don't see each other for other family reasons; they've met me, they don't care.

Cross dressing ended two marriages. The positive out of that is that I found out who I am. There is positives in the negatives. Second wife used to threaten me; she used to say: don't you dare be dressed when I come home. I don't see her now. I did toe in the water. She was the dead log floating in the pond. She was doing mental abuse. She was doing gender erasure. I was being told I couldn't dress at home unless she gave me permission or was there with me. It was mind games. She was booby trapping the draws my clothes were in. I think she was a narcissist; if she wasn't, she was practicing for a diploma in narcissism. She was always putting me down. That was her way. She was the rotting dead log in the pond. There were ripples within the relationship that became a Tsunami, which is why I left. There are now no ripples from that era because I threw my rock in the pond.

I was scared of them finding out at work. I was worried about my ex-boss finding me dressed. I had heard him ridicule others. I've drawn an open window with the curtains held back; that was my only fear. The fear was that he would spring me as Ellie.

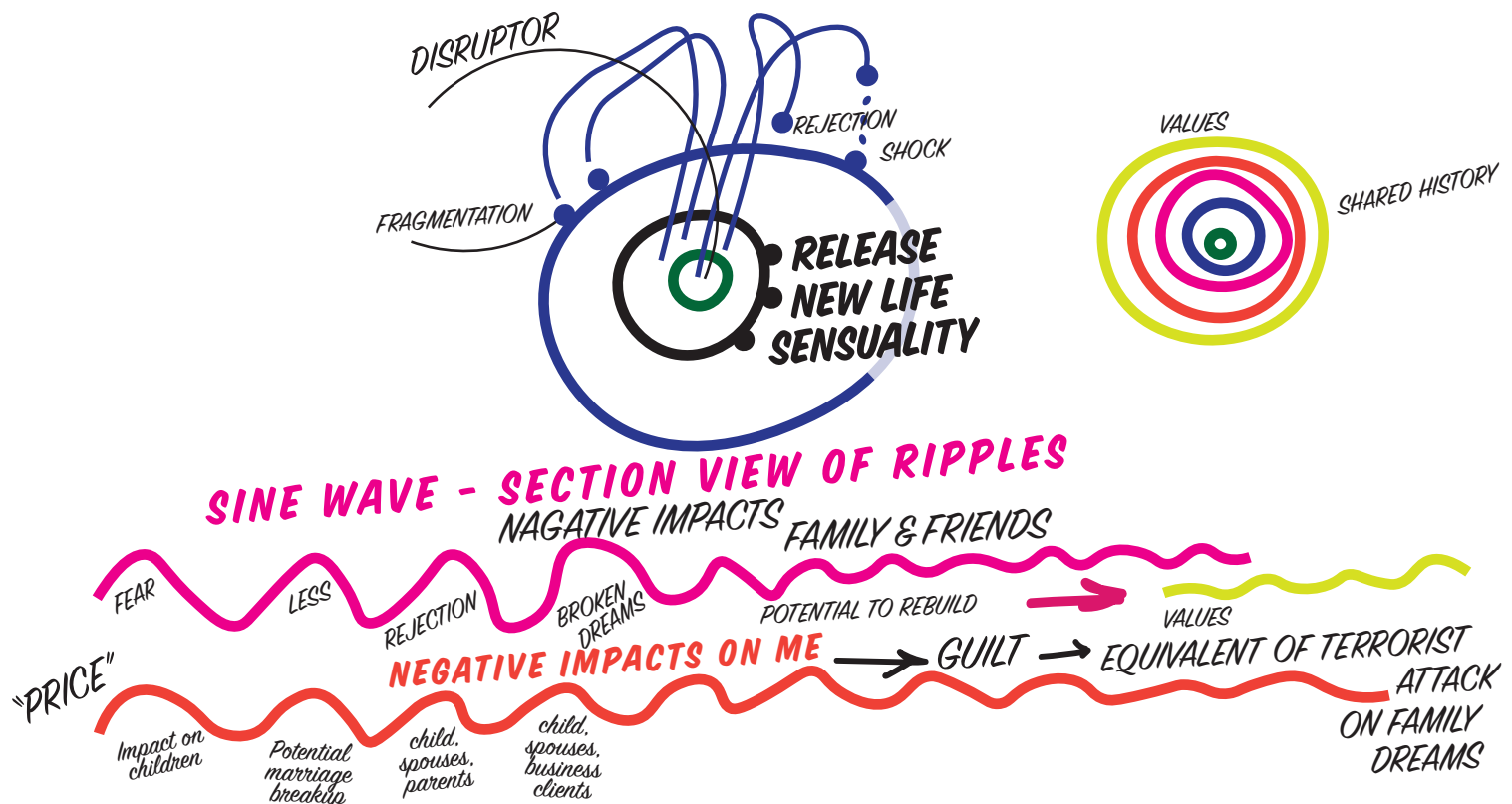
Carrying the huge secret for so many years was a negative. The transition wasn't easy. There was loneliness and silence and no friends. There was three years of total silence. I started playing with the black puppy dog that became the black dog. I would come home and drink to relax and dress and then the dog would become the BIG black dog; until that point when I chucked the rock into the water.

The ripple effect for me ... I didn't have much family and so there weren't many ripples and the edges of the pond were unknown. There weren't many barriers for me. I made a bold move. I'd had enough. That's why I chucked a rock into the water. It wasn't a rock; it was my millstone. I'd been carrying it for 50+ years and it was taking me down, holding me under. It was a dead weight. Throwing it into the pond was such a relief. Part of the burden was going ... there was still the coming out and all that rigmarole, but a big part of the burden was gone. The burden of carrying the secret for so many years was gone. The burden of two failed marriages was gone. The burden of the secret-ness of it all was gone. When it was gone it was a relief. I could stand up straight and proud. It was at the point I was playing with the black puppy dog and then the black puppy dog ran away. I cast aside the millstone and the black dog. That made it easier for me to deal with the ripples, the consequences, because the weight was gone. When you got all that weight on your shoulders you can't stand up straight.

I'm not worried about ripples from what I do or who I am now. But what gets me now is other people's negativity – or ripples – directed to LGBTI people. There is so much negativity directed towards the TGD community and I am throwing my sand and rocks into the pond to help others. My ripples are good; I am throwing sand into the pond ... I've drawn the orange circles around the Trans flag, to show that I am creating ripples to help others.

Ripples are good. I am proud. Ripples are creating energy that helps other people to get through the dramas of Transphobia and misunderstanding of Trans people and their families at the moment. **A ripple is positive energy and it gives hope. Jump on board, hold hands with those going forward and don't let the ripples swamp ya.**

GREEN POSITIVE IMPACT - DECISION MADE.



Pamela's Ripplegram

I've drawn a small green circle, 5% of the size of the page; green is positive, it represents the displacement object. The coming out. The centre of the ripple effect.

I am picking up black pen. I'm going to draw the positive effects. Relief. New life. Sensuality. I have drawn them in a semi-circle; its unfinished business ... there could be more things that I might see as a clear positive. I have drawn relief as the equivalent of a tiny circle, like an electron. A moon around a planet. The relief against constraints. The relief of being able to live as my reformed body before I die physically. A last gasp before I die. It is a relief to have the opportunity.

I have drawn new life as an electron as well. I am living a purer life that is synchronic or sympathetic to my emotional wellbeing. I have drawn sensuality. I have never had a ... English language is so clunky sometimes.... I have never been completely fulfilled in the sensual part of myself. Now I am diving into the opportunity to connect with myself in a peaceful environment where my dreams guide me; an inner fulfilment and dream world.

Transitioning felt right. I had visions periodically of having a female body since I was 10 years. Transition was seeking inner peace; becoming physically contiguous with the person that I wanted to be. The

first time I went down to see a psychologist I was presenting as Pamela and there was a huge amount of fear walking out the front gate and driving in the car to Prahran, Melbourne for three hours. When walking along Chapel street after my appointment, with the wind on my legs and arms and face was an elation. It said to me that this is right. It seemed so impossible when I was a child and then 50 years later it was realised.

I rejoice in knowing that I have opened my mind, the mind that was developed in a loving but traditional male orientated family. And I rejoice in finding that I haven't got concrete walls around my mind, like so many people. I am able to expand my dreaming, my thinking. I hope that I have lived an ethical life.

I find it hard to think / focus on about the positive impacts for me because I think about the negative impacts on other people in family or social connections.

I not sure that I can readily identify positive impacts on my family from their perspective. I am not sure how I have enhanced / modified their dream of having me as a conventional grandfather and all-round good bloke. My wife has said words like: you appear to be happier. There may have been some comment from my daughters like that. But trying to put myself in their shoes, I can't see a lot of positives for them. I think they would prefer that I had never transitioned, although I believe there is no retreat to the previous / or norm model.

I had a work colleague, and we had an antagonistic inter departmental, work relationship. My employer had a psychologist come to my workplace and explain my gender transition to my colleagues and it was too strange for many of them. This colleague then rang me on the first day that I re-entered the workplace as Pamela and suggested that she come to my office for morning tea with me. She was the only one. It was positive from her perspective; in a desert of unwanted change among other colleagues, it was life giving.
We have since built an enduring friendship.

Transitioning felt right. I had visions periodically of having a female body since I was 10 years.

I have drawn a circle around the original green impact circle. I feel like a burden on my family. But overall, they appear to be able to cope. My children (quite reasonably) had / have, a grandfather plan, dream / image for their children. They were totally shocked when I came out. They still love me. I am still in their lives. The image of the perfect grandfather is blurry, but they still love me. I have no doubts about that.

I drew the ripples from the initial sheet of water as a very sharp splash with some drops off it and then they fall back into the water and I have labelled them shock, fragmentation and rejection. Then I drew a progressively reducing sine wave as the first "ripple" to represent ongoing effects. The first was fear, the second was loss, the third was rejection, the fourth was broken dreams, followed by the opportunity to start to rebuild as the ripples spread. The families have to come to an adjustment in their minds. They need to acknowledge that this person has changed a lot, but there are a lot of values that remain in that body that walks around and responds to their name – dad, to most of my family.

I was hugely work orientated. I had a small number of male friends. I lost almost all my friendship group. Work folk were more than happy to get rid of me.

The price. There is always a price. The price was ... I have to paddle a bit slowly here. The price was the impacts on my children, the effects on their happiness and the potential to cause marriage break ups for them. The effects on their spouses' parents and their spouse's business. No one wants to be associated with ... I was going to say, a strange person, to them. Transgender family was not part of their lexicon, their dreams of the future. There are so many taboos that conventional folk have difficulty coming to terms with.

The negative effects were the price. Knowing that I had done all that to them, to my family. It was out of their control; I was out of control. It was the equivalent of a terrorist organisation coming into a peaceful village.

The stone into the pond ... I can come to an emotional understanding that it is a good thing, but it is a disruptor. You are a social and emotional disruptor in a typical social sense. It was a way out for me to do it. It was the act of a wrecker. I smashed dreams. I had suicide ideation because I couldn't see a way out other than to do what I did. To drop the stone into the pond. People say it's just a life style; but it's not. I didn't want to do it. I needed to do it. It was life. I needed to do it to live.

I am blessed to have a wife and a local pool and a town I can wander around in in my new persona and it is a wonderful life by and large.

I get to do readings at church. I go to ladies' social meetings. I am treasurer of some local committees. I've got a life of ease and relative luxury compared to many. We have food on the table every week.

How do I celebrate my gender identity? I live it. I celebrate it on the rare occasion I get to go out in party type clothes. There are some disappointments, but I am still planning for another 30 years at 70!

Conclusion

The Ripplegram process is a powerful way to explore the intended and unintended consequences of gender transition or changing gender expression. Documenting the effects of such change provides the opportunity for older TGD people to identify potential challenges and strategies to address them. It also provides the opportunity to identify the effects on family members and work with family relationship services to mediate challenges and preserve or build family relationships.

In conversations with older TGD people it was noted that it may be difficult for some older TGD people to see any positive effects on family. For others, there were difficulties describing negative responses, because of the trauma involved. Many older TGD people have powerful stories to tell, and are able to tell them because they are survivors. Transitioning or changing gender expression has an older person – and – bringing family, friends, work colleagues and communities along with you is a significant task. We hope that the process and support services outlined in this resource will go some way to making that task an easier one.

The Ripplegram process is a powerful way to explore the intended and unintended consequences of gender transition or changing gender expression.

More Information

Project webpage: the project webpage includes the other resources from the project and links to support services. Check it at: alicesgarage.net/kinfolk

Family relationship services: in every state and territory there are family relationships services that can assist you to complete a Gender Genogram. These include Relationships Australia, see: relationships.org.au

Immediate support: if you need to talk to someone immediately and you are not sure what your options are 1800RESPECT is a website and 24 hour support service that offers counselling and information about support services.

Qlife: provides anonymous and free LGBTI peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships. Phone: 1800 184 527 (3pm – midnight) or website: <https://qlife.org.au/>

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Available from: alicesgarage.net/kinfolk

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