

Wednesday 24 June 2020

RE: Media Statement - COTA (WA) releases 'At Home Guide' for WA Seniors

EMBARGOED UNTIL 10.30am Thursday 25 June

In response to COVID-19 Pandemic and to help seniors stay safe, connected and supported in their home, the Council on the Ageing Western Australia (COTA WA) has released a comprehensive guide for older Western Australians to help them meet the challenge of dealing with the impact of COVID-19 Pandemic on their lives.

To ensure the 'At Home Guide' is able to reach as many seniors as possible, it has been created in three formats – online 45 minute video, online electronic copy and a 48 page hard copy guide.

These free resources provide useful tips and information and cover a broad range of topics including safety and security, social and physical engagement and finding services and supports.

It has been produced in partnership with The Bethanie Group and with the support of the Government of Western Australia Department of Communities.

Hon Mick Murray MLA, Minister for Seniors and Ageing; Volunteering; Sport and Recreation officially launched the At Home Guide on 25 June.

"The impact of COVID-19 is long term so it's important that older Western Australians, particularly those who are vulnerable, have access to tools like this Guide to effectively manage in their day to day lives," said Christine Allen, CEO COTA (WA).

Initially conceived in response to COVID-19, it is anticipated that the At Home Guide will be an ongoing resource for seniors to use well beyond the Pandemic.

"COTA (WA) is aware that many seniors are not connected to technology such as Facebook, email, mobile phones and the internet so we felt it was vital to offer the Guide as a printed booklet as well as in electronic format," said Ms Allen.

There are currently 365,000 people over in the age of 65 in Western Australia and it is estimated that more than 50% do not have access to technology.

Printed copies of the At Home Guide are being distributed through local councils, the Bethanie Group and through the COTA (WA) programs such as Strength for Life (formerly Living Longer Living Stronger™) or Mall Walking.

At Home Guide electronic copy and video can be viewed or downloaded from the COTA (WA) website - www.cotawa.org.au

For More Information and Interviews

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About Council on the Ageing Western Australia (COTA WA)

The Council on the Ageing Western Australia (COTA WA) was established in 1959 and was recently appointed by the Government of Western Australia as the Vulnerable Seniors Peak Body.

COTA (WA) is a federation member of the National COTA network.

COTA WA focuses on policy issues affecting seniors and seeks to promote, improve and protect the circumstances and wellbeing of older people in Western Australia.

COTA (WA)

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