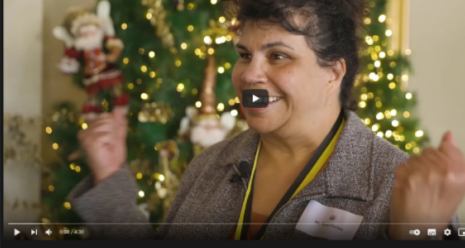




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The Council on the Ageing Western Australia is the peak organisation for vulnerable seniors in WA. We are a registered charity and NGO. We work with politicians, policy makers, service providers and the media to make sure the views of older people are heard and acted on. We also run a number of programs to support an age-friendly WA.

January 2021



WA Seniors Awards 2020 - 15 December 2020

Highlights from the 2020 Western Australian Seniors Awards

The Western Australian Seniors Awards went ahead for 2020 with a recognition of the continuing impact that seniors and age-friendly organisations make on the community. See the highlights from Government House on our Youtube: <https://youtu.be/YTn1lyfIMAC>



From the CEO

What are you most looking forward to in 2021? The start of a new year brings hope of a vaccine to restrict the spread of Coronavirus. Australia has entered into agreements for the supply of COVID-19 vaccines, if they are safe and effective – and the federal government has established a strategy for the roll-out of the vaccine when it's available...[read more](#)



Seniors week events go ahead

Dancing in Harvey, an Elders week tour as well as networking events and morning teas throughout Perth were just some of the events that went ahead supported by a Seniors Week grant in 2020...[read more](#)



Mentoring 2 Work in Have A Go News

Our program to tackle gaps in employment - Mentoring 2 Work has been featured in [Have a Go News](#). Find out more about our program to support employment on our website: www.cotawa.org.au/programs-projects/mentoring-2-work



Ready for Mail Walking 2021?

If you made a New Years resolution to get more active and social, mail walking is a great way to get started in a safe, convenient place for you. You might even be lucky enough to score some coffee and chocolates like those treated to our Ocean Keys walkers by Jamaica Blue, visit: www.cotawa.org.au/programs-projects/mailwalking



Navigating aged care in Armadale

Our [Aged Care System Navigator](#) is heading to the City of Armadale, 19 January 2021. Register and further details on the [City of Armadale Eventbrite](#).



Navigating aged care in 2021

Our calendar is filling up with new sessions for our Aged Care System Navigator. If you could benefit from free and independent advice on aged-care and living well at home, view our upcoming dates...[read more](#)

Want to share your news or an age-friendly event?
Share events and updates with our 3000+ subscribers!
[Contact us to find out more](#)



Stay on your feet

Free falls prevention presentations are available to groups of older adults to reduce the risk of slips, trips and falls. To find out more visit www.stayonyourfeet.com.au or call 1300 30 35 40.



Contact tracing in WA

Many businesses and places of work are required to maintain a contact register for the WA Department of Health for COVID-19 contact tracing if required. You can use [SafeWA](#), the WA Government's free online contact register app or look for a hardcopy sign-in sheet at venues you attend.



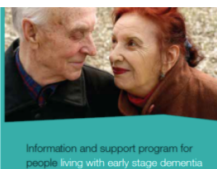
COVID-19 mental health campaign

The 'How's your head today?' campaign highlights ways to help Australians cope with challenges such as staying connected, daily routines and maintaining a healthy lifestyle. Access a range of resources on [finances](#), [telephone support](#) and [older Australians](#).



Electricity disconnection moratorium

We know that the rising cost of living leaves some of our seniors behind. From COVID-19 measures, look for the \$600 household electricity credit on your next bill and know that electricity disconnections for non-payment are on hold...[read more](#)



Living with dementia

Facilitated group programs are underway to support people living with dementia, their family and carers. Call the National Dementia Helpline for further information: 1800 100 500.



Jobs and skills with the Multicultural Services Centre

Jobs and Skills Centres can provide assistance for people from culturally and linguistically diverse backgrounds to access education, career guidance, work and voluntary experience...[read more](#)



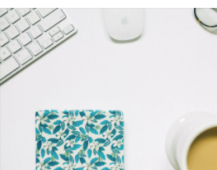
Palliative care summit in summary

[Joining the dots](#), Palliative Care WA's 2020 summit had 230 people in attendance from aged care, palliative and health care, policy and researchers. A summary of the conference is available online including expert presentations on consumer experiences, complaints and the future of palliative care.



What are Australian values?

What comes to mind when you think of Australian Values? The Australian Government has recently updated the [Australian Values Statement](#). If something doesn't resonate with you, or there are actions that you think can be taken to promote our values, you have a chance to let them know: www.surveymonkey.com/t/AustralianValues



Work is a protective factor for mature workers

Our Mentoring 2 Work program has found the close relationship between employment and wellbeing. Likewise there appears to be an association between keeping work, wellbeing and lowered burnout for mature workers according to a new survey report from the [Centre of Excellence in Population Ageing Research](#).



Digital skills training in Canning

Digital skills are only getting more important to keep in touch and stay-up-to-date. City of Canning libraries and NBN Australia are hosting free digital skills sessions - phone 6350 7350 or visit canninglibraries.eventbrite.com



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