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The Council on the Ageing Western Australia is the peak organisation for vulnerable seniors in WA. We are an independent 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.



Living with lockdowns in WA

As I write this column Western Australia is in lockdown – with a positive outlook for the removal of restrictions on February 14.

With very little notice we were asked to isolate with limited contact or activity outside our homes. On the whole, it appears that the majority of us were able to make this rapid adjustment, but we'd like to hear from you if this caused you significant distress and why...[read more](#)



Volunteers in focus: Colin from Pets of Older Persons

Colin, a previous Western Australian Seniors Awards finalists, has been volunteering for over a decade to help keep the beloved pets of seniors and people living with a disability happy and healthy. Read Colin's story volunteering with Pets of Older Persons (POOPS)...[read more](#)



Update for our programs and services

Due to lockdowns in WA – our COTA (WA) Mail Walking program will be suspended until further notice. Our sympathies to all our walkers and our amazing Mail Walk leaders who were due to return after the holidays...[read more](#)



Raise the Rate

With revision of the COVID-19 JobSeeker supplement looming, and the large number of involuntarily unemployed and retired found in the [Retirement Incomes Review](#), it's important to throw our support behind [Raise the Rate](#) and re-evaluate what is considered a livable rate that enables community and work participation.



COVID-19 support line for older Australians

A \$2.5 million funding boost has been applied to extend the [Older Persons COVID-19 Support Line](#). As a joint initiative including COTA Australia, the line received thousands of calls on wellbeing checks, information on COVID-19 and advice for vulnerable people. The extra funding will expand services to Culturally and Linguistically diverse seniors as well as carers.



Stay in the loop

We've been working with the Seniors Taskforce to help clear up misinformation and disseminate up-to-date information on requirements for businesses, visiting aged-care and leaving home. Visit the [State of Emergency Site](#), [Department of Health](#) and the COVID tab on our website: www.cotawa.org.au/covid-19-information2



FREE Forget-Me-Not Dementia Support Lapel Pins

The forget-me-not pin for those living with dementia

The Forget me not memory cafe and City of Canning have partnered with sponsors to provide free lapel pins to help identify a person who may be a little lost or wandering for a time. For further information please email fmncafe@outlook.com, and to learn more about this great initiative visit www.forgetmenotmemorycafe.com

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



Legal assistance and advocacy for elder abuse: Older people's rights service

Providing Information, Advocacy and Legal Assistance for people at risk of or experiencing abuse, located in Mirrabooka at the Northern Suburbs Community Legal Centre. Call 9440 1663 or visit www.nsclegal.org.au



Study into statins and healthy ageing

Find out more about a world first study into statins and healthy ageing. STAREE is a new trial, in partnership with Menzies Institute for Medical Research and leading national universities on interventions to lower cholesterol. Visit www.monash.edu/medicine/staree/for-participants



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.



Brief self-help guide for COVID

Curtin University and international experts have created a guide to help with COVID-19 stress during a pandemic. A free copy of the guide is available: www.covidcbt.org/the-guide



Zoom for people living with dementia

Dementia Australia have developed a new series of resources for people living with dementia to use teleconferencing. Access their guidelines on [Using Zoom](#), [holding a dementia friendly meeting](#) and more.



Mature workers work from home

How do you feel about working from home, if you can access it? At COTA we've been working between the home and the office. In the [CEPAR Mature Workers During COVID-19 Survey](#) 20% more respondents are working from home than before and 46% of those would like to work from home more often in the future.



Building better homes campaign

Everyone deserves a home which is safe, secure, and meets their needs. If you are spending a bit more time at home lately, join us in support of the Building Better Homes Campaign. Sign the change.org petition to show you support for people with disabilities, seniors, and those with mobility impairment: www.change.org/p/join-the-campaign-to-make-housing-accessible-for-all-australians



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COMPETITIONS/GIVEAWAYS

Win a... (Name obscured)

New line up for Radio 6PR