



# COTA Connections

Working towards a society in  
which older people can flourish

OCTOBER 2021

W: [www.cotawa.org.au](http://www.cotawa.org.au) | T: (08) 9472 0104

## From the CEO

In 1990, the United Nations designated 1 October 2021 as the International Day of Older Persons. The 2021 theme 'Digital Equity for All Ages' affirms the need for access and meaningful



participation in the digital world by older persons. And this becomes increasingly important as the lives of some seniors are being decimated by cybercrime.

I mentioned in my September 2021 column that more and more people are falling prey to some very clever scams. Last month Scamwatch predicted that losses would reach \$140 million in 2021 but with the current explosion of cybercrime the ACCC is now reporting that so far this year Australians have been scammed out of \$211 million, which is an 89 percent increase on the same time last year. Between January and September 2021 people aged 65 years and older lost over \$49 million, or 23% of total losses for the year. Indigenous Australians have reported more than \$4 million in losses to scams, an increase of 172% on the same period in 2020 and people who speak English as a second language made over 10,500 reports with losses of almost \$30 million,

representing over 14% of total losses for the period.

To address this issue COTA (WA) has partnered with Bankwest to deliver an exclusive seniors event called Let's Talk Scams at Perth Convention Exhibition Centre on Monday 8 November 2021 aimed at increasing awareness of the different types of scams and providing tips on how to protect yourself from this alarming spike in cybercrime that is targeting seniors and the more vulnerable people in our community. We are expecting a big turnout for this event so it's essential that you register.

For more details and to register click here. <https://www.eventbrite.com/e/lets-talk-scams-tickets-180560470227>

If you would prefer to register by telephone you can call us on **08 9472 0104**.

A report released by the Australian Human Rights Commission in September 2021 found that ageism is the most accepted form of prejudice in Australia. Almost 2,500 people were surveyed as part of the research for the report which is titled 'What's Age Got To Do With It'. According to Age Discrimination Commissioner Dr Kay Patterson; *"Ageism is arguably the least understood form of discriminatory prejudice, with evidence suggesting it is more pervasive and socially accepted than sexism or racism. Every Australian must do what they can to challenge ageist attitudes in*

*themselves and others, so together we can reduce ageism for Australians of all ages. Age is not the problem. Ageism is.*" You will find more details and a link to the report in this newsletter.

Would you like to contribute to aged care reform? In response to the Aged Care Royal Commission the Australian Government is establishing the first Council of Elders on aged care. Federal Minister for Health and Aged Care, Greg Hunt released a statement on 1 October 2021 outlining the role of the Council and is calling for nominations from seniors with a lived experience of aged care.

*"Our aged care reforms are all about providing respect, care and dignity to senior Australians, and we want to ensure the voices of those senior Australians are heard at the highest levels in this process," Minister Hunt said. "The Council of Elders will have about 10 members appointed from nominations right across Australia, including rural, regional and remote areas."*

Successful nominees will represent the diverse life experiences and characteristics of senior Australians and bring the views and perspectives of others to the table. You can find more information here:

<https://www.health.gov.au/committees-and-groups/aged-care-council-of-elders>

This month's column reads like a call to action for seniors to educate yourself about Cybercrime, take a stand against Ageism and contribute to Aged Care reform.

I encourage you to have your say.

**Christine Allen, CEO**

## **Pfizer COVID-19 Vaccine for Western Australians 60 and Older**



Western Australians aged 60 and above have been eligible to receive a Pfizer COVID-19 vaccine from Monday, September 20, 2021. People in this age group can visit [www.rollup.wa.gov.au](http://www.rollup.wa.gov.au) to register and book an appointment at a State-run COVID-19 vaccination clinic.

In line with the national health advice from the Australian Technical Advisory Group on Immunisation, people aged 60 or older who have already had a first dose of AstraZeneca COVID-19 vaccine should have their second dose of the AstraZeneca, as different vaccines cannot be mixed.

State Government expands eligibility for Pfizer COVID-19 vaccinations to Western Australians aged 60 and above. More than two million doses of the COVID-19 vaccine have been delivered in WA and almost 40 per cent of Western Australians, 16 and older, are fully vaccinated.

WA Health State-run COVID-19 vaccination clinics are available in more than 100 locations across Western Australia, with sites listed on the HealthyWA website via link below:

[https://www.healthywa.wa.gov.au/Articles/A\\_E/Coronavirus/COVID19-vaccine](https://www.healthywa.wa.gov.au/Articles/A_E/Coronavirus/COVID19-vaccine)

To date more than 84% of people aged 60 and older have received their first doses and more than 60% of people aged 60 and older are fully vaccinated.

**Comments attributed to Premier Mark McGowan:**

*"I am pleased to see the Pfizer COVID-19 vaccine eligibility opening to Western Australians in their 60s, 70s, 80s and beyond."*

*"This is something I have been calling on for some time.*

*"As a State we need to do everything we can to get as many people vaccinated as we can, acknowledging there are supply issues and other challenges out of the State's control.*

*"WA's COVID-19 vaccine program has grown swiftly following various vaccine blitzes we've been running and I want to see this keep going.*

*"I want to thank everyone who is on the frontline or working tirelessly behind the scenes to get more people vaccinated to protect us from COVID-19."*

**Comments attributed to Health Minister Roger Cook:**

*"I am confident that this move will see a shift in people 60 and above booking in to get vaccinated against COVID-19.*

*"I urge anyone who is eligible and hasn't yet taken their opportunity, to register and book their COVID-19 vaccination appointment as soon as they can".*

**Premier's Office: 08 6552 5000**

**Health Ministers' Office: 08 6552 6500**

**Read the full Media Statement here:**

<https://www.mediastatements.wa.gov.au/Pages/McGowan/2021/09/Pfizer-COVID-19-vaccine-for-Western-Australians-60-and-older.aspx>

## Road Safety Commission Western Australia

As the voice of road safety in Western Australia, the Road Safety Commission is dedicated to tackling road trauma, which is one of the biggest and most sustained causes of death and injury in the community.

### Seniors

**Information to help seniors reduce road safety risk.**

For many WA seniors, the ability to drive, cycle or use public transport is vital in maintaining independence. However, people aged 60 years and over accounted for 19 per cent of all people killed or seriously injured on WA roads between 2016 and 2020.

### Road Safety Risk

There are many reasons the road safety risk increases for senior road users, whether you are driving or using the roads as a pedestrian.

### Medication

Check warning labels on medication and don't drive if the medicine causes sleepiness, nausea, blurred or double vision, dizziness and shaking.

Check with your doctor or pharmacist if you are not sure about the effects of your medication.

### Vision

Whether you are using the roads as a driver or as a pedestrian, vision naturally deteriorates as we age.

Deterioration of eyesight and hearing makes it harder for seniors to judge distances and the speed of traffic.

It is important to wear spectacles if they have been prescribed and to also have regular eye and hearing checks.

### Flexibility

Some seniors may experience reduced flexibility and slower reaction time.

These factors can also affect driving ability and your safety as a pedestrian.

### Renewing your licence

Once you reach the age of 80, you must undergo an annual medical assessment before you can renew your licence.



### **This is what you need to do:**

Complete a Medical assessment certificate - senior driver's licence renewal declaration.

Undertake a medical examination with your Health Professional to assess your fitness to drive.

Health Professionals concerned about a senior's medical fitness to drive may still recommend a person take a Practical Driving Assessment (PDA).

Mandatory practical driving assessments are no longer required by drivers aged 85 and older, unless recommended by a medical professional.

### **Here is what you need to do:**

Complete a Medical assessment certificate - senior driver's licence renewal declaration.

Undertake a medical examination with your Health Professional to assess your fitness to drive.

Complete an annual Practical Driving Assessment (PDA), if recommended by your health professional.

If your licence allows you to drive vehicles such as Light Rigid (LR class) heavy vehicle licences or above, you will need to complete a PDA in a vehicle of the highest class you wish to continue driving before you are able to renew your licence.

The Department of Transport has more information on renewing licences for drivers aged 80-84 years and drivers aged 85 and over.

### **Alternative Transport**

#### **Public transport**

WA Seniors can travel for free on all Transperth services between 9am and 3:30pm Monday to Friday and all-day Saturday, Sunday and public holidays. All you need is a Seniors, Pensioner or Veterans SmartRider.

#### **Mobility scooters and motorised wheelchairs**

Mobility scooters and motorised wheelchairs enable people who have difficulty walking to retain their travel independence.

However, these devices are not meant to be used as a replacement for a motor vehicle.

Motorised wheelchair and mobility scooter users are classified as pedestrians under current traffic laws.

The Road Traffic Code 2000 stipulates the maximum speed of these devices is 10 km/h. Devices capable of travelling faster than 10 km/h are classed as a vehicle and must be registered.

People can use mobility scooters and motorised wheelchairs on footpaths, shared paths and the sides of roads if there is no footpath.

There are currently no laws prohibiting or governing the use of mobility scooters by people who do not have limited mobility.



## **Association for Culturally Appropriate Services (AfCAS)**

### **Seminar on the 'WA Voluntary Assisted Dying Act 2019 Promoting Understanding for Culturally and Linguistically Diverse (CALD) People'**

The Association for Culturally Appropriate Services (AfCAS), in partnership with the National Accreditation Authority for Translators and Interpreters (NAATI) and All Graduates invite you to a seminar on 'WA's new Voluntary Assisted Dying Act Promoting Understanding for Culturally and Linguistically Diverse (CALD) People'.

Information is available on LinkedIn: <https://www.linkedin.com/company/13714113/admin/> and Facebook:

[\(https://www.facebook.com/Association-for-Culturally-Appropriate-Services-158534044814949/\)](https://www.facebook.com/Association-for-Culturally-Appropriate-Services-158534044814949/)

Please share with your friends and colleagues if you think they are interested as registrations are filling fast!

### Panellists

**WA Department of Health** | The Context

**Palliative Care WA** | Palliative Care & Planning for Future Care

**AfCAS** | Culture & Language

**Edith Cowan University (School of Business and Law)** | The Legal Context, particularly for CALD people

**All Graduates** | The Victorian Experience for interpreters

**Date:** Tuesday 12 October 2021 **Time:** 7:30am to 10:30am AWST

**Address:** William Street Family Therapy Centre Conference Room

544 William Street Mt Lawley WA 6050

**Parking:** Available on-street at Chelmsford Rd in front and across the road from William Street Family Therapy Centre, City of Vincent - Barlee St car park and Hyde Park on-street parking.

**Contact:** Mary Gurgone at [info@afcas.net](mailto:info@afcas.net)

**Register here:** VAD Seminar Registration Survey <https://www.surveymonkey.com/r/6SJQ95W>



## COVID-19 Coronavirus: Vaccines

### Information about the COVID-19 vaccination in WA



Department of Health

The COVID-19 vaccine is an important measure to keep WA safe and healthy and will help protect yourself, your family and the community.

Australia's vaccination program is managed by the Australian Government. The WA Department of Health are responsible for the rollout of the vaccination program in WA.

It is recommended all adults get the COVID-19 vaccine when they are eligible. The vaccine is free.

We have all worked together to keep Western Australia one of the safest places in the world. To protect our lifestyle here in WA, there is one more thing we need to do. We need to roll up our sleeves and get vaccinated for COVID-19. The more people who do, the more we protect our families, friends and community.

**Contact via telephone: 13 26 843**

<https://www.wa.gov.au/organisation/covid-communications/covid-19-coronavirus-vaccines>

### COVID-19 vaccination – Videos – Auslan

Find the collection contains videos, in Auslan, explaining Australia's COVID-19 vaccination rollout.

<https://www.health.gov.au/resources/collections/covid-19-vaccination-videos-auslan>



**COVID-19 Coronavirus: Translated advice**  
**Information about COVID-19 vaccination**  
**has been translated into multiple**  
**languages.**



Translated information and advice on COVID-19 for the community and businesses in Western Australia.

Translated information is available about COVID-19, including mandatory contact registers, the controlled interstate border arrangement, and the WA Recovery Plan. Information about COVID-19 vaccines has been translated into multiple languages.

<https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/covid-19-vaccine-information-in-your-language>

**If you have a COVID-19 question and need an interpreter, call 131 450 to request an interpreter in your language.**

W:  
<https://www.wa.gov.au/organisation/department-of-the-premier-and-cabinet/covid-19-coronavirus-translated-advice>

The Federal Government has recently announced two specialised vaccination pop-up hubs in Western Australia for people with a disability, their carers and support workers.



Beginning Monday, 13 September 2021 until Friday, 17 September 2021, the specialist hubs will be open for people with a disability, their carers

and support workers to allow for better access to the Pfizer vaccine.

This initiative has been organised by Rocky Bay, in partnership with Aspen Medical Australia, and are located in Cockburn and Duncraig at:

- Rocky Bay Cockburn Central: 11/13 Baling Street, Cockburn Central WA
- Rocky Bay Duncraig: 15 Chessell Drive, Duncraig WA

You can book your appointment at either vaccination pop-up hub, Rocky Bay Cockburn Central or Duncraig, via the following bookings link: <https://www.picktime.com/rockybay>

1. Select your preferred location
2. Select 'COVID-19 Vaccination'
3. Select 'Vaccination Nurse'
4. Select an appointment time and enter your details
5. You will receive a confirmation via email
6. Bring your consent form and Medicare card to your appointment

**Please ensure you complete the Commonwealth Department of Health Consent form for COVID-19 vaccination prior to your appointment and bring the consent form and your Medicare card with you.**



**Aboriginal and Torres Strait Islander people** are at greater risk of coronavirus if they: are aged 50 years and over with chronic medical conditions have a weakened immune system are aged 70 years and over.

To help slow the spread of COVID-19, practise good hygiene and physical distancing and follow the local rules for public gatherings, quarantine and isolation.

Visit the Department of Health website for more information on how to protect yourself and others from (COVID-19) and for specific advice for Aboriginal and Torres Strait Islander people and communities.



<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19/coronavirus-covid-19-advice-for-aboriginal-and-torres-strait-islander-peoples-and-remote-communities>

**T: Freecall 1800 020 103**

**Protect your mob and stop the spread and keep in touch with your community**

You can also use this interactive map to find an Aboriginal or Torres Strait Islander Health Service near you.

<https://healthinonet.ecu.edu.au/key-resources/health-professionals/health-workers/map-of-aboriginal-and-islander-healthmedical-services/>



## Scamwatch Radar Alert



**Missed delivery, call or voicemail (Flubot) scams.** Since August 2021, many Australians have been getting scam text messages about missed calls, voicemails or deliveries. In the first month after this scam was first reported, Scamwatch received over 9500 reports of these scams. These scams have also already been a problem overseas in 2021.

The text messages ask you to tap on a link to download an app to track or organise a time for a delivery, or hear a voicemail message. However, the message is fake, there is no delivery or voicemail, and the app is actually malicious software called Flubot.

Android phones and iPhones can both receive texts from the Flubot.

If you receive one of these messages, do not click or tap on the link. Delete the message immediately.

### What the scam messages look like

*Scammers are frequently updating the Flubot text message format. We will update this page regularly, but we recommend that you **check the @Scamwatch\_gov Twitter account** for the most up to date warnings about these messages.*

### How to protect yourself

Do not click on links in text messages saying you have a voicemail or missed call.

Do not call back the individual who sent the text. It's unlikely that they are a scammer or criminal. Scammers can disguise their caller ID as legitimate

numbers to carry out these scams. This is also known as spoofing.

Delete the message immediately.

Learn more about FluBot scams and other relevant phone scams at the ID Care website (details below).

**For more information:**

<https://www.scamwatch.gov.au/news-alerts/missed-delivery-call-or-voicemail-flubot-scams>

## **Rental scams targeting more Australians during pandemic**

Australians have lost over \$300,000 to rental and accommodation scams this year, an increase of 76 per cent compared to the same time last year.

Scamwatch has received 560 reports of rental scams so far this year, an increase of 56 per cent, with many using tactics related to the COVID-19 pandemic. These scams target people seeking new rental accommodation by offering fake rental properties to convince people into handing over money or personal information.

*“Scammers are offering reduced rents due to COVID-19 and using the government restrictions to trick people into transferring money without inspecting the property,”* ACCC Deputy Commissioner Delia Rickard said.

The scammer will post advertisements on real estate or classified websites or target people who have posted on social media that they are looking for a room. After the victim responds, the scammer will request an upfront deposit to secure the property or phish for personal information through a ‘tenant application form’, promising to provide the keys after the payment or information is provided.

The scammer may come up with excuses for further payments and the victim often only realises they have been scammed when the keys don’t arrive and the scammer cuts off contact.

Some scammers will even impersonate real estate agents and organise fake inspections, victims will then arrive to discover the property doesn’t exist or is currently occupied.

*“The loss of personal information through rental scams is becoming more common, with scammers requesting copies of identity documents such as passports, bank statements or payslips,”* Ms Rickard said.

*“Once a scammer has your personal information you are at risk of being targeted by further scams or identity theft. Many people are also experiencing financial difficulties due to the pandemic and the financial impact of falling victim to a scam can be devastating,”* Ms Rickard said.

*“Try to view a property in person before paying any bond or rent money to landlords or real estate agents, as scammers often rely on email communications to avoid identification, do an independent search for a phone number and speak to the property manager over the phone or arrange a meeting in person,”* Ms Rickard said.

*“Before making any payments ensure you are dealing with the licensed agent, if a scammer has your details they may impersonate a real estate agent and attempt to ‘follow-up’ requesting money after an inspection.”*

**Potential renters can contact their state consumer protection agency for information on bond requirements and tenants’ rights in their state.**

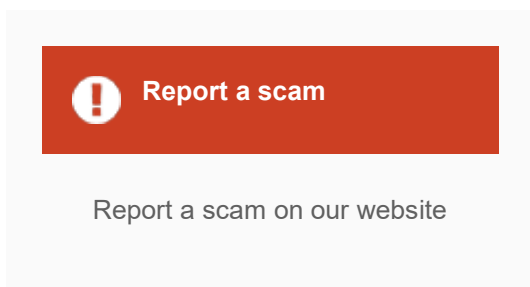
**For more information:**

<https://www.scamwatch.gov.au/news-alerts/rental-scams-targeting-more-australians-during-pandemic>



## What to do - if you think you have been scammed

People who think they have been scammed should contact their bank or financial institution as soon as possible. They can also contact IDCARE on 1300 432 273 or via [www.idcare.org](http://www.idcare.org) if they suspect they are a victim of identity theft. IDCARE is a free, government funded service that will support individuals through the process.



## Australian Human Rights Commission new report 'What's age got to do with it?'



This report is called 'What's age got to do with it?' because it demonstrates that in most life arenas, age is much less relevant than we might often assume.

### Age isn't the problem. Ageism is.

The report findings are based on a national survey, followed by focus groups which looked at issues in greater depth. This research was undertaken to explore what Australians think about age and ageism across the lifespan and to spark wider interest in this topic. The report provides a picture of the patterns of ageism experienced by

Australians of all ages and also has a focus on relationships between the generations.

You can download the full report via this link:

<https://humanrights.gov.au/our-work/age-discrimination/publications/whats-age-got-to-do-it-2021>

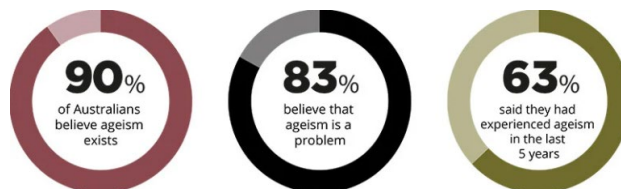
### A snapshot of ageism across the Australian lifespan

This report identifies stereotypes, attitudes and beliefs about age that prevail in Australia, and captures some of the ways in which people in Australia understand and experience their impacts.

The research contributes to an increased community understanding of the age-based myths, stereotypes and misconceptions about younger adult, middle-aged and older Australians, and encourages a wider conversation on ageism in an intergenerational context.

The deliberate focus is on attitudes about age, rather than the resulting behaviours that can lead to age discrimination. The project involved a national online survey and focus groups.

The data builds a clear picture of the patterns of ageism across the lifespan in Australia, with 90% of survey respondents agreeing that ageism exists. Over half the survey respondents agreed that making jokes about age is more socially acceptable than making jokes about things like race or gender and two-thirds said it affected people across the lifespan.



Participants rejected the suggestion that any one age group had more than its fair share of assets or resources. Most Australians (70%) did not agree that today's older generation is leaving the world



in a worse state than it was before and fewer than 20% agreed that any age group was a burden on their family or a burden on society. There were clear signs in focus groups that for many, access to such things as public health, assets or government benefits were about factors other than age.

Focus group participants had strong views about the media’s role in disseminating stereotypical portrayals of people of all ages. It is clear that inaccurate stereotypes are strongly held about each age group (and often accepted as fact) and some of these are explored in this report.



The report considers life roles as they intersect with a traditional life trajectory, which ascribes particular roles to particular ages, such as buying a home, finding a partner or retirement. Although research shows (and participants agreed) that this

traditional trajectory is being considerably disrupted, these outdated expectations and stereotypes persist.

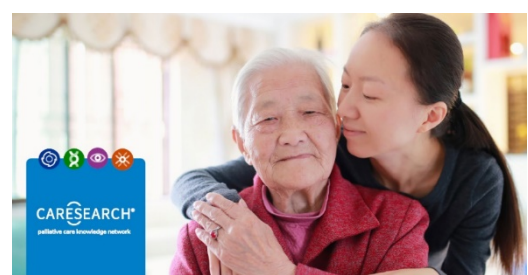
## The CareSearch Project Launched their ‘CareSearch Portal’

The CareSearch launched their new and interactive portal to empower everyone in Australia to make informed palliative care decisions.



The new CareSearch Portal has evidence-based information resources and tools to support:

- Patients and carers to learn and plan for end of life
- Individuals to start reflections and conversations about death and dying
- Older persons and their families to plan for ageing and caring
- Diverse and underserved Australians to plan and get appropriate care and support
- Health professionals to provide quality palliative care in any setting, including primary care
- Best practice and improved care through access to evidence



They invite you to explore and share it with your family, friends, colleagues, and community.

To learn how the new CareSearch Portal was developed, plus the research, consultations, and partnerships that shaped its content and design, you can read this blog written by CareSearch Director Professor Jennifer Tieman at: [https://www.caresearch.com.au/TabId/6568/ArticleID/2912/Introducing-the-new-CareSearch-portal.aspx?utm\\_source=Outlook&utm\\_medium=email&utm\\_campaign=Launch\\_eDM](https://www.caresearch.com.au/TabId/6568/ArticleID/2912/Introducing-the-new-CareSearch-portal.aspx?utm_source=Outlook&utm_medium=email&utm_campaign=Launch_eDM)

Please feel free to send the CareSearch Project any feedback about the new portal and how they can further improve their work at: [caresearch@flinders.edu.au](mailto:caresearch@flinders.edu.au)

**For more information:**

**T: 08 72212 8233**

**W: [www.caresearch.com.au](http://www.caresearch.com.au)**



## Friend for Good 'Friendline'

**Friendline is for anyone who needs to reconnect or just wants a chat.**

**All conversations with FriendLine are anonymous and the friendly volunteers are ready for a yarn and to share a story or two.**

**Friendline is not a crisis service.**

Friends For Good is a volunteer driven not-for-profit organisation aiming to foster a greater sense of connection and wellbeing for individuals and communities funded by the Australian Government Department of Social Services.

Need a chat?



**Friends for Good is a volunteer driven not-for-profit and Australian loneliness pioneer joining the fight against loneliness.**

Loneliness does not discriminate. It is widespread and equally affects people of all ages and from all walks of life in our communities, in the city and in the bush.

**There are 2 ways to connect:**

**Call: 08 6118 0587 (Free call 1800 424 287)**  
Support line is open 8:00am to 6:00pm 7 days per week.

**To use the Chat Service, visit:**

<https://www.friendline.org.au/>

Friendline are seeking volunteers to support older Western Australians for their national telephone service where trained volunteers chat to anyone in the community. People from all walks of life can volunteer. Friendline ask for a minimum 6 months commitment and volunteers need basic IT skills, a positive attitude and willingness to complete a Police Check.

Do you like to chat?  
Love a good yarn?



**friendline.**  
A FRIENDS FOR GOOD SERVICE  
We're seeking volunteers for our national phone service where trained volunteers chat to anyone in the community.

**For more information re Volunteering visit:**  
[friendsforgood.org.au/volunteer](http://friendsforgood.org.au/volunteer)



**Helping Australians reconnect.**

## Words to Live By video series 'Former Teacher, Shelley McGinn'

Act Belong Commit (ABC) have recently produced a new short video featuring former teacher, Shelley McGinn, who was also featured in the original 'Words to Live By' video series featured in our JULY21 COTA Connections.

This latest video shines a light on Shelley's experience of volunteering at Spring Hill Primary School.



The video is a lovely testimony to the benefits of volunteering – particularly for older people. In Shelley's words, *"Coming back into schools has enlivened me. It's given me another reason to be. I don't have children myself, so it fills in very nicely for me where children might have been in my life. If you're thinking of becoming a volunteer, just do it. There are so many benefits to you, and to the children that you will encounter."*

Shelley's volunteering efforts are coordinated by Act Belong Commit partner EdConnect Australia, a charity that trains, supports and places volunteers in local schools to improve the lives of vulnerable students. In 2020, EdConnect Australia coordinated 1,334 skilled volunteers to help over 13,000 students in classrooms across Australia.

Each year Ed Connect Australia surveys their volunteers on the personal benefits of their volunteering. An overwhelming majority of Ed Connect volunteers (85%) believe their volunteering *"has enhanced their mental health*

*and wellbeing"* while 86% said it helped them *"feel more connected to their community"*.

Video link:

[https://www.youtube.com/watch?v=2jTBIyraD\\_0&t=4s](https://www.youtube.com/watch?v=2jTBIyraD_0&t=4s)

## EnCOMPASS Multicultural Aged Care Connector

**EnCOMPASS:**  
**Multicultural Aged Care Connector**

Chung Wah Community and Aged Care (CAC) has partnered with FECCA along with other providers to deliver the Government funded EnCOMPASS program which provides navigational support to older people of Culturally And Linguistically Diverse (CALD) backgrounds and their communities to access the aged care system and other supports.

Our multilingual 'Connector Staff' provide FREE:

- Community information sessions for better understanding of ageing, the aged care system and supports through My Aged Care call centre and website.
- One-on-one assistance with a holding hand approach to access aged care services.

Contact us for further information or assistance.  
Ph: (08) 9328 3988  
Email: [enquiry@chungwahcac.org.au](mailto:enquiry@chungwahcac.org.au)

The Chung Wah Association  
Community & Aged Care  
[www.chungwahcac.org.au](http://www.chungwahcac.org.au)

Chung Wah Community and Aged Care (CAC) has partnered with the Federation of Ethnic Communities Councils of Australia (FECCA) along with other providers to deliver the **Government funded EnCOMPASS** program which provides navigational support to older people of Culturally And Linguistically Diverse (CALD) backgrounds and their communities to access the aged care system and other supports.

Chung Wah Community and Aged Care (CAC) multilingual 'Connector Staff' provide FREE:



- Community information sessions for better understanding of ageing, the aged care system and supports through MyAgedCare call centre and website
- One-on-one assistance with a holding-hand approach to access aged care services

Contact Chung Wah Community Aged Care (CAC) for further information or assistance.

T: (08) 9328 3988 Email:  
[enquiry@chungwahcac.org.au](mailto:enquiry@chungwahcac.org.au)

## Dementia Care Navigator



Dementia Australia has partnered with COTA Australia

Navigating through the aged care system alone can be confusing and difficult, and that's why Dementia Australia have a dedicated support person who can provide tailored information and help navigate what can be a very complex system.

**As part of a COTA led consortium of Aged Care System Navigators**, Kim (Dementia Care Navigator) provides information and connects clients with appropriate support and services pre and post diagnosis, including referrals, advice and resources to support a better quality of life for people living with all forms of dementia, their families and carers.

Dementia Care Navigator Kim, can assist with answering a range of queries, including understanding dementia,



knowing what supports are available to support people to remain living in their own home, understanding options for residential care (if that is the persons preferred option), Kim will work alongside people to assist them to register with My Aged Care, to prepare for an assessment meeting and to help them connect with a local aged care provider.

This service is available in-person at the Dementia Australia office in East Perth, at various community locations, over the telephone or online throughout Western Australia.



Referrals can be made via email: [wa.referrals@dementia.org.au](mailto:wa.referrals@dementia.org.au)

Calling the National Dementia Helpline on **1800 100 500**

*Dementia Australia is the source of trusted information, education and services for the estimated half a million Australians living with dementia, and the almost 1.6 million people involved in their care. We advocate for positive change and support vital research. We are here to support people impacted by dementia, and to enable them to live as well as possible.*

**No matter how you are impacted by dementia or who you are, Dementia Australia is there for you.**

## Specialist Advocate Aged Care Navigator

Advocare WA has partnered with COTA Australia

Kerry has joined Advocare as a Specialist Advocate - Aged Care Navigator and we look forward to working with COTA WA and Dementia Australia as part of the Navigator Trial phase 2. Kerry is



based in the South West of WA and will be covering the South West and Great Southern. Kerry provides support and advice based on your individual circumstances to help you and your family understand and access aged care services. Support is free and can be given face-to-face, by telephone or online.

If you would like assistance to experience the best outcomes from the aged care system, **please contact Kerry using the details below:**

M: 0427 732 515

T: 1800 655 566

E: [kerrye@advocare.org.au](mailto:kerrye@advocare.org.au)

## COTA (WA) Aged Care Navigation Service

**COTA (WA) Aged Care Navigation** provides **free and independent** information about:

- The aged care system in Western Australia
- Support services available for people living in their own home
- Eligibility and how to access services
- Chat one-to-one with our Aged Care Navigator

COTA (WA) Aged Care Navigator Margaret Fisher is out and about in the community raising awareness of the support available to older Western Australians through the Aged Care System Navigation program. She was recently invited to the Westminister Presbyterian Church in



Bullcreek to talk to seniors about accessing aged care. Margaret says; *“I was fortunate enough to chat to many members of the audience about their individual situations in relation to the aged care system and I’ve found the majority of queries relate to care in the home. My role is to encourage seniors to be better informed about aged care and to support them on their journey and I get great*

*satisfaction from the one-on-one meetings where I can actually make a difference to someones’ life.”*

**To speak to our Aged Care Navigator Margaret Fisher:**

T: 1300 025 298

M: 0473 625 877

E: [agedcareinformation@cotawa.org.au](mailto:agedcareinformation@cotawa.org.au)

W: [www.cotawa.org.au](http://www.cotawa.org.au)

Margaret has worked in the Age Care Sector for over 10 years - as an Age Care Assessor. She is keen to share her experience and knowledge of the My Aged Care system with older Western Australians, their Carers and family



members. Margaret is looking forward to empowering people to start or continue their age care journey with confidence. She can support them to feel in control and be well informed of the choices available in the aged care system.



## Alzheimer's WA 'The Dementia Care Experts'



### Who is Alzheimer's WA?

Established in 1982, Alzheimer's WA provides direct respite care, support, education and information to assist people living with dementia as well as their families and carers. They provide person-centred care in their respite houses, support for carers, training and useful information on how to live longer and more independently in your home, useful tips on technology, lifestyle factors and how to navigate your way through aged care funding, assessments and arranging home care services.

**Alzheimer's WA** aims to improve the lived experience of those living with dementia and their carers and families through advocacy, leadership, innovation, education, partnerships and holistic, person-centred care and support. These include overnight and day respite packages, in home individual support and personal care. We also support research into risk reduction, treatment and a cure for dementia.

### What is Alzheimer's Disease?

Alzheimer's disease is the most common form of dementia associated with degeneration of brain cells and the build-up of beta amyloid in the brain. However, dementia is more than a biological condition or a set of symptoms, it is a human experience that changes lives in many ways. Some of these changes can be challenging, and some can lead to new experiences of life which bring joy, meaning and growth.

### What are the early signs of dementia?

- Short term or recent memory loss
- Difficulty performing known tasks
- Disorientation to time and place
- Errors in judgement
- Losing or misplacing objects
- Changes in mood

**How to get involved:** If you, or a loved one, wants to become involved with Alzheimer's WA, they run Memory cafés across 27 locations and encourage volunteers to visit the Respite Houses in Shenton Park, Mandurah and Albany; or join the Men's sheds, Dementia Choir or register for the annual Walk to Remember on November 21 2021 at Government House.

**How to access Alzheimer's WA services:** Friendly Care Coordinators are available on **1300 66 77 88** to answer your questions, provide advice on 'Family & Friends' courses available and next steps on your journey. To find a complete list of services please visit the **Alzheimer's WA website:** <https://www.alzheimerswa.org.au/>



# Events

## City of Kalamunda 'CommuniTEA Matters'



Join the City of Kalamunda for morning tea and hear from COTA (WA) the peak body for older Western Australians.

The session will focus on support, advocacy and highlight activities available to seniors.

This is a free event and bookings are essential.

**Date: Wednesday 3 November 2021**

**Time: 9:30am to 11:30am AWST**

**Location: Darling Range Hub @ Jack Healey Centre 21 Mead St, Kalamunda 6005**

**RSVP by 1 November 2021 via 0492 807 603 or email [hello@drseniorshub.com.au](mailto:hello@drseniorshub.com.au)**

**W: [www.kalamunda.wa.gov.au](http://www.kalamunda.wa.gov.au)**

## City of Vincent 'Vincent Community Centre' Seniors Programs & Events

The Vincent Community Centre where we offer a number of programs and events for senior members of our community at a subsidised cost.

The aim of these programs is to reduce social isolation and improve health outcomes for senior members of our community.

The centre also hosts a range of free community events and workshops (which are free or low cost).

### Vincent Community Centre Programs

Program	Frequency	Time	Cost
<b>ADVANCED CHESS</b>	Every Monday at the City of Vincent Community Centre	10:30am - 1:30pm	FREE
<b>LAUGHTER YOGA</b>	Every second Wednesday at the City of Vincent Community Centre	1:00pm - 2:00pm	\$5 per person
<b>TABLE TENNIS</b>	Every Monday at the City of Vincent Community Centre	9:30am - 12:30pm	\$5 per person or \$10 per month
<b>ON THE MOVE FITNESS CLASS</b>	Every Wednesday at the City of Vincent Community Centre	11:00am - 11:45am	\$5 per person
<b>SOCIAL CRAFTING</b>	Every Wednesday at the City of Vincent Community Centre	9:30am - 11:30am	FREE

Enjoy advanced chess, table tennis, on the move fitness class, laughter yoga and social crafting. There is also, chair yoga, beginners chess, mahjong and mothersong.

To pre-register for these classes please email [communitycentre@vincent.wa.gov.au](mailto:communitycentre@vincent.wa.gov.au) or call 08 6112 5808



### ALZHEIMER'S WA COMMUNITY INFORMATION SESSION | FREE

This session aims to raise community awareness and understanding of dementia. It is suitable for all community members and is designed to provide an understanding of dementia, address how you can reduce your risks and provide information on local services available.

**Date:** Wednesday 22 September 2021  
**Time:** 9:00am - 10:30am  
**Venue:** Community Centre, 99 Loftus Street, Leederville

To register for this session please email [communitycentre@vincent.wa.gov.au](mailto:communitycentre@vincent.wa.gov.au), call 6112 5808 or scan the QR code below.



Please access key information on the upcoming Alzheimer's session. Facebook event link: <https://fb.me/e/la9FuWhd>



## Hillview Intercultural Community Centre 'Community Expression of Interest'



**City of Canning**  
A welcoming and thriving city

This is an opportunity to shape the brand new Hillview Intercultural Community Centre, the first of its kind in Perth's South!

The centre's vision is to enable our diverse community to thrive by creating a place where people of all background come together to connect, share their culture, learn new skills and access exciting opportunities!

Calling all Expressions of Interest from organisations, community groups and individuals who would like to run programs, activities and/or events! EOI will close on the 26 September 2021.

Only 2 steps involved:

- 1) Visit:  
<https://www.canning.wa.gov.au/hillviewhub>  
for information on centre facilities and more.
- 2) Fill and submit the following form by 26th September:  
<https://form.jotform.com/212412153227039>

Centre opening December 2021. Get your entries in now!

You will be contacted regarding your Expression of Interest, 3 weeks after closing date.

The **Hillview Intercultural Community Centre** encourage programs that involve learning and sharing opportunities across language and culture.

### Contact

Hillview Intercultural Community Centre Team

**T: 1300 422 664**

**E: [hillviewhub@canning.wa.gov.au](mailto:hillviewhub@canning.wa.gov.au)**

## Western Australia Multicultural Association 'WAMA Cooking Classes Peruvian'



**Western  
Australia  
Multicultural  
Association Inc.**

**Western Australia Multicultural Association Inc. (WAMA) invites you to attend 'WAMA Cooking Classes' Peruvian.**

WAMA supports new and emerging communities build capacity by providing information and education programs.

**Venue:** WAMA Cafeteria – Tuart College

**Address:** A Block, 105 Banksia St. Tuart Hill WA 6060

Carpark and Entrance from Hodgson Street

**Contact to confirm attendance:**

**E: [secretary@wamainc.org.au](mailto:secretary@wamainc.org.au)**

**T: 0407 160 287**

**WAMA COOKING CLASSES**



**Peruvian**

1 Ceviche de Mantaraya or Chinguirito  
2 Carapulcra  
3 Quinoa al estilo Arroz con Leche

CONDUCTED BY  
**Rocio Campbell**  
WAMA Cafeteria – Tuart College  
Date: Saturday 16 October 2021  
10:00 To 12:00

Enjoy the demonstration and lunch  
Cost \$20 per person – Children under 12 free entry  
Carpark & Entrance from Hodgson St.  
Email or phone to let us know you are coming.  
[secretary@wamainc.org.au](mailto:secretary@wamainc.org.au) – 0407 160 287

# Feedback Opportunities

## The Western Australian Association for Mental Health (WAAMH) 'Regional Communities Mental Health Support Needs'

The Western Australian Association for Mental Health (WAAMH) want to better understand what it is like to seek and receive support for mental health challenges while living in rural and regional WA.

Greater access and choice is a fundamental component of a balanced mental health system that improves people's outcomes and their lives.

They want to know:

- What supports are available in regional WA to help people with their mental health?
- Do people have options for different needs - to assist with social connection, recovery and to live their best life?
- Where are the difficulties and what is missing?

To help gather this information, they have created a survey that is open to anyone living in WA; over 12 years old (or 12-18 years with parental consent); and takes around 20 minutes to complete, plus you can remain anonymous. WAAMH look forward to hearing your views and experiences).

Complete survey via:  
[https://uwa.qualtrics.com/jfe/form/SV\\_bNusA8xPiH5Zgrc](https://uwa.qualtrics.com/jfe/form/SV_bNusA8xPiH5Zgrc)

**T: 08 6246 3000**

**For Assistance:**

**Metro: 1300 555 788**

**Peel: 1800 676 822**

**Rural and remote areas: 1800 552 002**

**Rurallink** is a specialist after hours mental health telephone service for people in rural communities of Western Australia. The support line can assist:

- Individuals who feel they need assistance
- Clients and carers
- Members of the community
- Health professionals
- Community welfare service providers

W: <https://www.mhc.wa.gov.au/getting-help/helplines/rurallink/>



## Edith Cowan University ‘Research Study: Mental Health and Social Care for Older Adults During Periods of Social Isolation’

### The Western Australian Association for Mental Health (WAAMH)

A research team from Edith Cowan University has been funded by the Department of Health Western Australia to conduct a project titled ‘Enhancing mental health and social care services for older adults during periods of long-term social isolation’.

The aim of the project is to understand the impact, and current and current and future implications of the COVID-19 pandemic on services who provide mental health and social support to older adults.

The team are seeking volunteers to complete a survey for this research project. They would like to know whether you tried to access any services and, if you did, what your experience was.

[Click here](#) to see the participant information sheet for this study, which includes more

information about the survey and what your participation would involve.

Who can participate?

- Adults aged 60 years or older with a chronic medical condition/s
- Adults aged 70 years and older
- Participants need basic English proficiency and to not have not been told by a doctor that they have dementia

Click on the link access the survey:  
<https://www.cotawa.org.au/mental-health-and-social-care-survey>



WIN ONE OF FOUR \$100 VOUCHERS

TELL US YOUR STORY



Would you like your story to feature in COTA Connections?

Share your story about:

- ❖ Something you are proud of as a senior
- ❖ A group you belong to
- ❖ Something you have achieved or overcome

One story will be selected as the feature article for the  
November + December + January + February  
COTA Connections Newsletter.

Want to share your story?

Maximum 250 Words + Photographs or Images

Email: [dana@cotawa.org.au](mailto:dana@cotawa.org.au)

Post: P.O. Box 923 Victoria Park WA 6979



*The Council on the Ageing Western Australia is the peak organisation for seniors in WA*

Council on the Ageing Western Australia  
P.O. Box 923 Victoria Park WA 6979

W: [www.cotawa.org.au](http://www.cotawa.org.au)  
T: (08) 9472 0104

Want to share your news or an age-friendly event?

Share events and updates with our 3000+ subscribers

Email: [admin@cotawa.org.au](mailto:admin@cotawa.org.au)

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Council on the Ageing Western Australia

P.O. Box 923

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