



COTA Connections

Working towards a society in which older people can flourish

AUGUST 2021

W: www.cotawa.org.au | T: (08) 9472 0104

From the CEO

We are in a unique time in world history where the number of older people will soon eclipse the number of children.

During the Queen's Coronation year in 1953 - 40 people in Australia received a telegram from the Queen when they reached 100 years of age.

In 2020 (according to the Australian Bureau of Statistics) there were 4,279 people in Australia who were aged 100 years or more and by 2050 that number is expected to be more than 26,000.

In 2018, for the first time in history, persons aged 65+ outnumbered children under five years old globally.



<5



65+

Source: United Nations, World Population Prospects Report (2019)

In this month's newsletter we feature an article on centenarians who are now the fastest growing demographic in Australia. Are you or a loved one,

over 100 years of age? If so, what changes have you seen in your lifetime? We are on a mission to share your stories and your photographs with our readers so please contact COTA (WA) if you would like to be featured in a future edition of COTA Connections.

As concerns escalate at the rapid spread of the COVID-19 Delta variant in the eastern states, Western Australia maintains its position as the state with the lowest rate of COVID-19 vaccinations (currently 13.9% of the WA population are fully vaccinated). Some of the reluctance is due to misinformation, constant changes to Australian Government policy or conflicting stories from friends and family overseas. Whatever the circumstances, all Western Australians and particularly those most at risk, need to feel comfortable that they have the right information to make an informed decision. Please read our section on COVID-19 vaccination and if you are still unsure, seek professional guidance from your GP or pharmacy.



If you live in the Rockingham area I encourage you to take part in a new COTA (WA) initiative called the Listening

Posts. We are working with a number of local governments and seniors organisations to capture

the views, opinions and ideas of seniors. We are aiming to speak with 500 seniors across Perth and this is your opportunity to have your say on a range of topics. Your collective feedback will be documented and made available to the state government and other seniors sector groups to ensure that seniors voices are heard on matters that are important to you. You can find more information on the Listening Posts in this newsletter on the last page.

The 2021 Census will occur on 10 August 2021 and will be run by the Australian Bureau of Statistics (ABS). This will be the 18th National Census of Population and Housing in Australia and there will be new questions in the 2021 Census, the first significant changes to questions collected in the Census since 2006. The new questions are on long-term health conditions, such as arthritis and diabetes and on defence force participation. There will also be a variety of completion options including online, on your mobile device or on paper. Help will be available online, by telephone and in person for those who need it. There will also be translated information available in a number of languages.

For more information:

T: **1800 512 441**

W: <https://census.abs.gov.au/help>

And finally, only four weeks to go until Spring and the promise of some finer weather.

Stay safe and dry.

Christine Allen, CEO



Centenarians are now Australia's fastest-growing demographic. How do they do it?

Australians are living longer but what does it take to reach 100 years old?

At age 96, Patricia Segal lives alone in an airy Sydney apartment with views of the sea. Time spent with her feels uplifting, invigorating and when you ask for her secret Segal doesn't hesitate, her positive and curious attitude is the key to her longevity, she says. And although scientists don't understand exactly why, research suggests she is correct. As COVID-19 continues to expose the vulnerability of Australia's elderly and an inquiry laid bare abuse in aged care homes, Segal projects



a dramatically different image of what it can mean to reach very old age.

The best years of your life

Researchers say Australians are entering an era in which remaining vital well into your 90s will be not just possible, but common. And your 80s may well deliver some of the best years of your life.

The average lifespan of an Australian woman is now about 85, packing on 25 additional years in a century, meaning one in two women will reach this age or beyond.

Between 2000 and 2020 the numbers of Australians aged over 85 grew by 110 per cent, compared with national population growth of 35 per cent. A baby girl born today has an almost 40 per cent chance of reaching 100.

Life expectancy for men is increasing along a similar upwards curve, just behind the long-lived women.

Professor Perminder Sachdev, a neuropsychiatrist at the University of NSW, is leading the Sydney Centenarian Study that is hunting for environmental and genetic determinants of successful ageing. He wants to know how the brain ages, and has enrolled around 450 study participants ranging in age from 95 into their early 100s.

Although the lifespan of Australians is increasing, Sachdev says up to 50% of people will suffer some kind of cognitive decline including dementia or Alzheimer's disease once they near 100.

It is a reality that concerns Segal, who says she does not want to reach a century if she is no longer in control. *"Old people can get pretty useless,"* she says. *"I've got a wonderful family but I don't want them to have to worry about me. I'm very, very lucky. I've had a wonderful life. I haven't missed anything."*

By Catherine Taylor

Excerpt: Posted Sun 25 Jul 2021 at 3:00am Sunday 25 Jul 2021 at 3:00am, updated Sun 25 Jul 2021 at 3:22am

Read the full story in ABC News here: <https://apple.news/AGI6oO-sOSRKIseC5T7y23Q>

Meet Paul Watchirs



Paul has been a volunteer with Advocare WA Community Visitors

Scheme (CVS) for 12 months and says, *"I feel very privileged to be invited into the lives of the older people I visit. I enjoy being a confidant for them, listening to their stories and reminiscing about the old days and past experiences. One gentleman I visit loves cats and boats and we spend many an hour looking at photos on my iPad. He has dementia and I find it is a wonderful way to connect with him."*

Paul makes visits to two older people each week and really looks forward to seeing them both. He likes that visits can be flexible and has found the staff at Advocare WA work with him to make any changes he may have.

When we asked Paul what he would say to someone considering volunteering, he says, *"Go for it! The rewards are immense (for yourself and others). You get an induction and training from Advocare WA and are always supported."*

Volunteer as a CVS visitor. Volunteering as a community visitor can be a rewarding experience. By becoming friends with with an older person, you can make a positive difference to their lives as well as your own.

Who are the CVS visitors? Visitors are volunteers who join their local CVS service provider. All visitors receive basic training and must have regular police checks. Visitors are matched to a person based on their shared interests. A matched Volunteer will aim to visit for 1 hour, once a fortnight. Visits can be one on one or small group visits to residential aged care homes or one on one visits to people receiving home care packages.

The CVS provides friendship and companionship to older people living in residential aged care facilities or receiving a Home Care Package, including people who are approved and on a waiting list for residential care or home care packages. Regular visits from a community visitor can help to improve your quality of life and help you feel less socially isolated.

The **Community Visitors Scheme** focuses on the needs of older people at a higher risk of being socially isolated.



The Community Visitors Scheme (CVS), funded by the Australian Government

In Australia, there are CVS groups in all States and Territories, including groups that support:

- People from culturally and linguistically diverse backgrounds
- Aboriginal and Torres Strait Islander peoples
- Lesbian, gay, bisexual, transgender and intersex people
- People who live in rural and remote areas
- People who are financially or socially disadvantaged
- People who are homeless or at risk of becoming homeless
- Veterans
- Care leavers
- People separated from their children by forced adoption or removal



If you would like to make a difference and brighten the day of an older person by volunteering, or if you would like to have a volunteer visit you, please contact **Michelle or Navodini on 08 9479 7566** or email volunteer@advocare.org.au or pop in and see us at The Perron Centre in Victoria Park WA.

Seniors Sector Meets with Minister

The Hon Don Punch MLA, Minister for Disability Services; Fisheries; ICT and Innovation; Seniors and Ageing recently joined a meeting of the Seniors Sector Partnership (which includes



representatives

from state and local government, service providers and peak bodies) where he confirmed his commitment to working with the sector to improve the lives of older Western Australians. The Minister's priorities are aligned to a positive attitude towards ageing – which focuses on bringing the contribution of seniors to the forefront and supporting seniors wellbeing through preventative measures that enable older Western Australians to remain socially and physically active and safe with the community.

You can read more about the the Minister's priorities in this article in Have A Go News: <https://www.haveagonews.com.au/news/was-seniors-minister-intends-to-bring-older-people-to-the-forefront/>



COVID-19 Vaccinations

Have you had your COVID-19 vaccine yet?



We're all
in this
together.

WA's vaccination program is expanding with capacity to allow more eligible Western Australians to receive a COVID-19 vaccination.

All vaccines, including COVID-19 vaccines, are rigorously tested for safety, quality and effectiveness before they are made available.

The COVID-19 pandemic has had a significant impact on the world, driving scientists, researchers, manufacturers and distributors to work together quickly to develop a vaccine to combat the virus.

Along with this global cooperation, years of previous research about the virus that causes COVID-19 (SARS-CoV-2) and large amounts of funding, resources and technological advances have helped deliver COVID-19 vaccines to the world, without compromising safety procedures and processes.

In Australia, the Therapeutic Goods Administration (TGA) is the authority responsible for assessing our vaccines. They look at any risks and benefits of vaccines, carefully analyse manufacturing standards and the results of clinical trials, and check every vaccine batch before it is released.

Even after a vaccine is registered for use by the TGA, it still goes through ongoing monitoring to ensure its safety and any reported side effects are also thoroughly investigated.

Learn more about **Pfizer**

<https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/learn-about-covid-19-vaccines/about-the-pfizerbiontech-covid-19-vaccine> and **AstraZeneca**

<https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/learn-about-covid-19-vaccines/about-the-astrazeneca-covid-19->

[vaccine](#), the two COVID-19 vaccines currently approved for use in Australia.

COVID-19 vaccine frequently asked questions.

This publication is provided for education and information purposes only. It is not a substitute for professional medical care. Information about a therapy, service, product or treatment does not imply endorsement and is not intended to replace advice from your healthcare professional. Readers should note that over time currency and completeness of the information may change. All users should seek advice from a qualified healthcare professional for a diagnosis and answers to their medical questions.

https://www.healthywa.wa.gov.au/Articles/A_E/Coronavirus/COVID19-vaccine/FAQs

COVID-19 vaccines – Is it true? With new COVID-19 vaccine developments every day, it's normal to have questions or concerns and possibly feel hesitant about getting a vaccine. That's why we're providing accurate, evidence-based answers to questions about COVID-19 vaccines. Find out more. https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/is-it-true?gclid=EAlaIqobChMlnP3K9bL98AIVYdxMAh0xPwBtEAYASAAEgKe_PD_BwE&gclsrc=aw.ds

In line with the increased supply WA will be receiving from the Australian Government:

- New clinics will be established across the state
- Current state-run community clinics will have more capacity
- 10,000 more bookings a week will be added on the vaccinatewa booking system, which can be accessed through 'Roll up for WA' (external link) via <https://rollup.wa.gov.au/>

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

EnCOMPASS Multicultural Aged Care Connector

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

A flyer for the EnCOMPASS Multicultural Aged Care Connector program. It features a collage of photos of diverse elderly people. The text reads: '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 The Chung Wah Association Community & Aged Care www.chungwahcac.org.au'. At the bottom, there are social media icons for Facebook, Twitter, and YouTube, and a small note: 'for the latest news, helpful info, updates @chungwahcac'.

Financial Information Service (FIS)

Introducing the Financial Information Service (FIS) The Financial Information Service is a free, impartial and confidential service. FIS can give you information, tools and resources to help you when you need to make decisions about your current and future financial needs. FIS will not give you financial advice or counselling, advocate on your behalf, or promote any products or providers.

With FIS support, you will be better able to:

- Increase your confidence with financial matters like investment, salary sacrifice and superannuation
- Understand your own financial affairs and options
- Understand financial planners and how to use their advice
- How to use credit sensibly
- Save and plan for the future through investing
- Plan for your retirement
- Understand what happens when you move into aged care.

FIS can explain:

- The risk of certain financial products
- The roles of financial professionals
- The benefit of reducing debt
- How you can increase your overall retirement income



To speak to the Financial Information Service, **call them on 132 300**. Say 'Financial Information Service', when asked why you are calling. This will take you through to a **FIS Officer** who can help you. Website:

<https://www.servicesaustralia.gov.au/individuals/services/financial-information-service>

No More Humbug!!!

'Humbugging' is an Aboriginal term to describe when someone demands money that belongs to someone else with no intention of repaying it. 'Resource-sharing' is a cultural practice commonly seen among Aboriginal people. However, 'humbugging' usually has a negative connotation. It is used to describe demands that are repeated, often with a threat or actual physical, emotional or psychological abuse if the person refuses. Sometimes the term is used to describe outright theft, for example when somebody uses another person's bank card or Centrepay arrangements without their permission.



Reducing Aboriginal Financial Elder Abuse in the Kimberley is a report (available via the link below) produced by Kimberley Birds as part of the Kimberley Community Legal Services Aboriginal Financial Elder Abuse Project. <https://static1.squarespace.com/static/56aae0e04d088e4dfa68396f/t/5fd2cb14a3ffdf15f0988a97/1607650229752/No+More+Humbug+final+report.pdf>

This report goes together with a set of resources, including posters, animations and a practical training manual, to draw attention to the issue and to explore solutions.

'No More Humbug' Posters are available for distribution via: <https://www.kcls.org.au>



Direction Psychology

Direction Psychology were recently awarded funds to provide **free services to older adults and their carers**, who might be experiencing isolation and loneliness and we thought our COTA (WA) community should know about it.

This is such a good initiative for older adults living in our community to encourage them to reconnect; mentally, socially and spiritually. The fully funded services are available for the remainder of 2021 and are for older adults (65+ or ATSI 55+) living in the community and/or their Carers and include:

- Up to 6 one-to-one face-to-face, telephone or video appointments to support you, helping to reduce your loneliness and improve your overall emotional wellbeing
- 4 weekly group classes to help with reducing stress and anxiety and improving general emotional well-being
- Access to advice that connects you with services and social activities that suit you



Do you feel lonely or isolated? **We can help...**

FREE SUPPORT

If you're over 65, or an Aboriginal or Torres Strait Islander over 55, or a Carer for the elderly, **Direction Psychology** are offering free support services to help you reconnect, mentally, socially and spiritually.



WHAT SERVICES?

The fully funded services available include:

- Up to 6 one-to-one face-to-face, telephone or video appointments to support you, helping to reduce your loneliness and improve your overall emotional wellbeing;
- 4 weekly group classes to help with reducing stress and anxiety, and improving general emotional well-being;
- Access to advice that connects you with services and social activities that suit you.

Direction Psychology's caring team help people live happier and healthier lives. Phone 0431 888 150 to get the support and guidance you need.

www.directionpsychology.com.au

Direction Psychology's caring team help people live happier and healthier lives.

T: 0431 888 150 to get support and guidance

W: www.directionpsychology.com.au

City of Armadale

Aged Care System Navigation 'Seniors Information Session'



COTA (WA) recently presented an Aged Care System Navigation Seniors Information Session for seniors living within the City of Armadale. This program is a trial funded by the Federal Government Department of Health to provide Western Australian Seniors with support to access the aged care system.

The sessions are filled with information on how to access aged care including:

- Registering with MyAgedCare
- Assessments
- Eligibility criteria
- Types of care
- Services available



From September 2021, COTA (WA) will deliver the program in a new format, which includes one-on-one sessions to assist people with all of the above and in addition, helping them to activate their Home Care Package (HCP) or choosing a provider.

The service is flexible and may be delivered from a local council office, the COTA (WA) office or

through an in-home visit. It can also be face-to-face, via telephone or digital technologies.

Multiple sessions may be required based on the individual needs and level of support required.

Other partners in this program are:

- Dementia Australia (WA): Servicing Metro South East (dementia specific service)
- Advocare WA: Servicing Busselton and Geraldton
- COTA (WA): Servicing Metropolitan North

We will share more information on the Aged Care Navigator System service including contact details in the next edition of COTA Connections.

Mentally Healthy WA



A 4 day plan to help you get through the latest snap lockdown

29/06/2021

Frustration, disappointment, irritation, anxiety – we've all probably experienced at least one of these responses at the news of another COVID-19 snap lockdown for the Perth and Peel regions. The uncertainty and sudden disruption to our lives can take its toll on our mental wellbeing and we need to do all we can to stay mentally healthy.

Abiding by the government's instructions such as staying home, social distancing and wearing masks will help us come out of lockdown as quickly as possible - and can actually help us feel we're doing something positive.

We don't need to be a spectator when it comes to our mental health. The Act Belong Commit message provide a guide to the things we can do to help us stay mentally healthy. And right now, they are more important than ever.

It starts with a decision to prioritise your mental health.

Your mental health is in your hands.

Frustration, disappointment, irritation, anxiety – we have all probably experienced at least one of these responses during COVID-19 snap lockdowns. The uncertainty and sudden disruption to our lives can take its toll on our mental wellbeing and we need to do all we can to stay mentally healthy.

Abiding by the government's instructions such as staying home, social distancing and wearing masks helps to come out of lockdown as quickly as

possible - and can help us feel we are doing something positive.

We don't need to be a spectator when it comes to our mental health. Act Belong Commit provides a guide to the things we can do to help stay mentally healthy. And right now, they are more important than ever.

Prioritise your mental health – a 4 day plan.

While mental health is certainly impacted by many things outside our control, we are not helpless when it comes to our mental wellbeing. Just as we are familiar with the lifestyle that protects our physical health – a good diet, exercise and sleep – we now know the habits and behaviours linked to mental wellness. Most of us know intuitively that being active, spending time with others and doing things that we find meaningful, make us feel good. What we may not realise is that these are actually essential for our mental health.

The Act Belong Commit **4 day plan** gives practical tips and activities to bolster mental wellbeing and stay positive at a time when it's easy to become negative. **4 things to do each day:**

1. **Act with Mindfulness** to reduce anxiety and depression, helping you accept and let go of upsetting thoughts
2. **Exercise** a known protection for mental health
3. **Feel good moment** a pleasant activity each day improves our mood
4. **Connect with others** essential to help manage stress

If you need more support, help is available through these mental health services and helplines <https://www.actbelongcommit.org.au/resources/where-to-get-help>

With many older people experiencing isolation and loneliness in their later years, seniors are particularly vulnerable to poor mental health.

You will find more information about staying mentally well at: [actbelongcommit.org.au](https://www.actbelongcommit.org.au) It includes an Activity Finder to help you find a host of things to do and groups to join to help you stay connected with others and fill your time with enjoyable and worthwhile activities.

T: 08 9266 1705

Events

ABC Radio Perth Mornings Program 'Spotlight on Privacy'

The ABC Radio Perth Mornings program will shine a spotlight on privacy in a live studio audience forum at ABC in East Perth.

About this event

Consumers give away a lot of information about themselves - whether it's through social media, online shopping, tracking apps or through government services.

- So who has your information and what happens to it?
- What are the privacy laws that govern your data and how do they compare to other countries?
- How much information do you give away on social media?
- And how do companies handle your data?

All these questions will be answered during a special Mornings Spotlight forum with Nadia Mitsopoulos.



Doors open at 8:30am.

Can't make it in person? Listen on 720AM, online or via the listen app.

Spotlight: A series of forums hosted by ABC Radio Perth Morning's presenter Nadia Mitsopoulos, shining a light on issues that affect the community and hearing directly from the people it impacts the most.

Free ticket registrations via Eventbrite:
<https://bit.ly/3zYeJkm>

Date and time

Wednesday 11 August 2021

9:00am to 10:00am AWST

Location

ABC
30 Fielder Street
Perth, WA 6004



GRAI - Renowned 'Right To Belong' Workshop Program

GRAI is pleased to announce their renowned 'Right To Belong' Workshop Program is offering a further six (6) sessions in 2021. These workshops are Commonwealth-funded, so places are free - wonderful value!

Right To Belong workshops are delivered by GRAI's experienced trainers with material that is suitable for all staff including management and front-line carers.

This training supports your workforce to be confident in providing best-practice inclusive care to LGBTI elders, as well as be compliant with Equal Opportunities legislation and the Aged Care Standards.

Workshops are fully catered and participants receive extensive resources to support the training.

Places are limited, so do act quickly to ensure your place.

Training Program:

FULL DAY (9am-4pm)

Tuesday: 17 August or 28 September 2021

www.eventbrite.com/e/national-lgbti-ageing-agedcare-training-tickets-158523910283

HALF DAY (9am-1pm)

Thursday: 26 August 2021 or 16 September 2021

www.righttobelong.eventbrite.com

Venue:

Institute of Chartered Accountants
Level 11, 2 Mill Street Perth WA

Enquiries:

T: 08 9436 3422

E: training@grai.org.au



RIGHT TO BELONG:
LGBTI PEOPLE AND AGED CARE
**The National LGBTI Ageing
& Aged Care Training Project**

ENROL
FOR A FREE
TRAINING
COURSE

Delivered by LGBTI aged care specialist GRAI, these training sessions will promote a better understanding of the needs of LGBTI people, and increase the confidence of aged care staff to deliver an inclusive, best practice service.

This training is funded by the Commonwealth Department of Health as part of the National LGBTI Ageing and Aged Care Training Project, and is subsidised for those working in the aged care sector.

These workshops will:

- Increase awareness and understanding of LGBTI clients and support the delivery of culturally safe and welcoming services to LGBTI elders.
- Assist your organisation to provide LGBTI inclusive care and comply with legal obligations under the Aged Care Act and the Equal Opportunities Act.

Did you know?

- There are approximately 24,000 LGBTI older adults in WA; the largest special needs group requiring aged care services.
- Lack of positive recognition for LGBTI elders can cause stress and poor care outcomes.

This training is suitable for:

Managers, front line workers and health professionals in the aged care sector, including, residential facilities, retirement villages, community care providers and all services engaging with older members of the community.

Training program:

FULL DAY (9am-4pm)
Tuesday 13 July OR Tuesday 17 August OR 28 September
www.eventbrite.com/e/national-lgbti-ageing-aged-care-training-tickets-158523910283

HALF DAY (9am-1pm)
Thursday 22 July OR 26 August OR 16 September
www.righttobelong.eventbrite.com

Venue:
Institute of Chartered Accountants
Level 11, 2 Mill Street Perth

Enquiries:
training@grai.org.au | 9436 3422

GRAI also offers:

- A five part course to achieve sustainable organisational change and ensure best practice. Be confident that your service meets the Six National Standards for LGBTI Inclusion!
 - Individualised training or presentations to aged care providers on request.
- To discuss your organisation's training needs, contact: training@grai.org.au | 9436 3422.



The Commonwealth-funded project is coordinated by the National LGBTI Health Alliance through Silver Handcare.

Living with Dementia Program



Dementia Australia provides a free program of an overview of dementia and how to proceed after a diagnosis. It covers coping with change, relationships and communication, planning for the future and staying healthy. Dementia Australia's facilitators have specialist dementia knowledge, skills and experience. These sessions are delivered interactively, you will be encouraged to share your experiences alongside other participants giving you an opportunity to develop new support networks.



Living with dementia program – For clients

Belmont WA Fri 8 October - Fri 12 November



This program provides an overview of dementia and how to proceed after a diagnosis. It covers coping with change, relationships and communication, planning for the future and staying healthy.

Dementia Australia's facilitators have specialist dementia knowledge, skills and experience. These sessions are delivered interactively, you will be encouraged to share your experiences alongside other participants giving you an opportunity to develop new support networks.

PROGRAM DATES:
Friday 8th, 15th, 22nd and 29th October
Friday 5th and 12th November
Friday 3rd December

Suitable for:
People living with dementia and their family carers and family members. This program is not suitable for professionals employed in the health or aged care sectors.

Time: 10:00am-12:30pm
2.5 hours

When: 8 Oct - 12 November

Where:
Rivervale Community Centre
100 Gerring Court, Rivervale
(on Surrey Rd/Francisco St)

Cost: Free

Additional information and bookings:

This is a 7 week course.

For information and bookings contact 08 9225 4094 or email wa.booking@dementia.org.au

dementia.org.au | National Dementia Helpline 1800 100 500 for language assistance call 01 456

Suitable for:

People living with dementia and their family carers and family members. This program is not suitable for professionals employed in the health or aged care sectors.

Program Dates: (This is a 7 week course)

Friday 8, 15, 22 and 29 October 2021

Friday 5 and 12 November 2021

Friday 3 December 2021

Where: Rivervale Community Centre, 100 Gerring Court, Rivervale (Cnr Surrey Road and Francisco Street)

For information and bookingst:

T: 08 9225 4094

Email: wa.booking@dementia.org.au

Post-Diagnostic Support

Post-diagnostic support

Dementia Australia offers free support for people of all ages diagnosed with dementia. These sessions are designed to help you manage your diagnosis and live well.

A skilled Dementia Australia staff member will be your single point of contact over six sessions. They will work with you to understand your specific situation and provide information and support based on what is most important to you.

Post-diagnostic support is also available to family and carers.

Support following your diagnosis can help you:

- increase your understanding of dementia
- plan support services and networks
- develop personal and lifestyle strategies to help you live well
- prepare and plan for any changes.

We can also help you access Dementia Australia programs and other services available to you, including My Aged Care and the National Disability Insurance Scheme.

You can complete the sessions over six weeks or within 12 months, depending on what suits you. We offer sessions through Australia, via phone or video conference.

How to access post-diagnostic support

To find out more contact our National Dementia Helpline on free call **1800 100 500** or complete our online service enquiry/referral request form: dementia.org.au/support/service-enquiry

National Dementia Helpline **1800 100 500**
Find us online: dementia.org.au

for language assistance call 01 456

© Dementia Australia 2020. September 2021

Dementia Australia offers free support for people of all ages diagnosed with dementia. These sessions are designed to help you manage your diagnosis and live well. A skilled Dementia Australia staff member will

be your single point of contact over six sessions. They will work with you to understand your specific situation and provide information and support based on what is most important to you.

Post-diagnostic support is also available to family and carers. You can complete the sessions over six weeks or within 12 months, depending on what suits you.

Dementia Australia offer sessions through via telephone or video conference.

For **language assistance** call **131 450**.

National Dementia Helpline **1800 100 500**.

Find online at: dementia.org.au

How to access post-diagnostic support

To find out more complete the online service enquiry/referral request form:

dementia.org.au/support/service-enquiry

Homelessness Week 2021 1-7 August 2021

Housing Solutions to End Homelessness

Since the lifting of the moratorium on rental increases and evictions in March 2021 and a shortage of suitable housing options, more Western Australians than ever before have been or felt at risk of homelessness.

WA has a first class strategy All Paths Lead to a Home: Western Australia's 10-year Strategy on Homelessness 2020-2030 which provides the road map to end homelessness in the state. State Government investment into housing-first homelessness initiatives are making an impact - as will the two new Common Ground facilities and the supported accommodation for up to 100 people who sleep rough.

What's On

View the calendar of events here: <https://www.shelterwa.org.au/events/homelessness-week-2021/homelessness-week-2021-whats-on/>

A challenge faced at the moment in WA is a shortage of appropriate crisis, social and affordable housing options as well as support services, not only for the estimated 9,000 people experiencing homelessness but also for tenants that have faced or experienced homelessness as a result of the rental shortage.

WA Seniors Homelessness

- **Homelessness on the rise for seniors** Australians aged 55+ years' that are experiencing homelessness has increased by 28%. They are the quickest growing age bracket that are experiencing homelessness.
- **Long-term homelessness** Older people have the longest terms of homelessness, with 64+ years' old accounting for 49.3% of people experiencing homelessness.

- **Higher rates of homelessness for women** Between 2011 and 2016 the percentage of older women experiencing homelessness increased by 31% compared to 26% of men.
- **Causes of homelessness for senior women** The key reasons for more older women seeking housing assistance were because of domestic and family violence (26%) and financial difficulties (17%).

Reasons Seniors Experience Homelessness

- **Absence of spouse** due to death or divorce and leaving a violent or abusive partner
- **Low income** by being forced out of work early or insufficient government pension
- **Lack of access** to social housing by being less likely to receive access to homelessness services
- **Unaffordable housing and high rental prices** due to increasing costs of living + increasing property + rental prices
- **Absence of retirement savings and wealth** due to insufficient Superannuation + inability to access Superannuation

WA SENIORS HOMELESSNESS

- HOMELESSNESS ON THE RISE FOR SENIORS**
Australians aged **55yrs+** that are experiencing homelessness has increased by **28%**. They are the quickest growing age bracket that are experiencing homelessness.
- LONG TERM HOMELESSNESS**
Older people have the longest terms of homelessness, with **64+ year olds** accounting for **49.3%** of people experiencing homelessness.
- HIGHER RATES OF HOMELESSNESS FOR WOMEN**
Between 2011 & 2016 the percentage of **older women** experiencing homelessness increased by **31%** compared to 26% of older men.
- CAUSES OF HOMELESSNESS FOR SENIOR WOMEN**
The key reasons for more **older women** seeking housing assistance were because of **Domestic and family violence** (26%) and **financial difficulties** (17%).
- REASONS SENIORS EXPERIENCE HOMELESSNESS**
 - ABSENCE OF SPOUSE**
Death or Divorce
Leaving violent/abusive partner
 - LOW INCOME**
Forced out of work early
Insufficient Government Pension
 - LACK OF ACCESS TO SOCIAL HOUSING**
Less likely to receive access to homelessness services
 - UNAFFORDABLE HOUSING AND HIGH RENTAL PRICES**
Increasing costs of living
Increasing property + rental prices
 - ABSENCE OF RETIREMENT SAVINGS AND WEALTH**
Insufficient Superannuation
Inability to access Superannuation

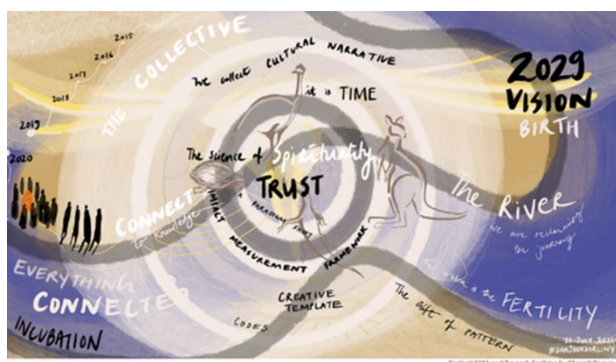
shelterwa

Danjoo Koorliny Walking Together Social Impact Festival

The Danjoo Koorliny Social Impact Festival 'Danjoo Koorliny Walking Together' is large-scale, long-term systems change project designed and led by Aboriginal leaders to help us all walk together as Aboriginal and non-Aboriginal people towards 2029 (200 years of colonisation in Perth) and beyond, be it in Western Australia, Australia or globally.

The leaders of 'Danjoo Koorliny Walking Together' are Dr Noel Nannup OAM, Dr Richard Walley OAM, Professor Emeritus Colleen Hayward AM and Carol Innes, working in partnership and collaboration with numerous other Elders, leaders and organisations. They have made it clear that if we are talking about social impact, Aboriginal people have had a blueprint for social, ecological and cultural harmony for more than 60,000 years, and that this can be of benefit to everybody and everything.

The Danjoo Koorliny Social Impact Festival is an annual event that brings us together to see what has shifted in the last year and to help us set our focus for the years ahead.



For more information go to:
<https://events.humanitix.com/danjoo-koorliny-walking-together-social-impact-summit-2021>

Date and Time: Wednesday 6 October 2021 8:00am + Thursday 7 October 2021 5:00pm AWST

Location: Beaumonde On The Point 306 Riverside Dr, East Perth WA 6004

Information on Senior's Rights, Elder Abuse and Aged Care Navigation

Advocare WA is holding an information session on seniors rights, elder abuse and aged care navigation.

They provide information on:

- What Advocare WA is and what they they do
- Information about new Aged Care Charter of Rights
- Protecting your rights and making a complaint
- How to recognise and respond to elder abuse
- How to access aged care services

They will also respond to your questions about your care and the care of your loved ones.

Event Details:

Date: Wednesday 11 August 2021

Time: 10:30am

Location: Community Vision Woodvale Social Club, 5 Trappers Drive, Woodvale WA 6023

E: HCSWoodvale@communityvision.asn.au

T: 08 9409 2347

Advocare
Empowering People

Information on Senior's Rights, Elder Abuse and Aged Care Navigation

Come along to hear about:

- What is Advocare and what do we do?
- Information about new Aged Care Charter of Rights
- Protecting your rights and making a complaint
- How to recognise and respond to elder abuse
- How to access aged care services
- Responding to questions about your care and the care of your loved ones

DETAILS

Date:
Wednesday
11th of August
2021

Time: 10:30am

Location:
Community
Vision
Woodvale
Social Club

Free
information
and resources



Feedback Opportunities

Shelter WA 'Unlock Housing' Rental Moratorium

Now the election is over and the new Ministers have been appointed their portfolios, Shelter WA are alerting them to the looming rental crisis.



Part of addressing this issue is sharing with Ministers the real stories of people who are receiving eviction notices and significant rental cases.

Shelter WA have created an opportunity, for people that would be happy to share their story, to provide more details about their current situation. Shelter WA will collate the information and send to Minister Carey and use these stories for media. If you would like to share your story, visit: <https://www.shelterwa.org.au/moratorium-feedback/>

If you need support or advice, contact:

Department of Mines, Industry Regulation & Safety on **1300 304 054**

Circle Green Community Legal: **08 6148 3636**

Financial Counsellors of WA: **08 9325 1617**



Have your say 'ARP Legislation Project'

The 'ARP Legislation Project' is a consultation process on the authorisation of restrictive practices within disability services in WA



The Department of Communities (Communities), is carrying out consultation to inform the development of legislation for the authorisation of restrictive practices within disability services in Western Australia. The consultation process provides an opportunity for people with disability, relevant service providers and other key stakeholders to share their views through written submissions, online surveys, an online feedback form and/or attendance at community drop-in events, workshops and 1-1 meetings.

More information is available on the project at: <http://www.communities.wa.gov.au/arp-consultation>

We invite you to share this information with your networks and residents.

If you have specific questions please contact Department of Communities via:

E: ARPLegislationProject@communities.wa.gov.au

T: **0439 497 940**

Consultation closes: **11.59pm Sunday 22 August 2021**

Volunteering In Aged Care Settings ‘Research Project’

Volunteering in aged care settings has changed significantly during the time of COVID-19 and initial indications are that some of the changes which have occurred are likely to remain, changing the volunteering landscape for volunteers, managers of volunteers and organisations.

As part of WA’s recovery from the COVID-19 pandemic, **Volunteering WA** has received a Lotterywest grant to conduct research into volunteering within aged care settings.

In partnership with Murdoch University, the objective of the project is to facilitate knowledge sharing about what changed for volunteers and volunteer managers during COVID-19; what practices are likely to remain in place; and, using this data, to develop briefing papers for organisations to inform their practice in managing and recruitment of volunteers, reskilling of existing volunteers and planning for the future of volunteering in aged care settings.

The project is engaging with both volunteers and volunteer managers working in aged care settings.

Project outcomes will be presented at the Volunteering WA State Volunteering Conference to be held in November 2021.

If you are a volunteer or you manage volunteers in aged care settings or a related entity, please consider going along to the Volunteering WA Round 3 Workshop, details below:

Round 3: Workshop To Road Test Good Practice Guide

Participants can attend either the online ZOOM workshop or the face-to-face workshop.

All information captured in Rounds 1 and 2 will be analysed to identify emerging themes, opportunities and good practice recommendations.

Key differences and similarities will be noted and the data, along with relevant literature findings and the work of Justice Connect and Volunteering WA on volunteering during a pandemic, will be incorporated into the drafting of Good Practice Guides for the sector.

The draft Practice Guides will then be ‘road tested’ by participants in Round 3.

Round 3 is for both Volunteer Managers and Volunteers to review the drafts and offer suggestions for any refinements from the perspectives of the Users. Practical usefulness of the guides will be a key feature.

Workshop numbers are limited and registration is essential:

Workshop 3A In person on Tuesday 24 August 2021 in Perth from 10:00am-12:00pm.

Workshop 3B In person on Tuesday 24 August 2021 in Perth from 1:00pm-3:00pm.

Workshop 3C Online via ZOOM on Wednesday 1 September 2021 from 9:30am-11:30am.

To register your interest in attending or for queries, please send an email to agedcarevols@volunteeringwa.org.au



SAGE Lab Team UWA SAGE Lab (Social Care and Ageing Living Lab)

Last chance to complete the survey.

The WA Department of Communities and the UWA SAGE Lab are conducting research to explore what people working in communities throughout Western Australia know about the abuse of older people (elder abuse).

A key part of this research is an anonymous survey that can be completed by anyone who works with volunteers or manages services for older people in Western Australia.

Your support is vital to the success of this research process.

Quick Facts: Abuse Of Older People

Forms of abuse include:

- Financial Abuse
- Physical Abuse
- Emotional Abuse
- Social Abuse (Forced Isolation)
- Sexual Abuse
- Neglect

Did you Know?

- Globally, 15.7% of people 60 years and older are subjected to abuse

- As many as 2 out of 3 people with dementia have experienced abuse
- 90% of all perpetrators are family members, most commonly adult children
- Only 4% of abuse of older people is reported
- Risk factors for abuse include carer dependency, lack of social support, drug and alcohol abuse and ageism

The online survey can be accessed here: https://uwa.qualtrics.com/jfe/form/SV_9Ft1mZIUeQsEmKa

If you have any questions about this research, please contact study manager Dr Catriona Stevens via:

E: catriona.stevens@uwa.edu.au

T: **08 6488 7636**

Thank you in advance for your support of this research project.



**THE UNIVERSITY OF
WESTERN
AUSTRALIA**

Listening Posts

COTA (WA) has established the Listening Posts, where we aim to engage around 500 WA seniors, to hear their opinions and encourage feedback on matters of importance or concern.

We are working with a number of partners and local governments to help us facilitate these conversations. If you would like to be part of this initiative, the City of Rockingham is currently taking bookings for Listening Posts - 'Rockingham Series'.



Bookings available through the City of Rockingham (with several venues available) for the Listening Post 'Rockingham Series' via:

RSVP: Customer Service

E: customer@rockingham.wa.gov.au

T: 08 9528 0333



LISTENING POSTS 'Rockingham Series'

The Council on the Ageing (WA) INVITES older Western Australians to share your experiences of ageing in WA.

- Health
- Housing
- Connectivity
- Technology
- Money and/or finances

Awareness of:

- What support services, information and resources are available
- Cybercrime and scams

How could your life be improved by Government?

RSVP: Customer Service
E: customer@rockingham.wa.gov.au
T: 08 9528 0333

Several venues across Rockingham – contact Customer Service for more details.



Department of Communities



In Partnership with The Government of Western Australia Department of Communities

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

Share events and updates with our 3000+ subscribers

Email: admin@cotawa.org.au

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

COTA (WA)

P.O. Box 923

Victoria Park WA 6979

Office hours: 9:00am to 4:00pm Monday to Friday

W: www.cotawa.org.au

T: (08) 9472 0104

E: admin@cotawa.org.au