



# COTA Connections

Working towards a society in  
which older people can flourish

JULY 2021

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

## From the CEO

### Do you remember the excitement of receiving a hand written letter in the post?

One of the positives to come out of COVID-19 is the reconnection of people during isolation—either by the resurgence of letter writing or people finding other ways to stay in touch. Over the last few weeks I've been corresponding with Wal Glaser, who contacted me from Victoria via an email that was created using voice dictation. The footnote on the email asks me to:

*"Please note this email is created with voice dictation, and while voice dictation is generally excellent, occasionally some really stupid errors do occur. So if you at any stage get an email that is incomprehensible in parts, please be informed that this is not alcohol-induced, but caused by the small flaws that still remain in modern technology."*

Wal's humour brightened my day and despite his challenges, he remains positive and productive. He's an inspiration and I hope you enjoy reading his story in this newsletter.

### COVID-19 Restrictions

**Periods of COVID-19 lockdown and restrictions are causing disruption for many businesses and to the normal routine of people's lives.**

This has impacted on a number of our programs such as the Strength for Life (seniors' fitness program), our Wall Walking program and the Aged Care Navigators sessions we deliver in conjunction with local governments. The measures being put in place by the State Government are to keep us all safe so please bear with us when we need to suspend these programs periodically.

### COVID-19 Vaccinations

**Have you had your COVID-19 vaccine yet?** By all accounts Australia's vaccination rate is well below the UK/Europe and the USA. In Western Australia we have had the luxury of being complacent due to the low number of cases and deaths, but this virus can have devastating effects.

Watch Veronica's story here:

<https://www.facebook.com/healthgovau/videos/1760060147499470>

This edition of the newsletter reflects a new look that we hope is more visually appealing and easier to read. We are also working on a new look for our website and I look forward to sharing it with you soon.

I hope you enjoy this packed edition of COTA Connections.

Winter is upon us. Stay safe and warm.



Christine Allen, CEO

## Meet Wal Glaser



### Starting a New Business in my late 80s and Handicapped

Some years ago I was ascending a set of stairs at a country hotel. They were badly lit, I tripped over one of the steps, fell on my head, and broke my neck. I was lucky to have survived the incident, but the experience in my mid-80s was traumatic. After being rushed to the Frankston Hospital, and from there to the trauma emergency section at Melbourne's Alfred Hospital, I spent three months with my head in a brace. Not a nice experience all! After taking a year to recover, I flew to California for a holiday. By then my mobility was restricted and I needed two walking sticks to be able to walk properly. While in San Francisco's Union Square one evening, I saw a person with a walking stick that had a torch built into the handle. *"What a fantastic idea",* I thought. *"Must buy a couple of these while I'm in the USA. If I would have had something like this it would have saved a lot of trauma, pain, and wasting a year of my life!"*

But finding where I could buy one of those walking sticks with a built-in flashlight wasn't easy. No one seemed to carry them in their stock. Finally, the day before I return to Australia, I found a shop that sold them.

I immediately bought two, but sadly found them to be of very poor design and quality. They had a swivel torch section at the front of the handle, but this soon wore and started drooping, shining the light straight down. *"What a shame"* I thought.

*"Had these been the quality of the German walking sticks I used, they would have been terrific."*

Fast forward 18 months, and I was due at my cardiologist for my regular pacemaker checkup. I had been getting out of breath very easily and quickly at any exertion, but I had not expected his verdict. *"You have a badly leaking heart valve"* he said, *"and if we do nothing, you won't last another six months. And with all the other things that are wrong with you, no surgeon in Australia will perform the severe open-heart surgery valve replacement operation you need."*

*"But luckily for you, there is a new cardiac surgery technique called TAVI (transcatheter aortic valve implantation) that has recently been used with success in Australia. We should be able to replace your heart valve through your vein in a similar way to putting in a stent. It's a new operation and we haven't performed it a lot in people of your age because, if it's not successful, you may not survive the surgery. That certainly is the best option. If you want to have it done we will have to apply to the government and give them details because the operation is so new. But I really believe it will succeed."* In the next two weeks I was doing a lot of thinking. Was I upset? Yes! Was I scared? Yes! But did I have an option? No! It was a TAVI operation or nothing!

So I agreed to the operation but wanted to take my mind right away from it. By that time, my American walking sticks were irritating me every time I used them, because they were so badly made. And then I had an idea!

I would design and produce the best possible walking stick, avoiding all the pitfalls of the inferior models I was using, and bringing them up to German quality and utility. It would be a project that would keep my mind off my forthcoming operation, and give people in Australia who needed a great walking stick the chance to buy 'the real thing'. They would no longer be at risk of falling over unseen objects in the dark, or be in danger from oncoming traffic while crossing the road in the dark. They could see, and they would be seen!



The walking stick would have a **TELESCOPIC SHAFT AND A SPRING AT THE BOTTOM** to absorb the shock of the impact in putting it down on the ground. It would also have an optional ‘foot’ at the tip, which would grip the road better than most other sticks, but for those who want to use a standard walking stick tip, this would come with the stick also.

I gave the idea to engineering friends to build a prototype and test it in every way until I was completely satisfied, and by the time we finished tweaking the design, we had, what was to me, a perfect walking stick.

But there was one challenge that I could not overcome. And the finest European walking sticks and hiking sticks all had the same challenge as ours. In a telescopic walking stick you need to always make sure that the shaft of the stick is completely tight. While this presents no problem for most people, for those with arthritic hands or who might have oncoming stages of Alzheimer’s, they may not have the strength, or be able to remember to tighten their sticks regularly. For those who did not have either of these problems, the telescopic model was perfect.



But I did not want to neglect those that did have those problems. They needed to be catered to also! So I decided to design a second model that would make all this tightening totally unnecessary, a **FOLDING WALKING STICK**.

You could fold them into your bag or a medium-to-large glovebox, they had a press button on/off switch that was suitable for arthritic hands, and a tip that was skid resistant. And for those who were prepared to purchase rechargeable triple-A batteries and a charger, buying new batteries would be a thing of the past.

We sent the specifications overseas to reputable factories

who could make both types of sticks from the finest materials and to the standard on which we could even offer a replacement warranty.

My walking sticks were a huge success, everyone who saw and used them loved the design and quality and we’ve had many wonderful reports from users. And that’s how the LightWalker Australia business got started.

I had my TAVI operation and it was a total success. I’m now 92, and my walking has deteriorated to the point where I need a Rollator most times. But I believe in my walking sticks and know that they allow elderly people to live and walk more safely, can save lives, and will last users for the rest of their lives. What could be a better reward?

**Interested in finding out more about the LightWalker Australia walking sticks?**

Visit: [lightwalker.net.au](http://lightwalker.net.au)



## World Elder Abuse Awareness Day

### ELDER ABUSE IS EVERYONE'S BUSINESS



During the week of World Elder Abuse Awareness Day, COTA (WA) held a symposium that brought together over eighty people across many sectors to discuss Elder Abuse. Minister for Seniors and Ageing, Don Punch opened the event that focused on preventative measures to protect seniors at risk. The attendees included WA Police Elder Abuse Unit, representatives from legal rights, aged care, social workers, financial counsellors, local governments, public advocate and vulnerable cohorts (including people who do not have English as first language, Aboriginal and Torres Strait Islanders, people living with disability and LGBTQ). A Perth representative of international legal firm K&L Gates (yes, that's Bill Gates father) provided an overview of elder abuse legal frameworks across the globe, noting that Canberra is the only state in Australia where elder abuse is a criminal offence punishable by law. Most cases go unreported so there is still much work to do to raise awareness within the community and to keep our vulnerable seniors safe.

*Kathy  
Blitz-Cokis,  
CEO NSCLC  
and  
Christine  
Allen, CEO  
COTA (WA)*



## 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. You will find more details in this newsletter

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



RSVP: Customer Service

E: [customer@rockingham.wa.gov.au](mailto: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](mailto:customer@rockingham.wa.gov.au)  
T: 08 9528 0333

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



Department of  
Communities  
WESTERN AUSTRALIA



In Partnership with The Government of Western Australia Department of Communities



## Culturally and Linguistically Diverse COVID- 19 Safe Resources

The WA Department of Communities has released a number of videos and media files, produced by the Department of Health, to promote COVID safe behaviors, including vaccination, to WA’s Cultural and Linguistically Diverse (CaLD) Communities.

Mandarin, Swahili, Vietnamese, Thai and Spanish are available on video.

The resources feature WA healthcare workers and community leaders delivering COVID health messaging in English and other languages. Plans to add further languages are underway. The videos and media files can be viewed at:

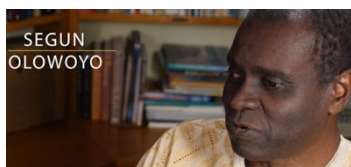
<https://www.cotawa.org.au/2021/05/cultural-and-linguistically-diverse-covid-19-safe-resources/>

## Mentally Healthy WA

COTA (WA) has recently joined forces with Mentally Healthy WA to promote the Act Belong Commit campaign.

The latest series of short videos features seniors talking about the importance of staying connected to friends, family and community. I hope you enjoy these heart warming stories.

Words to live by Storytelling Series can be viewed on COTA (WA) YouTube at:



Segun Olowoyo

<https://www.youtube.com/watch?v=OD1c48zwOdU>



Daljit Dhillon

[https://www.youtube.com/watch?v=tH\\_D\\_QTyEUU](https://www.youtube.com/watch?v=tH_D_QTyEUU)



Doris Hill

<https://www.youtube.com/watch?v=l26T0FA0xnk&t=1s>



Shelley McGinn

<https://www.youtube.com/watch?v=6iGVAtPi2bl>



## Safe and Sound WA Initiative

Are you concerned about a loved one or person in your care going missing?



There may be important pieces of information you are able to provide to Police in the event that you or the person you are caring for has gone missing. This information takes valuable time to collect, time better spent searching.

Visit the link below for more information:

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

## Scammers Capitalise on Pandemic

Australians lost over \$851 million to scams in 2020, a record amount, as scammers took advantage of the pandemic to con unsuspecting people, according to a report by the ACCC.



Australians lost over \$851 million to scams in 2020, a record amount, as scammers took advantage of the pandemic to con unsuspecting people, according to the ACCC's latest Targeting Scams report released today.

The report compiles data from Scamwatch, ReportCyber, other government agencies and 10 banks and financial intermediaries, and is based on more than 444,000 reports. Investment scams accounted for the biggest losses, with \$328 million, and made up more than a third of total losses.

Romance scams were the next biggest category, costing Australians \$131 million, while payment redirection scams result "Last year, scam victims reported the biggest losses we have seen, but worse, we expect the real losses will be even higher, as many people don't report these scams," ACCC Deputy Chair Delia Rickard said.

"Unfortunately scammers continue to become more sophisticated and last year used the COVID-19 pandemic to scam and take advantage of people from all walks of life during this crisis."

Of the \$851 million in combined losses, \$176 million were reported to Scamwatch alone. (All losses described below are from Scamwatch data only).

"Victoria, which was significantly impacted by the second wave of the virus, recorded the highest losses nationwide for the first time and Victorians reported \$49 million in losses to Scamwatch, more than double those in 2019." Ms Rickard said.

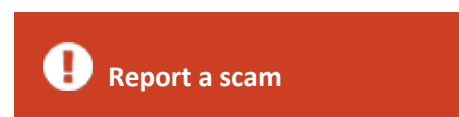
"We saw scammers claiming the government restrictions meant people could not see items in person before purchase. This was a common ruse in vehicle sale and puppy scams, which both had higher reports and losses."

As people spent more time online during the COVID-19 pandemic lockdown, reports and losses for some scams also increased.

Health and medical scams increased more than 20 fold compared to 2019, accounting for over \$3.9 million in losses. Losses to threat based scams increased by 178 per cent to \$11.8 million, and there were more than \$8.4 million in losses to remote access scams, an increase of over 74 per cent.

Phishing activity also thrived during the pandemic, especially through government impersonation scams. There were over 44,000 reports of phishing scams, representing a 75 per cent increase.

Find out more in our [media release](#).



Report a scam on our website.

## Mall Walking Awards 2021

Winners of the COTA (WA) Mall Walking Awards 2021 are:

### Karrinyup

**Audrey Arnold** WA Walker of the Year 2021

**The Coffee Club** WA Retailer of the Year 2021

**Cody Samuels** The Coffee Club WA Retail Employee of the Year 2021

### Midland Gate

**Julie Longbon** WA Walker of the Year 2021

**Jamaica Blue** WA Retailer of the Year 2021

**Kelsey Snedden** Jamaica Blue WA Retail Employee of the Year 2021

### Ocean Keys

**Doreen Nieuwenhuizen** WA Walker of the Year 2021

**Jamaica Blue** WA Retailer of the Year 2021

**Rachel Turton** Jamaica Blue WA Retail Employee of the Year 2021

### Westfield Booragoon

**John Theunissen** WA Walker of the Year 2021

**Muffin Break** WA Retailer of the Year 2021

**Jill Stewart** Coles WA Retail Employee of the Year 2021

You can view recipients of the 2021 Mall Walking Awards at:

<https://www.cotawa.org.au/2021/06/2021-mall-walking-award-recipients-announced/>



## Fairer Future for Grandchildren Summary Report

Wanslea, Grandparents Rearing Grandchildren, Curtin University and Edith Cowan University collaborated to learn more about grandparents who have the full time care of their grandchildren through a research grant from Lotterywest. The report, A Fairer Future for Grandchildren, found that while grandparents get great joy from their grandchildren, it comes at a cost that includes financial, health, social and relationship elements that go unrecognised within our community. This research is a first in Australia and shows that we must do more to ensure grandchildren have the same opportunities as other children growing up in Australia today. Wanslea is proud to have been the lead in this work and acknowledges the work of Dr Katrina Stratton, Katie Bennall and Denise Gray in gathering information, bringing people together and writing the final report.

Our campaign continues as the Federal election is not far off. A Fairer Future for Grandchildren be on the agenda for all politicians in the lead up to election day.

Access to the summary documents and video can be found on the Grandparents Rearing Grandchildren website:

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



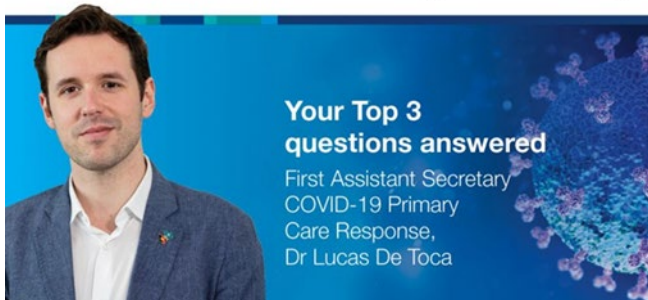
## Top 3 COVID-19 Vaccine Questions



**Australian Government**  
**Department of Health**

**COVID-19 vaccines and aged care, symptoms after vaccine and mixing vaccines**

**BE COVIDSAFE**



### Top 3 questions

1. Why is it now mandatory for aged care workers to receive a COVID-19 vaccine?
2. Will COVID-19 symptoms present differently if I have been vaccinated?
3. Now that anyone over the age of 18 years can request AstraZeneca, can we mix vaccines? For example: If I have had one dose of the Pfizer vaccine, can my second dose be AstraZeneca?

**First question.** Why is it now mandatory for aged care workers to receive a COVID-19 vaccine?

Aged care workers have an absolutely critical front-line role in supporting the people who are the most vulnerable for COVID-19. Evidence from Australia, with the first wave, the Victorian resurgence and other outbreaks, as well as significant evidence from overseas, shows that residents in residential aged care facilities are, by far, the people most at risk of severe disease, hospitalisation and death from COVID-19. We have very high rates of vaccination with two doses among residents in the aged care facilities. Nearly all, an overwhelming majority, of people who live in aged care facilities have received two doses of the vaccine already. And now, we need to move to ensure that there is a second layer of protection,

through the workers, so that the people who are in the most contact, or most frequent contact, with residents of aged care facilities are also protected. From mid-September, all aged care workers must have at least one dose of a COVID-19 vaccine.

To support that, the government has launched a Grants program that will allow aged care facilities to support workers to go off site to get their vaccination. It is really important that we all do our part, people are coming forward to get tested and the National Cabinet just wants to ensure that our most vulnerable friends and family, residents of aged care facilities, are protected, and aged care workers are a crucial part of ensuring that protection.

**Second question.** Will COVID-19 symptoms be different if I have been vaccinated?

As you know, both COVID-19 vaccines currently available in Australia are incredibly good at protecting you from severe disease, hospitalisation, and death, they are really good protection against severe disease. If someone is unlucky to get COVID after having been vaccinated and you can still, in some cases, get COVID after you get vaccinated, even though your chances seem to be lower, it is likely you will experience a much milder disease. There is a study in the UK where people were asked to monitor the symptoms using an app and compared the symptoms of people who had received the vaccine versus people who hadn't, showed there were some changes in the symptoms that people experienced if they had COVID after being vaccinated compared to people who had COVID without having been vaccinated. Of course, unvaccinated people had an overwhelmingly higher chance of severe disease and bad outcomes from COVID, but even in the milder side of the spectrum, their symptoms seemed to be different. Vaccinated people seem to be 70% less likely to have a fever compared to unvaccinated people. They seem to be 55% less likely to experience fatigue, and they also appear to be 50% less likely



to experience chills, headaches and loss of smell, anosmia, strange but very characteristic symptom that some people experience with COVID.

However, vaccinated individuals with COVID that were experiencing mild disease, were just as likely to experience some of the mild shortness of breath and the swollen glands that people with mild disease and COVID tend to experience. They were also 24% more likely to experience sneezing which is interesting given that sneezing is not a symptom generally associated with COVID but it seems to be a little bit more prominent in people who experience mild disease from COVID-19 after getting vaccinated. The important message, though, and these are early findings, is that vaccinated people had an overwhelmingly lower chance of having severe disease, they had a lower chance of being infected altogether, and even if they got infected, their disease is quite mild.

**Third question.** Now that anyone over the age of 18 years can request AstraZeneca, can we mix vaccines? For example, if I had one dose of the Pfizer vaccine, can my second dose be AstraZeneca?

The Australian Technical Advisory Group on Immunisation, or ATAGI, which is the group that provides advice to government and to health professionals on vaccines in Australia, guides our vaccination program for COVID-19, of course. At the moment, the ATAGI advice and the advice from the Therapeutic Goods Administration, the regulator for medicines in Australia, is that a full course of COVID vaccination is two doses of the same vaccine, two doses of Pfizer vaccine or two doses of AstraZeneca. There is emerging data, emerging evidence overseas of different studies that are looking at what scientists would call heterologous prime-boost regimes, or mixes of two different vaccines, and the preliminary data shows that there might be some benefit and there might be some potential for these regimes to be used in the future, however this is very early at the moment, we're talking about small studies that are

looking at efficacy from laboratory results and from immune reactions, not clinical efficacy or effectiveness in the real world. At this stage, the advice from our experts is that a full course is two of the same vaccine. This may change in the future as more evidence becomes available and our program continues to be guided by expert medical advice. There are a limited number of circumstances where a mixed dose regime might be appropriate right now in the Australian context and that is if someone has had a first dose of a vaccine and has experienced a severe adverse event, an allergic reaction like anaphylaxis, or something that means they can't receive the second dose. If you have had your first dose of vaccine and you have experienced anaphylaxis, a very severe allergic reaction, allergic reaction, or a very severe side effect from the vaccine, it might be appropriate for you to get a second dose of a different vaccine. In that case, please talk to your GP or other health professional or your regular specialist and have a conversation about what that means for you. You can also contact a specialist immunisation service and there is a website that has a list of all the services. You can go online and check the National Centre for Immunisation Research and Surveillance on [www.NCIRS.org.au](http://www.NCIRS.org.au) and you will have information on specialised immunisation services there.

**Access Your Top 3 Questions Answered via link:**

<https://www.health.gov.au/resources/collections/we-answer-your-top-3-questions>



# Events + Programs

## Northern Suburbs Community Legal Centre Inc.



### Seniors Information Place

The Northern Suburbs Community Legal Centre Inc. have announced the launch of their **Senior Information Place (SIP)** at the Older Peoples Rights Service in Mirrabooka.

The Older People's Rights Service (OPRS) comprises of a senior lawyer and nurse advocate team. The service is funded through the Department of Communities to provide legal advice, information and support to older adults who are at risk of or are experiencing elder abuse in the Perth Metropolitan and City of Mandurah area.



**Bookings:** <https://events.humanitix.com/senior-information-place-sip>

**When:** First Thursday each Month

**Where:** 14 Cobbler Place, Mirrabooka WA

#### seniors register

Seniors Register is operated by trained volunteers who make weekly calls to older adults who may be feeling isolated and appreciate a social chat with a peer. The primary reason for establishing the Seniors Register was to reduce the risk of abuse and crime to seniors in their own home and thereby maintaining their personal and financial security.

#### OPRS volunteers

Are a group of formally trained Peer Educators who advocate for the protection of seniors rights by providing information to their peers on issues relating to elder abuse, as well as promoting positive ageing strategies. The OPRS volunteers contribute their time supporting and facilitating a variety of projects. These include: the 'Purple Road'; community awareness events and expo's; community partnerships; network meetings and a positive ageing newsletter 'Older and Wiser'.

## Shire of Murray

### Socially Active Seniors Program



## Shire of Murray

### *Nourish Your Mind Body & Soul*

I am pleased to share with you a full program of activities, events and workshops aimed at reconnecting our Seniors back into the Community and provide social opportunities for seniors to stimulate and nourish the Mind, Body and Soul. Funded by the Department of Communities and the Shire of Murray, the **Socially Active Seniors Program** is being run throughout the months of May, June, July & August.

You can find the link to the program on the Shire of Murray Website

[murray.wa.gov.au/socially-active-seniors](https://murray.wa.gov.au/socially-active-seniors)

Further details for each activity can be viewed by clicking on the Name of the Activity in the online calendar.

The full calendar is available to download in a pdf or alternatively, please contact the Shire of Murray on 9531 7777 to obtain hard copies.

All activities are FREE to attend but bookings are essential. The links to the Eventbrite bookings are in each event on the Shire of Murray Website or the Murray Community Events Facebook page.

If you require any further information, please do not hesitate to contact either Fiona McBride or Melissa Blom from the Place & Community Development Team on 9531 7628.

#### **Bookings:**

<https://www.murray.wa.gov.au/Residents/Over-55s/Events-and-Programs>

**When:** May-August 2021

## City of Joondalup



### Groups and Activities for Seniors

Getting involved is a great way to make new connections, try something different, stay active and boost your health and wellbeing.

There is a diverse range of clubs and groups for seniors from hobby-based groups through to social and service clubs, life-long learning and sporting groups.

See links below to a variety of groups and clubs to choose from:

- [Joondalup Libraries Groups and Clubs](#)
- [Seniors clubs and groups](#)
- [Sport and wellbeing groups](#)
- [Environmental Friends Groups](#)
- [Faith Organisations](#)
- [55+ Activities Groups and Support Guide](#) is a resource for older residents who are looking for extra social opportunities throughout the City of Joondalup. The Guide features a comprehensive directory of various clubs, groups and services, separated into each City ward. The Guide is also available in all City of Joondalup libraries and customer service centres or by contacting the City's Community Information Line [9400 4705](tel:94004705).

You may also be interested in [Library Programs and Activities](#) and the [Over 50s Fitness Program](#).

Act-Belong-Commit is about raising awareness of the benefits of maintaining positive mental health which includes getting connected in the community.

Visit the [Act-Belong-Commit website](#) for more information and also check out the [Activity Finder](#) or City of Joondalup [events calendar](#) to see what's happening in your local area.

The City's [Community Directory](#) has useful information for services and matters of interest to seniors, including social clubs, groups to keep physically and mentally active, as well as community services.

If you would like to add your group, club or service to the Community Directory, please submit your details via the online registration form below or call the Community Information Line [9400 4705](tel:94004705)

[REGISTER NOW](#)



***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

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

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)



**Get stronger.  
Stay active.  
Make friends.**



## What is Strength for Life?

**Strength for Life is an individualised strength and balance exercise program designed to help people over 50 get fit, stay strong and improve their balance.**

The program is delivered by specially trained exercise physiologists, physiotherapists and fitness professionals in a range of locations and settings. Your accredited instructor will develop a tailored exercise plan, just for you.

You can then work towards your goals with like-minded people in a fun and friendly group setting, with support and encouragement to become stronger and fitter.

Staying fit and active will improve your:

- balance
- cardiovascular fitness
- muscle strength
- wellbeing

Tailored exercise plans will help manage chronic conditions.

“Best thing I have done for years, I come twice a week.”

## How does Strength for Life work?

The Strength for Life program is delivered across two tiers, designed to accommodate participants with a range of needs.

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**Tier 1** is delivered by qualified and accredited exercise physiologists and physiotherapists and is designed for people who are managing complex health conditions.

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**Tier 2** is delivered by qualified and accredited fitness professionals and suitable for people of all fitness levels and abilities who have few medical risks and may be managing chronic conditions.

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You can enrol in Strength for Life or you can be referred by your GP.

## Did you know...

**You may be able to claim a rebate from Medicare or your private health fund. Contact your GP or private health insurance provider before you enrol.**

Once you have enrolled or been referred, your Strength for Life instructor will:

- conduct an assessment to understand your goals
- develop a tailored exercise plan for you
- invite you to attend your first Strength for Life session.

"I feel stronger, physically and emotionally."





Whatever your ability,  
join your local Strength  
for Life program and  
stay active in your 50s  
and beyond.

## Take control of your health, wellbeing and *life*.

Visit [www.cotawa.org.au/sfl](http://www.cotawa.org.au/sfl) to find your nearest Strength for Life program and download our enrolment, pre-exercise questionnaire and GP referral forms.

And remember, you may be able to claim a rebate from Medicare or private health fund. Contact your GP or private health insurance provider before you enrol.



### COTA WA

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Strength for Life, 198173296711\_396A

leg@cotawest\_40421\_03/09