



COTA Connections

*Working towards a society in
which older people can flourish*

SEPTEMBER 2021

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

From the CEO

COTA (WA) recently attended the Care and Ageing Well Expo at the Perth Convention Exhibition Centre where many of you came to our stand to give us your feedback or to gather some information. These events are always valuable for us because we get to talk to so many people about the things that matter to you or to talk about seniors concerns in general. This year, we were overwhelmed with the amount of people who told us they'd been scammed – with the amount of money lost ranging from hundreds of dollars to over a million. Some were internet or phone scams and one lady told me that she'd lost everything' including her house to someone she had met and developed a trusted relationship with. In her words – she was lonely at the time. Most of you were embarrassed to admit that you'd been caught out but in reality we're all vulnerable to these very clever tricksters, with Scamwatch predicting that losses in Australia will reach \$140 million by the end of the year. If in doubt, check it out.

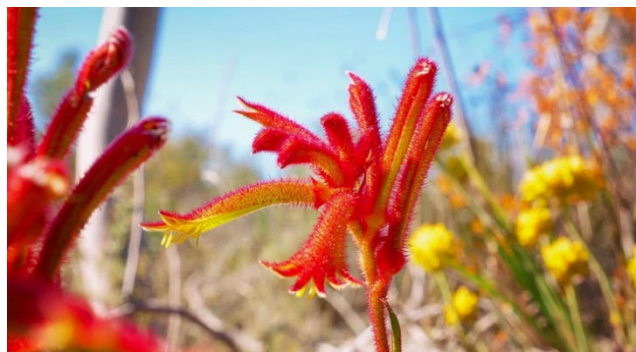


The COTA (WA) team is thrilled to welcome two new members to the team, Vern and Margaret. Vern Ferdinands joined our policy team after a long and varied public sector career including Ministerial Policy Advisor roles. In

addition to his policy expertise he brings a mix of strategic, project management and governance experience at a senior management level.

Margaret Fisher is our new Aged Care Navigator and she brings a wealth of experience in aged care, having been an Aged Care Assessor in her previous role. Her new role is to support seniors (one on one) to understand and navigate the aged care system and you can read more about Margaret and how she can assist you in this newsletter.

While I was reviewing the content of this month's newsletter I was pleased to see so many initiatives aimed at supporting seniors. From improving safety and security through the WA Seniors Card rebate, WA Police Safe and Found program and the Scamwatch Radar Alert – to Aged care support services, festivals, events, workshops and expos. And as always, I encourage you to have your say through surveys or by sending us your stories.



I'm sure we are all watching the daily and weekly weather forecast in the hope of some better weather as we enter the Spring season but its been interesting to learn about the six seasons of the Nyoongar calendar on the nightly weather

forecast on TV. We are currently in the midst of **Djilba (First Spring)** which is the season of conception, before entering **Kambarang (Second Spring)** which is the season of birth. You can read more about indigenous weather knowledge in this newsletter.

There is lots to read this month so make yourself a cuppa and enjoy this edition of COTA Connections.



Christine Allen, CEO

Government restores \$400 Safety and Security Rebate for WA Seniors Card Members

WA Seniors Card members can once again claim \$400 rebate to assist with purchase and installation of home security equipment.

Eligible items include home security, fire safety or electrical safety items.

\$12 million program delivering on McGowan Government's election commitment to enhance community safety and resilience, as part of 2021-22 State Budget.

Western Australian Seniors Card members can now claim up to \$400 per household towards the purchase of eligible home security equipment - as part of the 2021-22 State Budget.

Premier Mark McGowan announced on 22 August 2021 the return of the Safety and Security Rebate which can be claimed for the cost of purchase of equipment or installation costs by a licensed tradesperson.

The \$12 million program will provide WA Seniors Card members with a rebate of up to \$400 for the purchase and installation of devices such as home alarm and CCTV systems; security door screens; door and window deadlocks; security window screens or shutters; security sensor lights; WiFi video doorbells; residual current devices; mains powered smoke alarms; and fire extinguishers and fire blankets.

This commitment is part of the McGowan Government's record investment in community safety, including an additional 1,100 police officers, to help keep older Western Australians safe.

To meet the requirements of the Safety and Security Rebate, items purchased must meet the relevant Australian Standards and any installation work required must be carried out by a licensed tradesperson.

The rebate is administered by the WA Seniors Card Centre, with more information available by calling 1800 671 233 or visiting <http://www.seniorscard.wa.gov.au>

To be eligible for a WA Seniors Card, people must be aged 64 and above, an Australian citizen or permanent resident, reside in WA and work less than 25 hours per week.



Comments attributed to Seniors and Ageing Minister Don Punch:



"The reinstatement of the Safety and Security Rebate delivers on an important election commitment."

"The Safety and Security Rebate will provide up to \$400 to assist in purchasing

security equipment like alarms, security screens and deadlocks."

"Every Western Australian deserves to feel safe and have peace of mind in their homes and this is especially so for our seniors - and the Safety and Security Rebate is an investment in keeping our seniors safe."

"Elder abuse is a misunderstood and underreported form of domestic abuse, often perpetrated by people in positions of trust."

"Addressing elder abuse is essential to ensuring older Western Australians feel safe and supported - and that's why we are establishing the dedicated Elder Rights WA to carry out this important work."

Seniors and Ageing Minister's Office: 08 6552 6900

Further details on eligibility, benefits and applications are available via the program's website here:

<https://www.seniorcard.wa.gov.au/>

Read the full Media Statement here:

<https://www.mediastatements.wa.gov.au/Pages/McGowan/2021/08/McGowan-Government-restores-400-dollar-Safety-and-Security-Rebate.aspx>

Indigenous Weather Knowledge

Individual calendars can be accessed for:

Banbai: The Wattleridge Indigenous Protected Area covers 650 hectares of woodlands and forests on granite soils, home to an amazing diversity of plants and animals. The Banbai nation are the traditional owners of this country and fire is an important part of their way of life. Wattleridge was the first Indigenous Protected Area to be declared in New South Wales.

D'harawai: The D'harawal Country and language area extends from the southern shores of Port Jackson (Sydney Harbour) to the northern shores of the Shoalhaven River, and from the eastern shores of the Wollondilly River system to the eastern seaboard.

Gariwerd: There are six distinct weather periods recognised in the Gariwerd seasonal cycle. The language groups, Djapwurrong and Jardwadjali are the languages used by the custodians for the Grampians/Gariwerd region.

Jawoyn: The Jawoyn calendar from the Katherine region in northern Australia has five seasons. The seasons are defined by weather patterns and environmental events, with the onset and duration of each season varying from year to year. Jawoyn country covers 50,000 square kilometres of the Top End of the Northern Territory.

Kauma: There are four distinct weather periods recognised in the Kaurna seasonal cycle, as well as winds which can act as seasonal indicators. The mapping of Kaurna seasons to the Australian calendar is approximate as the seasons are very changable.

Masig: Masig is a very small low-lying coral cay in the Central Islands Cluster of the Torres Strait about 160km northeast of Thursday Island.

The topography of Masig is very flat with ground level generally less than three metres above local mean sea level. More than half the Island is

covered in undisturbed vegetation including dense trees on the eastern and western parts of the Island.

Native Title is recognised over Masig and is held in trust by the Masigalgal (Torres Strait Islander) Corporation RNTBC.

Maung: The Maung country and language area are on the Goulburn Islands, off the north coast of Arnhem Land, in the Northern Territory.

Miriwoong: The Miriwoong calendar has three major seasons, covering the hot, wet, and cold times of year. The land of the Miriwoong and Gajirrabeng people covers a wide area with Kununurra being the heart of Miriwoong land.

Ngoorabul: The Ngoorabul peoples traditional country covers the Glens Innes Highlands, including Boorabee and The Willows Indigenous Protected Area.

The Ngoorabul people manage around 3000 hectares of land, and hope to conserve the Koala (Burrbii) on their land.

The Ngoorabul people use traditional fire management practices to manage the region.

Nyoongar: Nyoongar country spans from Leeman in the northwest to beyond Cape Arid in the southeast, in the southwest of Australia. The Nyoongar calendar includes six seasons.

Tiwi: The Tiwi country and language area are in the Bathurst and Melville Islands, which make up the Tiwi Islands. There are three major Tiwi seasons and thirteen minor overlapping seasons.

Walabunnba: Approximately 300km north of Alice Springs, showing two seasons. The birth place of the Ngapa (water) Rain Dreaming.

Part of the central desert of Australia.

Wardaman: Approximately 180km west of Katherine, showing four seasons. Wardaman land runs from the upper reaches of the Flora River in the north to Scott Creek in the northwest, south

along the major waterways towards the Victoria river in the west and to Romula Knob in the east.

Wunambal Gaambera: There are four major seasons as part of the seasonal cycle for Wunambal Gaambera Country; Wunju (wet season), Bandemanya (early dry season), Yurrma (cold season), Yuwala (build-up).

Yanyuwa: The Yanyuwa calendar covers the Gulf of Carpentaria and shows five seasons.

Yawuru: The Yawuru calendar shows six seasons. The Yawuru people are the native title holders of the town of Broome, including areas of land and sea in and around the location.

Yirrganydji: The Yirrganydji traditional lands and waters extend along the coastal plains from Cairns to Port Douglas in Far North Queensland. The Yirrganydji seasonal calendar shows two major seasons: Kurrabana (wet season) spanning November to May, which has two minor seasons: Jawarranyji (storm time) and Jimburralji (cyclone time). Kurraminya (dry season) spanning May to November, which has three minor seasons: Jinjim (winter time), Yiwanyji (windy time), and Wumbulji (hot time).

Indigenous Weather Knowledge

Nyoongar calendar

Nyoongar country spans from Leeman in the northwest to beyond Cape Arid in the southeast, in the southwest of Australia. The Nyoongar calendar includes six seasons.

Season Name	Months	Description	Icon
Birak First summer	December-January	Season of the young Dry and hot Burning time	🔥
Bunuru Second summer	February-March	Season of adolescence Hottest part of the year	🌀
Djeran Autumn	April-May	Season of adulthood Cooler weather begins	🌊
Makuru Winter	June-July	Season of fertility Coldest and wettest season of the year More frequent gales and storms	☁️
Djilba First spring	August-September	Season of conception Mixture of wet days with increasing number of clear, cold nights and pleasant warm days	☀️
Kambarang Second spring	October-November	Season of birth Longer dry periods	🌊

Permission to use the Nyoongar seasonal calendar is granted by "South West Aboriginal Land and Sea Council".
Research and content by Jason Barrow.

To access calendar:

<http://www.bom.gov.au/iwk/calendars/nyoongar.shtml>

Injury Matters 'WA Falls Report and Improve Your Health Campaign'



Injury Matters has launched the annual Western Australian Falls Report alongside the latest Stay On Your Feet® campaign, Improve Your Health.

The WA Falls Report highlights the significant incidence of falls-related fatalities, hospitalisations, and emergency department attendances across the state.

Falls and falls-related injuries continue to be a significant public health issue in Western Australia, ranking as the leading cause of injury hospitalisation, with those aged over 85 most affected.

Injury Matters General Manager, Injury Prevention, Rachel Meade said, "The Report is a vital tool for understanding the current incidence of falls in WA and helps us all in shaping future falls prevention activities and health care needs of older adults."

The release of the report coincides with Injury Matters' latest Stay On Your Feet® campaign, Improve Your Health, which aims to educate older adults and health and community workers on important information for older adults to effectively manage their medication, fuel their bodies with nutritious foods, and keep an active mind to reduce the risk of falls and support healthy ageing.

"Older adults are at a heightened risk of experiencing a fall, but they are preventable. Taking steps to improve your health like eating regular meals from a variety of food groups, knowing your medications and side effects, and

challenging your mind often, can help you stay on your feet® long term," Ms Meade said.

Injury Matters provides free resources, information and support for older adults through the Stay On Your Feet® program.

2021 WA Falls Report: www.injurymatters.org.au/2021WAFallsReport

Stay On Your Feet® resources at www.injurymatters.org.au

Stay On Your Feet® program and how to prevent falls at: www.stayonyourfeet.com.au



Meet Adam Hewber



Adam is the concept originator of Ability Heroes.

Adam strives to contribute meaningfully to the community. Living with a life-long disability gives him a broad understanding

of accessibility issues. He understands that disability is person-specific and that many in society are often affected in various ways when interacting in and with the community. Despite early life prediction that he may not have the capacity to attend conventional schooling, Adam earned a Diploma in Fine Arts, a General English Arts degree and a Diploma in Counselling.

What is conceivable and believable is achievable.

Ability Heroes is a Community Project for people with a disability by people with a disability.

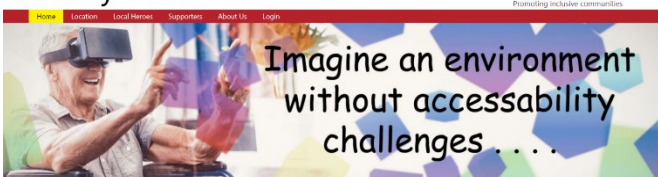
People with a disability face challenges every day.

The goal of Ability Heroes is to create a directory of accessibility friendly locations around Australia, with community participation. A project by the community for the community.

There are two ways you can use this website:

- Search for locations in your neighbourhood: <https://abilityheroes.com.au/>
- Get involved and become a provider of location information.

Ability Heroes



Ability Heroes is about

- Encouraging individuals with any type of accessibility issues to participate in the community
- Providing a crowdsourced approach to accessibility information of public venues by involving the community and local councils
- Encouraging community participation in the project to keep the platform dynamic and the information up to date
- Supporting individuals with any type of accessibility issues to find venues that are suitable for them and so allow planning of outings with dignity and respect. This includes, amongst others, individuals with a physical or mental disability, senior citizens and families with young children.
- Creating awareness of accessibility issues in our community and indirectly promote accessibility improvements to public venues



Discrimination

The attitudes of ableism and disablism are the main barriers for people living with disability.

It is not the actual disability that is the main issue, but the discriminatory, oppressive or abusive behaviour arising from the belief that disabled people are inferior to others. Urban environment design is often not taking special needs into consideration. This creates accessibility issues that most people in our society are not aware of.



Inclusion

Inclusion allows individuals with a disability to fully participate in our community. Accepting and respecting people for who they are. Providing opportunities for everyone according to their abilities.

Designing an environment that takes accessibility issues into consideration. Ramps, lifts and brail signs are just a few improvements that can be made.

Get Involved

Ability Heroes is about providing useful and helpful location information to the general public with an emphasis on accessibility for people with any type of impairment. This could be physical, mental or emotional. To make this site work and be dynamic in its content Ability Heroes encourages you to participate. You may come across a location that is not listed, but would be accessible for individuals with a disability.

Become a Contributor, collect as much information about the location as possible, take some pictures and upload this to the site via a dedicated form. An Editor will review the information and publish it for you.



Find a Location



Participate



Get Involved

WA Police Launch the Safe & Found Initiative

The WA Police Safe & Found initiative was launched on Thursday 12 August 2021.



Every year the WA Police Force undertakes hundreds of land searches for lost and missing persons. These searches are always time and resource intensive and despite best efforts of the Police and search partners, these efforts can still end in tragedy.

The Safe & Found initiative helps people at risk of going missing by collecting and storing detailed information that will assist Police in their search. This information will include physical characteristics, habits and behaviours, previous addresses, health issues and more, giving Police a better picture of the person they're looking for. Join now: www.safeandfound.org.au

Around 150 Western Australians with dementia go missing each year. **Inspector Steve Scott** (below with Christine Allen) is the Program Leader for this initiative which aims to keep our vulnerable seniors safe.



Also speaking at the launch was **Angela McCluskey** (below), who is the 2020 recipient of the WA Seniors Award for her work in establishing the Forget Me Not Memory cafés – for people living with dementia and their carers.



To view the YouTube video:

<https://www.youtube.com/watch?v=P92HcgyPifg>

Safe & Found WA is a joint initiative of:



For more information:
Visit safeandfound.org.au
Call 1800 88 22 22

COVID-19 Coronavirus: Vaccines

Information about the COVID-19 vaccination in WA

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

The rollout of the vaccine in WA commenced in late-February 2021, with priority groups (external link) offered the first doses. This included people most at risk of becoming very ill with COVID-19, and people at greater risk of becoming infected through their work.

Australia’s vaccination program is managed by the Australian Government (external link). 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 will be 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>

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



You can help stop the spread by:

- Keeping your hands clean, wash your hands with soap and water (where possible) for at least 20 seconds. Do this after you cough or sneeze, go to the toilet and before you make any food
- Coughing or sneezing into the inside of your elbow, not your hands
- Putting your tissues in the bin after you use them and washing your hands after
- Not touching your face
- Cleaning surfaces often, such as door handles, kitchen and bathroom benchtops
- Not hugging or shaking hands with people
- Keeping away from people and family if you are sick with a fever, cough or sore throat or are having trouble breathing and seeking medical help

Keeping in touch with your community

Staying connected with family, friends and your community is important. Some ways you can do this are:

- Calling people for a yarn on the phone
- Talking about the community and checking if they are ok
- Talking about the virus and how to stop the spread
- Connecting with family and friends on social media
- Sharing your tips on social media #keepourmobsafe

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

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

COVID-19 vaccines — In-language resources

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>



COVID-19 vaccination – Videos – Auslan

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

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



Statement from COTA (WA) regarding Department of Health Australia COVID-19 Vaccination

We understand that people may be hesitant about getting a COVID-19 vaccination.

While COTA (WA) is not able to comment on vaccine effectiveness, or possible risks associated with vaccinations, it strongly supports the Government position of heeding advice from the independent Australian Technical Advisory Group on Immunisation (ATAGI). All vaccines used in Australia have been fully approved by the Therapeutic Goods Administration (TGA) which approves all medicines.

Advice provided by our Government is that you are much safer with a vaccination than without one. With a vaccination, even if you do become infected with COVID, the disease is less likely to cause you significant harm.

The Australian Government's Department of Health website provides updated and accurate information to help you with your choice and decision:

<https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/is-it-true>

<https://www.health.gov.au/resources/publications/covid-19-vaccination-shared-decision-making-guide-for-frail-older-people-including-those-in-residential-aged-care-facilities>

If you have any concerns regarding COVID-19 vaccinations, COTA WA recommends you discuss your circumstances and any associated risk factors with your GP.

Scamwatch Radar Alert



Scamwatch radar alert

Australians lose over \$70 million to bogus investment opportunities. Investment scams reported to Scamwatch have cost Australians over \$70 million in the first half of this year, more than the total losses reported to Scamwatch for all of 2020, and projected losses are set to reach \$140 million by the end of the year.

Data from Scamwatch shows a 53.4 per cent increase in reports about investment scams received so far, up from 3,104 in the first half of 2020 to 4,763 reports so far in 2021.

In addition to taking victims' money, scammers often commit fraud or identity theft using the information they obtained from the victim.

Cryptocurrency Trading Scams

Scammers pretend to have highly profitable trading systems based on individual expertise or through algorithms they developed. Many of these scams also use fake celebrity endorsements to try and enhance their legitimacy.

Victims will initially be able to access small returns sourced from other victims' initial deposits but the scammers soon claim problems with making withdrawals and cut off contact.

Imposter Bond Scams

In imposter bond scams, scammers impersonate legitimate companies and offer victims the opportunity to purchase fake corporate bonds.

Older Australians looking for well-known respected companies to invest their money in have been the most impacted, making up 43 per cent of reports and accounting for almost half of the losses.

These scams are particularly hard to detect because scammers use the companies' legitimate prospectuses which are registered with ASIC, link to the actual websites and have the correct ABN/ACN details. However, the scammers change key details such as contact information and bank details. It is really important to contact the company using details you source yourself from doing a search online or visiting the company's website directly and to seek independent advice no matter how confident you feel.

Ponzi Schemes

Ponzi schemes have also increased. In the first six months of this year, Scamwatch received over 400 reports and more than \$1 million in losses to the Hope Business and Wonderful World scams.

These scams used advertising on social media sites and had their applications available via official app stores. People invested their money and were able to make small withdrawals in the beginning before the scammers cut off contact.

The ACCC contacted the Google and Apple app stores and had the Hope business app removed. The main Wonderful World scam app has also been removed from the stores.

These scams disproportionately affected members of CALD communities including recent migrants from Burma and Sri Lanka.

Romance Baiting

Investment scams originating through dating apps and websites are also becoming increasingly common. In these scams, a scammer develops a relationship with the victim and convinces them to invest, usually in cryptocurrency or bond scams.

Remember, never take investment advice, send money or give credit card details, online account details or personal information to anyone you do not know or trust and never to someone you have only met online or over the phone, as you never know who you might be dealing with.

The ACCC is urging everyone to seek **independent advice from a qualified financial advisor** before making any investments.

The MoneySmart website run by the Australian Securities and Investments Commission (ASIC) has information on different types of investments and how to spot investment scams.

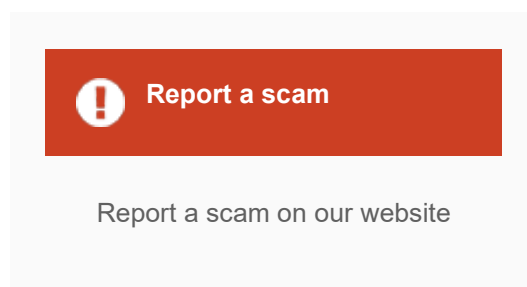
For more information:

<https://moneysmart.gov.au/investment-warnings/investment-scams>

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 if they suspect they are a victim of identity theft. **IDCARE is a free, government funded service that will support individuals through the process.**

Find out more in the ACCC media release: <https://www.accc.gov.au/media-release/australians-lose-over-70-million-to-bogus-investment-opportunities>



Care & Ageing Well Expo 'COTA (WA) Presentation – Seminar Program'

Christine Allen, CEO COTA (WA) presented at the 2021 Care & Ageing Well Expo Seminar Program.

All the recorded sessions are now available to watch on youtube via the Care & Ageing Well Expo youtube channel. This is great for those pre registered visitors that were unable to attend the expo and also those who want to look back on the information provided.



Ageing Well Lounge Presentations:

Lite n' Easy: Future of Ageing: A Food First Approach

Carers WA: An Introduction To Carer Supports

TADWA: Assistive Technology & Home Design

WA Police: Safe & Found WA

Baptistcare: Pets in Aged Care

Audika: Be Hearing Healthy

Bethanie Lifestyle Stage Presentations:

COTA (WA): State of The Older Nation 2021 Report

Bethanie Group: Aged Care Planning

Dr. David Cook: Cyber Crime & Safety for Seniors

HammondCare – The Dementia Centre: Dementia Support Australia - Service Overview

Destination Financial Planning: Aged Care Finances - What Will It Cost

Baptistcare: Demystifying Aged Care

Lions Hearing Clinic and the Ear Science Institute Australia: Brain and Hearing: How Lions Hearing Clinic is changing the way we age

Palliative Care WA: My Future Care: Advance Care Planning

ABS Succession Lawyers: From Wills to Health Directives

Aware Super: Aged Care Finance & Planning for Care

Videos Presentations Care & Ageing Well Expo Seminar Program are available via the **links to the below**:

<https://www.youtube.com/channel/UCjNTdol-AeTCoh6IsORStAA/playlists>

<https://www.careandageingexpo.com.au/perthbethanielifestylestage>

<https://www.careandageingexpo.com.au/perthagewelllounge>



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

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.

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

The Chung Wah Association
Community & Aged Care
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



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



COTA (WA) Aged Care Navigation Service

It's never too early or too late to plan towards being the healthiest you.

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

Provides one to one consultation with our Aged Care Navigator, Margaret Fisher:

- Types of Aged Care and Services
- Are you Eligible and Costs
- How to Register and Assessment

Choosing support services you want and how they are delivered:

- Meals and other Food Services
- Personal Care and Respite care
- Nursing, Allied Health and Therapy Services
- Specialised Support
- Domestic Assistance and Social Support
- Home Maintenance and Home Modifications
- Goods, Equipment and Assistive Technology
- Transport

To speak to our Aged Care Navigator, Margaret Fisher:

T: 1300 025 298

M: 0473 625 877

E: agedcareinformation@cotawa.org.au

W: 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.



Palliative Care WA

Palliative Care WA have introduced an important new **Advance Care Planning in WA** resource, available to encourage more members of the WA community to undertake advance care planning and have some say over the last part of their lives.

Advanced Care Planning WA breaks down what is involved in advance care planning into a simple 4-step process – **Think, Talk, Write, Share**.



What is involved in Advance Care Planning?

We all want to have a say in what happens in the last part of our lives. By making plans that cover your future care, lifestyle, health and finances, you're not only working out what you want, you are also making things easier on those around you.

This process is called Advance Care Planning and can be broken into 4 steps – think, talk, write and share. This diagram shows you what is involved in each of those steps.

More than 80% of Australians think it's important to put our end-of-life care preferences into writing, but less than 5% of us have completed an advance care plan

It highlights the importance of starting advance care planning early in life, provides information on relevant documents and other tools, and explains where people can go to learn more.

When do I need to start my advance care planning?

It is important to start advance care planning early in life when you can speak and decide for yourself. As things change in your personal situation, health or lifestyle, you can go back and review your choices and, if needed, make changes to your documentation.

This new Western Australian resource, which has been tested by a range of local community and sector groups, is now available for use by members of the WA community. It can be downloaded from the Palliative Care WA website here: <https://palliativecarewa.asn.au/advance-care-planning/>

Now in use in Advance Care Planning (ACP) community workshops, this resource has already been helping people understand and undertake advance care planning.

Feedback is welcome and can be directed to: info@palliativecarewa.asn.au

The Palliative Care Helpline provides information, support and understanding on advance care planning, palliative care and grief and loss. It's a local WA line available 9am to 5pm every day of the year, is free, and fully confidential.

Contact the Helpline on: 1800 573 299 with your questions on advance care planning.



WA Government Energy Policy

WA 'Monitor Your Energy Use'

Monitor your energy use. Common energy-measuring devices for your home Advanced meters and energy monitors can tell you how much energy you use and empower you to make informed choices or change your habits.

Energy monitors can give insight into your household energy use or which appliances are inefficient. The one you choose will depend on what you are trying to measure, and whether the cost of the energy monitor will outweigh the savings.

Energy monitors alone won't reduce your energy use, but the information they give can help you use less.

Which energy monitor is best for me?

Each energy monitor has pros and cons, so consider the features of each type before you buy one.

Display type

Does the monitor show your energy use on a smartphone app or a stand-alone display? Display versions may have less features, but you don't need to download an app or have an internet connection.

What is measured?

Think about your energy goals, and whether you want to track:

- Electricity use
- Electricity cost
- Solar production
- Carbon profile
- Total energy use of the household
- Energy use of individual appliances

Other features

Devices that allow you to switch off appliances remotely or on a timer may help you to change your habits.

Contact: Energy Policy WA

T: 08 6551 4600

E: info@energy.wa.gov.au

W: www.energy.wa.gov.au

W: www.brighterenergyfuture.wa.gov.au

Government of Western Australia
Energy Policy WA

Working together for a brighter energy future.

Factsheet

Monitor your energy use

Common energy-measuring devices for your home

August 2021

Advanced meters and energy monitors can tell you how much energy you use and empower you to make informed choices or change your habits.

Energy monitors can give insight into your household energy use or which appliances are inefficient. The one you choose will depend on what you are trying to measure, and whether the cost of the energy monitor will outweigh the savings.

Network advanced meters

Network advanced meters, sometimes called smart meters, are used to measure your electricity use and allow your retailer to send a bill. With an advanced meter, you can view your household's energy use through a smartphone app or via an online portal, typically provided by your electricity retailer.

If you don't have an advanced meter, in some circumstances you can request an upgrade, although there may be a cost.

For more information about advanced meters contact your electricity retailer.

Smart home systems with energy monitoring

Some smart home systems can monitor energy use. These systems control the electrical circuits in the home, and you can use a smartphone or display to control lights, air conditioners and other appliances.

These systems must be installed by a qualified electrician and can be costly.

Energy monitors alone won't reduce your energy use, but the information they give can help you use less.

Meter box energy monitors

Meter box energy monitors provide information on the total energy use of the home. They:

- are usually easy to install;
- read the energy use information collected by your digital household meter;
- display energy use via a smartphone app or digital display;
- may tell you when your energy use is high; and
- may compare the power cost of different tariffs.

Not all meter box energy monitors measure solar production and in some cases two monitors could be required to measure both solar production and energy use.

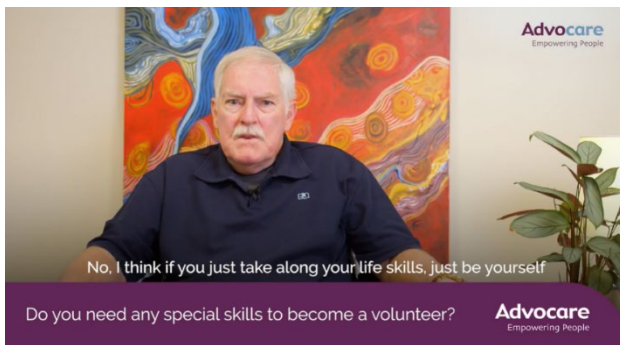
Meter box energy monitors are available for purchase online.

Power point energy monitors

These devices are also called power meters or energy meters. They fit between the appliance and power socket and tell you the energy use or cost of running an appliance.

Power point energy monitors show which appliances have a high energy cost so you can limit their use.

Volunteering for the 'Community Visitors Scheme (CVS)'



Volunteer for the Community Visitors Scheme (CVS) with Advocare WA.

Watch Paul Watchirs' story of volunteering for CVS with Advocare WA via video (link available below).

Paul has been a volunteer with Advocare WA Community Visitors Scheme (CVS) for 12 months.

What is the Community Visitors Scheme?

The Community Visitors Scheme (CVS) is a national program funded by the Australian Government.

The CVS aims to connect one-to-one volunteers with older people who are socially isolated and/or lonely, and whose quality of life would be improved by positive engagement and companionship.

The Role of a CVS Volunteer

Supporting someone who is isolated or lonely can make a great difference. CVS Volunteers provide companionship to older people who live in their own home or in a residential aged care facility.

The companionship aims to enrich the well-being and quality of life for those who are socially isolated, or at risk of social isolation or loneliness.

What difference can I make?

Supporting someone who is isolated or lonely can make a great difference to their lives.

Sharing stories and providing companionship can reduce stress, anxiety and depression. It is also an

opportunity for people to pass on their stories to family or loved ones.

Access Pat Watchirs video about being a CVS volunteer from YouTube here: <https://youtu.be/yfkECUVXLFc>

Or, visit the Advocare WA website to read information on volunteering on volunteering for CVS:

<https://www.advocare.org.au/volunteer-with-us/>



Clear Health Psychology

Clear Health Psychology is a WA owned and operated psychology service with multiple practices conveniently located in the Perth metro area. They also have psychologists who specialise in older adult care. They work collaboratively with the WA Primary Health Alliance on a program to support older adults and their carers. The program delivers in-reach support for those who may be at risk of isolation, loneliness and mental health concerns as a consequence of the COVID-19 pandemic.

- Non-indigenous adults aged 65 years or older, and Aboriginal and Torres Strait Islander Peoples aged 55 years and older are eligible for this service
- The Service also supports family, friends and carers of older adults deemed eligible, including family and carers of Residents receiving services under WAPHA's Psychological Treatment Services for people

with mental illness in Residential Aged Care Program

Your GP or Allied Health Professional needs to complete the referral form found under 'Clear Health Psychology Services' on their website.

Allied Health Providers include:

- Registered Nurses
- Psychiatrists
- Social Workers
- Physiotherapists
- Podiatrists
- Occupational Therapists

The program connects people to appropriate services and supports and social networks that may have been disrupted due to the COVID-19 pandemic and is fully funded, with **no out of pocket costs associated with the service.**

Contact Clear Health Psychology

T: 08 6424 8177

F: 08 6313 64 76

E: agedcare@clearhealthpsychology.com

W: www.clearhealthpsychology.com



Consortium of WA Community Service NFPs promotes new App 'BillBuddy'

BillBuddy is an online web and mobile app designed to help all save money on their utility bills and cost of living, while also reducing their environmental impact.

A flyer for the BillBuddy Pilot Program. The top section is green with the title 'BillBuddy Pilot Program' and a small icon of a person with a speech bubble. Below this is a white box with the text: 'ABOUT BILLBUDDY BillBuddy is an exciting new web and mobile app designed to help you reduce your utility bills and cost of living, as well as your environmental impact. The project is generously supported by Lotterywest and is being delivered through a consortium of NFP community housing organisations. The App has been developed by ClimateClever and is based on years of research and pilots with schools. As part of this pilot, you can sign and use BillBuddy for free! Read on for how to get started.' The middle section is a colorful graphic with five columns: 'Stop wasting money on utility bills!', 'Measure your impact', 'Save money AND the planet', 'Be part of growing community', and 'Start saving money today!'. The bottom section is white with a pink border, containing 'SIGN UP', 'GETTING STARTED' (with five steps), and 'CONTACT' information. At the bottom, there are logos for Rise, Community Housing NSW, Uniting, Financial Counselling Network, MercyCare, ACCESS, and lotterywest, along with a 'Join BillBuddy Facebook Group' button. The footer is purple with the text 'Powered by ClimateClever' and the website 'billbuddy@climateclever.org | www.billbuddy.org'.

The project is being delivered through a consortium of social service organisations, led by Rise, BillBuddy has been developed by WA social enterprise ClimateClever. **BillBuddy is free to use.**

BillBuddy is part of the broader ClimateClever family. The ClimateClever team is passionate about sustainability, saving money, addressing climate change and making sure you achieve your goals. You can reach them via:




E: billbuddy@climateclever.org

W: <http://www.billbuddy.org>

The BillBuddy App was developed by ClimateClever and is based on years of research and pilots though Curtin University, where it was first created to help schools reduce their carbon footprint and save money.

If you would like to be part of the **BillBuddy community Facebook page**, join via: <https://www.facebook.com/groups/2544759889129316>

How the BillBuddy App works

 <p>Measure</p> <p>Track your electricity, gas and water consumption, costs and carbon emissions. Compare yourself with others.</p>	 <p>Audit</p> <p>Understand how your appliances are contributing to your energy and water consumption. Compare your appliances to others.</p>	 <p>Action</p> <p>Learn how to systematically reduce your utility bills. Assign tasks, set due dates, monitor progress and share experiences.</p>
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Community Gardens Grants 2021-2022

The Department of Communities is currently seeking applications for the Community Gardens Grants for 2021-2022.

Grants of up to \$10,000 are available to incorporated not-for-profit community organisations, local governments, and unincorporated organisations or community groups applying through the auspice of an incorporated body or a local government authority.

Community gardening provides an opportunity for people to come together and develop a greater understanding between neighbours and community members.



Grants provided through this program support the establishment and development of sustainable, edible community gardens in Western Australian to enable community members to:

- Participate more actively in community life
- Connect with the environment and others in the community
- Develop and implement new skills
- Give back to the community

Getting involved in local community garden projects can help people to improve community connections, develop new skills and share physical, social and mutual benefits of growing edible produce.



For further information about the Community Gardens Grants Program, or assistance to complete the application form, please contact:

Ms Kerri-Lea Martin , Grants Officer

T: 0432-841-267

E: grants@communities.wa.gov.au

W: www.communities.wa.gov.au

Translating and Interpreting Service (TIS)

Telephone: 13 14 50

For further information about the program:

W:

<https://dlgc.communities.wa.gov.au/GrantsFunding/Pages/All-grants-programs.aspx>

Applications close at 4:00pm on Wednesday 13 October 2021. Late applications will not be accepted.



Department of Communities

GOVERNMENT OF WESTERN AUSTRALIA

Events

2021 Kings Park Festival

Join the Kings Park Festival crew and celebrate the 'Emergence' of WA's stunning wildflowers with a packed month of events!

The 2021 Kings Park Festival runs from 1–30 September 2021.

See thousands of Western Australian wildflowers in full bloom right across the park and take part in one or more of our fabulous and free events and activities. There are Instagrammable spots around every corner so make sure you bring your camera!



Nature enthusiasts will be inspired by more than 24,000 wildflowers and our guided walks and talks, wellness gurus will love our outdoor fitness sessions, art lovers will appreciate our beautiful displays and inquisitive minds will be fascinated by our science seminars. Most events are free but require registrations.

See the full events calendar here: <https://www.bgpa.wa.gov.au/kings-park/events/festival>

The 2021 Kings Park Festival is proudly presented by Kings Park and Botanic Garden, the Friends of Kings Park and Lotterywest.

Date: Saturday 11 and Sunday 12 September 2021

Time: 8:00am to 5:00pm AWST

Location: Kings Park and Botanic Garden Fraser Avenue Kings Park WA 6005

T: 08 9480 3600

City of Rockingham 'Seniors and Carers Expo'

The ever popular Seniors and Carers Expo is back!

Join the **Rockingham Seniors Expo** on Friday 1 October 2021 at Mike Barnett Sports Complex. Two **free** ticketed sessions are available: 10:00am-12:00pm or 1:00pm-3:00pm.

For more information and to **register for your free ticket** visit:

rockingham.wa.gov.au/seniorscarersexpo

T: 08 9524 5386.

Ticketed sessions will allow more time and space for visitors to enjoy the event and engage with more than 100 stalls and activities from a wide range of groups, organisations, government departments and businesses. **Free refreshments** will be available and activities to keep the grandchildren busy.

We encourage everyone to bring a refillable water bottle and help the City say 'no' to single use plastic.

Please help us protect our basketball courts, no high heels.



Getting to the Seniors and Carers Expo 2021

Car Parking

Free ACROD car parking is available at the venue. Additional parking is available off Dowling Street on Dixon Road Reserve with a free shuttle service to bring you to the event.

Free Shuttle Service

A free shuttle service will be available from the free parking on Dixon Road Reserve to the venue.

Bus

Catch the 548, 549, 551 or 555.

Contact Transperth for more information on 13 62 13.

Train

Closest train station is Rockingham. Then catch the 555 bus.

Ageism Awareness Day 'Ageism. Know it. Name it.'

Ageism Awareness Day is an opportunity to draw attention to the existence and impacts of ageism in Australia, which is a critical step to changing community attitudes.

This year on 1 October 2021, EveryAge Counts is asking supporters to host a Morning tea as part of Ageism Awareness Day. They are preparing a guide to make it easy to organise your morning tea either in person or online.

'Ageism. Know it. Name it'

Years of research and experience have shown that the term 'ageism' is not as well known or understood as other forms of prejudice and discrimination. This is part of the reason that ageism is widely accepted, in spite of the negative impacts on people's lives and our community. By knowing it and naming it we are in a stronger position to act.

How do we take part?

Australia's first Ageism Awareness Day will coincide with the UN's International Day of Older Persons on 1 October 2021. Activities on the day will support the growing social movement to shift attitudes towards older age and older people. We are asking you to get involved in this movement by using the EveryAGE Counts resources and taking part in activities such as hosting or attending a morning tea either in person or online, to start a conversation about ageism and it's impacts.



The poster for the Seniors and Carers EXPO features a group of five diverse older adults smiling. At the top, it lists 'Age-friendly Rockingham', 'Free Community event', and accessibility icons. The main title is 'Seniors and Carers EXPO'. The event is on Friday 1 October 2021, with two free sessions: 10am - 12pm and 1pm - 3pm at the Mike Barnett Sports Complex. It highlights 100 information stalls and a free ticketed event. Contact information for registration is provided. A 'No high heels' sign is also present. The bottom section details transport options: Car Parking (free at venue, additional off-site), Free Shuttle Service (from reserve to venue), Bus (548, 549, 551, 555), and Train (Rockingham station). The bottom of the poster features logos for various sponsors and partners.



Register to host an Ageism Awareness Day Morning Tea



Conversations are brewing and are almost ready to be served! To kickstart your morning tea, EveryAGE Counts will be hosting a our own virtual morning tea that you and your guests will be invited to tune in to. Although details have not been revealed, there is excitement about the special guests and announcements to be released soon.

Click on the link below to register your interest in hosting a morning tea and start the conversation about ageism and it's impacts. If you register prior to 17 September EveryAge Counts will mail you an organisers' pack and provide all hosts with an organising plan and materials (such as discussion guides and posters) to make your morning tea a sipping success. You can register your interest here and EveryAge Counts will be in touch with further details and supporting materials in coming weeks.

https://www.everyagecounts.org.au/register_you_r_morning_tea

The City of Canning proudly supports 'Live Your Potential NDIS Expo 2021'

This event is being held at the Cannington Showground on Tuesday 5 October 2021.

This is a fun **FREE** day out for community to meet NDIS providers and join in some fun activities. **All profits from this event will be donated to charity in the disability sector.**

The aim of the expo is to empower people living with disability, their families, and supporters through increasing awareness of the various NDIS services, supports and products that are available to them.

The public can **visit the Expo for free** and exhibits will include health products, local, state-wide and national services that can provide NDIS participants with supports in a range of categories, including:

- Equipment and Consumables
- Rights and Empowerment support
- Nursing Care supports
- Allied Health
- Support Coordination
- Plan Management
- Daily Living supports
- Community Participation supports

If you, your organisation or community group would like to be part of this amazing event to see how you can be involved - contact the organisers:



E: info@district360.com.au

T: 1800 411 818

Date and time

Tuesday 5 October 2021

11:00 am to 3:00pm AWST

Location

Canning Agricultural, Horticultural & Recreational Exhibition Hall
Corner Station Street & Albany Highway
Cannington, WA 6107

LIVE YOUR POTENTIAL
NDIS Expo 2021

PERTH
COMMUNITY NDIS EXPO

A fun FREE day out to meet NDIS providers and join into some fun activities. All profits will be donated to a charity supporting the disability sector.

Supported by
CITY OF CANNING

Presented by
MoliCare
CONNECT | EMPOWER | INSPIRE

5 OCTOBER 2021 - 11AM TO 3PM
Canning Agricultural, Horticultural & Recreational Exhibition Hall
Corner Station Street & Albany Highway, Cannington

Organised by:
SURGICAL HOUSE
district 360

Sponsored by:
Mölnlycke Ego
PLANCARE
Fresubin
Cellibrand
the science of healthy skin
Cellibrand support services

GRAI - Renowned 'Right To Belong' Workshop Program

GRAI is pleased to announce their renowned 'Right To Belong' Workshop Program is offering a further 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)



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 inclusivity!
- Individualised training or presentations to aged care providers on request.

To discuss your organisation's training needs, contact: training@grai.org.au | 9436 3422.



Tuesday: 28 September 2021

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

HALF DAY (9am-1pm)

Thursday 16 September 2021

www.righttobelong.eventbrite.com

Venue:

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

Enquiries:

training@grai.org.au | (08) 9436 3422



Dementia Action Week 20-26 September 2021

Dementia impacts close to half a million Australians and almost 1.6 million Australians are involved in their care. The number of people living with dementia is set to double in the next 25 years.



With so many people impacted now and into the future, it is vital we clear up some of the prevailing misconceptions about dementia.

People living with dementia can live active and fulfilling lives many years after diagnosis. Despite this, they often experience discrimination. In a recent Dementia Australia survey, more than 70 per cent of people believed discrimination towards people with dementia is common or very common.

During Dementia Action Week 2021, Dementia Australia is providing simple and practical tips to:

- Give a little support to a person living with dementia
- Give a little support to a carer, friend or family member of a person living with dementia
- Help healthcare professionals make their practice more dementia-friendly

The concept for Dementia Action Week was developed in consultation with **Dementia Advocates** <https://www.dementia.org.au/about-us/dementia-australia/dementia-advocates-program/become-a-dementia-advocate> who have a lived experience of dementia.

The 'A little support makes a big difference' campaign demonstrates that many people living with dementia can continue to live well for many years after their diagnosis. This year, the focus will also be on supporting and celebrating carers of people living with dementia.

Suitable for:

Community organisations, partners and supporters are encouraged to register your interest to receive further information about Dementia Action Week 2021.

For more information contact Dementia Australia in WA: (08) 9225 4094

W: <https://www.dementia.org.au/dementia-action-week/show-your-support>



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_bNusA8xPiH5Zqrc

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

A promotional poster for a survey. It features a photograph of a diverse group of people sitting together and talking. The text on the poster includes: 'SEEKING PARTICIPANTS MENTAL HEALTH NEEDS AND COMMUNITY SUPPORTS: REGIONAL COMMUNITIES SURVEY', 'What supports are available in regional WA to help people with their mental health? Do people have options for their different needs? Where are the difficulties and what is missing?', a QR code, and the URL 'http://uwa.qualtrics.com/jfe/form/SV_bNusA8xPiH5Zqrc'. It also mentions a prize draw for five \$30 gift cards. Logos for WAAMH and the Centre for Social Impact are at the bottom.

- Health professionals
- Community welfare service providers

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

EveryAge Counts ‘Share Your Story’

EveryAge Counts is asking you to share your story for Ageism Awareness Day 1 October 2021.



EveryAge Counts is drawing the community's attention to the existence and impacts of ageism in Australia. They aim to show people how to recognise ageism and know it when they see it. To help achieve this, they are calling upon anyone who has ever experienced ageism to come forward and share your story. This will be a very powerful way in naming it and knowing it, to be in a stronger position to act.

If you are interested in sharing your story, EveryAge Counts would like to hear your voice. They are putting together a video montage of real stories from supporters' experiences with ageism, because people are more likely to understand an issue when it is told through real stories from real people.

By bringing these stories together the video will create the 'aha' moment of realisation of what ageism is and the harmful effects it has on people. By giving people a better understanding of ageism, you will be helping them 'know it' and 'name it'. The video can be filmed on your phone and sent to us directly.

EveryAge Counts have created some simple tips to make it easy, and they will deal with the editing. They just need your voices to be heard.

EveryAge Counts need to receive video submissions **before 13 September 2021** to have time to review, select and edit for the montage.

W: <https://www.everyagecounts.org.au/>

Simple tips to create your video:

https://www.everyagecounts.org.au/share_your_story_aad_2021?utm_campaign=ageism_awareness_day_launch&utm_medium=email&utm_source=benevolent

For more information:

https://www.everyagecounts.org.au/share_your_story_aad_2021?utm_campaign=ageism_awareness_day_launch&utm_medium=email&utm_source=benevolent



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 with, 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. You will find more details in this newsletter.



Bookings available through the City of Rockingham (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

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
October + November + December + January
COTA Connections Newsletter.

Want to share your story?

Maximum 250 Words + Photographs or Images

Email: 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
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

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P.O. Box 923
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