

March 2021



Launch of the Positive Ageing Alliance

A new initiative aimed at bringing together high profile community leaders to discuss issues of importance to the state's seniors was launched with business and sector at Government House. The Positive Ageing Alliance, led by COTA Western Australia, will see the roll out of a series of discussions to shed light on key issues facing WA's seniors. [read more](#)



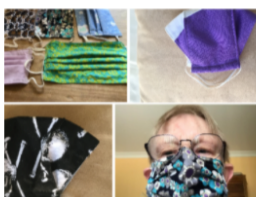
From the CEO

We have all been waiting for the roll-out of the COVID-9 vaccination program and it's really pleasing to report that our most vulnerable cohorts, residents and staff of aged care and disability care homes are among the first recipients of the vaccine which commenced on 22 February 2021. [read more](#)



Final report from the Aged Care Royal Commission

The final report represents a push to overhaul the current system. More robust governance in a right-based system and a focus on improving the aged care workforce have been some of the take-home messages. While the review of the report is ongoing, as a national body we are prioritising select areas. [read more](#)



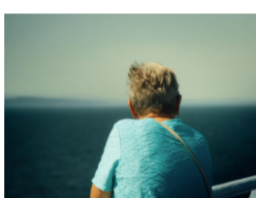
Mall walkers get their masks on

While we are probably all thankful that we've come out of wearing mandatory masks during the COVID lockdown in WA. During that time, many of our mall walkers took back some control by researching and sewing some unique cloth face masks for those who need them. [read more](#)



Free and low-cost activities

Almost 1 in 5 older Australians feel lonely, a situation only worsened by the pandemic. COTA (WA) is examining free and low-cost activities as a way to support seniors to stay connected to their community. Complete our short survey, and let us know what activities you love to do: <https://www.surveymonkey.com/r/WCNF7C9>



Busting myths about older single women without children

Older single women without children often had interrupted career paths due to redundancy, illness or the expectation to care for other family members. The report *Security in old age for older single women without children* co-authored by COTA NSW board member, Associate Professor Myra Hamilton and her colleagues recommended developing affordable housing options and providing advocacy in the aged care system.



Mall Walking in 2021

If you made a New Years resolution to get more active and social, mall walking is a great way to get started in a safe, convenient place for you. [read more](#).



Raise the Rate

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



COVID-19 support line for older Australians

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

Want to share your news or an age-friendly event?
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COVID-19 vaccine eligibility

With the rollout of national vaccination programs, Healthdirect Australia have released a new COVID-19 vaccine eligibility checker tool online. [read more](#)



Words to live by

During Harmony Week (March 15-19) Act Belong Commit have shared the stories of four inspiring seniors as they learn about overcoming challenges, the importance of family and community, and the joy of giving back to others. [Watch their story 'Words to Live By' on Youtube.](#)



Rob's 'YODyssey': living well with younger onset demntia

Rob Anson is an emerging artist whose painting career commenced after his diagnosis with younger onset dementia in 2017 at age 55. A new exhibition April 2-14 at the *Victoria Park Centre for Arts*, Kent Street Gallery, will showcase Rob's work, with a current catalogue of over 150 pieces.



Changes to Indigo's Information and Advice Line

Indigo (formerly Independent Living Centre) has updated its services and how appointments are booked for its Commonwealth Home Support Programme, visit <http://bit.ly/InfoandAdviceChange> for further information.



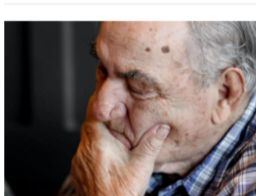
Look for unit pricing when buying groceries

The ACC's guide into unit pricing for grocery shopping has been translated into 17 languages. Now is a great time to read the small print on those price tags when you are shopping, in person or online, and save on your bill. [read more](#)



Guide to help prevent sexual assault in Aged Care

Australian Association of Gerontology (AAG) has developed a guide to help aged care providers to respond to unlawful sexual contact in their facilities and support victims and their families. [read more](#)



Free support for dementia

Receiving a dementia diagnosis can be both stressful and life-changing. Dementia Australia is asking for those who have received a diagnosis and health providers around the country to refer to their free dementia support services. [read more](#)



Contact tracing in WA

Many businesses and places of work are required to maintain a contact register for the WA Department of Health for COVID-19 contact tracing if required. You can use *SafeWA*, the WA Government's free online contact register app or look for a hardcopy sign-in sheet at venues you attend.



Update your details with us

Changing your email address is a lot like moving home. If you've changed something recently let us know too, you can update your details by clicking 'Preferences' at any time.

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The Council on the Ageing (COTA) Western Australia is the peak organisation for vulnerable seniors in WA and the statewide not-for-profit addressing our rights, needs, interests and future as we age. For over 60 years COTA Western Australia has worked alongside older people to promote our shared rights, advocate on emerging issues and create positive social change.