



Welcome to our New Strength for Life Instructors

COTA (WA) program Strength for Life™ welcomed our latest instructors into the program, in a new instructor course led by lead instructor Debbie Cooper (exercise physiologist). Earlier Strength for Life™ also joined Stay on your Feet and Injury Matters for a post-lockdown Give it a Go Day in East Fremantle, while our ambassador Professor Bob Zelgler visited Kalamunda National Seniors in Lesmurdie for a presentation to eighty-four members of the community.



From the CEO

According to the United Nations all societies in the world are in the midst of a longevity revolution. By 2050, 22 percent of the world's population will be over 60 years old (compared to 8 percent in 1950). It is the first time in our history that we have witnessed such a seismic shift in demographic and we're still in the early stages of this phenomenon...read more



Four challenges for the ages: Council on the Ageing WA in the West Australian

Our CEO, Christine Allen featured in The West Australian on the COTA (WA) Positive Ageing Alliance and the challenges facing an ageing population...read more



Holistic solutions to housing security

Alexandra Meek (PhD) has released findings on improving long-term housing security, with a special focus on older Western Australians' needs. This includes a preference of many to 'age in place,' something that the voice of older Australians has brought to the front of our discussions and policies in housing nationally. Read the report "Housing Security for Older Western Australians."



Unlock housing rental moratorium

Almost 30,000 people are on the waitlist for public housing and difficulty finding affordable rental properties has left people unable to find a secure home. Tell the WA Government that we have a housing crisis, visit: www.unlockhousing.com.au



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? Share events and updates with our 3000+ subscribers! Contact us to find out more



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



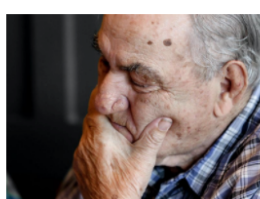
Words to live by

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.



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



Take a tour with Transperth

Join the City of Belmont and Transperth for a free public transport tour giving you the skills and confidence to make the most of your local services. When: Thursday April 22, 9:30am - 12:30pm Where: The Glasshouse (Old Ruth Faulkner Library) 215 Wright St.



Get support for a heart condition

Curtin University in collaboration with Swan Districts and South Fremantle Football Clubs are offering a new free fitness and healthy lifestyle program delivered for men who have a heart condition up to 75 years old. Visit www.aussiefit.org or call 9266 2144 to find out more and register.



Aqua skills for over 55s

Learn lifesaving skills and meet new people in Royal Lifesaving's Aqua Skills program. The program is offered at public swimming pools throughout WA. Visit Royal Lifesaving or call 08 9383 8200 to find out more.



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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 advancing our rights, needs, interests and futures 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.



Become a member

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