

## Assistance for Cyclone Seroja Victims

Following the impact and devastation caused by Cyclone Seroja in the mid west on 11 April 2021, we wish to highlight the ways that assistance and support can be accessed.

**DISASTER RELIEF HOTLINE**  
Access 24/7 welfare support and assistance from the Department of Communities by phoning 1800 032 965 or emailing [emergencyservices@communities.wa.gov.au](mailto:emergencyservices@communities.wa.gov.au)

**STATE EMERGENCY SERVICES**  
The SES can be reached by phoning 132 500



### From the CEO

With the federal budget hot off the press it's timely to review what's in it for seniors. As expected, aged care has had an injection of \$17.7billion in additional funds and while this may appear to be significant, in annual terms this is approximately \$3.5 billion per year which falls short of the stated underspend of \$10 billion per year that was identified by the Aged Care Royal Commissioners.

Aged care residents will receive a minimum of 200 minutes of care per day (or 3.3 hours- including 40 minutes by a registered nurse).

An additional 80,000 Home Care Packages over 2 years is expected to reduce the existing waiting list of 100,000.

Funding has been allocated to increase and improve the aged care workforce with the addition of almost 34,000 traineeships, although one could wonder about where we might source so many workers.

It's pleasing to see \$600 million to support carers of older Australians, including carers of people living with dementia and respite services; \$492 million for preventative health and sport; and \$107m in mental health support for vulnerable communities, which includes Aboriginal and Torres Strait Islanders and people from multicultural communities.

Other budget allocations that support seniors include an extension to the Pension Loan Scheme which allows people to access lump sum payments of up to \$12k for singles and \$18k for doubles, a \$50 per week increase to the JobSeeker payment and superannuation payments for workers earning less than \$450 a month.

What this budget has failed to address are the issues relating to older renters – in particular the critical need for an increase in Commonwealth Rent Assistance and a support model to respond to the shortage of affordable homes for seniors and the concerning number of vulnerable older single women.

You can access the Budget At A Glance document and further 2021-2022 Budget information here <https://www.cotawa.org.au/2021/05/2021-22-federal-budget>.

On 1 July 2021 Voluntary Assisted Dying becomes a legally available choice at end of life in Western Australia for people who are suffering from an incurable affliction which will lead to death within either 6 or 12 months, depending on the nature of the affliction. COTA (WA) has been involved in the literature review of the information that will be publicly available. For more information on Voluntary Assisted Dying we have provided some links in this newsletter, including **Access Standard**, which describes how the State will facilitate Western Australians having access to voluntary assisted dying and **Approved information** for a person making a First Request for voluntary assisted dying. If you're interested in having your say you can register to contribute to the Edith Cowan University survey on Voluntary Assisted Dying through the article in this newsletter.

The State Government has launched its COVID Vaccination program. The Roll Up for WA campaign aims to get as many Western Australians vaccinated as soon as possible, with rollout to those over 50 commencing on 3 May. While it's been reported that some people are hesitant to have the vaccination due to concerns about blood clots or other issues reported in the media, it's important to speak with your doctor or other medical professionals if you have any concerns, so that you can be assured that you have all the facts and are able to make an informed decision. I was recently talking to a retired doctor who commented that the vaccination may not guarantee that you won't contract the virus, but it will prevent you from dying. For me, that was a powerful message.

Our thoughts are with those affected by Cyclone Seroja as they start to rebuild their lives and their community. It is estimated that more than seventy percent of homes and buildings have been damaged or destroyed. The Lord Mayor's Distress Relief Fund has now been activated to assist victims of the Tropical Cyclone Seroja. You can access more information [here](#).

There was an interesting article that recently appeared in Vogue Australia about whether we should be afraid of becoming invisible as we get older. You can read the article in this edition which focuses on women from all walks of life and provides some tips on how to stay relentlessly and vigorously visible....and in the words of one wise woman "wear the damn tutu".

Enjoy this edition of COTA Connections



### Research Study on Voluntary Assisted Dying

You are invited to take part in a study exploring people's views on voluntary assisted dying (VAD), which is being conducted by researchers at Edith Cowan University in Western Australia. Full details on this pertinent subject and how to become part of the study can be found at <https://www.cotawa.org.au/2021/04/research-study-on-voluntary-assisted-dying>



### Roll Up For WA COVID-19 Vaccinations

All Western Australian adults will be able to receive the COVID-19 vaccine in metropolitan Perth and at regional clinics when they are eligible. Find out when and where to go to receive a COVID-19 vaccination by visiting the [online eligibility checker](#). You can also sign up to be notified when it's your turn to be vaccinated.

To stay updated on the vaccine rollout, find trusted resources, and answers to any questions you may have, visit the WA Government's [Roll Up for WA](#) website.

For more information about the vaccination program visit: [healthy.wa.gov.au/COVID19vaccine](https://healthy.wa.gov.au/COVID19vaccine) or call 13 COVID (13 268 43).

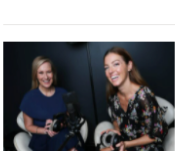


### Know Your Heart

Heart failure affects 480,000 Australians and is associated with high rates of hospitalisation and mortality.

This campaign seeks to raise awareness of the signs and symptoms of chronic heart failure and encourage people to seek help early.

For further information visit the [NPS Medicine website](#)



### Are you afraid of becoming invisible as you get older?

Here is what to do about it

As the co-host of a new podcast about ageing with Melissa Doyle, Naima Brown believes that it's time to talk more openly about getting older. Here, she writes for Vogue Australia about the fear of invisibility as we age, and what to do about that fear.

Find out more at <https://www.cotawa.org.au/AfraidOfGettingOlder>



### Discover the magic of Mankara at a Community Open Day on Saturday 1 May

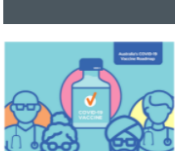
Have you heard? The magic of Mankara is coming to Manning! Discover all about this brand new over 55s strata community at an Open Day on Saturday 1 May. Enjoy a free morning tea around a life size replica kitchen in the new sales suite. Plus anyone who reserves a new home on the day can do so with 5% off the price!

See the event for more: <https://fb.me/e/24O3m4gkz> or email [enquiries@mankara.com.au](mailto:enquiries@mankara.com.au)

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 vaccines – Is it true?

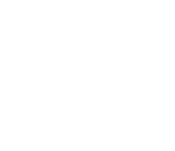
With new COVID-19 vaccine developments every day, it's normal to have questions or concerns, and possibly feel hesitant about getting a vaccine. That's why the Australian Government department of Health is providing accurate, evidence-based answers to questions about COVID-19 vaccines. [Find out more](#).



### Help Improve Beach Access In Australia

The purpose of the project is to determine the benefits, barriers, and facilitators of beach access for older adults and people living with a disability or mobility limitation.

For a full participant information sheet and further information about this study, please contact Sasha Job at CQUniversity, via email [s.job@cqu.edu.au](mailto:s.job@cqu.edu.au) or telephone (07) 4150 7702.



### Seeking Volunteers With Parkinsons

Notre Dame University's School of Medicine is seeking people who have been diagnosed with Parkinson's Disease to take part in a tutorial.

Held on Thursday May 13 it is run by second year medical students and supervised by doctors.

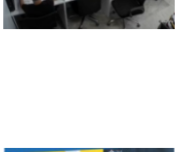
Morning tea provided and travel / parking costs reimbursed.



### Phone Scam

The Department of Communities has identified a phone scam that is currently targeting elder West Australians. The return scam involves a false invoice or shipping note for a product or service you did not order with an offer of a refund.

Watch [this video](#) to find out how the scam works.



### Age Friendly Melville

Ageing connected is an important part to help you stay safe as you grow older. Advocate supports and protects the rights of older people and will provide important information at this forum on how to:

- protect yourself and care for your assets as you grow older
- make an Enduring Power of Attorney and Enduring Power of Guardianship
- recognise and respond to the abuse of older Australians
- navigate the aged care system.

This forum is not to be missed. Morning tea provided.

When: Wednesday 16 June 2021 10am-11:30am

Venue: City of Melville Civic Centre, Conference Room, 10 Almondbury Road, Booragoon

Cost: Free

Contact: 1300 635 845 | 9364 0666

Booking [www.melvillecity.com.au/afmevents](http://www.melvillecity.com.au/afmevents)

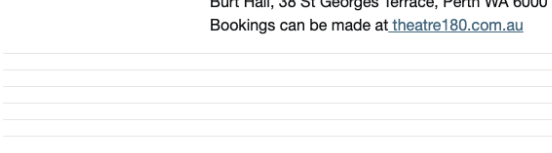


### The Children - Theatre

'The Children' is a stunning, award-winning play featuring three of WA's most well-known and respected senior actors. It's rare to find a play that focuses on older actors and it is a heart-warming, important piece that deals with the environmental legacy the older generations are leaving to the younger ones.

Runs 8 - 29 May at Burt Hall, 38 St Georges Terrace, Perth WA 6000

Bookings can be made at [theatre180.com.au](http://theatre180.com.au)



### Have a Go News

LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

WA's favourite comedian razzle dazzles



The Council on the Ageing (COTA) Western Australia is the peak organisation for vulnerable seniors in WA and the statewide not-for-profit advocating 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.