



COTA Connections

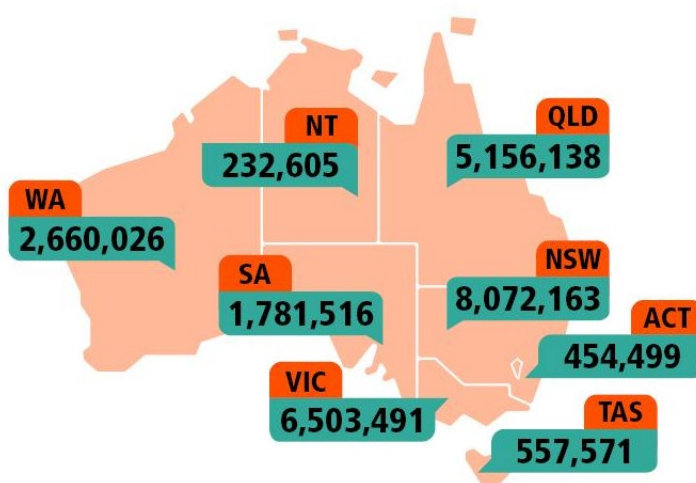
*Working towards a society in
which older people can flourish*

JULY 2022

w: www.cotawa.org.au | t: (08) 9472 0104

The 2021 Census statistics have been released, and it's official: we are an ageing and multicultural society with baby boomers identified as the largest generation in Australia with 21.5% of the population aged between 55-74 years. The median age in Western Australia is also on the rise from 25 (median age) in 1971 to 38 years in 2021. And for the first time the proportion of residents born overseas (first generation) or have a parent born overseas (second generation) has moved above 50 per cent (51.5 per cent). In 2021, the top five countries of birth in WA were Australia (62.0%), England (7.4%), New Zealand (2.8%), India (2.3%) and South Africa (1.7%).

Census population count by state and territory



You can see a snapshot of the census data here: <https://www.abs.gov.au/statistics/people/people-and-communities/snapshot-australia/2021>

As Australia faces a workforce crisis there are calls for the Federal Government to remove the barriers to older people returning to paid work. This is good news for the many seniors who wish to be actively employed without losing any benefits and more importantly, for the increasing number of people who will be forced to re-enter the workforce as a result of the escalating cost of living. We know that mature age workers are ready and willing to contribute their wealth of skills and experience to the many sectors who are experiencing workforce shortages, but they should not be penalised for doing so.

COTA (WA) is launching its Listening Posts 2022 Program. This will consist of a series of roundtable discussions with seniors, across five specific areas of interest including mature age employment and

the digital divide. Each roundtable will focus on a key issue. In the coming weeks we will provide more detailed information on the specific topics and how seniors can register to be part of this exciting and innovative program. Your insights are really important to us and we encourage people with 'lived experience' to get involved.

We are proud to have released the next in our series of COTA (WA) Seniors guides. **Minister Don Punch MLA launched the guide to Understanding the Mistreatment of Older People** which is available both online and in printed version. This easy to understand guide has been developed to demystify the many different types of abuse and what it looks like – whether you are a victim or a witness. You can view the guide here <https://www.cotawa.org.au/wp-content/uploads/2022/06/PRINT-COTAWA-MistreatmentOlderPeople-25May22-FNL15.pdf>

Do you know someone 100 years or over living in Western Australia? 'The Centenarian Portrait Project by Teenagers' is a community arts project that promotes intergenerational friendships, celebrates life at 100 (in all its forms) and fights the negative ageing stigma. The Western Australian rendition will culminate in an exhibition in December 2022 presenting portraits of 100-year-olds by local teenage artists, following a life-affirming inter-generational process. They are looking for centenarians, who would like their portrait painted or drawn by a local teenage artist, through this program. Post exhibition, portraits will be gifted to each centenarian subject.



If you know someone who would be interested in being involved please contact Embraced Inc. via info@embraced.com.au or visit www.embraced.com.au or call 0484 197 345.



The Honourable Kim Beazley AC has stepped down from his role as COTA (WA) Patron with the ending of his role as the Governor of Western Australia. His Excellency is a strong advocate for older Western Australians, hosting the WA Seniors Awards ceremony and the meetings of the Positive Ageing Alliance during his time at Government House. We have extended our sincere thanks and good wishes to the Governor and look forward to establishing an equally productive relationship with Chris Dawson APM as the new Governor.

As winter sets in, we have included some information in this newsletter about protection from seasonal flu, as well as cold and mould. Once again, the Country Women's Association have provided a tasty recipe, this one for a warming winter soup.

Stay warm and dry.

Christine Allen, CEO



‘Return to Work Roadblock for Older People’

New National Seniors research has found ageism, pension rules and lack of appropriate opportunities are among the significant barriers facing older Australians wanting post-retirement work.

We all know or have personally experienced the challenges that come with finding work as older people, and new research from National Seniors has revealed just how widespread this is.

This week, National Seniors launched their research report about post-retirement work, entitled: [“If people want to work they should be able to”: Older Australians’ Perspectives on Working After Retirement](#).

The report, based on almost 4,000 responses to the tenth National Seniors Social Survey (NSSS-10) in February this year, reveals key insights about how many retirees want to return to paid work, their reasons for doing so, and the range of barriers getting in their way.

How Many Want to Work?

National Seniors Chief Executive and Director of Research, Professor John McCallum said, “We have to recognise paid work as one pillar of later life income and assist older Australians to work if they want to.”

Barriers

The report identified 14 different kinds of barriers including the Age Pension income test and related concerns. This was mentioned by 21% of participants and is the main driver behind National Seniors’ [‘Let Pensioners Work’](#) campaign.

“The punitive nature of these rules plus a dire labour shortage have given this campaign added momentum,” Professor McCallum said.

Ageism unsurprisingly topped the list of barriers, with 36% of participants directly mentioning it and others alluding to it.

“I had trouble returning to the workforce (part time) at 33,” one survey participant said in the report. “Employers told me I was too old then!”

Another said, “The Job Agency didn't refer me to one position in 18 months. I was over 60.”

Another part of the problem is a lack of appropriate opportunities for older workers, a barrier mentioned by 14% of participants.

The report identified that employers need more support from the government to create jobs that are less physically taxing and more flexible in hours and conditions, to capitalise on the wealth of skills and experience older workers can contribute.

“We have an entire workforce of people with experience not just in their chosen profession but real-world experience, who are willing and entirely able to reintegrate back into employment,” Professor McCallum said. “They are being overlooked because of a range of factors, not the least being ageism, government rules and narrow ideas about what older workers can offer.”

Motivations

The study also found 19% of those who want to return to work, wished to do so because it benefitted their physical and mental health.

Survey responders said they wanted to work to keep them active, because it was “fun”, it helped them maintain their existing skills as well as learning new ones and gave them routine.

“What this shows is that there is a collective benefit to our society by keeping older Australians engaged through employment,” Professor McCallum said.

Money was the primary motivating factor for 52% of respondents, rising to 60% for participants on the pension. Reasons included:

- Financial stress
- Rising cost-of-living
- Creating a financial buffer against unexpected expenses such as medical costs
- A desire to increase financial comfort in retirement

Professor McCallum said not everyone in retirement wants to go back to work and nor should they be pushed into it, but the number who do should not be ignored.

“We need to overcome the ‘use-by-date’ mentality we apply to many older people in the workforce and instead of thinking they’re past it, we should be thinking how we can put all that wealth of experience and enthusiasm to work,” he said. As one survey participant put it, “People look at age and not ability. They forget the wealth of experience from having lived [and] excelled at various jobs over a lengthy work life.”

Celebrating National NAIDOC Week 'Get Up! Stand Up! Show Up!'

National NAIDOC Week takes place from 3 to 10 July 2022. Celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth.

Aboriginal and Torres Strait Islander peoples have a proud history of getting up, standing up and showing up.

From the frontier wars and their earliest resistance fighters to their Aboriginal and Torres Strait Islander communities fighting for change today, they continue to show up.



**GET UP!
STAND UP!
SHOW UP!**
3-10 JULY 2022

National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth. You can support and get to know your local Aboriginal and/or Torres Strait Islander communities through activities and events held across the country.

National NAIDOC Week Awards Ceremony

National NAIDOC Week's premiere event is the **National NAIDOC Week Awards Ceremony** which showcases Aboriginal and Torres Strait Islander excellence. Every year, a different focus city is chosen to host the National NAIDOC Awards Ceremony.

Previous National NAIDOC Week Award Winners come from many different communities within Australia and have different backgrounds, however they are all part of NAIDOC history and share remarkable achievements.

Get Up! Stand Up! Show Up!

The relationship between Aboriginal and Torres Strait Islander peoples and non-Indigenous Australians needs to be based on justice, equity and the proper recognition of Aboriginal and Torres Strait Islander peoples' rights.

Get Up! Stand Up! Show Up! amplifies Aboriginal and Torres Strait Islander people's voices and narrows the gap between aspiration and reality, good intent and outcome.

'West Australian aged care visitor limits expected to remain for some time, despite COVID-19 restrictions easing'

By Nicolas Perpitch

Posted Sat 18 Jun 2022 at 3:09amSaturday 18 Jun 2022 at 3:09am, updated Sat 18 Jun 2022 at 1:11pm



Left: Brian Ridge and Denise Brown talk to each other over a cup of coffee and a scone. (ABC News: Hannah Campbell)

Brian Ridge is one of two people allowed to visit Denise Brown in her aged care home each day.

Brian Ridge visits his wife, Denise Brown, who lives with Alzheimer's disease, in her Perth aged care home almost every day.

Key Points

- Aged care visitor limits are among the last remaining COVID restrictions
- Visitors are capped at two people each day, impacting larger families
- A major aged care provider expects the limits will be in place for a while longer

As they sit together, she has a cup of tea and a scone, and he asks her if she loves him.

She says she does, and he replies, *"I love you too"*.

The couple have been able to maintain their bond throughout the COVID-19 pandemic and the restrictions on visitors to residential aged care facilities and hospitals, designed to protect the most vulnerable people.

"I usually take her for a drive, we go down the coast," Mr Ridge said.

"She loves to look at the water, especially if the sun's sparkling on it. It's really good."

Right: Denise also loves a dance when Brian is not with her. (ABC News: Hannah Campbell)



'You can't have open slather'

Limits on visitors to aged care homes, hospitals and disability support accommodation are some of the last remaining COVID-19 restrictions.

More than 30 per cent of COVID-related deaths across the country have occurred in residential aged care facilities, according to federal Department of Health data.



Left: Aged care residents are limited to two visitors a day to protect society's most vulnerable. (ABC News: Nicolas Perpetch)

Under the current West Australian health directions, authorised by the State's Chief Health Officer Andrew Robertson, only two people can visit a resident in an aged care home each day, to limit any spread of COVID-19.

Mr Ridge and his wife's sister are usually the only ones who visit her, and he believed the current settings were right.

"I don't think you can have open slather when we've got things like COVID," he said.

"It's just too dangerous. And these people are really susceptible."

Right: Brian Ridge supports the restrictions, to protect people like his wife Denise. (ABC News: Nicolas Perpetch)

In hospitals, patients are allowed up to two visitors during visiting hours, as well as any 'approved visitors', such as parents and carers.



Larger families upset at access

But not everyone has had the same experience with visitor rules as Mr Ridge, especially people with larger families.



Left: Christine Allen says it is emotionally difficult when families are held back from seeing those they care about. (ABC News: Nicolas Perpetch)

"It's very distressing for families when they are not able to see their loved one as often as they would like to," Council on the Ageing WA chief executive Christine Allen said.

"It's particularly traumatising if there is dementia involved."

"While the family understand why they

can't see their loved one, the person living with dementia might not understand that and it can be quite traumatic with people living with dementia when they are removed from contact with their loved ones."

The visitation rules can also become difficult for families and friends to deal with when the person is in hospital or in care and is experiencing trauma or nearing the end of their life.

Alone at the end of life

Perth woman Deb Letica's mother-in-law Maria, who had dementia, died in an aged care home just over two weeks ago.

She and her husband were called and told to come quickly. When they arrived, they had to wait for their rapid antigen test results, a standard COVID-19 procedure to enter an aged care facility.

Her mother-in-law died minutes before they were allowed in, without any family around her.

"I was disappointed," Ms Letica said.

"I wasn't angry because it's not the staff's fault. Dementia takes away their dignity and we couldn't even give her, her last wish."

Health Consumers' Council of Western Australia Executive Director Suzanna Robertson said situations like these were extremely distressing for families.

Right: Suzanna Robertson says it's important for families to stay connected to their loved ones. (ABC News: Nicolas Perpetch)

She said 'care and compassion and connectedness' were very important at this time, and those left behind needed to be given an opportunity to be involved.



It was also important for cultural needs to be addressed, including for Indigenous families, in a sensitive manner.

WA COVID-19 Snapshot

- Confirmed cases so far: 855,855
- Active cases: 30,727
- Cases in hospital: 268
- Deaths: 354
- WA population aged 16+ triple-dosed: 82.4 per cent

Latest information from the WA Health Department

The latest directions for aged care homes stated more than two (2) visitors can be allowed to enter the facility 'for the purposes of providing urgent or end of life care or support to a resident'.

The centre has to keep a record of the extra visitors and notify the Chief Health Officer as soon as they can.

Juniper Chief Executive Chris Hall oversees 26 aged care homes across the state, including the one where Denise Brown lives.

Juniper was the first aged care provider to have a COVID-19 case in one of its centres, at the Cygnet Residential Aged Care home in the Perth suburb of Bentley.



Left: The facility was forced to close to all visitors when the first COVID cases emerged. (Supplied)

Restrictions expected to continue for some time.

Mr Hall has seen what he calls a gradual 'normalising' of visiting arrangements as COVID-19 becomes a part of everyday life.

Right: Juniper chief executive Chris Hall said the removal of COVID restrictions could still be a long way off. (ABC News: Nicolas Perpetch)

He said there had been a lessening of restrictions over time as aged care providers had learned more about COVID-19 and how to respond to it.

"There's quite a bit of flexibility now around the new directions and around the industry code that will enable us to increase that number if we need to for urgent situations or end of life arrangements."



But the restrictions are not expected to fall away anytime soon.

"Until we can guarantee that our vulnerable people are safe in the community, and we know that at the moment they're not, I don't see that restrictions will be removed until that happens, and that could be a long way off," Ms Allen said.

Help keep family and friends informed by sharing this article via the link below:

https://www.abc.net.au/news/2022-06-18/aged-care-covid-visitor-limits-in-wa-cause-heartbreak/101155994?utm_campaign=abc_news_web&utm_content=link&utm_medium=content_shared&utm_source=abc_news_web

The Hon Don Punch MLA Launched the 'Understanding the Mistreatment of Older People Guide' for World Elder Abuse Awareness Day (WEAAD) 2022

You may not know it, but there is a great deal of support available in WA for older people and their loved ones who are experiencing mistreatment commonly referred to as elder abuse.

The latest in COTA WA's series of Guides for older people, Understanding the Mistreatment of Older People, draws together in one easily accessible resource, all the help you will need in identifying different kinds of abuse, common reasons for its occurrence and how victims and potential victims and their families may help to prevent it. It also includes comprehensive details of where to go for help and support, depending on the circumstances of the mistreatment.



Chris Jeffery, COTA (WA) Chief Policy Officer (and Author of the COTA (WA) Guides), says that the major reason for the Guide is to provide one 'go-to' guide for anyone who is seeking help on this very complex issue. He comments: *"Although there are many organisations around who can provide help and support, it is often really difficult to find where to go or who to approach in a particular situation. This Guide draws all of this information together."*



Pictured left to right: Mike Rowe, Director General Department of Communities; Christine Allen, CEO COTA (WA) and The Hon Don Punch MLA, Minister for Seniors and Ageing.

He adds that it was a difficult task to write it in a way that provided the information that was required, while at the same time, not alarming people unnecessarily, or overwhelming them with too much information so that the purpose of the Guide would be defeated. *"We think we have the right balance,"* he comments.

Hard copies of the Guide are available directly from COTA (WA).

Print and downloadable version can be found on our website: <https://www.cotawa.org.au/wp-content/uploads/2022/06/PRINT-COTAWA-MistreatmentOlderPeople-25May22-FNL15.pdf>

For more information

T: 08 9472 0104

E: admin@cotawa.org.au

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

The Hon Don Punch MLA - Media Statement:

W: <https://www.mediastatements.wa.gov.au/Pages/McGowan/2022/06/New-guide-to-help-deal-with-elder-abuse.aspx>

Relationships Australia WA 'Peel Senior Relationship Service combats Elder Abuse'

Relationships Australia WA's Peel Senior Relationship Service will continue to deliver a vital service for older people living in the Peel Region, following the successful completion of its pilot.

The Peel Senior Relationship Service provides free case management and mediation for people over the age of 65, or 55 Aboriginal and Torres Straight Islanders, who at risk or living with elder abuse.

Since commencing in April 2019, approximately 80 families have accessed the service, and this number is expected to grow, through continued funding and increasing community awareness.

Manager of Peel Relationship Service Manager, Charmaine Kennedy said the service is well established in Mandurah, and they look forward to continuing their work to combat the hidden issue of elder abuse in the Peel Region.

Peel Senior Relationships Service can help

- Prevent or resolve family conflict
- Facilitate difficult conversations
- Plan for the future (including medical, health, financial or living arrangements)
- Make decisions that protect the interests, rights and safety of the older person
- Reduce the risk of elder abuse, including emotional and financial abuse
- The Senior Relationship Service is voluntary and confidential

The program is a federally funded free service to people living in the Peel communities.

For more information about Peel Senior Relationship visit:

<http://relationshipsaustralia.org.au/services/support-for-older-people/peel-senior-relationship-service>

To refer someone to the service please contact Relationships Australia WA 'Peel Senior Relationship Service'

T: 08 61 64 0173

E: peelsrs@relationshipsaustralia.org.au

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



Relationships Australia
WESTERN AUSTRALIA

Country Women's Association of WA feature 'Red Lentil and Burghal Soup'

We are travelling to Turkey with **Red Lentil and Burghal Soup!**

Recipe by Marguerite Zeilinger, CWA of WA State Office.

The Story of Red Lentil and Burghal Soup

This is a delicious, filling and healthy Turkish soup and is rich in protein and fibre with a great Middle Eastern flavour. With the cooler weather here, you will want to add this to your cooking repertoire to warm you from the inside!

It is also known as '**Ezo the Bride Soup**'. Ezo was a real person, a beautiful woman born in the early twentieth century who prepared this soup to make her mother-in-law happy. There is a lot more to the story, but I will let you do your own research! It is extremely popular all over Turkey and is often eaten for breakfast or as part of a main meal.

You can make up a large batch and keep some for later as it freezes well. Once you have made it once, you can experiment with the amount of spices and ingredients to suit your taste.



Ingredients

- 1 x large brown onion
- 2 tablespoons of olive oil
- 2 cloves of garlic (or as many as you like!)
- 2 tablespoons of tomato paste
- 1 tablespoon of good quality sweet paprika (or red pepper paste found in Turkish markets under the name 'biber salcasi')
- 1 tablespoon of smoked paprika
- 2 tablespoons of dried mint
- 1 cup of dried red lentils (picked over to remove any debris and washed)
- 1 cup of fine burghal (dried cracked wheat) washed
- 8 cups approximately of chicken or vegetable stock (adjust amount to your taste to make a thick or thin soup)
- Lemon juice to taste
- Salt and freshly ground black pepper to taste
- Optional: If you prefer some heat, add chilli flakes to taste

Method

1. Sauté onion and garlic in olive oil. (Do not burn).
2. Mix in tomato paste, sweet and smoked paprika (and red pepper paste if using) and dried mint (dried mint has a more intense flavour). Be careful not to overcook the paprika as it will burn easily and give a bitter taste.
3. Add the washed red lentils and burghal into the pot and stir to combine.
4. Add stock, bring to boil and then immediately reduce to a simmer and gently cook until the lentils and burghal are soft (about 30 minutes). Stir occasionally to ensure it does not stick on the bottom of the pan.
5. Add lemon juice, salt and pepper (and optional chilli flakes) to taste.
6. Serve with fresh mint as a garnish. As an optional element, add lemon slices or wedges to serve.
7. Hint: Make ahead of time because the longer it sits the more the flavour develops!



**Country Women's
Association of WA**

Est. 1924

Tuart Place 'Aged Care Navigator Partners with Tuart Place'

Tuart place is a community orientated, participant led, 'one-stop-shop' agency located in a beautiful historic building in Fremantle.

Tuart Place have a strong track record of delivering safe, trusted services to care leavers. Care Leavers are adults who experienced any form of out-of-home care during childhood; this can include members of the Stolen Generations; Former Child Migrants from the UK and Malta; and non-Indigenous Australians, including foster care and children's Homes.

Care Leavers can access existing free services including the drop-in centre; trauma informed counselling, therapeutic support groups; group outings, literacy, computer and IT help; life skills sessions, supported access to records; and help with historical abuse claims including the National Redress Scheme.



Claire Campbell has joined the Tuart Place team as part of a COTA (WA) funded pilot program to provide aged care navigation services to Care Leaver participants (clients).

Claire is helping them to sign up to 'My Aged Care' and assist them through the assessment phase to explore their eligibility for home care services. She helps participants find a service provider, which can be very challenging in these COVID times due to staff shortages.

Claire also provides advocacy and advice to those who have existing Home Care Packages (HCP) that need to be updated to reflect their changing care needs. She also supports carers by providing information and advice about respite and other supports they can access.

Claire has already made a huge difference helping many participants with all sorts of aged care services. This has been an amazing service to older Care Leavers as they can be unaware of what services are available.

Feedback from Tuart Place participants are enjoying working with Claire and accessing services to help them maintain their independence and improve quality of life.

As one participant Theresa reported; *"We would be lost without Claire helping with aged care services and information"*.

For further information and support Claire is available on Monday's, Wednesday's and Thursdays from 9:00am-4:00pm.

M: 0481 335 162

W: welcome@tuartplace.org



Tuart Place
Growing Strong Together

Tuart Place is a COTA (WA) Supporter.

Dementia Australia ‘There is a lot more to Healthy Ageing than Walkers or Meals on Wheels’

Gwenda is a proud Palawa woman descendent from the Tasmanian Tebrikuna Tribe. She lives on the land of the Wamba nation in the small country town of Finley.

Diagnosed with younger onset behaviour variant frontotemporal dementia nine years ago, Gwenda is a strong advocate for people living with dementia.

Gwenda shares with us what healthy ageing means for her and her community.

“There is a lot more to healthy ageing than walkers or meals on wheels,” Gwenda said.

“Our elders play an important role, ensuring continuance of our culturally rich and diverse heritage. This can only happen if all aspects of healthy ageing are addressed.”

Elders should be able to communicate in language

Being able to speak in language is important to keep elders connected to their community and culture, Gwenda says.

“Our elders must be given the opportunity to speak their first language in their senior years”, Gwenda said.

Due to intergenerational trauma, Gwenda says that many elders are unlikely to seek support from government support services. Speaking in language helps to keep them connected to their community and culture.

“Our elders will always be hesitant and suspicious of ‘white man’ services, the elderly will choose their own communities as their supports.”

Maintaining good dental health is vital

Another aspect of healthy ageing is nutrition and to achieve a healthy and nutritious diet, maintaining good dental health is vital.

“Communities are desperate for dental care Australia wide,” Gwenda said.



“We know lack of nutrition contributes to cognitive decline. How do we eat healthy, nutritional food without teeth?

“I had my top teeth removed at 11 and bottom at 14 by the school dentist as I was an Aboriginal child and the school dentist did not fill Aboriginal children’s teeth.

“Now I still wear ill-fitting dentures due to my malformed bone growth from my teenage years. I can’t get new dentures from an aged care package.

“I don’t tell you these things looking for empathy, I tell you because I hope you will realise there is so many aspects to ageing well.”

Let the change begin with you

Gwenda invites everyone to be a part of the change.

“In Aboriginal communities people living with dementia are often seen as Gwarny or Womba ‘Stay away from that old fella’. We need to destigmatise it,” Gwenda said.

“Let the change begin with you!

“Talk to that old fella in the street, ask him how his day is going, yarn with that old woman in the supermarket, reach for the item she is trying to get from the back of the shelf.

“Remember your assistance may be refused as reciprocity can be expected in Aboriginal communities so people decline rather than owe you.

“If refused when you make an offer it’s important to acknowledge and respect that it is possibly because of mistrust.

“I suggest you smile perhaps say to the person, ‘Maybe next time you will give me the privilege of helping you.’ This will hopefully allow community members to build relationships and develop trust.”

We thank Gwenda for kindly sharing her story and for all that she does to advocate for her community and improve the lives of people living with dementia.

No matter how you are impacted by dementia or who you are, Dementia Australia are there for you.

For more information to find out what support services are available.

T: 1800 100 500



The Price of Loyalty ‘Australians Are Losing Hundreds by Staying Loyal to Health Insurers’

Feel like you're paying too much for your cover? If you have been paying more every year without being offered any extra value, there is a good chance you could be. While it is no secret that the price of health insurance is up around the country, there is great value to be found if you know where to look.

Despite rising costs, too many people stay with the same fund and keep cover that is inappropriate for their needs. This often happens because they are not aware that switching to better value cover can be quick, simple and done without any penalties.

An insurance comparison service allows you to decide whether you are looking for higher benefits, more personalised cover or simply cheaper premiums, to find a policy that meets your needs.

When you compare you can identify the areas where you could be overpaying and where you could improve your rebates. Finding better value health insurance is equally about not paying for irrelevant cover and getting more back when you use the cover you need.

For example, most people take out top hospital cover and simply accept that they will pay for pregnancy and IVF as a part of the policy. But some funds offer specific top hospital policies for people who are not planning to have children and these are a quick, cost-cutting win for savvy shoppers.

Extras cover is another area where you can save, here by moving to a policy that has bigger rebates for the services you use. This can come in the form of a higher yearly limit, or your insurer paying a greater benefit for each individual visit.

It can be difficult to make sense of the huge range of health insurance policies that are available. That is why an important part of the service is commitment to making your health cover savings quick, simple and effective.

With help available at the Australian Government Department of Health website below: <https://www.health.gov.au/resources/apps-and-tools/compare-health-insurance-policies> it has never been easier to understand what you are paying for and why.

You can compare your current level of cover to similar policies and see exactly what you could be saving, all at no cost to you.



Australian Government
Department of Health

‘Eligible Australians over 60 can now try brand-new hearing aids for free’

Australians aged 60 and over can rediscover a world of sound and try the newest and smallest hearing aids at a hearing clinic without any obligation.

In Australia 1 in 6 people suffer from hearing loss. Left unchecked, hearing loss can lead to issues impacting a person’s cognitive and social health and their quality of life. But it need not have too, especially with advanced technology and innovation available to us today.

You may be Eligible for Government Support

Depending on your individual needs, hearing aids may help improve your hearing and provide a better quality of life.

Australians eligible for the ‘Department Of Health Voucher Program’ could receive free or subsidised hearing services and devices. The program also includes an option to receive subsidies for the ongoing maintenance of the hearing aid for a small yearly fee. This incredible program includes regular check ups and batteries (if required) for the life of the voucher.

There are a number of different eligibility criteria, however, if you hold a Pensioner Concession Card, or a Veterans Affairs White Card you may qualify. You can find out more through the governments ‘Hearing Services Program’ or a qualified hearing specialist can help you.

If you are new to the program you will need to complete the details requested to check your eligibility.

If you are eligible you will be directed to a page to complete your application. If you are already a customer of the program you can check if your voucher is still current. If your voucher is still current you will be advised of your last known service provider and their contact details. If your voucher has expired you will be provided with a list of local hearing services in your area.

If you need help

T: 1800 500 726

E: hearing@health.gov.au

Website:

<https://www.bing.com/ck/a?!&&p=4e3e32e9e6b080159d9b6bc07e83394d1cc37be5ce3618adfd067084d789cd4cJmItdHM9MTY1NTY4NDU5NyZpZ3VpZD1kMjc3NjlxYy1hMTJkLTRmZDMtYmQ4MS1mOWFkY2E0YWMyMGUmaW5zaWQ9NTE1Mw&ptn=3&fclid=2e6e6c35-f02f-11ec-80b9-25517277bf6f&u=a1aHR0cDovL2h1YXJpbmdzZXJ2aWNlcy5nb3YuYXUv&ntb=1>



Australian Government
Department of Health

RSLWA 'Veterans Advocacy Services'

RSLWA provides Advocacy Assistance through claims with the Department of Veterans' Affairs (DVA), along with assistance in the appeal process.

The RSLWA team understand the complexities of the claims process, how the legislation applies to a veteran's individual circumstances and the processes involved in applying for compensation, income support, Gold/White Cards, etc.

Free RSLWA Advocacy Services include:

- Assistance with claims covering VEA, DRCA and MRCA legislation
- Assistance with Service Pensions
- Guidance throughout the DVA process regarding investigations of claims
- Support for appeals at the Veterans Review Board and Administrative Appeals Tribunal

For assistance with initial claims, please complete and submit the form located here:

<https://rsvprslwa.wufoo.com/forms/z9au9b000st6vr/>

For more information

Advocacy Network

RSLWA works collaboratively with RSL Sub-Branches and other Ex-Service Organisations to ensure localised support is available if required.

For appeals, worsening of conditions and other inquiries, please contact the Advocacy team.

T: 08 9287 3799

E: advocacy@rslwa.org.au

W: <https://rslwa.org.au/services/advocacy>



Continence Foundation of Australia 'Incontinence: What do you need to know?'

Incontinence is still a taboo topic, even in 2022.

In many cases we accept incontinence as an expected occurrence during phases of our lives. Often those with very light urinary incontinence will take some time to accept incontinence. Often, they assume the damp underwear is due to discharge or sweat, and therefore do not seek a solution.



Many women will just accept their damp underwear and deal with it by wearing a pad or panty liner, after all, 'its to be expected!' The Continence Foundation of Australia state that urinary incontinence will affect 10% of Australian men.

There is a lot of marketing around woman's incontinence as the females are more likely to be incontinence during younger to mid-aged than men. Not only that but woman are the people that statistically are the ones buying the continence aides for their male family members.

Times have changed, but we still have a long way to go.

Many people do not know how to correctly do pelvic floor exercises and either will not do them or will not do them correctly.

So, lets start the movement of 'Know your Pelvic Floor' and plan for success.

Pelvic floor exercises or training can help in both the treatment and prevention of incontinence. However, its important to stress that some guidance is required on how to train the pelvic floor.

Australian Urology Associates mention pelvic floor exercises as one of the treatment options for Urinary Incontinence. **The important thing is to do them correctly.**

If you have any concerns or questions on urinary leakage, reach out to your GP, Pelvic floor Physiotherapist, Continence Nurses as well as the Continence Foundation of Australia.

Royal Perth Hospital: Continence Service

This service is managed by a Nurse Practitioner in conjunction with a Clinical Nurse. Staff members are trained in this specialty and provide both inpatient and outpatient services.

T: 08 9224 2836

E: karen.allingham@health.wa.gov.au

W: <https://www.rph.health.wa.gov.au/Our-services/Continence-Service>

HealthyWA 'Planning for the care of dependents in case you get COVID-19'

Care plans are available to help you plan for the care of you and any dependents, if any of you require hospitalisation due to COVID-19.

The plans include important information about you and your health and arrangements you have made for the care of pets or livestock, and dependent adults or children in your care.



Use the [COVID-19 Care Plan for adults](#) if:

- You are an adult without children in your care
- You are an adult with dependent adults, such as elderly family members, who rely on you for care

A [COVID-19 Care Plan for parents/carers and children](#) is available for adults (parents and carers) with dependent children. Complete Part B of the plan for each child in your household.

Other resources to help prepare to isolate at home with COVID-19 are also available on the [HealthyWA website](#).

HealthyWA 'Looking After your Health this Winter'

Whether travelling for warmer weather or rugging up at home this winter, it is important to be aware of seasonal illnesses and the extra measures older Western Australians can take to protect themselves.

While most people who contract COVID-19 will be able to recover safely at home with some support from their GP, people aged 70 years or older are at increased risk of serious illness.

[Colds](#) and [influenza](#) are particularly common in winter and can be caused by more than 200 viruses.

Having COVID-19 circulating at the same time could have severe consequences for vulnerable people, including older adults and people with chronic medical conditions. It is important to stay up to date with your vaccination schedule for COVID-19 and influenza and maintain good hygiene habits.

With borders open, widespread vaccination will help to prevent a serious flu season and protect those most at risk of complications from the disease.

Influenza vaccines protect against the more common strains of the Influenza A and Influenza B viruses in circulation. After vaccination it can take up to two weeks to develop protection.

You can receive the [influenza vaccine](#) and [COVID-19 vaccine](#) at the same time. Speak to your immunisation provider or doctor to check what is right for you.

Travel Health

Older travellers have specific needs and are encouraged to consider the following [health advice](#) before they travel:

- Pack [items to manage COVID-19](#), including rapid antigen tests (rats), face masks, hand sanitiser, tissues
- Discuss your travel plans with your doctor
- Pack and [store medications properly](#)
- Fill scripts in advance and carry repeats to avoid running out of medication
- Keep doctor, pharmacy, family and emergency numbers within reach
- Prepare a medication reminder system to ensure medications are taken on time (this could include setting an alarm)
- Pack a first-aid kit to use to manage small cuts and abrasions
- Seek advice regarding travel insurance and ambulance cover

If you are travelling overseas, check that your [immunisations](#) are up to date and see your doctor to [prepare before you leave](#) to [avoid risks to your health](#).

Other travel-related resources are available on [HealthyWA](#):

- [Services Australia - how to obtain your International Vaccination Certificate \(external site\)](#)
- [Australian Government - Information on international travel \(external site\)](#)
- [Australian Government - FAQs for International travellers to Australia \(external site\)](#)
- [Smart Traveller website \(external site\)](#)
- [Department of Home Affairs - COVID-19 and the border \(external site\)](#)

Check the [COVID-19 travel](#) requirements and restrictions for each country you are travelling to as they may differ between jurisdictions.



Government of Western Australia
Department of Health

‘Lawley Park Village celebrates 11 years’ providing the Strength for Life™ Program for their participants

Lawley Park Village celebrated 11 years of participating in the Strength for Life Program (formerly Living Longer Living Stronger™).



Emeritus Professor Bob Ziegler spoke to the group on the ‘Importance of Exercise and Ageing Healthily’.

The benefits of strength training are considerable and varied.

- After the age of 60, on average 3% of muscle mass is lost every year. Strength training can play a vital role in regaining these losses
- As well as increasing muscle mass, strength training increases bone density and can support the management of osteoporosis
- As you gain muscle, your body begins to burn calories more easily making it easier to control your weight
- Strengthening exercises can increase flexibility and balance, reducing falls and injuries

Mobile Instructor Lorraine Musgrave and Participant Joan Charles were presented with a Certificate of Achievement by SFL Program Manager Kairi Watty.



Strength for Life (SFL) has 54+ SFL Providers across WA, with professionals to assist you to exercise safely and achieve your personal goals.

For more information Contact Kairi Watty, SFL Manager

T: 08 9472 0104

W: <https://www.cotawa.org.au/wp-content/uploads/2022/04/Updated-Current-SFL-Provider-List-29April22.pdf>



Carers WA 'Conversation Starters'

How to start the conversation

When someone is caring for a family member or friend living with additional care needs, there may be signs that they need support too. 'Conversation Starter Cards' can be used as a guide to have a conversation about what your family member/friend needs.

When having these conversations, remember to be thoughtful and genuine, provide your family member/friend with a safe space to talk and show they have your support. Instead of providing advice, ask what they feel they need help with.

'Conversation Starter Cards' provide examples of how to start a conversation when your family member/friend may reflect one of the situations below.

I am noticing my family member/friend is...

- Showing signs of needing support
- Providing someone close to them extra support
- Dropping their work to care/transport their loved one
- Going through mood changes
- Expressing they are worn out/burnt out
- Cancelling social plans
- Easily overwhelmed performing daily tasks
- Not taking time out for themselves

For further information

T: 1300 227 377

E: info@carerswa.asn.au

W: <https://www.carerswa.asn.au/conversation-cards/>



Relationships Australia WA ‘Counselling and Support: Disability Royal Commission (DRC)’

Relationships Australia WA is funded by the Australian Government to provide free, independent counselling and support for anyone affected by issues raised within the DRC, including experiences of violence and abuse, exploitation, neglect and disadvantage.

Everyone’s experience of trauma is different as are their needs. Counselling is available to people with a disability, parents/guardians, other family members, carers and support workers. Relationships Australia WA are here to listen and to support and offer a safe space for people to have their voice heard in a trustworthy, respectful and confidential environment.

The Disability Royal Commission (DRC) was established to look at ways to protect people with disability from experiencing violence, abuse, neglect, exploitation and disadvantage. The DRC is encouraging people to share their experiences either in writing, over the telephone, audio or video recording, or in a private session with a Commissioner.

Relationships Australia WA can assist

- If you have a disability and have experienced violence, abuse, neglect and exploitation
- Parents, guardians, and other personal support people of a person with a disability who have experiences trauma
- If you have been impacted by the themes of the Disability Royal Commission

If you choose to share your experiences with the Disability Royal Commission, here are their important submission dates: **Written, telephone, video or audio submissions must be received by 31 December 2022.**

For more information

T: 08 6164 0180

E: drc@relationshipsqa.org.au

W: <https://www.relationshipsqa.org.au/drc>

Relationships Australia
WESTERN AUSTRALIA

Do you need additional support?

If you find it difficult to hear or speak you can contact us through the National Relay Service (NRS).

T: 133 677

If you require support in another language you can use the Translating and interpreting Service (TIS National) free of charge by calling our service and asking for an interpreter. The counsellor will make the arrangements.

Bone Health ‘How to Get it and Keep it’

As we age, so do our bones and it can get serious. Here’s what to do.

Did you know our bone health peaks at about the age of 30? At 50 years, we can expect 50% of women and 20% of men to have broken a bone because of osteoporosis. Bone health declines the older we get.

In a new consensus paper published in the *British Journal of Sports Medicine*, a panel of experts reviewed evidence to determine what type of activities will best preserve our bones.



The paper, titled *Strong, Steady and Straight*, argued that strengthening our postural muscles (the core muscles deep in the abdomen, pelvis, and back) is critical for bone health. This is achieved by performing high-load resistance or high-impact weight-bearing exercises.

Key Points

- Osteoporosis can get worse with age
- Bone health improves with three types of exercises
- Diet can also play a crucial role in preventing and managing osteoporosis

How to strengthen bones

Healthy Bones Australia (HBA), formerly Osteoporosis Australia, has developed a **Healthy Bones Australia Exercise Guide** <https://healthybonesaustralia.org.au/wp-content/uploads/2021/02/HBA-Exercise-Brochure.pdf> focusing on three types of exercises for bone health. It shows examples of exercises that can be done at home or working with a personal trainer.

Not all exercise is the same. A combination of weight bearing, resistance training, and balance exercises is best, done regularly and increased in difficulty over time to ensure the exercise remains effective.

You can exercise at any age, as long as you start within your capacity and increase gradually.

Recommended Types of Exercise

- Weight bearing impact loading exercises: Work against gravity to stimulate bone growth; it is through the weight of the body on the bones that the bones become stronger over time
- Resistance training moves: Emphasise power and balance using added weights to enhance strength and stability

- Balance training exercises: Strengthen the muscles that keep you upright such as your legs and core which helps to improve stability and assist in preventing falls

Exercises to Avoid

People with diagnosed osteoporosis should avoid exercises that involve twisting of the spine and hip motions such as golf, tennis, or bowling. They should also avoid movements that involve extreme curving of the spine forward, such as toe touches and sit-ups. If you want to do any of these activities and have osteoporosis, consult a health professional first about how to build sufficient capability and capacity to introduce yourself to these movements.

Healthy Bone Australia has a guide which describes and illustrates the exercises you can begin doing in your own home.

Diet Matters Too

Maintaining bone strength is not just about calcium intake. The risk of osteoporosis increases if you're underweight or overweight, so keeping your body weight in a healthy range can help with prevention.

Ensuring you meet the recommended daily intake of the following foods and vitamins is also important:

- Prunes: A recent review showed women who consumed 100 grams of prunes, about ten prunes, every day for a year improved bone mineral density in their arms and lower spine. Prunes contain minerals, vitamin K, phenolic compounds and dietary fibre, which combine to boost bone health, according to researchers
- Leafy green vegetables: A high intake is associated with strong, healthy bones. In addition to calcium, they are a rich source of vitamin K1, known to have benefits for bone metabolism. Consuming 200 grams a day of leafy greens is enough to increase vitamin K levels within a month according to a 2020 study
- Vitamin D supplement: Vitamin D helps your body absorb and use calcium, which gives your bones their strength and hardness. Most of us get enough by spending ten minutes a day outdoors in the sunlight. Depending on the amount of sunshine where you live, health advice says during autumn and winter we should consider taking a 10 micrograms of vitamin D daily

Healthy Bones Australia

W: <https://healthybonesaustralia.org.au/new-exercise-tips-for-bones/>

The Times: British Journal of Sports Medicine

W: <https://www.thetimes.co.uk/article/how-to-have-healthy-bones-8lm3jbsfc>



Men's Sheds WA 'Steps to Build a New Men's Shed'

Each shed is independent and will develop its own personality but the steps you need to build a new shed are similar. Below you will find a dot point plan to building a thriving sustainable shed in your community.

1. Contact Men's Sheds of WA
2. Visit your neighbouring sheds
3. Gauge community interest in a men's shed in your area
4. Desirable outcomes of a public meeting
5. Form a steering group
6. Decide on a governance model
7. Connecting with the Community
8. Get registered
9. Seek a premises
10. Raise money
11. Grant opportunities
12. Fit out the shed
13. Generating policies for good governance, health and safety
14. Seek adequate insurance



For more information about starting a new shed

T: 08 6381 5324

E: admin@menssheds.org.au

W: <https://menssheds.org.au/shed-resources/starting-a-new-shed/#toggle-id-10-closed>

Cold and Mould ‘Preventing Winter Wheeze’

Mould outbreaks combined with cold winter air could trigger a spike in respiratory problems and illness. Here’s how to prevent it.

It has been a wet autumn for many of us and with forecasts of a cold rainy winter to come, experts are encouraging us to prepare now to reduce the chances of developing respiratory issues during the colder months.

Key Points

- Cold air can exacerbate breathing difficulties including asthma
- Asthma Australia can share how to prevent and treat respiratory issues
- Mould and mould spores are common triggers for asthma flareups and need special treatment

Mould Management and Top Tips

Asthma Australia is reminding us, especially those of us with asthma, to take safety precautions when cleaning mould, as lingering damp from months of rainfall has triggered serious ongoing household mould problems.

If possible, people with asthma should organise for someone else to do the cleaning. However, if that is not an option, they should be sure to follow strict personal protective measures to avoid health problems.

Mould and mould spores are common triggers for asthma flareups, and are now growing on many walls, furniture, windows, curtains and clothing in parts of the country that have endured ongoing rainfall for much of the year, and flooding.

The dampness that is common in many households is a perfect breeding ground for mould, and for people living with asthma, there’s a health risk if that mould gets stirred up and into their airways.

It is important that mould is cleaned to remove those dangers, but it must be cleaned in a safe manner with the right safety gear to avoid breathing the spores and causing asthma flareups.

Any irritation and tightness in the lungs, difficulties breathing, feeling fluey, are all potential signs you’ve inhaled mould spores or dust.

The dangers from the rain are ongoing, often microscopic and hidden, and awareness is vital. Asthma Australia urges people to be aware of those symptoms and contact your doctor if you have any concerns.



Asthma Australia is advising people to remove mould promptly and as safely as possible.



**ASTHMA
AUSTRALIA**

It there is no alternative for those with asthma when cleaning, always remember to use rubber gloves, waterproof footwear, safety goggles and P2 facemasks. Remember, harsh chemicals such as bleach and chlorine

can trigger breathing difficulties and do not kill spores. Alternatives such as vinegar solutions or clove oil are proven to work.

Mould Remover

Remove mould using a suitable mould remover, such as:

- A solution of 3 parts vinegar and 2 parts water
- A solution of 70% methylated spirits and 30% water
- A solution of tea tree oil OR clove oil mixed with water
- Commercial products from the supermarket. Follow the safety instructions to protect your eyes and skin

Tips

- Always use a different cloth with each process and throw them away after, or the mould spores will spread and mould will reappear
- Do not dry brush the area with a broom or brush, as this can spread mould

People who have questions about mould and asthma management can contact Asthma Australia

T: 1800 278 462

E: asthmasupport@asthma.org.au

W: <https://asthma.org.au/>



Cities of Fremantle, Melville + Town of East Fremantle 'Positive Ageing Expo for 55+'



The 2022 Positive Ageing Expo for 55+ - held to promote and encourage healthy lifestyle and wellness opportunities for the over 55s community in the Cities of Fremantle and Melville and Town of East Fremantle was a huge success.

COTA (WA) Margaret Fisher, Age Care Navigator and Kairi Watty, Strength for Life™ Program Manager attended the City of Fremantle's Positive Ageing Expo for 55+. The event was a success despite the weather with many seniors attending.

To contact City of Fremantle

T: 08 9432 9826

E: info@fremantle.wa.gov.au



City of
Melville



TOWN of
EAST FREMANTLE

The City of Fremantle is a COTA (WA) Supporter.

‘What do you need to know to assist in wearing safe footwear?’

There are three (3) key factors to consider regarding the risk of falling in relation to footwear and foot problems:

1. Footwear: Do your shoes fit well and are they safe?
2. Foot problems: Do you have foot pain or a different foot problem?
3. Referring: Do you need a referral to a podiatrist who may be able to assess these problems further and make recommendations for footwear?

The Stay On Your Feet® ‘Shoe Safety Checklist’ is a great tool to start the conversation with older adults about their shoe safety. The free Shoe Safety Checklist can be ordered and delivered at no cost in WA and is a great resource to have on hand.



SHOE SAFETY CHECKLIST

Falls are preventable. Reduce your risk of falling by changing the type of shoes you wear and complete this checklist to see if you need safer shoes. Poorly fitted footwear and foot pain can influence falls.

	Yes	No
Do your shoes fit well?	<input type="checkbox"/>	<input type="checkbox"/>
Do you mostly wear flat shoes?	<input type="checkbox"/>	<input type="checkbox"/>
Does the sole of your shoe bend at the ball of your foot, not the arch?	<input type="checkbox"/>	<input type="checkbox"/>
Does your shoe have a textured sole?	<input type="checkbox"/>	<input type="checkbox"/>
Does your shoe have a firm heel collar?	<input type="checkbox"/>	<input type="checkbox"/>
Does the heel have a rounded edge?	<input type="checkbox"/>	<input type="checkbox"/>
Does your shoe fasten to your foot with laces, straps, elastic, velcro or buckle?	<input type="checkbox"/>	<input type="checkbox"/>

* If you ticked 'No' to any of these questions, your risk of falling may be increased.
* Please take this checklist to your Podiatrist or GP to discuss ways to reduce the risks.

Partner:  Department of Health

 Stay On Your Feet WA

 injury matters

For more information call Stay On Your Feet® on 1300 30 35 40 or visit us at www.stayonyourfeet.com.au

Stay On Your Feet® is provided by Injury Matters and funded by the Western Australian Department of Health.

Shoe Safety Checklist can be found at:

https://www.injurymatters.org.au/wp-content/uploads/2021/05/SOYF-Shoe-Safety-Checklist-A4-v3-HIGHRES.pdf?utm_medium=email&utm_campaign=Falls%20Prevention%20eNews%20%20May%202022&utm_content=Falls%20Prevention%20eNews%20%20May%202022+CID_3b58ef5cda1787719457475c9386ed1b&utm_source=Source%20Google%20Analytics&utm_term=Order%20the%20Shoe%20Safety%20Checklist

Healthy foot care routines for falls prevention

It is important to take care of your feet, but what does foot care really look like? The Stay On Your Feet® ‘Check Your Feet’ video follows a Podiatrist to explore what a regular foot care routine should look like for older adults to prevent falls.

The ‘Check Your Feet’ video can be found at:

https://www.youtube.com/watch?v=ztWbSIh_9K4&t=1s

For more information

T: 08 6166 7688

E: info@injurymatters.org.au

COTA (WA) 'WA Seniors Sector: Responding to Elder Abuse'

Purpose of the Forum

The aim of the forum is to educate and inform our sector workforce (including aged care workers, allied health and social workers, police, legal support and advocates) who may witness or need to respond to incidents of Elder Abuse.

We heard from four (4) speakers representing the sectors of law enforcement, legal, health and aged care. They provided information on their protocols, processes and the scope of their elder abuse response framework.



Feedback

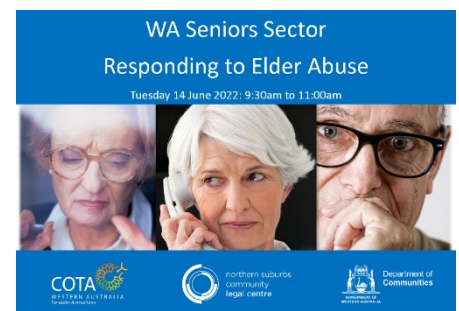
"This forum was quite unique in that it provided information to an audience made up of multiple sectors and hopefully will assist all sectors to have a better understanding of the available responses to elder abuse."

"Very comprehensive presentation with a different perspective."

"Informative well-curated session with a really strong line up. The Q&A in particular was v interesting, giving the speakers a chance to talk about the more controversial issues like third party reporting."

To view the Recording of WA Seniors Sector: Responding to Elder Abuse

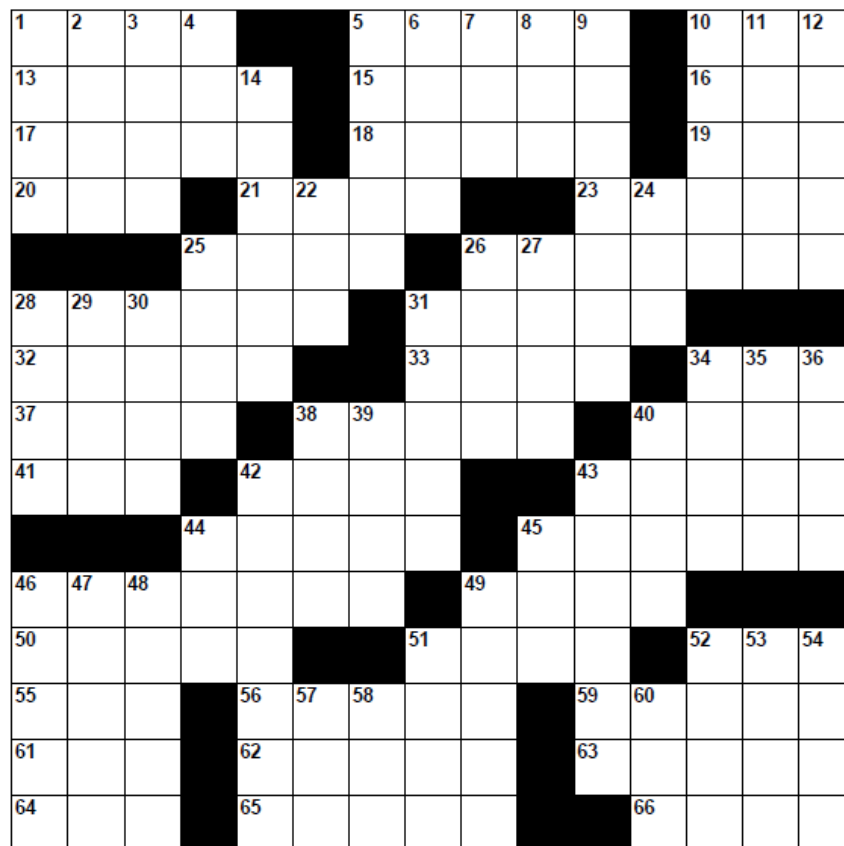
<https://www.youtube.com/watch?v=1QDsvTve4GY>



'CROSSWORD' Puzzle

*Answers to crossword available at the end of newsletter at Page 56.

JULY



By Evelyn Johnson - www.qets.com

ACROSS

- 1 Among
- 5 Clean thoroughly
- 10 Discs
- 13 Coffee shop order
- 15 "Remember the ___"
- 16 Large number
- 17 One-celled water animal
- 18 West Coast Fl. city
- 19 Hoopla
- 20 Modern
- 21 Bearing
- 23 Ballroom dance
- 25 Encircle
- 26 Searched for weapons
- 28 Badger
- 31 Moved stealthily
- 32 Excessive interest
- 33 Zest
- 34 Little bit
- 37 Roof covering
- 38 Medicines
- 40 Wander
- 41 Tell
- 42 Burden
- 43 Donned (2 wds.)
- 44 Bluish white metals

DOWN

- 45 Jostles
- 46 Drone (2 wds.)
- 49 Wear out
- 50 Witless
- 51 Deviate
- 52 Weep
- 55 Limited (abbr.)
- 56 Bleacher
- 59 Swelling
- 61 Snake like fish
- 62 Leg bone
- 63 Ancient dwellers of Italy
- 64 Compass point
- 65 Succumb
- 66 Gale

DOWN

- 1 Eden dweller
- 2 Business note
- 3 Type of tea
- 4 Small amount
- 5 Filled
- 6 Tribe
- 7 Male sheep
- 8 Ref
- 9 Using a boat for pleasure
- 10 Metallic sound
- 11 Evade
- 12 Got up
- 14 Group consisting of parents and their children
- 22 Wrath
- 24 Inquire
- 25 Clinton's Vice President
- 26 Piece of cloth used as the symbol of a country
- 27 Dashes
- 28 Carves
- 29 Continent
- 30 Seventh month of the Gregorian calendar
- 31 Wall supports
- 34 In _____; completely

DOWN

- 35 Swear
- 36 Fox holes
- 38 Finished
- 39 Competition of speed
- 40 July birthstone
- 42 Freedom from bondage
- 43 Contestant
- 44 Type of Buddhism
- 45 Be incorrect
- 46 ___ per hour
- 47 What you raise in poker
- 48 Soup scoop
- 49 Unit of electric capacitance
- 51 Bride's headdress
- 52 Very large truck
- 53 Asian country
- 54 Group of people with musical instruments playing together
- 57 Roman three
- 58 Compass point
- 60 ___ Jones Industrial average

Events

Multicultural Village Hub 'Let's Get Social' Concert and Cafe Celebrating Multicultural Seniors'

Seeking fun, creative, cultural community activity ideas?

As you already know, the Multicultural Village Hub is up and running and the **Multicultural Village Hub** are excited to announce their first major event!

Please spread the word far and wide, dance, music and fun awaits inside!

'Let's Get Social' is a A Concert and Cafe Celebrating Multicultural Seniors

Event Details

Date: Saturday 9 July 2022

Time: 2:00pm (free afternoon tea from 2:00pm)

Location: PRCC Hall, 35 Eighth Ave Maylands 6051

Come and join the Multicultural Village Hub for an afternoon of celebrating multiculturalism through the avenues of the arts and food!

The event will showcase some of the amazing multicultural musical and dance talents in Bayswater and beyond, featuring:

- Red Sea Pedestrians band
- Hora Shalom Dancers ~ Israel
- Zing Music Studio ~ China
- Bollywood Entertainment ~ India
- Ovation Dancers ~ French 'Can Can'
- Gypsy Triostars ~ Russia
- Ukrainian Allstars Troupe ~ Ukraine
- FAHWA ~ Philippines



With a delicious afternoon tea served, great performances and gift bags for everyone this **free** concert is sure to be a hit.

This is a free event but for safety reasons, you will need a ticket to join us.

Registration Required via Eventbrite

W: <https://www.eventbrite.com.au/e/lets-get-social-a-concert-and-cafe-celebrating-multicultural-seniors-tickets-354425384867>

Contact Umbrella Multicultural Aged Care

T: 08 9275 4411

E: villagehub@umbrellacommunitycare.com.au

Please note

Attendees are required to practice physical distancing for the duration of the event and event organisers recommend wearing a face mask.

Do not attend if you have flu-like symptoms.

For further information

Umbrella Multicultural Community Care, 39 Abernethy Road, Belmont 6104

For more information and Terms and Conditions please visit:

Webpage: <https://umbrellacommunitycare.com.au/multicultural-village-hub/>

Contact the Hub Coordinator: 08 9275 4411

Email: villagehub@umbrellacommunitycare.com.au

Umbrella Multicultural Community Care is a COTA (WA) Supporter.



Seniors Recreation Council of WA 'FREE Healthy Lifestyles Event'

SRCWA is holding the Healthy Lifestyles event on Thursday 28 July 2022. The program will include presentations, activities, morning tea and lunch at the event.

Maximise your quality of Life!

Looking to get more out of retirement? Need information on Seniors services? Thinking about a new hobby or interest? Want to remain active and engaged?

Morning Tea and light lunch supported by SRCWA.

This is a FREE event you cannot miss!

Event Details

Date: Thursday 28 July 2022

Time: 10:00am to 1:00pm

Location: The Green Fairway Village, Community Centre, 112 Clubhouse Lane, GNANGARA WA

Registrations Essential – for more information call

T: 08 9492 9772



The poster for the 'Healthy Lifestyles Event' features a green header with the SRCWA logo and the event title. Below the header, four photographs show seniors engaged in various activities: a group discussion, a seated presentation, a golf practice session on a green, and a ballroom exercise class. The bottom section, titled 'EVENT DETAILS', provides the date, time, location, and contact information. A small text box on the right encourages seniors to get more out of retirement. The footer lists sponsors: Government of Western Australia, Have a Go News, Fairway Villages, Livelight, and healthway.

Seniors Recreation Council of WA Inc.

Healthy Lifestyles Event

Maximise your quality of life!

EVENT DETAILS
Thursday 28th July 2022
10.00am to 1.00pm
The Green Community Centre
112 Clubhouse Lane, Gnaragana
MORNING TEA AND LIGHT LUNCH SUPPORTED BY SRCWA
Registrations Essential Ph ~ 08 9492 9772

Looking to get more out of retirement?
Need information on Seniors services?
Thinking about a new hobby or interest?
Want to remain active and engaged?
This is a FREE event you can't miss!

Supported by

GOVERNMENT OF WESTERN AUSTRALIA

Have a Go NEWS

FAIRWAY VILLAGES

LIVELIGHT

healthway



GRAI 'FREE The National LGBTI Ageing and Aged Care Community of Practice Project'

Delivered by LGBTI aged care specialist GRAI, these training sessions will promote a better understanding of the needs of LGBTI people and equip managers to increase the LGBTI inclusivity in their organisation.



Since 2014, GRAI has delivered the 'Right to Belong' LGBTI inclusivity training to the aged care sector, as part of the federally funded National LGBTI Ageing and Aged Care Training Project.

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.

GRAI is now offering a FREE Community of Practice Project in 2022.

This project will offer organisations the opportunity to send 3-4 people who are sufficiently well-placed to be change agents within their organisation. This may be managers, team leaders, policy and HR staff in the aged care sector, including, residential facilities, retirement villages, community care providers and all services engaging with older members of the community.

The three-part course will explore how organisations can link the Aged Care standards with a Rainbow Readiness framework. Participants will understand the meaning and rationale of the standards for LGBTI people (why it matters); what implementation looks like on the ground; and how the organisation can develop and self-audit.



The National LGBTI Ageing and Aged care
Community of Practice project.

This project does not replace Rainbow Tick accreditation but will provide your organisation with a solid foundation on which to build its inclusive GLBTI practices and policies.

Training Program

The three workshops will be held at 6 weekly intervals and participants are expected to attend all three sessions.

Two Full Days

(9am-4pm) Thursday 28 July 2022 and Thursday 11 August 2022

One Half Day

(9am-1pm) Thursday 8 September 2022

Venue

Institute of Chartered Accountants: Level 11, 2 Mill Street Perth WA 6000


Please register via link below

<https://www.eventbrite.com/e/community-of-practice-lgbti-inclusivity-program-tickets-352463085577>

Enquiries

M: 0484 639 886

E: training@grai.org.au



The National LGBTI Ageing and Aged Care Community of Practice Project

Delivered by LGBTI aged care specialists GRAI, these training sessions will prompt a better understanding of the needs of LGBTI people, and equip managers to increase their LGBTI inclusivity in their organisation. Since 2014, GRAI has delivered our 'Right to Belong' LGBTI inclusivity training to the aged care sector, as part of the federally funded National LGBTI Ageing and Aged Care Training Project.

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.

GRAI is now offering a Community of Practice project in 2022. This project will offer organisations the opportunity to send 3-4 people who are sufficiently well-placed to be change agents within their organisation. This may be managers, team leaders, policy, and HR staff in the aged care sector, including, residential facilities, retirement villages, community care providers and all services engaging with older members of the community.

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Training program:
Participants are expected to attend all three sessions



Two Full Days
(9am-4pm) Thursday 28 July and Thursday 11 August

One Half Day
(9am-1pm) Thursday 8th September

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

Please register:
<https://www.eventbrite.com/e/community-of-practice-lgbti-inclusivity-program-tickets-352463085577>

Enquiries:
E: training@grai.org.au | P: 0484 639 886



SILVER RAINBOW
LGBTI AGEING & AGED CARE

GRAI 
GLBTI Rights in Ageing Inc.

City of Cockburn 'Seniors Centre July 2022 Outings'

Cockburn Seniors Centre

If you are 50 and over, you would love what's on offer at the Cockburn Seniors Centre. Take a look, you will be pleasantly surprised.

Cockburn Seniors Centre hosts a range of recreational, educational, health and social activities, classes, events, meals, outings and courses. Please see the City of Cockburn current timetable (ongoing regular classes and activities) and activities (short courses, events and outings).



T: 08 9411 3877

W: <https://www.cockburn.wa.gov.au/Community-and-Business/Seniors-50/Seniors-Centre>

- Date: Fourth Tuesday of each Month commenced 26 April 2022
- Time: 10:00am to 12:00pm
- Venue: Belvidere Bar, 40 Belvidere Road Belmont WA

July 2022 Outings

Outings Booking Conditions

- Outings are available for current members only
- Payment must be made at time of booking for all outings
- Bookings can be made for a maximum of two people (yourself and one other member) (full name is required of the member you are booking on behalf of)
- Apologies, but cancellations cannot be refunded
- Please advise of any special dietary requirements at time of booking

Christmas in July at Quindanning Hotel Tuesday 12 July 8.00am – 4.30pm

Enjoy the fabulous Quindanning Hotel by celebrating Christmas in July with a morning tea and 3 course meal. Low walking involved.

- Set Menu with choice of Entrée
- Entrée: Prawn cocktail or filled filo pastries
- Mains: Roast turkey/glazed ham, with seasonal roast and steamed vegetables
- Dessert: Christmas pudding with brandy custard and ice-cream
- Mask required on bus at all times Outing Cost: \$61.50

DFO Thursday 14 July 9.00am – 3.30pm

Enjoy a day out shopping and get some bargains at the Perth DFO. Buy your own lunch from the array of cafes and restaurants.

- Low to moderate walking involved
- Lunch Choice Buy or Bring your own
- Mask required on bus at all times Outing Cost - \$8.50

York Wednesday 20 July 8.00am – 4.30pm

The Castle Hotel in York is reputedly the oldest inland hotel in Western Australia. It was constructed and owned by the Craig family for 137 years. The hotel was constructed in three stages. Enjoy a scrumptious 2 course meal including tea or coffee.

- Low to moderate walking involved

Set Menu

- Mains: Roast of the day with trimmings
- Dessert: Apple crumble with cream
- Includes Tea or coffee
- Mask required on bus at all times Outing Cost - \$40.50

Bentley Pines Training Restaurant Thursday 28 July 10.30am – 3.00pm

The award-winning Bentley Pines Training Restaurant at South Metropolitan TAFE is a live, interactive training environment for our students preparing for work in the hospitality industry.

Enjoy the settings of a 5 star restaurant with a set menu with an alternate drop.

- Low to moderate walking involved
- Lunch Choice Set Menu – To be confirmed
- Mask required on bus at all times Outing Cost - \$40.00

If you are experiencing financial hardship please see the Centre Coordinator for a confidential discussion call 08 9277 1470.

The City of Cockburn is a COTA (WA) Supporter.

Seniorocity 'Local History Museums in Perth WA'

Manjimup Farmers Market

There are few farmers markets in WA where the produce is truly from the farmers you are buying directly from. The Manjimup Farmers Market has a true paddock to plate experience. Started by a passionate group of local farmers, who want to showcase the excellent produce which the Manjimup region grows. **The markets are held on the first and third Saturday of each month. Plus, the Saturday that falls on long weekends.**



With good rainfall and nutrient rich soils, the farmland in the area is amongst the very best in Australia. The climate lends well to growing many types of fruit and veg, leading to an extensive offering at the market. You won't get any fresher than this!

While a lot of fruit and veg is available year-round, much of it is seasonal. Visit during winter and you will find bountiful bunches of beetroot, as well as broccoli and apples. Spring greens like silver beet and spinach make an appearance from September. Summer brings corn, garlic, lettuce and potatoes, with the warmer weather. If you visit in Autumn, expect to find stalls full of native finger limes, pomegranates and many nut varieties.

As well as fruit and vegetables, there are also lots of country style preserves and freshly baked cakes on offer. Plus, a selection of arts, crafts and the ever popular indoor plants.

Plenty of parking is available. And a playground and skate park next to the markets, if you have grandchildren with you. If you are heading to Manji, be sure to take an esky along and bring home some fresh treats from the Manjimup Farmers Market.

W: <https://seniorocity.com.au/manjimup-farmers-market/>

Sunday Serenades Concerts

The Sunday Serenades Concert Series returns for 2022.



Welcome to the 2022 Sunday Serenades Concert Series, proudly presented by the City of Joondalup.

The City of Joondalup is pleased to announce that the Sunday Serenades Concert Series will return to Redmond Theatre at Prendiville Catholic College from July 2022 to December 2022.

This program is designed to cater for audiences of all music tastes, with genres including musical theatre, 1950s rock'n'roll, blues, classical and contemporary favourites performed by talented local artists and musicians.

Tickets can be purchased individually or as part of a subscription package. Subscription packages are a great way to guarantee a seat at your favourite performance as tickets are strictly limited for each concert.

Concert Admission Charges

Single Ticket: Full Price \$17.00 Concession \$14.00 Chgild \$10.00

Silver Subscription Package (4 Concerts) Full Price \$63.00 Concession \$50.00

Gold Subscription Package (6 Concerts) Full Price \$89.00 Concession \$71.00

W: <https://www.joondalup.wa.gov.au/kb/resident/sunday-serenades-concerts>

Where Can You Tour a Decommissioned Royal Navy Submarine in Australia?

HMAS Ovens at the WA Maritime Museum, Fremantle

The HMAS Ovens is a decommissioned Royal Australian Navy (RAN) 89 metre long, Oberon-class submarine open for public touring at the WA Maritime Museum in Fremantle. Visitors are able to explore the cramped living quarters, torpedo room, and engine room of this former Cold War-era vessel. The Ovens is one of only four Oberon-class submarines remaining in the world, and the tour provides a unique glimpse into the inner workings of a submarine.



Tour Details

The tour of HMAS Ovens runs daily every half an hour between 10:00am-3.30pm. The tour takes approximately 1 hour and 15 minutes to complete.

The tour includes climbing 9 metre high scaffolding stairs, steeply inclined ladders and bending through narrow hatchways. A reasonable level of fitness, freedom from significant injuries, and the ability to climb independently (without walking aids) is required.

For safety reasons, children must be over the age of six and at least 100 centimetres tall to participate on the submarine tour.

Cost of Tour

Standard | \$15

Concession | \$7.50

Junior | \$7.50

Book your tour and find out more by visiting:

W: <https://visit.museum.wa.gov.au/maritime/submarine-hmas-ovens-tour>

*Senior***OCITY**
The Over 55's Guide to Perth

Support Programs

United Way West Australia 'Empowered for Employment (E4E)' Program

The United Way West Australia (UWWA) **Empowered for Employment (E4E) Program** is for women who have experienced domestic violence and focuses on exploring your options for work, study, volunteering or another goal, by exploring your strengths, hopes and circumstances.

What is E4E about?



Working, studying and volunteering can be a very positive and beneficial experience. However, it can also be challenging and difficult to work out which pathway is right for you.

E4E gives you an opportunity to set goals and plan your pathway including individualised support through mentoring to move along this pathway.

Please note, UWWA do not guarantee a job, entry into study or volunteer placement at the end of this Program, rather they offer support unique to you.

For example; through the group sessions a woman may decide that until her children are older it is not a good idea for her to start working. However, to get some experience, it may be useful to begin volunteering. She would like a mentor to help her identify safe volunteering opportunities that will help build her skills.

The free Empowered for Employment Program aims to:

- Identify your goals and pathway to work, study or volunteering
- Learn about strategies and resources that may help with challenges to finding work, studying or volunteering
- Meet and support other women in the Program
- Receive 1:1 mentoring specific to your needs, goals and preferences



E4E content is planned to include:

Group Sessions

There will be 4 group sessions which will give you an opportunity to explore and map-out your personal goals and pathway to work, study, volunteering or a different goal. In the group, UWWA will discuss barriers and challenges and ways of dealing those challenges.

Mentoring Preparation Session

In the fourth session you can develop your mentoring plan and preferences and then a fourth session will be planned when you will meet your mentor.

Mentoring

For 6 to 12 months you can receive one to one support that relates to your specific goals, needs and preferences; e.g. study skills with a mentor who has done a TAFE course, or interview skills with a mentor who has been on an interview panel, etc.

When and Where

The group sessions will be held on a Tuesday or Wednesday Morning starting Mid July 2022

Dates: To be confirmed.

Time: 10.00am to 12.30pm

Venue: To be confirmed.

For further information, contact:

T: 08 9440 4800

E: Justine Roberts jroberts@unitedwaywa.com.au

E4E is a FREE program.

Light refreshments, pamper gifts and all program materials are provided for participants.

Note: this service is only available to women who have previously experienced domestic violence and are no longer in a crisis situation.



The flyer for the E4E program is titled "THE E4E program aims to:" and lists five bullet points: "Explore hopes, dreams and pathways to the future, for women who have experienced domestic violence.", "Identify individual goals and pathways to work, study or volunteering.", "Learn about strategies and resources that may help with challenges to finding work, studying or volunteering.", "Connect with, support and be supported by the other women in the program.", and "Provide support through a structured program consisting of 4 weekly group sessions. Followed with 1:1 mentoring for a period of 3-6 months, specific to the individual needs, goals and preferences of each participant." The flyer also includes a contact section for Justine Roberts at United Way WA, with the email jroberts@unitedwaywa.com.au. A note at the bottom states: "Note: this service is only available to women who have previously experienced domestic violence and are no longer in a crisis situation." The flyer is decorated with icons of a person at a desk, a person holding a gift, two people talking, and hands holding a heart, and a bottom row of icons showing a person cooking, a person running, a person holding a plant, and a person sitting at a desk.

THE E4E program
aims to:

- Explore hopes, dreams and pathways to the future, for women who have experienced domestic violence.
- Identify individual goals and pathways to work, study or volunteering.
- Learn about strategies and resources that may help with challenges to finding work, studying or volunteering.
- Connect with, support and be supported by the other women in the program.
- Provide support through a structured program consisting of 4 weekly group sessions. Followed with 1:1 mentoring for a period of 3-6 months, specific to the individual needs, goals and preferences of each participant.

Contact: Justine Roberts, United Way WA
jroberts@unitedwaywa.com.au

Note: this service is only available to women who have previously experienced domestic violence and are no longer in a crisis situation.

LIVE UNITED



United Way West Australia

Northern Suburbs Community Legal Centre 'Financial Support & Education for Older Women'

NSCLC's 'Financial Advocacy Service' offers support and education in the areas below.

This service is available across WA as one on one or group sessions; face to face or online; or outreach and home visits available.

Services include:

Managing Your Money Day To Day

- Understanding your finances
- Setting financial goals
- Creating a budget
- How technology can help
- Avoiding financial abuse
- Avoiding scams

Making Money Decisions

- Improve your financial knowledge
- Dealing with banks
- Using online banking
- Good spending habits
- Making your pension go further
- Managing financial challenges
- Managing debts

Planning for the Future

- Financial, legal and health decisions
- Decision making and agreements
- Involving family in decisions
- Power of attorney and guardianship
- Living arrangements
- Lawyers, counsellors and other services

Book now

M: 0478 219 871

E: oprs@nsclegal.org.au



The poster features a top image of a glass jar filled with coins and several small green plants growing out of stacks of coins. The NSCLC logo is in the top left corner. The main title is 'Financial support & education for older women'. Below this, a subtitle states: 'Our financial advocacy service offers support and education in the areas below. This service is available across WA for individuals and groups.' The poster is divided into three columns, each with a white circular header and a list of services:

- Managing your money day to day**
 - Understanding your finances.
 - Setting financial goals.
 - Creating a budget.
 - How technology can help.
 - Avoiding financial abuse.
 - Avoiding scams.
- Making money decisions**
 - Improve your financial knowledge.
 - Dealing with banks.
 - Using online banking.
 - Good spending habits.
 - Making your pension go further.
 - Managing financial challenges.
 - Managing debts.
- Planning for the future**
 - Financial, legal and health decisions.
 - Decision making and agreements.
 - Involving family in decisions.
 - Power of attorney and guardianship.
 - Living arrangements.
 - Lawyers, counsellors and other services.

Book Now!
0478 219 871
oprs@nsclegal.org.au

One on one or groups sessions • Face to face or on-line • Outreach and home visits available

ecstra



northern suburbs
community
legal centre

Feedback Opportunities

ShelterWA 'Understanding the particular tenancy needs and issues of older people who rent'

ShelterWA would like expressions of interest from older people who rent to participate in a 'Focus Group' to understand their particular tenancy needs and issues.

This information would be used for prebudget submissions and for advocacy around reforms to the *Residential Tenancies Act*. Some of the reforms will include rights around modifications to the home, often an issue for older tenants who are ageing...

The Focus Group is for older people with disabilities (including age-related disabilities) facing housing insecurity.

Free refreshments will be provided and reasonable out of pocket expenses will be reimbursed to participants.

Housing for Seniors

There is currently a lack of affordable and appropriate housing choices for seniors in Western Australia.



shelterwa

While many seniors will be housed comfortably as they age, some will find themselves in extreme housing stress after a lifetime of working, raising families and caring for others, putting them at risk of homelessness. Appropriate housing is crucial for people to remain healthy and stay engaged in the community.

The inadequacy in housing and support systems is due to the following gaps and issues:

- An inadequate supply of affordable and appropriate housing
- Less likely to receive access to social housing
- The unaffordable housing market and high rental prices
- Challenges surrounding information
- Lack of housing that provides security and community connection
- Lack of housing and support choice

Creating effective and adequate housing and support systems in Western Australia is a necessity to improve health, stability, comfort, a sense of belonging, lower stress and manageable living costs among older people.

The State Government's strategy on seniors housing 'Ageing with Choice' coupled with a report released by the Housing for the Aged Action Group, highlighted the need for tailored housing responses for the older people in our community. These reports pave the way for the initiatives 'Ageing on the Edge' and 'Reimagining Home'.

Volunteer 'Alzheimer's Prevention Study'

Volunteer for a leading Alzheimer's prevention study.

If you are interested in FREE access to expert health professionals , detailed health assessments and preventing cognitive decline through lifestyle, please contact the AU-ARROW team on 08 6304 3966.

**Volunteer
for a leading
Alzheimer's
prevention
study now!**



Are You Interested?

- 60-79 years of age
- Sedentary lifestyle
- Average diet
- Normal memory & thinking abilities

Gym locations *

Nedlands
South Perth
Willagee
Canning Vale

*Must be within 10km of one of these gym locations

If you are interested in **FREE** access to expert health professionals, detailed health assessments and preventing cognitive decline through lifestyle please contact the AU-ARROW team on 08 63043966

Australian
**ALZHEIMER'S
RESEARCH**
Foundation

ECU
EDITH COHAN
UNIVERSITY

AU-ARROW

MACQUARIE
University

**alzheimer's
association**

Support Information

WA Police Force 'Community Diversity and Substantive Equality'

Western Australia Police Force's Commitment to Diversity

The WA Police Force recognise community and cultural diversity as an enriching and fundamental feature of our society and is committed to providing effective policing services that are accessible, culturally appropriate, and equally responsive to all communities of Western Australia.

The WA Police Force strive to ensure:

- The policing needs of Aboriginal people, multicultural communities, diverse and social minority groups are addressed
- The service it provides is accessible and achieves equitable service delivery outcomes to all members of the community
- The implementation of a service delivery model based on current policy that identifies, addresses, and discourages any expression of racist behaviour and/or discrimination by any of its members

The WA Police Force rely on community confidence to do their work. Developing trust and confidence is a key priority for the WA Police Force. In delivering our services, we will endeavour to build the trust of those seeking assistance; trust in the quality of the service, in being treated well, and having issues taken seriously.

Multicultural Communities: The WA Police Force Aboriginal and Community Diversity Unit supports policies and practices which clearly recognize the importance of policing for good community relations and promote the integration of Culturally and Linguistically Diverse (CaLD) and religious communities at national and local levels.

The Western Australian Languages Services Policy aims to ensure equitable access to all State Government services for people who need assistance with communicating in English.

People of Diverse Sexuality and/or Gender: The WA Police Force support and promote the reporting of crime committed against people who identify with the diverse sexuality and/or gender (DSG) community.

Although not formally recognised under the Criminal Investigation Act 2006, the WA Police Force understand that hate based crime against people who identify as DSG may significantly impact upon the victim, the victim's family or social network as well as the community as a whole.

People with Disability: The WA Police Force is committed to ensuring people with disability, their families and carers are able to fully access departmental services and facilities. This includes consulting people with disability, their families and carers, and where required, disability organisations, to ensure barriers to access are addressed appropriately.

Useful Numbers for Seniors

Seniors' Information Service: Metro: 08 6551 8800 Country: 1800 671 233

WA Seniors Card Centre: 08 6551 8800 (Metro) or 1800 6233 (Country free call)

WA Deaf Society: 08 9441 2677 E: info@deafaustralia.org.au W: <https://www.waad.org.au/>

Translating and Interpreting Services: <https://www.tisnational.gov.au/>

Seniors and Elder Abuse: The WA Police Force is committed to ensuring seniors, their families and carers are able to fully access departmental services and facilities. This includes consulting seniors, their families and carers organisations, and where required, to ensure that barriers to access are addressed appropriately.

Advocare: 08 9479 7566 (Metro) or 1800 655 566 (Country free call)

For further information on crime prevention, reporting graffiti, reporting hooning and designing out crime at your home visit the following websites:

WA Police: www.police.wa.gov.au

Neighbourhood Watch: www.nhw.wa.gov.au

Crimestoppers: www.wa.crimestoppers.com.au

Reporting graffiti: www.goodbye graffiti.wa.gov.au

Preventing crime within the community is everybody's responsibility. If you see something wrong or unusual, never get physically involved. Instead call the police immediately on 131 444 or 000 if it is an emergency. If you live alone, keep your details private.



ACCC 'Reporting Scams to Scamwatch'

First, it was email scams, then telephone scams. Nowadays the rise of digitalisation has provided scammers with an array of additional channels to execute their tactics.

In 2020, the Australian Competition and Consumer Commission (ACCC) reported that over 444,000 Australians fell victim to scammers, parting way with over \$850 million dollars. The majority of these Australians were over the age of 65. Understanding the types of scams, their delivery methods, and actions to take if you identify a potential scam are vital to become scam aware.



What to do if you think you have fallen victim of a scam

If you believe that you have been targeted by a scam, WA Police and the ACCC advises that you:

1. Report it immediately.
2. Contact your bank if you have shared your financial information or sent money to a scammer.
3. Change your online passwords if you have fallen victim to a computer scam.
4. Reach out to your GP, local health professional or someone you trust if you feel overwhelmed and stressed.

Report scams to Scamwatch

If you think you have been scammed, tell your bank and telephone company immediately and report the scam to:

W: <https://www.scamwatch.gov.au/report-a-scam>

Scammers utilise many creative schemes of deception, so it's vital to maintain a healthy level of suspicion about anyone who is asking you for money or your personal details.

According to ACCC Scamwatch, the number of scams reported increased 170 per cent during the pandemic, with Australians over 65 losing the most of any age group last year – \$81.9m. Scammers took advantage of pandemic lockdowns to reach people through digital channels and is concerned by the growth in remote access scams especially.

Helpful Resources

The official Federal Government website for tips, advice and scam news:

W: <https://www.scamwatch.gov.au/>

Where you can register for email alerts on recent online threats:

W: <https://www.cyber.gov.au/acsc/register>

ServiceWA app 'Upgrade to keep WA drivers informed of petrol prices'

The McGowan Government has updated its ServiceWA app to include FuelWatch, providing an easy to navigate, interactive map allowing users to find the best fuel price deal across Western Australia.

The addition of FuelWatch to the ServiceWA app is the next step toward redefining how Western Australians interact with government services in a digital world. The McGowan Government is exploring the inclusion of additional features, including, SmartRider, Seniors Card and Emergency notifications (via Emergency WA).

The ServiceWA app was launched in January 2022, and first provided Western Australians a free, convenient and secure mobile application that played a major role in seeing WA through its Safe Transition phase, allowing people to show proof of vaccination, check in at businesses and venues and access their G2G Pass for interstate travel.

With nearly all previous COVID-19 restrictions eased, the ServiceWA app will now transform and be expanded with new government services offered within the app.

The app continues to provide access to important COVID-19 information, including how to prepare your household for COVID-19, where to get tested and where to get vaccinated.

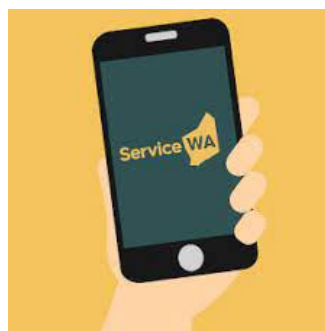
With nearly all previous COVID-19 restrictions eased, now is the best time for the app to expand its list of services.

The ServiceWA app has been downloaded over 1.2 million times, and the addition of FuelWatch will allow for users to conveniently access fuel prices when and where they need to. FuelWatch can still be accessed through its website: www.fuelwatch.wa.gov.au

For more information about the ServiceWA app

T: 13 33 92

W: <https://www.wa.gov.au/servicewaapp>



Services Australia 'Navigating Government-funded Aged Care Services'

Older Australians now have more options to help them access and navigate government-funded aged care services. This includes My Aged Care face-to-face services.

Services Australia have made it easier for you to find out about MyAgedCare services.

It can be overwhelming when you start your aged care journey and are thinking about how to access aged care services. Whether you are looking for help at home or thinking about entering an aged care home, Services Australia is there to help.

To find general information about government-funded aged care services you can:

T: My Aged Care on 1800 200 422*

In-person: visit any Services Australia service centre

Aged Care Specialist Officers

You, your family or a representative may be able to speak to an Aged Care Specialist Officer. This is a free service available in some service centres to help you with your aged care matters.

They can help you by:

- Providing in-depth information on the different types of aged care services
- Checking if you are eligible for government-funded services and making a referral for an aged care assessment
- Providing financial information about aged care services
- Helping you appoint a representative for My Aged Care
- Connecting you to local support services

For more in-depth information about aged care services, you can talk to an Aged Care Specialist Officer if one is available in your area. To find out if there is an Aged Care Specialist Officer in your area, go to: <https://www.servicesaustralia.gov.au/my-aged-care-face-to-face-services>

To book an appointment with an Aged Care Specialist Officer

T: 1800 227 475*

In-person: request appointment at your local Services Australia service centre

***1800 calls are free from land lines and most mobile telephones**



The graphic features a blue background with a white icon of two people and the text 'myagedcare' in white. Below this, the headline 'Get help with your aged care options' is written in large, bold, white letters. Underneath the headline, a dark blue box contains the text 'Whether you're looking for help at home or thinking about an aged care home, we can help.' in white. To the right of this box, there is a list of ways to connect with services, followed by instructions on how to book an appointment with an Aged Care Specialist Officer. At the bottom of the graphic, there is a black bar containing the Australian Government crest, the Services Australia logo, and the website address 'servicesaustralia.gov.au'.

myagedcare

Get help with your aged care options

Whether you're looking for help at home or thinking about an aged care home, we can help.

Connect with us:

- Go to myagedcare.gov.au
- Call My Aged Care on **1800 200 422***
- Ask at your local Services Australia service centre.

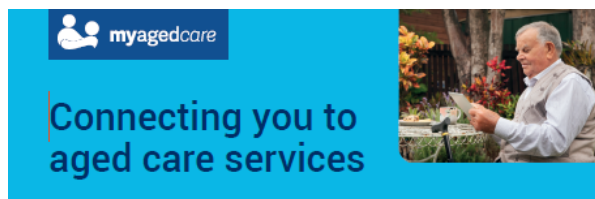
Book an appointment with an Aged Care Specialist Officer:

- Call **1800 227 475***
- Ask at your local Services Australia service centre.

*1800 calls are free from land lines and most mobile phones.

Australian Government Services Australia servicesaustralia.gov.au

Are you planning for aged care or helping a family member or loved one with their aged care needs?



At all Services Australia service centres, you can get general information about aged care services and help connecting to My Aged Care's online and telephone channels.

We've made it easier for you to find out about My Aged Care services.

It can be overwhelming when you start your aged care journey and are thinking about how to access aged care services. Whether you're looking for help at home or thinking about entering an aged care home, we're here to help.

If you need help finding general information about government-funded aged care services you can:

- go to myagedcare.gov.au
- call My Aged Care on 1800 200 422
- visit any Services Australia service centre.

For more in-depth information about aged care services you can:

- talk to an Aged Care Specialist Officer if one is available in your area
- call My Aged Care on 1800 200 422

Aged Care Specialist Officers

You, your family or a representative may be able to speak to one of our Aged Care Specialist Officers. This is a free service available in some of our service centres to help you with your aged care matters.

They can help you by:

- providing in-depth information on the different types of aged care services
- checking if you're eligible for government-funded services and making a referral for an aged care assessment
- providing financial information about aged care services
- helping you appoint a representative for My Aged Care
- connecting you to local support services.

FIND OUT IF THERE'S AN AGED CARE SPECIALIST OFFICER IN YOUR AREA

To find out if there's an Aged Care Specialist Officer in your area, go to servicesaustralia.gov.au/myagedcarefacetoface

To book an appointment with an Aged Care Specialist Officer:

- call 1800 227 475
- ask at your local Services Australia service centre.



Where to find more information

Read more about the My Aged Care face-to-face service at

<https://www.servicesaustralia.gov.au/my-aged-care-face-to-face-services>

Find out more about My Aged Care at <https://www.myagedcare.gov.au/>



‘And...the Moral of the Story is...’

Misconceptions about ageing are easy to come by. You may have even met an older person who fits a common stereotype.

Here's a reality check: Age does not define who a person is....

We like to remember things that are readily accessible in our memories, cases of older people who are grumpy, depressed, irritable, angry and the like are memorable because they have an impact on us emotionally.

Cases of seniors who are doing just fine do not have much of an impact on us, so they do not stand out in our memories, media coverage and popular movies reinforce these negative stereotypes.

The continuing media narrative persuades us that later life is a time of loneliness and isolation, one where we may even be living on the moon.

Back on planet Earth, the U.K. Office National Statistics (ONS) data shows that the age groups who are most likely to feel lonely are 16-24 and 25-34 year olds. Despite this, 41% of people aged 50 and over said that they expect to get lonelier as they get older. This suggests that the narrative of the lonely older person has become widely accepted, even by older people themselves.

We know that if we stay physically active and involved in our community, we can improve the quality of later life and avoid becoming lonely.

Many of the negative aspects of ageing come from people's experience of being prevented from doing the things they want to do because of their age.

Evidence shows that planning your older self and considering the importance of social connections and good health in later life, and to take appropriate steps to maintain both as you age and there is no reason we cannot continue doing the things we like.



ANSWERS to the 'CROSSWORD' Puzzle (see Page 34)

JULY

Solution:

1	A	2	M	3	I	4	D			5	S	6	C	7	R	8	U	9	B		10	C	11	D	12	S
13	D	E	C	A	14	F			15	A	L	A	M	O					16	L	O	T				
17	A	M	E	B	A				18	T	A	M	P	A					19	A	D	O				
20	M	O	D		21	M	22	I	E	N					23	T	24	A	N	G	O					
				25	G	I	R	D			26	F	27	R	I	S	K	E	D							
28	C	29	A	30	J	O	L	E			31	S	L	U	N	K										
32	U	S	U	R	Y					33	T	A	N	G			34	T	35	A	36	D				
37	T	I	L	E		38	D	39	R	U	G	S			40	R	O	V	E							
41	S	A	Y		42	L	O	A	D					43	P	U	T	O	N							
				44	Z	I	N	C	S			45	E	L	B	O	W	S								
46	M	47	A	48	L	E	B	E	E		49	F	R	A	Y											
50	I	N	A	N	E					51	V	A	R	Y			52	S	53	O	54	B				
55	L	T	D		56	R	57	I	58	S	E	R			59	E	60	D	E	M	A					
61	E	E	L		62	T	I	B	I	A				63	R	O	M	A	N							
64	S	S	E		65	Y	I	E	L	D					66	W	I	N	D							

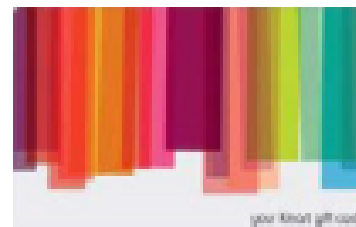
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Evelyn Johnson

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