



# COTA Connections

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

AUGUST 2022

w: [www.cotawa.org.au](http://www.cotawa.org.au) | t: (08) 9472 0104

More than 310,000 Western Australian seniors will receive extra cash in their bank accounts this month, thanks to the **WA State Government's Cost of Living Rebate**. WA Seniors Card members will share in almost \$26 million in direct financial assistance, with singles receiving a one-off payment of \$95.69, and couples getting \$143.50. Applications for the free WA Seniors Card can be made by Australian citizens or permanent residents aged over 64, who reside in WA and work less than 25 hours a week in paid employment.

**Further details on eligibility, benefits and applications are available via the WA Seniors Card website at:**

W: <https://seniorscard.wa.gov.au/eligibility/>



Representing the views and opinions of older Western Australians is at the core of our role as the peak body for seniors and listening to your concerns and capturing valuable information about your experiences is the key to us being able to represent you effectively.

That is why we are excited to launch the **2022 Listening Posts**. This initiative was originally launched last year but was postponed due to ongoing uncertainty around COVID. With the re-instatement of the program we are calling on seniors to join us for one (or more) of a series of focus groups over the next five months. We will also be scheduling some virtual meetings for regional or rural communities. Anyone can register their interest for these informal sessions and you can read more in this newsletter about how to get involved.

**Minister Don Punch launched the 2022 WA Seniors Awards and the Community Grants Program on Monday 1 August 2022.**

Do you know someone who deserves to be recognised in the 2022 WA Seniors Awards? Or would your organisation or community group like to hold an event during Seniors Week (6-11 November 2022) to recognise and celebrate the contribution that seniors make to their communities?

**You will find further information and nomination and application forms for both activities at:**

<https://www.cotawa.org.au/wa-seniors-awards-2022-and-wa-seniors-week-community-grants-2022-opens-monday-1-august-2022/>

**Media Statements from Minister Don Punch MLA, Seniors and Ageing**

<https://www.mediastatements.wa.gov.au/Pages/McGowan/2022/08/Nominations-for-2022-WA-Seniors-Awards-now-open.aspx>

<https://www.mediastatements.wa.gov.au/Pages/McGowan/2022/08/Grants-will-make-Seniors-Week-events-memorable.aspx>

COTA (WA) had a stand at the Care and Ageing Well Expo at the Perth Convention Exhibition Centre last weekend. Thanks to everyone who came to talk to us and to give some feedback. Almost 100% of people made it very clear that seniors are feeling frustrated and angry about being compelled to use digital technology. Mature age employment was another key issue raised, with seniors not happy about losing other entitlements such as the WA Seniors Card, if they choose or need to work. And of course, the COTA (WA) Seniors Guides were a hit.

**Have you noticed that our newsletter is growing in size and content?**

Our aim is to provide you with valuable information and interesting articles with no paid advertising. How are we doing? Is it too much information or do you just skip over to find the articles that interest you?

We would like to get your feedback so please let us know if there is an issue you would like us to cover or some information you would like us to include. You can email us at [info@cotawa.org.au](mailto:info@cotawa.org.au)

Winter is upon us. Have you had your flu shot?



**Christine Allen, CEO**

## Season of Djilba ‘First Spring | August and September’

Djilba is one of the six seasons in the Noongar (Local Indigenous) calendar, which more accurately describes the changes throughout the South West region of Australia, than the European four seasons.

A transitional time of the year, Djilba has days that are very cold, some that are rainy and windy and others where the sun comes through.

Djilba is the first spring, beginning the longer, sunnier days with occasional rain. As the clearer skies brings sunnier days, it also brings colder days and nights as less clouds blanket the land. New life begins to emerge; flowers blossom, native bees can be seen foraging and animals become more active.

As the days start to warm up, you will hear and see the first of the new born animals with their parents providing them with food, shelter and protection from other animals and people. The woodland birds will still be nest bound, hence the swooping behaviour of the Koolbardi (magpie), Djidi Djidi (Willywag tails) and the Chuck-a-luck (wattle birds).

As temperatures warm, vibrant colours fill the land. The Kurulbrang (The Kangaroo Paw) flower begin to sprout and open, showing off its striking reds, yellows, oranges and greens: meaning, warmer days are ahead. These unique flowers were also foraged by traditional people for their rhizomes which contain a rich source of starches.



Traditionally, the main food source at this time of the year included many of the land-based grazing animals including Yongar (kangaroo), Waititj (Emu) and the Koomal (possum).

This is the start of the massive flowering explosion in the South West. It begins with yellow flowering plants such as the Acacias. You will also notice cream and striking blue coloured flowers. As the season progresses and the temperatures continue to rise, you will see the flower stalks of the Balgas (Grass Tress) emerging in preparation for the coming Kambarang season.

As the season progresses into late September, more and more flowers bloom and the South West explodes to life with vibrancy as it transitions into the Kambarang season (The second spring and wildflower season).

## COTA (WA) 'WA Seniors Listening Posts'

### Seniors 'Have your Say'

#### Would you like to contribute to a better future for seniors?

COTA (WA) is keen to involve interested older Western Australians in sharing their ideas about matters of importance to them. This will help us to develop initiatives which reflect the real concerns of the people we represent. It will also help us a great deal in representing you more effectively in our dealings with government and non-government organisations.



Led by Chris Jeffery, Chief Policy Officer (and creator of the COTA (WA) Seniors Guides) this is getting back to the grass roots of engaging with seniors. Chris says, "It's very important for COTA to keep in close touch with what older people think about the key issues which affect them. I am very excited that we can at last engage with you through the Listening Posts initiative on topics that you have identified as some of your important concerns. Have your say and nominate now to join one or more of these groups".

#### How can I get involved?

To enable a broad range of people to contribute, we are seeking a brief Expressions of Interest from people who would like to join a discussion group of about ten (10) people, each of which will focus on a specific topic. Within these broad areas, each group will explore the issues which are of most concern to older people. We are especially keen to involve people who have direct experience in their chosen interest area.

The topics include:

- Housing (September 2022); Cost of Living (October 2022); The Digital Divide (November 2022); Mature Age Employment (December 2022); Diversity (February 2023)



**This initiative is supported by Vern Ferdinands, Policy Officer COTA (WA).**

## How Will These Groups Function?

The sessions are free and the small groups will meet at the COTA (WA) office at 61 Kitchener Avenue Victoria Park WA 6100 for two (2) hours from 10.30am to 12.30pm. Morning tea will be provided.

A facilitator will guide the roundtable discussion in order to obtain as much information as possible about your real concerns. Depending on the topic and the wishes of the group there may be another meeting arranged as a follow-up if people feel the need to spend more time in their explorations.

## How will the Information from the Groups be used?

The information from the Listening Post Groups will be used by COTA (WA) in various ways and in different arenas, to enrich our advocacy for you, our constituents. For example, we are regularly asked by government departments to inform them of the views of older people on specific issues. We are also asked to join government and non-government working parties and committees to provide an older people's perspective on particular policies and initiatives. Another key way in which we support older people in WA is through the development of a series of Guides on matters of importance to you, and these discussion groups will help enormously in helping us to determine exactly what information and resources you would find most helpful in developing future support materials.

**Places are Limited** so please nominate early.

## Next Steps

If you are interested in participating in one of these groups, all you need to do at this stage is to email [dana@cotawa.org.au](mailto:dana@cotawa.org.au) providing the following information:

1. Name:
2. Contact Number:
3. Email:
4. Nominate which of the following issues are of interest to you. You can pick more than one.

Housing

Cost of Living

The Digital Divide

Mature Age Employment

Diversity

5. Please tell us why you would like to contribute to the Listening Post Sessions.

COTA (WA) will contact you regarding the next steps, including the date of the meeting of your particular group.

**If you have any questions or queries, please call Dana on 08 9472 0104 or via email: [dana@cotawa.org.au](mailto:dana@cotawa.org.au)**



## WA Seniors Week 'WA Seniors Awards 2022'

**Nominations for the WA Seniors Awards 2022 opened Monday 1 August 2022.**

The WA Seniors Awards recognise the important contribution of seniors to the community, as well as those who work to improve the lives of older Western Australians.

**The 2022 WA Seniors Awards are coordinated and presented by the Council on the Ageing (WA) in partnership with the State Government during WA Seniors Week 6-11 November 2022.**

The WA Seniors Awards 2022 will be promoted State-wide as an open application process. Anyone can nominate a deserving older person, local government, business or individual working to advocate for seniors.

**There will be a nomination process for five (5) awards for 2022:**

- WA Senior Metropolitan (Nominee must be 55 years' and older)
- WA Senior Regional (Nominee must be 55 years' and older)
- WA Age Friendly Business
- WA Age Friendly Local Government
- WA Seniors Advocate (Nominee not dependent on age)

**The WA Seniors Awards nominations must be submitted and received by COB Friday 9 September 2022.**

**For more information and to complete a WA Seniors Awards 'Nomination Form' go to:**

<https://www.cotawa.org.au/wa-seniors-awards-2022-and-wa-seniors-week-community-grants-2022-opens-monday-1-august-2022/>

Government of Western Australia  
Department of Communities

**Nominations are now open for the WA Seniors Awards.**

Do you know an exceptional

- senior
- local government
- business
- individual

improving lives of older Western Australians?

By making a nomination, you can ensure that the contributions of seniors and people supporting older Western Australians are recognised and celebrated.

**Nominations** can be made by organisations or individual members of the public, visit **[www.cotawa.org.au](https://www.cotawa.org.au)** for more information or call the Council on the Ageing WA on **(08) 9472 0104**.

Awards will be presented during Seniors Week, 6–13 November 2022.

**Nominations close COB Friday, 9 September 2022.**

**COTA**  
WESTERN AUSTRALIA  
for older Australians

The WA Seniors Awards are coordinated and presented by the Council on the Ageing (WA) in partnership with the Department of Communities.

# WA Seniors Week 'Community Grants 2022'

**Applications for a Community Grant 2022 opened Monday 1 August 2022.**

WA Seniors Week 2022 is a special time of celebration for Western Australian seniors. From the **6-13 November 2022**, events and activities are held across Western Australia to acknowledge seniors and show our appreciation for their valued contribution to the community.

Grants of up to \$1,000 are available to local governments, registered not for profit organisations and community groups (or up to \$3,000 for a consortium) throughout the metropolitan, and in particular, rural and remote regions of Western Australia to support seniors, particularly those who experience disadvantage or isolation, to attend events and activities during Seniors Week 2022. Each recipient organisation will be asked to provide a summary of the event and acquittal of funds.

**The Seniors Week 2022 Community Grants events proposals must be submitted and received by COB Friday 9 September 2022.**

**For more information and to complete a Community Grants 'Application Form' go to:**

<https://www.cotawa.org.au/wa-seniors-awards-2022-and-wa-seniors-week-community-grants-2022-opens-monday-1-august-2022/>



**Seniors Week**  
**Community Grants Program**

WA Seniors Week recognises the important role that seniors play in our community and celebrates the contributions of older Western Australians.

Local governments, registered not for profits and community groups can apply for the Seniors Week Community Grants Program.

Grants of up to \$1,000 for individual projects (or up to \$3,000 for consortium projects) are available to host an event or activity during Seniors Week in Western Australia.

The grants aim to celebrate the role of seniors in our communities and encourage participation in community life, particularly for isolated individuals.

Visit [www.cotawa.org.au](http://www.cotawa.org.au) for more information or call the Council on the Ageing WA on (08) 9472 0104.

**Applications close COB Friday, 9 September 2022.**

**COTA**  
WESTERN AUSTRALIA  
for older Australians

The Seniors Week Community Grants Program is coordinated by the Council on the Ageing (WA) in partnership with the Department of Communities.

## Meet Joan Thompson 'Inspiration for New Australians'

One of our readers shares her story with us...

**Watching with horror the 9/11 terrorist attacks on the TV, I turned to my husband and said, "what can I do to make the world a safer place for my grandchildren."**

Later I said, "I will find a Muslim woman and teach her English." Later again, I sat next to woman on a bus and remarked, "it's very wet" and she replied, "my English is not too good." And so began a long lasting friendship that endures to this day, this family is flourishing and is an asset to Australia.

At one stage I became a volunteer in the Adult Migrant English Program (AMEP) TAFE system which provides training and material for teaching English to new migrants, and there was an opportunity to engage in English conversations in a central class or visit new migrants with small children in their home.

When my latest student was told her allotted hours to learn English were finished but she was still coping with nine month old twins, I resigned and became instead a friend, so then I could help her.

Years later, I am helping with cousins of the first family.

I never ask questions regarding how they came to Australia, but over time they will tell me about their original countries and cultures.

Over time I have helped people from China, Iran and Ethiopia. It has been an enriching experience.

This week I was privileged to see six of my friends become Australian citizens. These people will, I am sure, be an asset to our country.





## Country Women's Association of WA features 'Apple and Pear Filling'

Perfect recipe for added value from our fruit bowls!

### Nyabing CWA Branch 'Apple and Pear Filling!'

Recipe by Marguerite Zeilinger, CWA of WA State Office.

We know all about cold mornings with the CWA 98<sup>th</sup> State Conference currently being held in country Gingin.

Wherever you are in the State, we are sure everyone has a fruit bowl that is looking a little sad with everyone wanting warm, hearty winter food.

So, bring new life to your fruit with a recipe from our **Nyabing Branch for apple and pear filling** that is quick and easy to prepare. It preserves older fruit and makes treats for hosting guests super-easy.

#### Ingredients

- Apples and/or Pears
- Lemon Juice
- Water
- Sugar
- Your choice of spices
- Cornflour or Arrowroot (for Gluten intolerances) for thickening
- Sterilised jars

#### Method

1. Wash, peel and slice apples and/or pears. Place into a large pot with lemon juice and 1 cup of water. Bring to a rolling boil. Reduce heat and simmer for 10 minutes.
2. Add a thin slice of lemon (makes the jar pretty but can be omitted), sugar and nutmeg/mixed spice/cinnamon (whichever you have available at time). Stir in.



3. Make a slurry with cornflour and water, stir into pie mix and simmer 1 minute. Keep stirring until thickened. (For those with gluten intolerances, you can also use arrowroot as a thickening agent).
4. Remove from heat and transfer into hot, sterilised jars. Using a knife, stir the filling to get out the air bubbles. Clean rims with a clean cloth before placing the lids on and sealing them.
5. Pop the jars into a water bath for 10 minutes to ensure the contents won't spoil on your shelf.



**Hint:** This fruit can then be used as a filling in Apple and Pear Pie, a dessert crumble, over custard, with some yoghurt or stirred through porridge on those frostbitten mornings!



# Country Women's Association of WA

Est. 1924

## A Special Investigation 'The harmful gap between aged and disability care has gone on for long enough'

**Aged and disability care are often viewed as separate entities, but it is this lack of integrated thinking that has been the cause of a significant, harmful gap in care for Australian society's most vulnerable.**

Initiated in 2013 and rolled out nationally by 2019, the **National Disability Insurance Scheme (NDIS)** currently supports more than 518,000 Australians living with disabilities.

On average, participants receive \$68,000 each per annum, 22% higher than the maximum funding available under a Level 4 Home Care Package.

But for the highest care needs, such as when a person is living with quadriplegia, support packages can be in excess of \$200,000 a year.

**Why are these numbers important? They represent a simple, yet devastating hole in the system.**

Currently, if a person with a disability is registered with the NDIS before they turn 65, this coverage will carry over into their senior years.

However, if an older Australian happens to incur a disability post 65, they are left in the lurch, not provided any additional support, save for the standard aged care funding.

**There are 1.9 million Australians aged over 65 years who live with some form of disability, yet there have been no studies done to indicate how many would benefit from higher level care on the NDIS.**

What are the consequences of a person with a serious disability, such as a spinal injury, being cared for via the standard aged care system?

Care workers ascribed to an older person with disabilities will most likely not be trained nor be prepared emotionally for the intensity of manual assistance required.

The consequences for not receiving specified services are not just an inconvenience: it's a matter of life and death.

**Furthermore, waiting lists are a barrier unique to aged care services, posing a risk to elders no matter their ability-level.**

In the context of residential aged care, elders with disabilities are actually neglected through reforms that are fit-for-purpose in the context of empowering elders who are mobile but put impossible expectations on those who are disabled.

**The issue is not only relevant to those with physical disabilities.**

Autism is about aloneness at the best of times and it is exacerbated with ageing. Once you become old you feel like you no longer matter, that you are no longer relevant, which makes access to the NDIS even more important, not less.



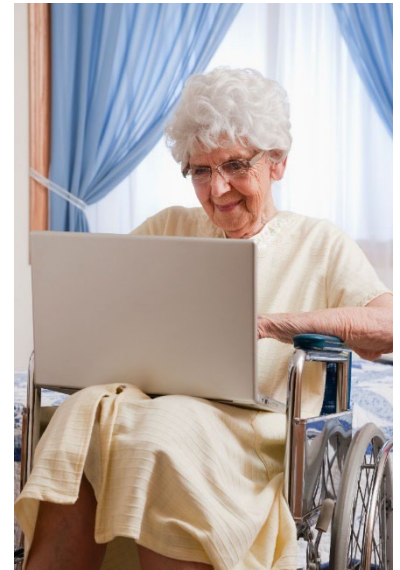


## Peak bodies have united to call for urgent action

Peak bodies across the country are saying enough is enough, that it is high time that this discrimination against elders with disabilities is remedied.

**In a joint statement made by COTA Australia, Forward Ability Support, National Disability Services, Physical Disability Council of NSW, Spinal Cord Injuries Australia, SpinalCure Australia, Spinal Life Australia, three key immediate areas for action:**

- A short-term funding solution for people with high intensity support needs so they can receive the same standard care and support as other Australians with disabilities, regardless of when they were acquired.
- A fair and transparent consultation process that prioritises the needs, choices and goals of people with disabilities aged over 65.
- A streamlined solution that works for older people with severe disabilities as well as aged care and disability service providers.



These areas for action directly correlate to one of many unaddressed recommendations from the Royal Commission into Aged Care Quality and Safety.

**Recommendation 72, calling for ‘Equity for people with disability receiving aged care’, asks that this gap in coverage is remedied by 2024.**

## Chapter 10: Aged Care for Older People with Disability

### **Recommendation 72: Equity for people with disability receiving aged care**

**By 1 July 2024, every person receiving aged care who is living with disability, regardless of when acquired, should receive through the aged care program daily living supports and outcomes (including assistive technologies, aids and equipment) equivalent to those that would be available under the National Disability Insurance Scheme to a person under the age of 65 years with the same or substantially similar conditions.**

A spokesperson for the Federal Government’s Department of Social Services provided a statement to Aged Care News, noting that after the National Disability Insurance Scheme Act 2013 passed, a National Injury Insurance Scheme was supposed to be established that would have had the capacity to support Australians aged over 65 with disability care.

A spokesperson from the Department of Health added that this consultation process will work across departments to consider the intersecting needs of older Australians who also have disabilities.

“As the Government is reviewing approaches to implementing the recommendations from the royal commission, the Department of Health has been consulting extensively with aged care stakeholders, including those with a disability who are ineligible for the NDIS, on possible reforms for in-home aged care.”

### **For Further Information**

W: <https://agedcare.royalcommission.gov.au/sites/default/files/2021-03/final-report-recommendations.pdf>



## Commonwealth Seniors Health Card (CSHC) 'Beating the health care card rush'

**Changes to the Commonwealth Seniors Health Card (CSHC) eligibility criteria means 50,000 more people can access it. But applying for it could take longer than you expect.**

There is an acute distinction between those who are pensioners and those who are not.

If you are on the Age Pension, you get a range of concessions both at a state and federal level. These offer concessions ranging from cheaper prescriptions to cheaper stamps at the Post Office.

Even if you are a part-pensioner and only get \$20 a fortnight, you still get a pensioner concession card and all the concessions that come with it.

### Key Points

- The new Federal Government will pass legislation to widen eligibility for the Commonwealth Seniors Health Card (SCHC).
- Income test thresholds will increase to \$95,000 for a single retiree and \$144,000 for a couple.
- With 50,000 people likely to be eligible, it is important to get everything you need to beat the inevitable rush of applications.

Even if you are a part-pensioner and only get \$20 a fortnight, you still get a pensioner concession card and all the concessions that come with it.

**Self-funded retirees fall into two categories. Those who get some concessions and some who do not.**

To get access to government concessions, self-funded retirees must earn less than an income threshold in order to get the Commonwealth Seniors Health Card. This threshold is currently set at \$57,761 a year if you are single and \$92,416 a year for couples.

Accessing concessions can be incredibly valuable. Western Australia, for example, offers concessions worth \$1,660 dollars, even before counting the benefits you get at the pharmacy! These card holders may have also been eligible for COVID-19 payments and the recent \$250 cost-of-living payment just before the election.

There are more than 4 million Australians over pension age. More than 2.5 million of them get a pension and around half a million get a Commonwealth Seniors Health card.

**The Labour Party looks to lift the access limits for the CSHC card to \$95,000 for single and \$144,000 for a couple after 5 August 2022.**

For further information go to: <https://www.servicesaustralia.gov.au/who-can-get-commonwealth-seniors-health-card?context=21966>



## ‘How to Choose the Right Legal Decision-Maker’

**There is a lot to consider when assigning authority to another person. Health law and ageing experts from Monash University share their tips for what to consider.**

As we get older, sometimes we may no longer be capable of making our own decisions. Dementia, stroke and head injury can impair our thinking.

The problem is that some of life’s most crucial decisions have to be made during our later years.

Some people may choose to appoint a medical treatment decision-maker or an enduring power of attorney to make certain decisions on their behalf. Alternatively, a legal tribunal or court may appoint a guardian or trustee to help guide decisions about health care, finances, accommodation, and lifestyle.

### Key Points

- As we age, we need to select someone to represent us in making decisions when we no longer can.
- The decision-maker role has changed from paternalistic to person-centred.
- Choose a legal representative that shows a deep understanding, self-awareness, and effective documentation.

### Who is the right person to take on this important role?

Is it a family member or partner who knows you best? Or someone with time and energy? Perhaps someone who understands the services you need, like a nurse, accountant or real estate agent?

The role of a decision-making representative has changed significantly in recent years, shifting from a paternalistic approach to a more person-centred focus.



### Taking Care

These days, guardianship has moved from deciding what is deemed to be in the individual’s ‘best interests’ to what best reflects their ‘will and preferences’.

Previously, decisions were made for the person by their guardian or representative, new laws now require representatives to enact the person’s ‘will and preferences’. That is, to make decisions with them.

This is an important difference. The newer model gives the represented person more autonomy over personal, financial and other decisions. It recognises that even though a person may struggle with aspects of decision-making, they should not be excluded from decisions about how they live their life.

Representatives bring their own biases, perceptions and lived experience to the role of supporting another person to make decisions. The representative faces the challenge of setting aside their own opinion and instead stepping into the shoes of the represented person to give effect to what they want.



An older able-bodied female, who is deeply religious and from a middle-to-high income background might find it difficult to represent a young man with a disability who is an atheist and from a working-class background. Now, imagine a scenario where a young man expresses a desire to go bungee-jumping or parachuting, despite previously showing a fear of heights. What is his representative to do?

Older people, women and those with a high socioeconomic status and those with faith generally have a lower appetite for risk.

A heightened perception of danger or a feeling the activity as frivolous, may lead to the representative reframing the situation with their subconscious bias. They may fail to respect the younger person's will and preferences.

### **What to look for when selecting a legal decision-making representative**

#### **1. Deep understanding**

An intimate understanding of your situation is crucial. An ideal representative is someone who actively listens and has a holistic view of your circumstances. This may come from discussions with you and your loved ones. The representative must be careful your views are not outweighed by those of family or friends, who are often more vocal. They should have a deep sense of who you are as an individual.

#### **2. Self-awareness**

The person you choose should be able to describe their personal views and values and understand how their perspective may influence their decisions. This is vital to mitigate the effects of pre-existing bias. They should be able to reflect on their own lived experiences, to understand how their history shapes their approach to decision-making. They should be able to assess whether what you would do is the same as what they think you should do, and why.

#### **3. Effective documentation**

A record of conversations between the representative and represented person often helps to illuminate a person's will and preferences. Writing or recording compels us to commit to an idea and explain what we mean. It helps to clarify what is intended far better than a one-time conversation that may be remembered differently by participants.

This article by Joseph Ibrahim, Professor, Health Law and Ageing Research Unit, Department of Forensic Medicine, Monash University and Amelia Grossi from Monash University, was published first in The Conversation. <https://theconversation.com/how-to-choose-a-legal-decision-maker-as-you-get-older-3-things-to-consider-177631>



## ‘New Platform Makes Respite Easier’

Accessing much-needed respite can be daunting for someone caring for a loved one. Here’s how to make the process of finding the right respite care a lot easier.

No one wants to think about it but what happens when a carer becomes unwell, wants to go on holiday or simply needs a break?

Being a carer for a loved one is a privilege that can bring with it strengthened relationships and unexpected joys from cherished time spent together.

It can also be a challenge that brings sacrifices, frustrations and worry as the relationship you once shared shifts from one of equal partnership to one of dependency.

It's a combination of highs and lows, good days and bad days, keeping routines and having to change them, and cherishing the little things that will one day become the big things.

### Key Points

- Respite is a temporary break that gives carers necessary time and space to do things independently while their loved one receives ongoing care and support.
- To be eligible for residential respite care, recipients must be assessed and approved by an Aged Care Assessment TEAM (ACAT).
- A new platform: **myRespiteAccom** lists all My Aged Care Government approved Aged Care Service Providers in Australia with real-time respite availability.

Despite best intentions, it is not possible (or healthy) to be a care giver all the time. Carers need to look after their own health and wellbeing and take breaks – for their own sake and the sake of their loved one.

Respite is a temporary break that gives carers necessary time and space to do things independently while their loved receives ongoing care and support.



Respite can be arranged for a few hours (often in home or at an adult day care centre) or for several days and weeks, often in a residential care facility.

Respite delivered within a residential care facility (residential respite care) is where recipients receive the same care and support as permanent residents. It can be either planned or on an emergency basis.



## How does residential respite care work?

To be eligible for residential respite care, recipients must be assessed and approved by an Aged Care Assessment TEAM (ACAT).

A person who is approved for respite care can have up to 63 days of government subsidised respite care in a financial year. This can be extended by up to 21 days at a time if approved by an Aged Care Assessment Team (ACAT).

Providers are responsible for checking the care recipient's remaining respite care allowance as subsidies are not paid if the care recipient has used up their annual allowance of respite care days.

Respite temporarily relieves carers from their duties and should be an important part in caregiver's roles so they can continue to take the best care of their loved ones and themselves.

## Where do you begin looking for residential respite?

For many carers, finding local and available respite can be an arduous and time-consuming process that is made especially difficult if respite is needed on short notice.

Carers may prefer to visit the facility in person before booking and while this may be ideal, it isn't always possible.

**A new platform, myRespiteAccom – is set to change all this by listing all My Aged Care Government approved Aged Care Service Providers in Australia and real-time respite availability.**

myRespiteAccom enables carers to search and book residential respite care from the comfort of their home – saving time and effort from having to contact providers individually. Once a carer has found available residential respite care that matches their needs (often location and time based), the carer can simply book respite online or contact the provider and book directly.

## To find out more about myRespiteAccom or to book respite:

T: 08 8331 2432

E: [info@myrespiteaccom.com.au](mailto:info@myrespiteaccom.com.au)

W: <https://myrespiteaccom.com.au/>

## To find Respite locations in Perth, WA via myRespiteAccom go to:

W: <https://myrespiteaccom.com.au/search?location=Perth&checkin=&checkout=&guest=1>



## The Hon Don Punch MLA Launched the '2022-2023 WA Seniors Card Discount Directory'

The '2022-2023 WA Seniors Card Discount Directory' was released on 7 July 2022 and provides a range of exclusive offers and discounts from local businesses for WA Seniors Card members.

This Discount Directory was publicly launched by the Hon Don Punch, Minister for Seniors and Ageing on 7 July 2022 at Joondalup Library.

### Discount Directory 2022-23 for WA Seniors Card members returns in hard copy format



The WA Seniors Card program is the most generous of its kind in Australia and offers numerous discounts on goods and services to seniors. The popular hard copy version of the 2022-2023 Western Australian Seniors Card Discount Directory is back, with the distribution of copies across the State.

Many discounts encourage older Western Australians to stay connected, engaged, and active in their communities. The Discount Directory also encourages seniors to buy and shop locally, which benefits local small businesses and the State's economy.

Western Australian businesses put their business in front of thousands of potential customers by offering a discount exclusively to WA Seniors Card members.



**Department of  
Communities**



The WA Seniors Card program provides members with easy access to a wide range of rewards and benefits across the State, including State Government concessions and rebates and exclusive discounts and prizes.

Copies of the printed Discount Directory will be available in the coming weeks from the offices of all State Members of Parliament, selected libraries and Community Resource Centres. Copies can also be requested individually.

### For further information about the WA Seniors Card Discount Directory

T: 1800 671 233

E: [info@seniorscard.wa.gov.au](mailto:info@seniorscard.wa.gov.au)

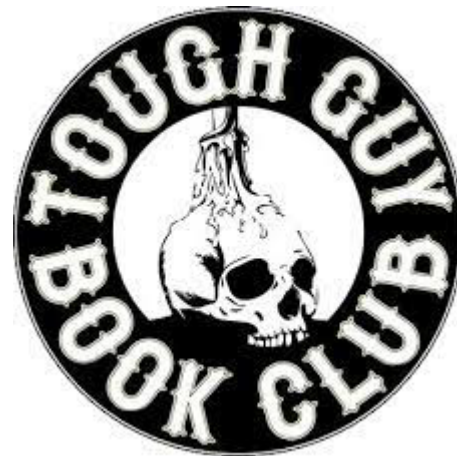
W: <https://www.seniorscard.wa.gov.au/search/?q=2022-2023+WA+Seniors+Card+Discount+Directory>

## ‘Tough Guy Book Club’

**Tough Guy Book Club is a network of men’s book clubs in local pubs. Like a fight club for your mind a book club for the thinking tough guy.**

Are you a man who likes to read books and talk about them, but daunted by the thought being the only man in a book group? Or a man who might enjoy reading more, talking more and having more mates? The Tough Guy Book Club might be the answer.

The not-for-profit club began in ‘the beer-drenched streets of Collingwood’ and now has 73 chapters throughout Australia, including 3 in WA, and a few outposts in Canada, the UK, the US and New Zealand. It’s a place for men to get together with other men and discuss the work of literary greats as well as all of the issues that men tackle on a daily basis.



The chapters all meet in a hotel, though there is no obligation to drink alcohol and wine drinkers are welcome as well as beer enthusiasts. Chapters meet on the first Wednesday of the month at 7pm, and every chapter reads the same book at the same time.

The chapters are set up by volunteers who receive training in how to run the group. According to founder Shay Leighton, the nature of the chapters varies greatly, depending partly on who sets them up. One group in Brisbane has an average age of 23 and most members are of Asian background, whereas another in Williamstown has an average age of 76. However, at least 50% of members overall are men of retirement age.

According to Shay, all the selected books are novels, because you can learn more about people from stories. They are mostly books by and about men, with ‘old dead white guys’ featuring prominently, but women writers and characters appear on the list as well.

Glancing at the list of recent books, one recognises C. S. Forrester, Raymond Chandler, Cormac McCarthy, Kurt Vonnegut, Ernest Hemingway, Zadie Smith, Nick Hornby, Tim Winton, Markus Zusak and Patricia Highsmith. However, there is a sprinkling of more exotic modern authors such as Kawai Strong Washburn and Ahmed Sadaawi.

Shay says that the name of the club was chosen because ‘people find it weird to put the words tough and book together’. ‘Guys are expected to be tough and reading is not usually what tough guys do. Besides, if we called it the Inner-city Nice Guys Book Society, none of us would want to go!’ However, all men are welcome, even those who aren’t tough!.

**For more information about the Tough Guy Book Club visit:**

<https://toughguybookclub.com/>

**To find Western Australian Tough Guy Book Club Chapters visit:**

<https://toughguybookclub.com/find-us>

## ‘What’s with Medical Cannabis?’

**You may be aware that medicinal cannabis is legal in Australia, and has been since 2016, but as yet it’s not in very common use. So, what’s the story with it, what is it supposed to help with and how do you get it?**

The cannabis plant contains many bioactive molecules, many of which have not been researched in detail. The two most studied are tetrahydrocannabinol (THC) and cannabidiol (CBD).

THC is the one that gets you stoned and there is clinical evidence that it can help with chronic pain, spasticity in multiple sclerosis, anorexia, Tourette syndrome and the side-effects of chemotherapy.

CBD has no intoxicating effects and early evidence suggests that in large doses it can help with epilepsy, anxiety and psychosis. Trials are underway for other conditions such as neuropathic pain, drug dependence and neurodegenerative disorders. CBD is available over the counter in low doses in many countries, this is currently under investigation in Australia.

### Products

There are now more than 100 different cannabis products available for doctors to prescribe, which they must do under the Therapeutic Goods Special Access Scheme or Authorised Prescriber Scheme. That is, it’s not as straightforward as a normal prescription.



Most of the products are oral preparations, sprays or capsules. They can contain THC only, CBD only, or various ratios of the two. They are not currently subsidised and typically cost around \$5 to \$15 per day, but substantially more for people with epilepsy who require very high doses.

Medicinal cannabis may have some side effects. These may include difficulty concentrating, dizziness, drowsiness, problems with balance and problems with thinking and memory. Large quantities of THC have been associated with paranoia, severe anxiety and psychosis, but this can be minimised by combining with CBD. There may also be minor issues with withdrawal.



## Legal issues

It is currently illegal to drive while being treated with products containing THC and there is no exemption for therapeutic use. It is advised that people wait at least six hours after treatment before driving. There may also be issues in the workplace. There are no restrictions around CBD.

The Australian Government recently changed the law to allow organisations to grow cannabis for research and to make pharmaceutical products, but growing cannabis yourself or using it for non-medical purposes is still illegal in most States and Territories in Australia.

You may be aware that recreational cannabis use is now legal in some countries, including 18 States in the U.S.A. Australian tourists may be surprised to find that there are almost as many cannabis shops as alcohol shops in U.S. states where it has been legal for some time!

**For more information to find out what support services are available go to:**

W: [https://www.healthywa.wa.gov.au/Articles/A\\_E/Cannabis](https://www.healthywa.wa.gov.au/Articles/A_E/Cannabis)

**NOTE: This article is not medical or legal advice and people should consult their doctor for more information.**

**You can also consult the Government of Western Australia Department of Health 'Medicinal Cannabis FAQs' at:**

<https://www.healthywa.wa.gov.au/~media/Files/HealthyWA/Original/Factsheets/medicinal-cannabis-fact-sheet-v2.pdf>



**Australian Government**  
**Department of Health**

## ‘Energy Payment Plans’

Are you finding it hard to pay your energy bill? You are not alone and as the COVID-19 pandemic continues, bill payments have become more stressful and challenging for many households.

Under WA law, all electricity and gas retailers who supply residential customers must have a financial hardship policy. This policy sets out in detail how the retailer will deal with issues of financial hardship. You can contact your retailer for a copy of their policy.

### Concessions and Assistance

The WA Government provides concessions and rebates to eligible electricity customers supplied by Synergy or Horizon Power.



Eligible Customers	Subsidy   Rebate
<ul style="list-style-type: none"><li>▪ Centrelink Health Care Card</li><li>▪ Pensioner Concession Card (issued by Centrelink or the Department of Veterans' Affairs)</li><li>▪ Department of Veterans' Affairs Gold Card (War Widow, Dependant, Totally and Permanently Incapacitated)</li></ul>	<ul style="list-style-type: none"><li>▪ Account Establishment Fee Rebate</li><li>▪ Reduced Meter Test Fee</li><li>▪ Dependent Child Rebate</li><li>▪ Energy Assistance Payment</li></ul>

### Other concessions and rebates available are:

- **Air Conditioner Rebate:** assists eligible seniors and customers receiving the dependent child rebate with the cost of using air conditioners in the hottest parts of WA
- **Life Support Equipment Electricity Subsidy:** assists eligible customers with the cost of using life support equipment at home
- **Thermoregulatory Dysfunction Energy Subsidy:** assists eligible customers with the energy costs of using heating and/or cooling equipment at home

The **Energy Concession Extension Scheme** provides annual payments to some customers who are not directly supplied by Synergy or Horizon Power. These include eligible permanent caravan and park home residents and residents of retirement villages and apartment buildings.

The payments include the **Energy Assistance Payment**, the **Dependent Child Rebate** and the **Air Conditioning Rebate**.

For more information about the Energy Concession Extension Scheme contact the Office of State Revenue at:

[https://www.wa.gov.au/organisation/departments/department-of-finance?utm\\_source=redirect&utm\\_medium=www-finance\\_wa\\_main](https://www.wa.gov.au/organisation/departments/department-of-finance?utm_source=redirect&utm_medium=www-finance_wa_main)

For more information about concessions and rebates, contact your retailer <https://www.erawa.com.au/electricity/switched-on-energy-consumers-guide/contacts-and-more-information> or **Energy Policy WA** at: <https://www.wa.gov.au/organisation/energy-policy-wa>



Government of **Western Australia**  
**Energy Policy WA**

### **Payment difficulties and financial hardship**

If you are a residential customer having trouble paying your energy bills, your retailer must provide certain assistance. This assistance is only available if you tell your retailer of your situation.

**When you tell your retailer that you are having trouble paying a bill, the retailer will decide whether you:**

- Have the ability to pay
- Cannot pay due to payment difficulties: you are experiencing short-term disadvantage, such as an unexpected event or crisis
- Cannot pay because of financial hardship: you are experiencing more than short-term disadvantage and cannot pay without affecting your ability to meet basic living needs, such as rent and food

In assessing your situation, the retailer must consider information provided by yourself or a relevant consumer representative.

If your retailer agrees that you are having payment difficulties, it must offer you more time to pay your bill or, upon your request, an instalment plan. If you request an instalment plan, your retailer must consider your ability to pay when deciding the terms of the plan.

**If your retailer determines you are experiencing financial hardship, it must:**

- Offer you more time to pay your bill and an instalment plan - you can choose your preferred option; if you choose an instalment plan, your retailer must consider your ability to pay when deciding the terms of the plan
- Provide you with information on help available (e.g. Subsidies)
- Consider any request from you for a reduction in fees, charges or debt and a change in the payment arrangements (e.g. more time to pay or changes to the instalment plan)

If you are found not to have any payment difficulties or financial hardship, you will not be entitled to any of the assistance measures that the retailer is required to offer. The retailer's normal disconnection and debt recovery procedures will apply.

### **Important!**

If you are having difficulties paying a bill, contact your retailer as soon as possible to seek assistance. Your retailer may be able to help.

### **Financial counsellors and consumer advocates**

Financial counsellors and consumer advocates can help you negotiate with your electricity or gas retailer. They can also contact your retailer to discuss your situation, if you give your consent.

If you have arranged to see a financial counsellor or consumer advocate to get help with your bill, the retailer must give you at least 15 business days to attend the appointment before taking any further action against you.

Financial counsellors and consumer advocates are often employed by local community organisations and sometimes by local councils. To find one close to where you live, contact your local community legal centre or telephone the Financial Counsellors' Association of WA on 1800 007 007.

### **Assistance for paying energy bills**

If you are at risk of disconnection due to financial hardship, you may be eligible for assistance under the **WA Government's Hardship Utility Grant Scheme (HUGS)**.

A grant can be provided for up to 85% of the outstanding amount. The maximum amount that you can receive in a calendar year is \$538 (if you live south of Carnarvon) or \$891 (if you in Carnarvon or north of Carnarvon). Higher amounts apply if you are assessed as experiencing 'exceptional circumstances of hardship'.

To apply you must contact your retailer.

### **For more information contact the Economic Regulation Authority**

The ERA is Western Australia's independent economic regulator. They aim to ensure the delivery of water, electricity, gas and rail services in Western Australia is in the long-term interest of consumers.

T: 08 6557 7900

E: [info@erawa.com.au](mailto:info@erawa.com.au)

W: <https://www.erawa.com.au/gas/switched-on-energy-consumers-guide/concessions-and-assistance>



**Economic Regulation Authority**



# Men's Sheds WA 'Help Support the Sheds'

Donate Old Tools, Your Time or a Couple of Dimes.



There are heaps of ways you can support men's wellbeing and health in Western Australia by supporting the Men's Shed movement.

- **Tool or Resource Donation:** Your local Men's Shed can always use good working equipment and other donated items that support their projects and community work.
- **Repair and Restore:** Wherever possible, we encourage people to think about repurposing rather than replacing!
- **Bicycles and Sheds:** Give your old bicycles a new life by donating them to your local Men's Shed.
- **Join a Shed:** Joining a Shed is a great way to join get involved and give back to your local community.
- **Containers for Change:** Recycle your eligible containers and support your community, economy and environment.
- **Donate:** Help your local Men's Shed support the wellbeing and health of men in the community.
- **Corporate Partnerships:** Partnering with Men's Sheds of WA is a great way to give back to the community.
- **Bequest:** Sheds provide opportunities for improved wellbeing and health for men and support local communities.

**Men's Sheds give men a sense of belonging and give back to the community at the same time.**

**For more information about supporting Men's Sheds WA**

T: 08 6381 5324

E: [admin@menssheds.org.au](mailto:admin@menssheds.org.au)

W: <https://menssheds.org.au/support-the-sheds/>



# Road Safety Commission 'Information to help Seniors Reduce Road Safety Risk'

For many WA seniors, the ability to drive, cycle or use public transport is vital in maintaining independence. However, people aged 60 years and over accounted for 19% of all people killed or seriously injured on WA roads between 2016 and 2020.

## Road Safety Risk

There are many reasons the road safety risk increases for senior road users, whether you are driving or using the roads as a pedestrian.



## Medication

- Check warning labels on medication and do not drive if the medicine causes sleepiness, nausea, blurred or double vision, dizziness and shaking.
- Check with your doctor or pharmacist if you are not sure about the effects of your medication.

## Vision

- Whether you are using the roads as a driver or as a pedestrian, vision naturally deteriorates as we age.
- Deterioration of eyesight and hearing makes it harder for seniors to judge distances and the speed of traffic.
- It is important to wear spectacles if they have been prescribed and to also have regular eye and hearing checks.

## Flexibility

- Some seniors may experience reduced flexibility and slower reaction time.
- These factors can also affect driving ability and your safety as a pedestrian.

## Renewing Your Licence

Once you reach the age of 80, you must undergo an annual medical assessment before you can renew your licence.

## This is what you need to do:

- Complete a Medical assessment certificate - senior driver's licence renewal declaration.
- Undertake a medical examination with your Health Professional to assess your fitness to drive.

- Health Professionals concerned about a senior's medical fitness to drive may still recommend a person take a Practical Driving Assessment (PDA).

Mandatory practical driving assessments are no longer required by drivers aged 85 and older, unless recommended by a medical professional.

### Here is what you need to do:

- Complete a Medical assessment certificate - senior driver's licence renewal declaration.
- Undertake a medical examination with your health professional to assess your fitness to drive.
- Complete an annual Practical Driving Assessment (PDA), if recommended by your health professional.
- If your licence allows you to drive vehicles such as Light Rigid (LR class) heavy vehicle licences or above, you will need to complete a PDA in a vehicle of the highest class you wish to continue driving before you are able to renew your licence.

The Department of Transport has more information on renewing licences for drivers aged 80-84 years and drivers aged 85 and over.

## Alternative Transport

### Public Transport

WA Seniors can travel for **free** on all Transperth services between 9am and 3:30pm Monday to Friday and all-day Saturday, Sunday and public holidays. All you need is a Seniors, Pensioner or Veterans SmartRider Card.

### Mobility Scooters and Motorised Wheelchairs

Mobility scooters and motorised wheelchairs enable people who have difficulty walking to retain their travel independence. However, these devices are not meant to be used as a replacement for a motor vehicle.

Motorised wheelchair and mobility scooter users are classified as pedestrians under current traffic laws. The Road Traffic Code 2000 stipulates the maximum speed of these devices is 10 km/h. Devices capable of travelling faster than 10 km/h are classed as a vehicle and must be registered.

People can use mobility scooters and motorised wheelchairs on footpaths, shared paths and the sides of roads if there is no footpath. There are currently no laws prohibiting or governing the use of mobility scooters by people who do not have limited mobility.

### For more Information

T: 08 6552 0802

E: [info@rsc.wa.gov.au](mailto:info@rsc.wa.gov.au)

W: <https://www.wa.gov.au/organisation/road-safety-commission/seniors>



# The Strength for Life™ Program 'Launches at the Mandurah Physiotherapy Clinic and HFRC (Health | Function | Rehabilitation | Core)'

## Mandurah Physiotherapy Clinic

**When: Thursday 8 September 2022 at 12:00pm**

**Where: 271 Pinjara Road, Mandurah WA 6210**



**Improve your Strength and flexibility  
with COTA WA's affordable fitness  
program for older Western Australians**

Strength for Life classes are here at  
Mandurah Physiotherapy Clinic  
271 Pinjara Road, Mandurah WA 6210

Free Information Session at 12.00pm on  
Thursday 8<sup>th</sup> September 2022

Join us at our information session to find out how  
you can get started!

For more information contact us on  
**COTA WA – 08 9472 0104**



## HFRC

**When: Friday 2 September 2022 at 10:00am**

**Where: 191 Thelma Street, Como WA 6152**



**Improve your Strength and flexibility  
with COTA WA's affordable fitness  
program for older Western Australians**

Strength for Life classes are here at  
HFRC in Como  
191 Thelma Street, Como WA 6152

Free Information Session at 10.00am  
Friday 2<sup>nd</sup> September 2022

Join us at our information session to find out how  
you can get started!

For more information contact us on  
**COTA WA – 08 9472 0104**



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     E: [kairi@cotawa.org.au](mailto:kairi@cotawa.org.au)

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





## **‘What’s Up’ with our COTA (WA) Supporters?**

All of us, if we are lucky enough to reach maturity, will be seniors one day. And through our lives we have raised children, been employees, run businesses, volunteered, mentored and continued to be involved in the community in many ways.

According to the Australian Bureau of Statistics, as at September 2021 there were 908,000 Western Australians over the age of 50 including 423,000 over the age of 65. So we are a significant and growing percentage of the population and the workforce.

There are many community minded organisations who acknowledge the role seniors continue to play and who are demonstrating their support by becoming a COTA (WA) Supporter.

### **Our COTA (WA) Supporters**

**Office of Hannah Beazley MLA**

**Tuart Place**

**City of Fremantle**

**City of Cockburn**

**Rise Network**

**Umbrella Multicultural Community Care**

**Office of the Hon Donna Faragher MLC**

**Volunteering WA**

**Southcare Inc.**

**Act Belong Commit**

**Ansell Strategic**

**Australian Institute of Management WA**



You will find more details of the Supporters program on our website along with a list of Supporters and a link to their website at:

<https://www.cotawa.org.au/about-cota-wa/our-supporters/>

**See the following pages to catch-up with what our COTA (WA) Supporters are doing.**

# We are delighted to Welcome 'Hannah Beazley MLA Member for Victoria Park' as a COTA (WA) Supporter

Hannah Beazley MLA is the Member for Victoria Park and part of Premier Mark McGowan's WA Labor team.

Hannah is born and bred in Victoria Park WA and is passionate about helping our community.

She was a communications professional with over 20 years of experience in media relations, community and stakeholder engagement, marketing, social policy, small business operations and politics. Hannah has held senior communications and governance roles in the education sector for almost a decade and was the speech writer and senior policy advisor to two Western Australian Premiers.

The McGowan Labor Government has a strong record delivering for our community and Hannah is passionate about continuing to deliver for Victoria Park in Western Australia.

**Hannah's door is always open, so please let her know if there is anything she can do to help.**

For further information and support

M: 08 9361 1777

E: [Hannah.Beazley@mp.wa.gov.au](mailto:Hannah.Beazley@mp.wa.gov.au)

W: <https://hannahbeazley.com.au/>

**Hannah Beazley MLA, Member for Victoria Park WA is a COTA (WA) Supporter.**



20 likes

hannahforvicpark If you know Vic Park Carlisle Bowls Club at all, you know Carol Lee. She's a superstar. I am so pleased that this was recognised at the recent Bowls WA Awards Night where Carol took home the auspicious Volunteer of the Year Award.

We all know that the most important part of our local sports clubs are our volunteers, they are the lifeblood of the culture and life of any club. This year, Bowls WA received over 30 nominations for this award, and seven worthy finalists were selected - Carol trumped them all and was met with a rousing applause. Everyone knows and appreciates Carol, her spirit, commitment and never-ending work.

Our community - and our Vic Park Carlisle Bowls Club - is incredibly lucky to have Carol.

Congratulations Carol, it was a pleasure to drop off some Green Bunch flowers to you in celebration. 🌸

JULY 16

hannahforvicpark

Follow

## Hannah Beazley MLA

### MEMBER FOR VICTORIA PARK

8/660 Albany Highway, Victoria Park WA 6100



(08) 9361 1777



[Hannah.Beazley@mp.wa.gov.au](mailto:Hannah.Beazley@mp.wa.gov.au)



Hannah Beazley MLA



## 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 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, Wednesday and Thursday from 9:00am-4:00pm.

M: 0481 335 162

W: [welcome@tuartplace.org](mailto:welcome@tuartplace.org)

**Tuart Place is a COTA (WA) Supporter.**



**Tuart Place**  
Growing Strong Together

## City of Fremantle 'Time Magazine: Named in Top 50 Worlds' Greatest Places 2022'

After nearly 700 days of pandemic shutdown, the Australian Port City of Fremantle is bustling with food and drink openings. The reimagined city center, Walyalup Koort, is part of a \$270 million renewal project, the largest of its kind in the area's history. (Walyalup is the Nyoongar name for the region, and Koort means heart.)

The district includes ironically named FOMO's hawker-style food stalls serving pho, ramen, kebabs, burgers, and even fried ice cream and Funlab offers an array of, well, fun: bowling, mini-golf, arcade games and cocktails. The Old Courthouse, dating back to 1899, has transformed into a lively bar where visitors can sip one of 18 single-malt whiskeys in the original witness box. The beer company Gage Roads, named after the shipping channel between the city and Rottnest Island, opened its 1,500-person capacity brewery and bar in a 100-year-old warehouse with portside seating to watch the ships roll in from the Indian Ocean. Farther down the Swan River is Jetty, which boasts a Mediterranean-inspired menu and waterside views to soak in western Australia's famed sunsets.

← WORLD'S GREATEST PLACES 2022

### Fremantle, Australia

Eat, drink, and be Aussie



The waterfront in Fremantle, Australia. Getty Images

BY NARDIA PLUMRIDGE  
JULY 12, 2022 7:06 AM EDT

**Link to: Time Magazine Top 50 Worlds' Greatest Places 2022**

<https://time.com/collection/worlds-greatest-places-2022/6194529/fremantle-australia/>

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



CITY OF  
**Fremantle**



## Age Friendly City of Fremantle ‘Positive Ageing’

The City of Fremantle’s Strategic Community Plan 2015–25 aims for Fremantle to be an environment where it is easy for people to live safe, happy and healthy lives. It seeks to celebrate and support diversity and improve community inclusiveness and participation for all.

According to 2016 Census data the City of Fremantle has both a higher median age and a larger proportion of people over 55, compared to Western Australia. As a destination city it also attracts visitors of all ages.

The City’s journey to becoming an age friendly city started in 2010 and in 2016 the City was accepted as a member to the World Health Organisation Global Network of Age-Friendly Cities and Communities.

### Events and Activities

The **Fre-Oh! Magazine** is delivered quarterly to all City of Fremantle residents or is available from the Fremantle Library. The magazine has a **What's On** section as well as other interesting articles relating to Fremantle.

**What's On** gives you all the details of the City’s community activities and events and is regularly updated. The events and/or activities **may be free or low cost** and activities can run for several weeks to allow all participants a chance to fully enjoy the experience.



**The Meeting Place** is a community centre, which provides a range of unique courses, workshops, events and talks reflecting Fremantle’s diverse community. The centre supports lifelong learning, helps people share and develop their skills and connect with other community members.

**Fremantle Leisure Centre** provides various group fitness classes for the **Over 55** community including EzyMoves, AquaROM, ZumbaGold and Pilates 55+.

**Fremantle Men’s Community Shed** is a local community shed initiative that evolved from an idea that men in Fremantle could benefit from having a ‘tooled-up’ shed facility to work on projects, either their own or community ones. The Men’s Shed is staffed by volunteers and supported by the City of Fremantle.

### Forget-Me-Not Memory Cafe

**The Forget-me-not Memory Cafe** at the Fremantle Hospital is a supportive social outing for people living with dementia, their carer’s and the wider community. It’s a safe and supportive, casual and friendly environment in which to chat to others over a coffee or morning tea.

**When:** Every third Thursday of every month, 10:00am to 12:00pm

**Where:** Ladies Auxiliary Kiosk, Level 5, Fremantle Hospital, Alma Street Fremantle WA

**Cost:** Free, but refreshments at own expense

## Assistance

### Technology Support

Being able to use a computer, laptop or mobile telephone is an important aspect of keeping connected to family, friends and the community and being able to access key government departments like My Aged Care, Centrelink, Medicare and My Gov.

The City of Fremantle offers '**Tech Help**' in the Fremantle Library, Lower Ground Floor, Walyalup Civic Centre. **Free and no bookings required**, just bring along your charged-up device. Volunteers are available every Monday from 2:00pm to 4.30pm and Wednesday and Saturday from 9.30am to 11:00am.

### Community Safety

The City of Fremantle offers a **community safety team** to assist the residents and tourists with any concerns they may have. The number is 1300 360 666 and can be contacted from 7:00am to 9:00pm seven days a week.

### Neighbourhood Connect Inc.

Neighbourhood Connect Inc. is a national not-for-profit community organisation, helping people connect with others who live near them. We encourage people to go beyond social media and step out into their neighbourhoods and get to know one another in real life.

W: <https://www.neighbourhoodconnect.org.au/things-to-do-with-neighbours/>

### To contact the City of Fremantle

T: 08 9432 9826

E: [info@fremantle.wa.gov.au](mailto:info@fremantle.wa.gov.au)

W: <https://www.fremantle.wa.gov.au/positiveageing>

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



## City of Cockburn 'Seniors Centre August 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

### August 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

**Kalamunda Arts Centre    Wednesday 3 August 2022    9.00am-3.30pm**

Enjoy a day out listening to The Southern Star Band at the Kalamunda Performing Arts Centre followed by a delicious lunch at the Gosnells Hotel.

#### Low walking involved

Advise Lunch Choice Upon Booking      Main Options:

- (1) Lambs Fry and Bacon served with mash and jus
- (2) Grilled Chicken with mash, beans and creamy garlic sauce
- (3) Battered Fish and Chips served with chips and salad



(4) Grilled Fish and Chips served with chips and salad

Dessert Options:

(1) Sticky Date Pudding served with cream

(2) Chocolate Pudding served with cream

Includes: tea or coffee

Mask required on bus at all times Outing Cost - \$48.00

**York    Wednesday 10 August 2022    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

**Cockburn ARC and Seniors Centre Lunch Tuesday 16 August 2022    9.00am-12.30pm**

Enjoy a tour of Cockburn ARC which is one of the largest developments of its kind in Australia. Apart from having multiple pools, spa and sauna plus a stadium and health club, the centre is also the home of Fremantle Football Club. After the tour come back to the Seniors Centre for a delicious Café lunch.

**Moderate walking involved**

Advise Lunch Choice Upon Booking    Main Options:

(1) Meat Pizza

(2) Vegetarian Pizza

(3) Round of mixed sandwiches

Includes: cake and a tea or coffee

Mask required on bus at all times Outing Cost - \$21.50

**Lancelin Hotel    Wednesday 17 August 2022    8.00am-4.30pm**

Start with a stop at Café Verge – 301 where you can buy your own lovely morning tea. We will then continue on to the township of Lancelin to enjoy a scrumptious lunch at the Endeavour Tavern while taking in the seaside view.

**Moderate walking involved**

Set Menu    Main Options:

(1) Beef rissoles served with cream mash, steamed vegetables and gravy



- (2) Beer battered fish and chips with salad
- (3) Spaghetti carbonara with chicken, bacon, mushroom and creamy sauce
- (4) Prawn Caesar salad with grilled prawns, bacon, parmesan and anchovies

Includes: cake and tea or coffee

Mask required on bus at all times Outing Cost - \$47.50

### **Optus Stadium      Monday 22 August 2022    9.15am-3.30pm**

Ever wanted to see behind the scenes at Optus Stadium? Well now is your chance.

Enjoy a day at Optus Stadium. You will be taken on a tour of the stadium followed by a lunch at the City View Café all while enjoying the stunning backdrop of the Swan River and Perth City.

#### **High walking involved – No walkers**

Advise Lunch Choice Upon Booking      Main Options:

- (1) Classic beef burger with chips
- (2) Beer battered fish and chips
- (3) Smashed avocado on toast
- (4) Pumpkin, pear and walnut salad
- (5) Beef lasagne with salad and chips

Includes: coffee, tea or soft drink

Mask required on bus at all times Outing Cost - \$53.50

### **Bunbury Markets and Cultural Tour      Tuesday 23 August 2022    8.00am-5.00pm**

Enjoy a day out in Bunbury at the Bunbury Heritage and Cultural Museum learning about the Nyoongar culture and the history of the town. Have free time in the town where you can buy your own lunch from one of the many local cafes and pubs. We will then be stopping at the Bunbury Farmers Market where you will find a variety of fresh produce to purchase, or just have a wander.

#### **High walking involved**

Lunch Options      Bring or buy your own

Mask required on bus at all times Outing Cost - \$20.00

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.**



## Rise Network 'What to expect when you transition into a retirement lifestyle'

Transitioning into retirement is one of life's biggest changes, so it is never too early to start thinking about what life after work might look like for you. There are lots of things to consider, from how you will fill your days to your finances and where you will live.

Here are some key things to keep in mind as you prepare to make the leap.

### Downsizing

When you are no longer working, will you want to keep living in the family home? Many 'empty nesters' find that without the kids, the house they have been living in can feel too big and empty, or be too difficult or expensive to maintain. A big garden may be fine for now, but will you still be able (or willing) to keep it looking lovely in a couple of years? And how will you navigate that flight of stairs as you get older? It's worth thinking about your hobbies and plans here too – if you are keen to spend your retirement caravanning around Australia, then downsizing to a unit, villa or apartment that you can lock up and leave could be the way to go!

### Staying Active

As you get older, it is important to keep active – both physically and mentally. With some extra time on your hands, it is the perfect opportunity to take up that hobby you have always been meaning to try, whether it is a sport, language, craft or game. Some retirees find that, instead of slowing down without work, their hobbies, social activities and volunteering keep them as busy as ever! Even just getting out and about and meeting new people in a social setting is a great way to stay busy and mentally fit.



At Rise, there is always something to do and someone to chat to at their six social centres around Perth. Their team of friendly staff are always planning new and interesting outings and activities – in the past few months, members of the social clubs have enjoyed a scenic cruise on the Mandurah Estuary, a trishaw ride around Lake Monger, a glamorous high tea, a barbeque brunch by the river and so much more. Rise also have a dedicated Arts Hub where you can explore your creativity with woodwork, art, pottery and craft.

Retirement is your time to enjoy life, so why not get involved in all the activities and daytrips on offer? Find out more about the **Rise Day Centres** here: <https://www.risenetwork.com.au/rise-services/aged-care/social-centres>

## Find Your Community

In retirement, having a supportive group of people around you can make all the difference. Pursuing your hobbies and taking part in group activities is a great way to meet new friends and find people who share your interests and are at the same stage of life as you. Why not join a club or social group, or become part of the busy Rise community?

## Support Options

Wherever you are on your retirement journey, Rise can help. In addition to keeping your calendar full at our activity-packed social centres, they can support you in so many ways. These include:

- Home care, from cleaning and shopping to meal preparation
- Transport to appointments and activities
- Help with personal care and medication
- Staying on top of garden and home maintenance
- Equipment and house modifications

## Find out more about how Rise can support you.

Retirement is a big change, but it is also an opportunity to spend time doing the things you want to do. Once you have thought about where you want to live and how you will keep busy, active and connected, you are well on your way to having a wonderful retirement. Now it is time to put those plans into action and get ready to live your best life!

Need help?

## For more Information

T: 08 6274 3700

E: [contact@risenetwork.com.au](mailto:contact@risenetwork.com.au)

W: <https://www.risenetwork.com.au/rise-stories/what-to-expect-when-you-transition-into-a-retirement-2db78644>

**Rise Network is a COTA (WA) Supporter.**





# Umbrella Multicultural Community Care ‘Social Clubs, Groups and Health and Fitness’

## Wellness on the Road

A day outing that takes you places on Wednesdays and allows members to spend a longer time on activities such as day trips to known tourist attractions, parks or special events. Morning tea is provided. Participants may bring their own lunch or go out somewhere to share a meal (each person is responsible for their own lunch). The program is designed to promote health, fitness and maintaining activity levels.



## Health and Fitness



**Umbrella** offers a variety of activities that provide good fun, exercise and opportunities to develop new friendships with a focus on improving the health of mind and body.





## Social Clubs and Groups

**Umbrella** has many different social support programs which aim to help seniors to make and maintain friendships, maintain independence, improve well-being and stay active. The program activities are organised according to the attending seniors' interest and abilities. These regular sessions are held at accessible and safe venues around the Perth metro area, mainly in Belmont. Activities are organised with transport and morning and afternoon tea provided.

### Home@Home

The Home@Home programs involves small groups of people who share a common language, culture, spirituality or interests and operate from a participant's home or nominated meeting place with shared morning tea, lunch and recreational outings. Participants may bring lunch with them or go out somewhere to share a meal (each person is responsible for their lunch). The Home@Home model provides an alternative to people who may find attending a larger group difficult for a range of reasons.

### Party@Basia's

This program provides an opportunity to meet fortnightly on Friday afternoons for a high tea and to do something fun. This program is designed for clients from multicultural backgrounds to meet regularly. The program is full of special entertainers, dancing, music activities and other fun surprises.

### Dementia Friendly

This group provides the opportunity for people living with dementia to keep active and connected with others. Language support is also available for multilingual clients.



### Eureka

Learning reaches no limits with Eureka! A fortnightly educational activity, this program allows seniors to broaden their horizons. They have a chance to not only learn new computer/mobile telephone skills but also get a chance to find out more about a broad range of topics from cyber security to arts and music.

### Internet Café

In the Internet Café social group, seniors can learn new computer skills at their own pace in a fun environment! Some of the activities clients participate in is understanding how to be safe and secure online, having fun on different programs such as photo and video editing, understanding social media and working on individual projects in a group setting.



## Golden Challenge

**Umbrella** clients can participate in exciting activities such as night shopping, culinary adventures and late-night walks to enjoy Perth city's magical light displays.

## Men's Shed

Don't let the tools fool you, the Men's Shed is a place for both time spent in the workshop and a place for friendship and fun. In the weekly Men's Shed program, multicultural senior men have the chance to work on group projects and sculpt, build and carve projects in a workshop.



## For further information

Umbrella Multicultural Community Care, 39 Abernethy Road, Belmont 6104

## Contact Umbrella Multicultural Aged Care

T: 08 9275 4411

Email: [enquiries@umbrellacommunitycare.com.au](mailto:enquiries@umbrellacommunitycare.com.au)

Webpage: <https://umbrellacommunitycare.com.au/services/health-fitness/>

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



## Facebook of Donna Faragher MLC 'Melodies and Memories Choir'

Recognising the power of music, the Swan Valley Community Centre with the support of the Baskerville Community Singers has established 'Melodies and Memoires', a choir for people living with dementia, their family and carers.

Swan Valley Community Centre offers a range of activities during the week for local community members to get together in a friendly inclusive environment. From Art, Craft, Mosaics, Paper Craft and Spinning and Knitting to Badminton to Pre Kindy and Playgroup, there is something for everyone.

The choir meets every Friday for an enjoyable session of singing and music followed by morning tea and fellowship. "Thanks for inviting me along to see the choir in action", said Donna Faragher MLC.

### Memories and Melodies

A group for people living with dementia and their families to unlock memories with the power of singing.

When: Friday 10.30am-12:00pm

Cost: \$5 per Week

W: <https://swanvalleycommunitycentre.com/adults-activities/>

For more Information about joining the choir

T: 08 9296 1976

E: [enquiries@swanvalleycommunitycentre.com](mailto:enquiries@swanvalleycommunitycentre.com)

W: <http://www.swanvalleycommunitycentre.com/>



The Office of Donna Faragher MLC is a COTA (WA) Supporter.



## Volunteering WA 'Volunteer with VWA'

**Volunteering gives you the opportunity to become an active member of your community, while helping others and yourself.**

People volunteer for many different reasons. Some do it to meet new people, learn new skills, add to their CV, help other people, make good use of their spare time, take on new challenges or use their skills and experience in a positive way.

### Finding Your Volunteer Role

VWA hopes this will be your window to some fantastic new experiences, whether it is meeting new people, learning new skills, sharing your knowledge or giving a helping hand, VWA want it to be worthwhile and meaningful.

### How to find volunteering positions

If you are happy to use technology then below are a number of ways to find volunteering roles to suit your skills and interests visit: <https://www.volunteeringwa.org.au/volunteer/finding-your-volunteer-role>

### For more Information

T: 08 9482 4333

W: <https://www.volunteeringwa.org.au/volunteer>

**Volunteer Resource Centres:** There are a number of Volunteer Resource Centres (VRCs) throughout Western Australia. **They are the volunteering experts in their local communities.**

To find one near you visit: <https://www.volunteeringwa.org.au/contact/volunteer-resource-centres-vrcs>

**Volunteering WA is a COTA (WA) Supporter.**





## Southcare Inc. 'Knitting Circle'

Come join Southcare Inc. for a yarn while making yarn at their weekly Knitting Circle and share some pearls of wisdom with likeminded members in your community.

The focus is firmly on fun and is open to anyone who knits, crochets, hand sews and embroiders, including those interested in learning this craft as help from caring hands will be provided. There is no need to RSVP, simply come along and join the fun!



**Free event with plenty of parking available.**

**Complimentary tea, coffee and biscuits provided**

**BYO materials, conversation and a sense of fun!**

Southcare thanks Community Ambassador, Sally Marks who is leading this new social circle as part of their **Community Connectedness** program.

**When:** Every Wednesday 10:00am to 12:00pm

**Location:** Southcare Social Centre, 54 Bickley Crescent, Manning, WA 6152

### **For more Information**

**T:** 08 6117 3027

**E:** [enquiries@southcare.org.au](mailto:enquiries@southcare.org.au)

**W:** <https://www.southcare.org.au/resources/events/>

**Southcare Inc. is a COTA (WA) Supporter.**



# Act Belong Commit 'Keeping Mentally Healthy in Retirement'

Retirement is an exciting chapter in your life.



There is more time to do the things you enjoy, spend time with family and friends, explore different hobbies and set yourself new and meaningful challenges.

In saying that, any life change that you go through can be unsettling and bring about uncertainty which may impact your mental wellbeing.

Follow these simple steps to look after your mental health for a fulfilling retirement. When you Act Belong Commit, it feels really good.

## How can I become more active and connect with others?

Check out the Act Belong Commit activities, events and groups in your local area by visiting:

<https://www.actbelongcommit.org.au/activity-finder/>

Visit your library or your local Council offices for ideas and activities near you.

Go to <https://www.meetup.com/en-AU/topics/over-50/au/perth/> to connect with people in your area, in person or online, who share your interests.

## For more Information

T: 08 9266 1705

W: <https://www.actbelongcommit.org.au/wp-content/uploads/2021/12/act-belong-commit-retirees-brochure.pdf>

**Act Belong Commit is a COTA (WA) Supporter.**



## 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 experienced 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@relationshipsaustralia.org.au](mailto:drc@relationshipsaustralia.org.au)

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

The logo for Relationships Australia Western Australia. It features the words "Relationships Australia" in a large, dark blue, cursive script font. Below this, the words "WESTERN AUSTRALIA" are written in a smaller, dark blue, sans-serif, all-caps font.

### Do you need additional support?

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

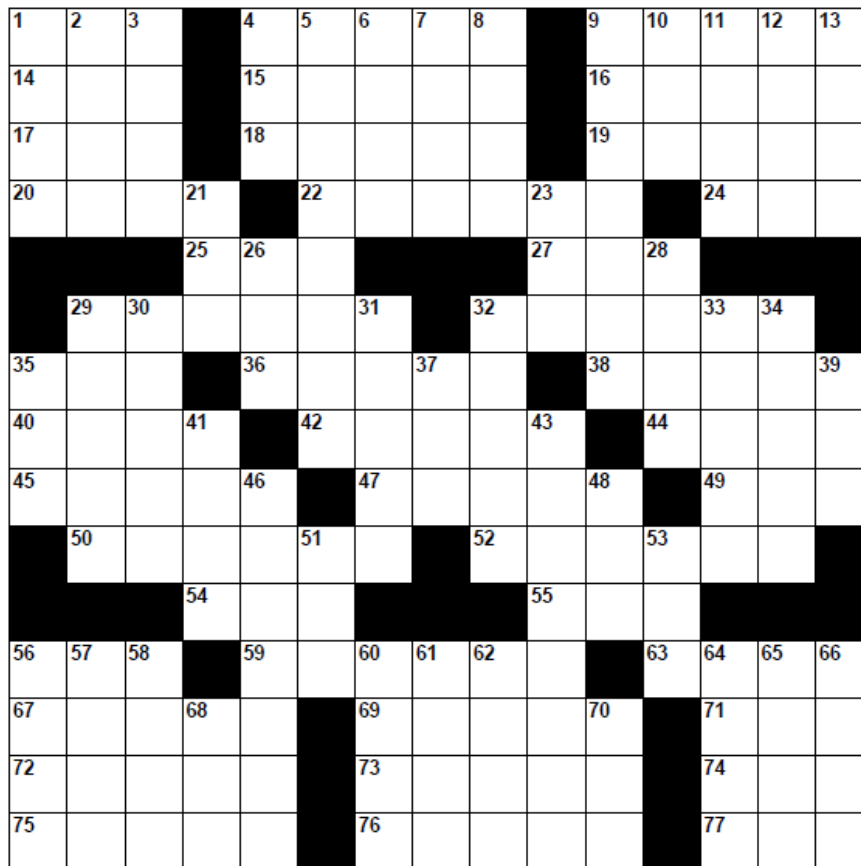
T: 133 677

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.

# 'CROSSWORD' Puzzle

\*Answers to crossword available at the end of newsletter at Page 61.

## AUGUST



By Evelyn Johnson - [www.qets.com](http://www.qets.com)

### ACROSS

- 1 Doctoral degree
- 4 \_\_\_-garde
- 9 Slang term for man
- 14 Tell a tall tale
- 15 Small boat with pointed ends that is moved by using a paddle
- 16 Sandwich cookies brand
- 17 Official canine registry (abbr.)
- 18 Fried bread
- 19 Place where cattle, horses, or sheep are raised
- 20 365 days
- 22 Absence of values
- 24 Air
- 25 Creative work
- 27 Used to be
- 29 Aloha State
- 32 Scandinavian nation
- 35 Pro
- 36 Police
- 38 Confuse
- 40 A spinning toy (2 wds.)
- 42 Unsophisticated
- 44 Rodents

### DOWN

- 45 Demonstrations
- 47 Stadium
- 49 American College of Physicians (abbr.)
- 50 Relating to milk
- 52 Cola brand
- 54 Fox's offspring
- 55 Semiconductor that emits light
- 56 Gorilla
- 59 Weirdo
- 63 Satellite receiver
- 67 Mush up
- 69 Deer-like animal
- 71 Observe secretly
- 72 Produce eggs
- 73 Deals with
- 74 Mouth part
- 75 Went gently
- 76 Seasoning
- 77 Vane direction

### DOWN

- 1 Activity meant to relax or amuse
- 2 Take a long walk in the country for fun
- 3 Factor of ten
- 4 American Cancer Society (abbr.)
- 5 Period of rest from school or work
- 6 After awhile
- 7 Taboo
- 8 Swarm
- 9 Between elbow and wrist
- 10 Time period
- 11 Optical device
- 12 Dead bolt
- 13 Pallid
- 21 Uncooked
- 23 The other half of Jima
- 26 Type of music
- 28 Move through the water by using parts of the body
- 29 Place with many rooms and beds where people pay to stay
- 30 Perfume
- 31 Jacob's father
- 32 At no time
- 33 Lengthwise
- 34 Desert plant
- 35 Passing trend
- 37 Title of respect
- 39 Spiritedness
- 41 Blemish
- 43 Cages
- 46 Like a salary
- 48 Expert
- 51 Possessive pronoun
- 53 Unusual
- 56 Niche
- 57 Insect in a cocoon
- 58 Extremely long time periods
- 60 Young Men's Christian Association
- 61 Raccoon's nickname
- 62 N.A. Indian
- 64 Island
- 65 Form a web
- 66 Publicity
- 68 Ram's mate
- 70 Compass point



## Events and Activities

### The City of Melville 'FREE Managing Medications Forum'

The City of Melville is holding the South of the River Forum 'Medications' on Monday 22 August 2022. The program will include morning tea at the event.

How can you take medications correctly when you have so many to manage?

Putting a system in place and taking care of the basics can help you to avoid common medication mistakes like taking the wrong drug, missing doses or running out of an important medication.

This forum will look at the things you can do to stay on top of your medication needs.

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

This is an accessible event and information is available in alternative formats on request.

**This is a FREE event you cannot miss!**

#### Event Details

**Date:** Monday 22 August 2022

**Time:** 10:00am to 12:00pm

**Location:** City of Melville Civic Centre,  
Conference Room 10 Almondbury Road  
Booragoon WA 6154

**Registrations Essential - Book your place at:**

<https://www.melvillecity.com.au/afmevents>

**For more information call**

T: 08 9364 0666 or 1300 635 845



#### Managing Medications

**How can you take medications correctly when you have so many to manage?**

Putting a system in place and taking care of the basics can help you to avoid common medication mistakes like taking the wrong drug, missing doses or running out of an important medication.

This forum will look at the things you can do to stay on top of your medication needs.

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

This is an accessible event and information is available in alternative formats on request.

#### Join us at the FREE forum

**Date:** Monday, 22 August 2022  
**Time:** 10:00am to 12 noon

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

**Book your place at**  
[melvillecity.com.au/afmevents](https://www.melvillecity.com.au/afmevents)

**For inquiries call** 1300 635 845 or  
9364 0666



# Local Government Professionals Australia WA 'Age Friendly Transport Forum'

## Getting Around

The WA Age Friendly Communities Priorities Report published last year provided an overview of shared Age Friendly priority areas and highlighted Transport as a key challenge facing older people across all local governments. It is a barrier shared across both metropolitan and regional communities.



This will be the first time a number of agencies will come together to provide an insight into transport information and responses for older people, including on-demand transport. Hear also from a number of local governments about successes and challenges with transport models for older people.

**'Getting Around' is an opportunity to put Age Friendly Transport in the spotlight and move forward our knowledge and understanding of how we can reduce the barriers for older people.**

**Date and Time: Thursday 18 August 2022 from 9.00am Registration for 9.15am start**

**Venue: The Rise 28 Eighth Avenue Maylands WA**

**This event will also be live streamed.**

Cost (incl GST): \$50 Member - \$60 Affiliate - \$62 Young Professional - \$62 LGWA Member - \$65 Non-Member - Local Government Subscribers: Bronze: \$60 | Silver: \$55 | Gold: \$50

Please email [events@lgprofessionalswa.org.au](mailto:events@lgprofessionalswa.org.au) for your Local Government Subscriber discount code.

**To Register go to:**

<https://www.lgprofessionalswa.org.au/agefriendly>





## Age Friendly Transport Forum

### Getting around

The WA Age Friendly Communities Priorities Report published last year provided an overview of shared Age Friendly priority areas and highlighted Transport as a key challenge facing older people across all local governments. It's a barrier shared across both metropolitan and regional communities.

This will be the first time a number of agencies will come together to provide an insight into transport information and responses for older people, including on-demand transport. Hear also from a number of local governments about successes and challenges with transport models for older people.

'Getting Around' is an opportunity to put Age Friendly transport in the spotlight and move forward our knowledge and understanding of how we can reduce the barriers for older people.

**The event will be live streamed**

#### Thursday 18 August

9.00 am registration for 9.15 am start  
The Rise, 28 Eighth Avenue, Maylands  
**Registrations close Friday 12 August**

Cost incl GST:

- Member \$50 | Affiliate \$60
- Young Professional Member \$62
- LGWA Member \$62 | Non-Member \$65
- Local Government Subscriber\* Gold \$50 | Silver \$55 | Bronze \$60

\*Please email [events@lgprofessionalswa.org.au](mailto:events@lgprofessionalswa.org.au) for your Local Government Subscriber discount code.

#### Program

9.15 am	Welcome & AGM
9.30 am	RAC
9.45 am	Transperth
10.15 am	Public Transport Authority
10.45 am	Liftango Community Transport
11.15 am	Panel session
12.00 pm	Light lunch
12.15 pm	Local government presentations + Q&A
1.15 pm	Department of Communities
1.30 pm	Wrap up

See over for Speaker profiles >>

Register: <https://www.lgprofessionalswa.org.au/agefriendly>

## ‘2022 Live Lighter Nannup Flower And Garden Festival’

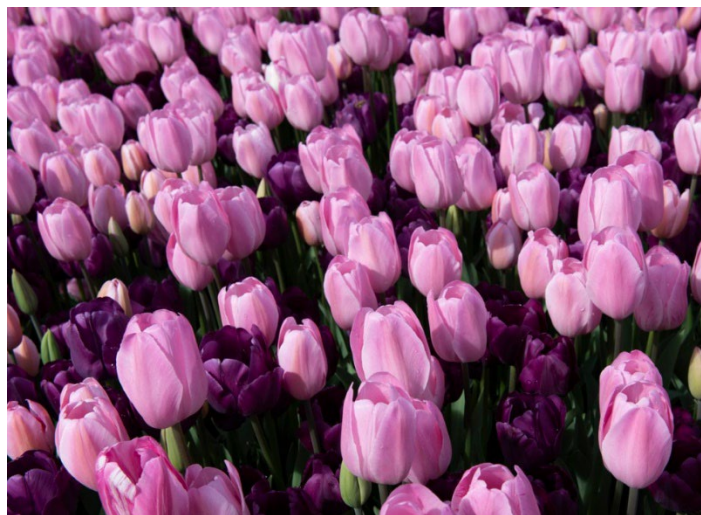
The 2022 Live Lighter Nannup Flower and Garden Festival is set to take place on weekends from 13-18 August 2022 and runs for three weekends thanks to the support of Healthway and Lotterywest. This year, the Festival is celebrating 25 years of connecting the community over gardening and outdoor recreation.

### Open Gardens

Open gardens are a highlight of the festival, and offers a rare opportunity to see the beauty of winter gardens in this pristine part of the South West. Ten gardens will be open to the public including mature plantings that have shown the test of time, new landscapes that have considered carefully terrain and climate and the classic cottage featuring bulbs bursting with colour. In addition, there will be 6 open studios celebrating the artists of Nannup. (See program for opening times and days).



### Festival Program



The **Live Lighter Nannup Flower and Garden Festival** boasts over 80 events covering a multitude of topics and workshops. With a strong focus on accessible and family orientated content, there is something for the experienced gardener, those who are starting out and just people who have an interest. The Festival is thrilled to present favourites such as Costa, Guy Jeffreys, Sabrina Hahn, Deryn Thorpe and Steve Wood. Joining them will be newcomers such as Lisa Reilly, Katie White and Johnny Prefumo.

(Check the program page for all the event details).

### For Further Information

E: [info@nannupgardens.org.au](mailto:info@nannupgardens.org.au)

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

© 2022 Live Lighter Nannup Flower & Garden Festival - Site Credit



# Seniorocity ‘Ballet for Seniors’

## Ballet for Seniors ‘Everything you need to know’

When most people think of ballet, they imagine young girls in pink leotards and tights, practising their pirouettes and arabesques. But what about adults? Contrary to popular belief, ballet is not just for children.

There is no need to give up your love of ballet simply because you have reached a certain age. The graceful art of ballet is not just for the young and nimble. Seniors can reap many benefits from participating in ballet classes, too. In fact, many ballet companies now offer special classes designed specifically for seniors.



These classes typically involve simpler dance moves and slower tempos, so that everyone can keep up. What is more, they are a great way to stay active, improve your balance and coordination and meet new friends.

### Is Ballet Good for Seniors?

Ballet is often considered a pursuit for the young and agile. However, many seniors are embracing ballet as a way to improve their health and wellbeing. Ballet helps improve balance, posture, and flexibility, all of which decline with age. In addition, ballet has been shown to improve cognitive function and memory. It also helps to promote a sense of accomplishment and builds self-esteem. For seniors looking for an enjoyable way to stay healthy, ballet is a great option.

There is something special about ballet that makes it an ideal form of exercise for seniors. The movements are simple and the repetitions help to build muscle memory. Ballet also has a spiritual side that can be meaningful to some, making it a great choice for those looking for an activity to keep them active and engaged.

### Can You Learn Ballet at 60?

There is no age limit on learning ballet, and many dancers start training in their later years. However, starting at an older age does come with its own set of challenges. For one, it takes longer to build up the muscle strength and flexibility needed for ballet. Additionally, you may need to be more patient when learning new techniques, as your body will not move as quickly as someone younger. But with dedication and a willingness to learn, anyone can become a graceful ballerina – even if they are 60 years old!



## Chair Ballet for Seniors

Chair ballet is a form of exercise that is perfect for seniors. It is gentle and low impact, making it easy on the joints. Chair ballet also helps improve balance and coordination. In addition, it is a great way to get moving and stay active!



### What is Barre and is it Good for Seniors?

Barre is a workout that uses ballet and Pilates-inspired moves to help you sculpt long, lean muscles. The combination of strength and flexibility exercises works your entire body from your head to your toes. The classes are challenging but doable for someone of any age or fitness level.

Barre classes have become a popular way for people to stay fit, especially seniors. The low-impact exercises are said to be

good for improving balance, flexibility and a better sense of posture. Additionally, barre classes can help reduce stress and promote a sense of community.

### What to Wear to a Ballet Class for Seniors?

When you are choosing what to wear to your ballet class, you may be relieved to hear you do not need to wear a tutu! First of all, you will want clothing that is comfortable and will not restrict your movement. You will also want something that is not too baggy or too tight – something in between is ideal. As for colors and styles, it is up to you! Some people prefer to stick with classic black leggings and a tank top, while others like to experiment with different looks. No matter what you choose, make sure it makes you feel confident and comfortable as you dance.

### Find a Ballet Class for Seniors Near You

**Silver Swans Ballet Classes:** Silver Swans is a ballet program specially designed for older learners. It was created by ballerina Darcey Bussell in collaboration with the Royal Academy of Dance. Silver Swan Licensees are trained specially to teach ballet to the over 55s however adults of all ages and abilities are welcome, from complete beginners to experienced dancers. The curriculum includes a variety of techniques and styles, from classical ballet to contemporary dance.

W: <https://www.royalacademyofdance.org/dance-with-us/silverswans/become-a-silver-swan/>

**Ballet 4 Seniors:**Ballet 4 Seniors Classes are for anyone over 60 years of age who wants to maintain a healthier body and brain. Classes run from their dance studio in Nedlands.

Ballet 4 You also run Ballet 4 Alzheimers. In 2016, Perth Ballet dancer Lisa Purchas lost her beloved mother to Alzheimer's and has since founded the Ballet 4 You programme to help women with mild cognitive impairment (MCI) or early stages of Alzheimer's disease. The unique series of exercises are designed to help participants focus on balance, postural re-alignment, body strengthening and the use of the brain and body in simple cross-lateral sequences.

W: <http://www.ballet4you.com/ballet-4-you>

**WA Ballet:** The WA Ballet run classes specially designed for seniors every Tuesday morning at 10am. Catering for all levels and abilities, the classes are taught by the West Australian Ballet Company's dancers and esteemed professional Teaching Artists.



W: <https://waballet.com.au/adult-ballet-classes>

**WA Stage School:** WA Stage School, located in Booragoon and Malaga, offer a Ballet Beats program designed for participants over the age of 50. The structured class incorporates gentle stretching and exquisite ballet moves for all to enjoy. They also run classes in Tap and Jazz.

W: <https://www.wastageschool.com.au/beats-online-class-times-pricing-more/>

Ballet is a great way for seniors to improve their health and well-being. Ballet helps improve balance, posture, and flexibility, all of which decline with age. I urge all seniors to give ballet a try – you may be surprised by how much you enjoy it!

### **For More Information**

W: <https://seniorocity.com.au/ballet-for-seniors/>

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

## Support Programs

### Northern Suburbs Community Legal Service 'Retirement Village Contracts'

Northern Suburbs Community Legal Centre (NSCLC) is providing low cost, one off, legal advice to people about to or who have entered a retirement village contract.

#### Who is eligible?

- All people living in Perth, Greater Perth and the Peel Region may access the service
- Appointments on Wednesdays at Northern Suburbs Community Legal Centre 10 Cobbler Place, Mirrabooka WA 6061
- Bookings are essential
- Cost: \$30 administration fee will apply

#### For more information

T: 08 9440 1663

E: [info@nsclegal.org.au](mailto:info@nsclegal.org.au)

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



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northern suburbs  
community  
legal centre

Ph: (08) 9440 1663  
Email: [info@nsclegal.org.au](mailto:info@nsclegal.org.au)

## 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](mailto:peelsrs@relationshipsaustralia.org.au)

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



*Relationships Australia*  
WESTERN AUSTRALIA



## Feedback Opportunities

### ‘WA rendition of The Centenarian Portrait Project by Teenagers’



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.

We 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.

#### 2022 WA Project

##### Timeline

July + August 2022: Sourcing Participants

September 2022: Artist briefings and meetings with centenarians begin

October 2022: Meetings with centenarians continue

November 2022: Portraits and texts completed

December 2022: Exhibition

January 2022: Portrait Gifting



**If you know someone who would be interested in being involved please contact Embraced Inc.**

T: 0484 197 345

E: [info@embraced.com.au](mailto:info@embraced.com.au)

W: [www.embraced.com.au](http://www.embraced.com.au)

*embraced*  
SOCIALLY DRIVEN ARTS PROJECTS

## COTA supporting 'Catalyst Research into Retirement Living'

**COTA (WA) is supporting a National Study conducted by Catalyst Research into Retirement Living.**

COTA is partnering with Catalyst Research to conduct a landmark study into Retirement Living. We'd value your input on what Australians want from over-55s|Senior's Living|Retirement Living, including thoughts on barriers to considering this type of accommodation.

Feedback from the study will be used to help providers to do a better job, offering services and solutions that people want. The study will also help to ascertain the need for better communications and support as older Australians navigate this complex landscape. The survey will take 12-15 minutes. Your input would be most appreciated.



The study aims to understand the needs of older Australians on how they undertake research and assess providers as they consider independent or assisted living options i.e., what do older Australians want and need? Feedback from the study will help inform Retirement Living providers about the motivations and concerns Australians have on this important topic.

Catalyst will sell the results of this survey to retirement village operators, to help them do a better job, offering services and solutions that people want.

The link will open the questionnaire and that data will automatically be captured (anonymously) by the survey tool. Catalyst will provide results at a State level and make comparisons to National averages. Many of the charts will compare all States.

Your feedback will remain confidential. COTA (WA) will share findings with its members and use study findings to advocate on your behalf, as we continue to work towards a society where older people can flourish.

**Your input is sought via a survey which you can access via this link:**

<https://survey.alchemer.com/s3/6930148/COTA-WA>

**The survey closes 15 August 2022.**



## Shelter WA ‘Understanding the particular tenancy needs and issues of older people who rent’

Shelter WA 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.

**This ‘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’.

**For more Information regarding your Expression of Interest contact**

T: 08 9325 6660

E: [info@shelterwa.org.au](mailto:info@shelterwa.org.au)

## 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

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## Support Information

### HealthyWA 'Prescription Treatments for COVID-19'

#### Prescriptive Treatments for COVID-19

If you have tested positive to COVID-19 you may be [eligible for treatment with an antiviral medication](#).

Eligibility for prescription treatments for COVID-19 can depend on your age, existing medical conditions and other risk factors such as living in residential aged care.

Before your doctor prescribes you this medication, they will check that the medicine is right to help you and safe for you to use. It is important that you take the medication as instructed by the doctor and not share prescription medications with friends or family.

Your practitioner will discuss the risks and benefits of using the medicine and provide you with a patient medication information sheet.

Some treatments require you to complete a consent form, but you have the right to change your mind at any time before you start taking the medication.

Medications have treatment benefits but can also carry the risk of side-effects. The best way to look after your health is to take measures to avoid catching COVID-19. Wear a mask, practice good hygiene, avoid crowded places where possible and ensure your vaccinations are up to date.

**Masks are now strongly recommended in indoor settings, and you should consider wearing one whenever physical distancing is not possible or limited. Be prepared and take a mask with you when you leave home.**

See [People at greater risk of serious illness from COVID-19](#) for more information on eligibility for anti-viral medications.

#### For More Information

W: [https://ww2.health.wa.gov.au/Articles/A\\_E/Coronavirus](https://ww2.health.wa.gov.au/Articles/A_E/Coronavirus)

W: <https://www.healthywa.wa.gov.au/coronavirus>



Government of **Western Australia**  
Department of **Health**



## ANSWERS to the 'CROSSWORD' Puzzle (see Page 47)

### AUGUST

Solution:

1	P	2	H	3	D		4	A	5	V	6	A	7	N	8	T		9	F	10	E	11	L	12	L	13	A
14	L	I	E				15	C	A	N	O	E						16	O	R	E	O	S				
17	A	K	C				18	S	C	O	N	E						19	R	A	N	C	H				
20	Y	E	A	21	R			22	A	N	O	M	23	I	E							24	S	K	Y		
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		29	H	30	A	W	A	I	31	I			32	N	O	R	W	33	A	34	Y						
35	F	O	R				36	P	O	S	37	S	E				38	M	I	X	U	39	P				
40	A	T	O	41	P			42	N	A	I	V	43	E			44	M	I	C	E						
45	D	E	M	O	46	S			47	A	R	E	N	48	A			49	A	C	P						
		50	L	A	C	T	51	I	C				52	R	C	C	53	O	L	A							
					54	K	I	T						55	L	E	D										
56	A	57	P	58	E			59	P	S	60	Y	61	C	62	H	O		63	D	64	I	65	S	66	H	
67	P	U	R	E	E						69	M	O	O	S	E	70				71	S	P	Y			
72	S	P	A	W	N						73	C	O	P	E	S					74	L	I	P			
75	E	A	S	E	D						76	A	N	I	S	E					77	E	N	E			

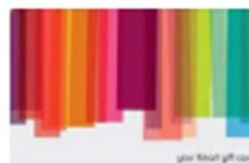
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Evelyn Johnson

WIN ONE OF FOUR \$100 VOUCHERS

TELL US YOUR STORY



Would you like your story to feature in COTA Connections?

Share your story about:

- ❖ Something you are proud of as a senior
- ❖ A group you belong to
- ❖ Something you have achieved or overcome

One story will be selected as the feature article for the  
September + October  
COTA Connections Newsletter.

Want to share your story?

Maximum 250 Words + Photographs or Images

Email: [dana@cotawa.org.au](mailto:dana@cotawa.org.au)

Post: P.O. Box 923 Victoria Park WA 6979



*The Council on the Ageing Western Australia is the peak organisation for seniors in WA*

Council on the Ageing Western Australia  
P.O. Box 923 Victoria Park WA 6979

W: [www.cotawa.org.au](http://www.cotawa.org.au)  
T: (08) 9472 0104

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T: (08) 9472 0104  
E: [admin@cotawa.org.au](mailto:admin@cotawa.org.au)

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