



COTA Connections

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

APRIL 2022

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

From the CEO

A few weeks ago I went to my dentist to have a check up and have my teeth cleaned. It's not my favourite thing to do but I know that without regular visits, the risk of tooth decay or gum disease will increase as I get older. We talked about this and it just so happened that my dentist, Richard, had recently written an article on 'How Age can Affect Oral Health'. He's kindly agreed to share it with us in this newsletter. Do you have a regular check up?

Have you had your say in the WA Seniors Strategy? The WA Seniors Strategy is a whole-of-government 10-year strategy being developed by the Department of Communities to support older Western Australians of all backgrounds throughout the state to live their best life as they age. The deadline for responses has been extended until the end of May 2022 and you can contribute through a number of formats: through an online survey, telephone call, in-person or sending a written response. You will find more information here <https://www.wa.gov.au/organisation/departments-of-communities/wa-seniors-strategy> COTA (WA) will be making a written submission on behalf of seniors and we will share the details of the submission once it's completed.

As with many Not for Profit organisations, having enough funding to carry out our work is an ongoing challenge. That's why we are delighted to launch our COTA (WA) Supporters Program. Through this initiative we are engaging with a wide range of community minded organisations from many sectors who want to show their support for the work we do in advocating for seniors. As they come on board we will display their logo on our website, as well as providing them with a 'COTA (WA) Supporter' decal that they can proudly display on the door or window of their business. We have acknowledged our inaugural Supporters in this newsletter and will continue to share news about the organisations who are demonstrating their support for seniors.

The horrors of war are unfolding on our TV screens and most of us feel powerless to do anything. Umbrella Multicultural Community Care is a registered charity that has established a means of accepting donations for the victims of the Ukraine crisis. Umbrella Inc has chosen Ocalenie

Foundation to send donations from people who wanted a secure and trusted means to send aid to Eastern Europe. If you would like to donate you can read more about this initiative here. <https://www.cotawa.org.au/ukraine-crisis-support-umbrella-multicultural-community-care/>

I am always amazed by the people I meet working in the community services sector. This month we feature the story of Anna who is the CEO of Umbrella and is celebrating 40 years working to support multicultural communities in Western Australia. Anna is humble, passionate and absolutely driven to improve the lives of migrants and people from diverse backgrounds.

And finally, the Federal 'Election' Budget has just been released and while there is some short term relief for seniors, such as a one off \$250 payment and a temporary reduction in fuel costs, it is disappointing to see that, yet again, issues such as affordable housing, oral and dental health and support for seniors using technology have been ignored. We have provided a summary of the budget here: <https://www.health.gov.au/sites/default/files/documents/2022/03/budget-2022-23-budget-at-a-glance.pdf>

Enjoy the cooler weather.

Christine Allen, CEO



Celebrating 40 Years of Community Service 'Anna Harrison'

Anna Harrison, CEO and founder of Umbrella Multicultural Community Care Services Inc. Anna Harrison is the CEO and founder of Umbrella Multicultural Community Care Services Inc. and is celebrating her 40th anniversary as a community worker in Western Australia.

Anna has overcome numerous challenges during her long career. She arrived in Australia as a migrant from a communist country and had to overcome language, gender and cultural barriers.

In the early 1980's Anna commenced her career providing services to the diverse communities of WA.

A lifelong community worker, Anna worked as a 'Grant-in-Aid' working for newly arriving Polish people for many years before moving her focus to the needs of the ageing community. She was instrumental in supporting the 'WA Association of Polish Women' to receive funding from the Commonwealth Government for a number of aged care services under 'Rainbow', the Multicultural Aged Care Program which was established in 1982.



Anna's most significant work is the establishment of Umbrella Multicultural Community Care Services Inc. (Est. 2000), an award-winning, not-for-profit registered charitable organisation that provides community aged care services for over 700 clients from 56 different countries in Perth metropolitan and Mandurah/Peel regions. Umbrella Inc. programs and services operate primarily based on recognising and celebrating diversity. She has always believed that recognising the value of difference combats discrimination and promotes inclusion.

Providing culturally appropriate and flexible services for older members of these communities, enabling them to continue living at home independently for longer, has been a passion of Anna's for many years. The services established under her leadership are always innovative and ground-breaking. These programs can make a real difference for older people who live lonely and isolated lives.

Anna's achievement was recognised when she received an 'Award of Excellence from the WA Minister for Seniors' in 2000 and a 'Multicultural Services Award' from the WA Government in 2003. In addition, she received a 'Silver Cross' for service to the WA Polish Community from the Polish Government, awarded by the Polish President and a 'Centenary Medal' for services to migrants and refugees awarded by Her Majesty Queen Elizabeth II.

Anna assisted and supported the development and establishment of many aged care programs in Perth and interstate, including the Chung Wah of WA program 'PANDA'; Australian-Asian Association of WA program 'Triple-A Care'; WA Association of Polish Women Inc. program 'Rainbow'; Hungarian Association of WAs program: Evergreen Senior Group and she established and ran 'Polish Senior Citizens' Club' in 1982 for 30 years.

Anna also contributes to many Boards and committees and under her leadership Umbrella has been the recipient of many Awards.

Congratulations Anna on a magnificent achievement.



Age International 'Lydia's Story'

With Russian forces advancing into Ukraine, many of the older people Age International support there are worried about what is next for them. Lydia, 86, has already lived through one war and the news reports are keeping her awake at night. With limited mobility and only a meagre pension, Lydia relies on assistance from Age International partner HelpAge International and volunteer Sveta.

Lydia's Story

"I am a widow, I live alone. My daughter lives in another city, she visits me sometimes, to help me around the house and in the yard. I like to look after flowers, but my health does not allow me to do anything around the garden. I used to grow many different flowers in my garden.

Now I can hardly walk, I almost never go outside, I just move slowly around the house. When I was healthy, I did everything myself, but now I cannot cope without outside help.

The situation with Russia, of course, worries me. After I watch the news, I cannot sleep at night, just thinking about what might happen next. Will there be a war or not? There is a lot of talk about it in the news right now. It has been on my mind for days on end. Very disturbing.

I am afraid that it will be like in the war [World War 2]. I was five years old when the war started. I remember how military vehicles were driving down the street. There was nothing to eat, we had to eat grass. Sometimes we were able to exchange something for a glass of bran. My mother used to steam it with boiling water and feed us.

I am afraid that we will be bombed like in 2014. Now, as soon as I hear explosions in the distance, I get so scared. At my age, I have experienced so much, I have seen so much - God forbid I experience this again.

Prices have gone up a lot. Groceries are expensive and utilities too, I must save on everything. I received some heating briquettes, and with that I heat the stove.



I buy only the most necessary groceries and try to stretch them until my next pension. I do not borrow money, the debts have to be repaid somehow, and I barely survive on my pension.

If the war breaks out, I will stay at home. There is a cellar in my yard, but I will not be able to reach it. I hope my neighbours do not leave me. God bless them. People suffer, they live in fear, everyone is worried and afraid.

Thanks to Sveta, the HelpAge volunteer, who supports me morally. We talk about a lot with her. The main thing I need is food and human interaction.

I want to wish everyone peace. I survived one war I know how scary it is. Nothing good will come from the war.”

Support for the Ukraine Humanitarian Appeal provides life-saving support to older people and their families.

Age International is raising money together with the Disasters Emergency Committee (DEC) for the DEC Ukraine Humanitarian Appeal. The DEC is a consortium of 15 aid member charities working together in times of disasters and emergencies.

For more information on the DEC and Age International fellow member agencies please visit www.dec.org.uk

Any income not spent after 12 months past the end of the appeal may be allocated to another emergency situation that requires the support of Age International.

For more information go to:

<https://www.ageinternational.org.uk/donation/ukraine-appeal/#step1>



‘Meet’ Dr Richard Kozlowski ‘How Age Can Affect Oral Health’

Dr Richard Kozlowski has been a dentist for 25 years. Originally from Bradford in England, Richard moved to Western Australia in 2000 where he started a private practice offering sedation dentistry for people who are anxious about visiting a dentist.

Older patients make up a significant part of dental practice. In the future, the proportion of elderly patients, and their life expectancy, is going to increase in line with that of the general population. Several factors can affect the oral environment requiring more maintenance or treatment to be required.

In this article Richard talks about how the ageing process affects our oral health and what we can do to take care of our teeth and gums as we age. He also gives his 3 Top Tips for oral health for Seniors.



The well-being of your ageing mouth is tied to the health of the rest of your body

The most common way to lose a tooth is as a result of gum (periodontal) disease. Teeth, gums and the rest of the oral cavity need extra care and attention if you want them to stay healthy into your later years.

What are the effects of ageing on the mouth and teeth?

Teeth Get Darker

As you age, the outer layer of enamel on your teeth wears away exposing the yellow dentine. The volume of tooth dentine also increases as you age, making the tooth denser which decreases the light penetrating the tooth, making it look darker.

Management and Treatment

The good news is that teeth discolouration can be helped with whitening. Teeth whitening treatments is a cosmetic dental procedure to restore your tooth colour to its natural tooth shade or improve the whitening above the current shade of the teeth.

There are a few options you can choose from, in-chair whitening or take-home custom-made whitening trays, being the most effective ones. The concentration levels of teeth whitening gel for a take home kit is not as strong as the in-chair treatments as only a registered clinician can apply higher concentration levels of the teeth whitening product.

Gums Naturally Recede

The gums may get thinner and begin to recede with age. This is when the gum tissue pulls away from the tooth, exposing the base or root of the tooth, making the tooth appear longer. The exposed root is unprotected by enamel so looks darker than the crown of the tooth and it less well protected and therefore more prone to tooth decay and tooth wear.

In some cases, there is nothing people can do to reduce their chances of developing the condition. Some people inherit thin and fragile gums which recede more easily. Gentle brushing techniques, good nutrition and regular dental visits are helpful.

Management and Treatment

Treatment for gingival recession concentrates on prevention to minimise its progression. The mainstay of treatment is a gentle brushing technique. Less common treatments include gingival grafting, guided tissue regeneration and orthodontic therapy. Such treatments typically result in aesthetic improvement, elimination of sensitivity and a decreased risk of developing root caries. Your dentist will treat gum disease, called periodontitis which sometimes presents with gum recession. If you let it go unchecked, it could further harm your gums and the underlying bone. Once that happens, you may need to have teeth removed.

Tooth Wear

Teeth are amazingly strong, but they are not indestructible.

A lifetime of crunching and grinding wears away the outer layer of enamel, the contact tissue where most fractures start. Worn away enamel exposes the underlying dentine which is a darker yellow colour and can be more sensitive and less resistant to tooth decay. While enamel is equipped to respond to normal daily acid challenges, frequent and prolonged acid exposure can lead to progressive demineralisation making the teeth vulnerable to damage and decay.

Management and Treatment

Dental resin can cover up discolorations and protect your tooth. If enamel erosion has caused discolorations on your front teeth, tooth bonding may be considered. In more severe cases, your dentist may add a veneer or crown to your damaged teeth to prevent further decay.

Crowding

As your body ages, your bone density naturally decreases, making your bones more susceptible to shrinking. Bone density loss affects all bones of the body, including the lower jawbone. An undersized jaw that has shrunk due to bone density loss no longer has enough space for all the teeth to fit together properly leading to teeth crowding. From middle age, patients often present with crowding developing in their lower front teeth. It is often said that tooth wear can contribute to tooth crowding as the teeth move to compensate for lost tooth structure.

Management and Treatment

To help fix lower teeth crowding, teeth straightening options can move your teeth into better alignment.



Tooth Weakening on Heavily Restored Teeth

The more often a tooth requires treatment such as fillings, the weaker it gets. With time, work accumulates and heavily filled teeth become more subject to breakage, requiring progressively more extensive work such as root canals and crowns to restore them. Tooth loss will sometimes occur when a heavily filled tooth sustains a large and unreparable fracture.

Management and Treatment

A thorough dental examination allows early detection of problems and consequently less invasive and costly treatment. This, in conjunction with good at home maintenance, will help prevent the initial treatment of a tooth or maintain work already conducted.

Decreased Saliva Production

Saliva plays a key role in maintaining oral health. It protects your teeth from decay, minimises tooth wear and helps your gums stay healthy. A modest decrease in saliva production occurs naturally with age and can be reduced further by medications. The decrease in saliva causes dry mouth (xerostomia). Dry mouth and receding gums increase the likelihood of cavities.

Age brings more health problems and may mean multiple medications are prescribed, some of which can have a detrimental effect on oral health by reducing saliva production. Lack of saliva is more than just uncomfortable. It makes eating and swallowing difficult, causes bad breath and leads to irritation and infection of oral tissues.

Management and Treatment

To relieve lack of saliva, drink more water. Hold it in your mouth for a few seconds before you swallow. If medicines are causing dry mouth, talk with your health care provider to see if you may be able to change medicines. Ask about artificial saliva or other products to help keep your mouth moist.

If dry mouth is a problem, you need to pay special attention to brushing and flossing because of the increased vulnerability to cavities. Gum recession combined with dry mouth is very challenging because the decay becomes rampant and can progress very quickly in multiple sites.



3 Top Tips for Seniors to Maintain Oral Health

- ✓ Brush twice daily with fluoride toothpaste and floss (or equivalent) once daily
- ✓ Limit amount of sugar in food and drink to a maximum of 3 intakes per day
- ✓ Eat fewer main meals instead of frequent snacking

Authors: Ms Simona Vlckova and Dr Richard Kozlowski BDS MFGDP

Brunswick WA Men's Shed Conference 'Moving Forward: 2022 and Beyond'

COTA (WA) recently visited Brunswick to exhibit and speak at the Men's Shed conference.

Brunswick Men's Shed brought together a range of support organisations including Australian Men's Shed Association (AMSA), Carers WA, WA Police, Rural Link, Men's Regional Health (Pit Stop Crew) and COTA (WA) to provide attending 'Shedders' from the South West Region with information and resources as well as a much welcomed social opportunity.

Special guests were the Hon Nola Marino MP and Commander Brad Sorrell.

One of the main focal points of the day was Men's Mental Health & Wellbeing.



The conference included a range of speakers including our COTA (WA) Chief policy Officer Chris Jeffery who spoke about 'Growing old disgracefully'. Throughout the day delegates gained access to important information and resources that could be shared with their own network of family, friends and community.

Members from the local communities came along to check out the displays and chat with the presenters as well as participating in the free health checks from Lion's Skin Cancer Screening Unit, Hearing Australia and Men's Pit Stop Health Checks.

The conference was a great opportunity for the COTA (WA) team to connect with a regional audience for the first time in many months and was important for us to gain an appreciation of issues front of mind for them, such as a lack of services and long distances to be travelled to meet critical needs. With COVID protocols in place, the event was a great success. The COTA (WA) information that was popular with attendees was the 'At Home Guide', 'The Goodbye Guide', the newly released 'Interruptions to Daily Living Guide' and 'Aged Care Navigation' service.

The conference highlighted the fact that Men's Sheds are not just about making things, but helping men to open-up about things that are troubling them, providing a valuable community connection point - and the old saying 'a problem shared is a problem halved' has never been more relevant.



The Men's Shed of WA movement has played a significant role in delivering health and wellbeing outcomes by establishing a positive non-threatening environment for its members and providing a peer support group where men are able to open-up and seek assistance as required.

Thanks for inviting us. It was a great day.



Seniorcity 'Local History Museums in Perth WA'

Reminiscing about days gone by is a lovely way to delve into the past. There's lots of places around Perth, museums, history villages and local history centres that will trigger memories and are great spots to enjoy a trip down memory lane. Here is the best places to discover local history in Perth.

Local History Museums in Perth

Want to know about the history close to home? Be sure to check out these fascinating spots, mainly run by local councils and historical societies around Perth.

Kalamunda History Village

Perth is home to brilliant local history museums – if you want to find out what life was like in your own area. The largest local history museum in WA is the Kalamunda History Village, where the original post office, train station, school house as well as many cottages and vehicles can be found.

Mount Flora Regional Museum, Watermans Bay

For local history buffs, the Mount Flora Regional Museum is a wonderful place to visit for a trip down memory lane. It's just a gold coin donation to visit the unique spot, found in an old water tank! The museum is open each Wednesday afternoon and as well as many interesting artefacts and historical photos, there is a spectacular view of the coast from the roof of the old water tank.

Birtwistle Local Studies Library, Armadale

The Birtwistle Local Studies Library, named after Ivor Treharne Birtwistle, is home to much of his personal collection relating to Western Australian history. The passionate historian was also a journalist and ANZAC at Gallipoli. Here you can view photographs, books, essays, letters, writings and scrapbooks recorded over the course of his life.

Guildford Historical Precinct

It is no surprise that one of WA's oldest towns, Guildford, is brimming with history. Visit the Guildford Historical Precinct, located at the Swan Valley Information Centre in Guildford, where today the precinct is home to the old courthouse (the information centre), a jail and more, all full of interesting artefacts.

Sampson House, Fremantle

Samson House was built for the Lord Mayor of Fremantle, Michael Samson, and completed in 1888. Sir Frederick Sampson or 'Mr Fremantle' as he was known, campaigned to preserve many of Fremantle's heritage sites, one including the asylum – now the Fremantle Arts Centre. He generously left his home and the contents of two generations to the people of WA. The house and the grounds are open to the public on the first Sunday of every month.

WA Museum Boola Bardip, Perth

The impressive WA Museum Boola Bardip (which means many stories in Whadjuk Nyoongar language) is a good place to find out more about our state's cultural heritage.

Fremantle Prison, Fremantle

Delve into WA's convict past with a tour around one of the most fascinating (and haunting) places in Fremantle - Fremantle Prison. You will see the conditions that prisoners lived in (right up until the early 1990s) and how some tried to make daring escapes.

The Round House, Fremantle

WA's oldest building is Fremantle's first prison, the tiny Roundhouse! Built with convict labour, it is a fascinating little spot.

The Perth Mint, Perth

Find out about WA's gold rush era at the Perth Mint. A tour focuses on how gold mining built our great state, as well as impressive gold nuggets, the world's largest coin and you can even watch a gold pour.

Perth Bell Tower, Perth

Perth's Bell Tower was built to mark the millennium. It is home to historic bells from London, St Martin-in-the-Fields that were gifted to WA. On a tour, you can try ringing the bells and there is a great view from the lookout deck.

No 1 Pump Station Museum, Mundaring Weir

While the goldrush was important for the growth of WA, it would have never have been sustainable without a permanent water supply in the dessert. You can find out all about how water was transported to the goldfields at the No. 1 Pump Station Museum at Mundaring Weir. The National Trust run museum is full of interesting facts about how the huge engineering feat was achieved by the legendary C.Y. O'Connor.

Want to do Your Own Exploring?

Your local library is also a great source of delving into your suburbs' history. They have a range of official documents, old photographs and more. They often have access to family tree research tools as well.

For more information visit

<https://seniorocity.com.au/local-history-museums-in-perth/>

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

Every Day is Neighbour Day 'Staying Connected Helps Everyone'

Every body. Every Where. Every Day. Neighbour Day.

W: <http://neighbourday.org/>

Relationships Australia

Relationships Australia works in a variety of ways to support respectful relationships across Australia.

Broadly, Relationships Australia advocates and promotes the importance of respectful relationships with respect to positive individual mental health outcomes and general community outcomes.

Their research is relevant and purposeful and further enables them to provide our ongoing trusted services and supports.

Relationships, family, community and connection are part of our culture. Staying connected helps everyone.

Did you know that reaching out to those around you leads to:

- Better physical and mental health
- Better relationships
- Feeling safe and more welcome in your neighbourhood
- Being able to help others and they can also help you when you need it

Relationships Australia has translated this message from English to four (4) languages to connect with our neighbours who may not speak English as first language. Arabic, Chinese (simplified), Greek and Italian.

ENGLISH

neighbour day | Relationships Australia
Sunday 27th March 2022

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Did you know that reaching out to those around you leads to:

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- Better relationships
- Feeling safer and more welcome in your neighbourhood
- Being able to help others and they can also help you when you need it

During the pandemic, many people have felt disconnected and lonely. At times like this, we have to get creative to make sure everyone is included. How have you been staying connected?

Let's do what comes naturally and support those around us. If we do this, together we can end loneliness.

ARABIC

neighbour day | Relationships Australia
الأحد 27 مارس آذار 2022

العلاقات والأسرة والمجتمع والتواصل هي جزء من ثقافتنا. البقاء على اتصال يساعد الجميع.

هل تعلم أن التواصل مع من حولك يؤدي إلى:

- صحة بدنية وعقلية أفضل
- علاقات أفضل
- الشعور بالأمان والترحيب أكثر في منطقتك
- أن تكون قادراً على مساعدة الآخرين ويمكنهم أيضاً مساعدتك عندما تحتاج إليها

أثناء الجائحة، شعر الكثير من الناس بالعزلة والوحدة. في مثل هذه الأوقات، علينا أن نكون مبدعين للتأكد من تضمين الجميع. كيف بقيت على اتصال؟

دعونا نتصرف بشكل طبيعي ولتقائي وتدعم من حولنا. إذا فعلنا هذا، فيمكننا معاً إنهاء الوحدة.

CHINESE

neighbour day | Relationships Australia.
2022 年 3 月 27 日 星期日

人际关系、家庭、社区和联系都是我们文化的一部分。
与他人保持联系，便能帮助所有人。

你知道吗，主动与周围的人交流联系，可有以下好处：

- 改善身心健康
- 促进人际关系
- 在社区内感到更安全、更友善
- 能够帮助他人，自己在需要时也能获得帮助

疫情期间，许多人都感到孤立无援。这时，我们就需要集思广益，确保为所有人建立联系。
你有没有与其他人建立联系呢？

让我们顺其自然，相互扶持。
只要这样，便可以不再孤独。

GREEK

neighbour day | Relationships Australia.
Κυριακή 27 Μαρτίου 2022

Οι σχέσεις, η οικογένεια, η κοινότητα και η σύνδεση
είναι μέρος της κουλτούρας μας.
Η διατήρηση της σύνδεσης μάς βοηθά όλους.

Το ξέρατε ότι η επικοινωνία με τους γύρω σας οδηγεί:

- Σε καλύτερη σωματική και ψυχική υγεία
- Σε καλύτερες σχέσεις
- Στο να νιώθετε ασφαλέστεροι και πιο ευπρόσδεκτοι στη γειτονιά σας
- Στο να μπορείτε να βοηθάτε άλλους και να και να έχετε τη βοήθειά τους όταν τη χρειάζεστε

Κατά τη διάρκεια της πανδημίας, πολλοί άνθρωποι ένιωσαν αποκομμένοι και μόνοι.
Σε τέτοιες στιγμές, πρέπει να ενθαρρυνόμαστε
δημιουργικοί, για να διασφαλίσουμε ότι
κανένας δεν είναι αποκλεισμένος.
Εσείς πώς διατηρήσατε τις σχέσεις σας;

Ας κάνουμε ό,τι είναι φυσικό
και ας υποστηρίξουμε τους
γύρω μας.
Αν το κάνουμε, μαζί
μπορούμε να βάλουμε
τέλος στη μοναξιά.

ITALIAN

neighbour day | Relationships Australia.
Domenica 27 marzo 2022

Le relazioni, la famiglia, la comunità e i legami
fanno parte della nostra cultura.
Mantenere dei forti legami aiuta tutti.

Lo sapevi che offrire il tuo supporto alle persone che ti circondano:

- Favorisce una migliore salute fisica e mentale
- Contribuisce a relazioni migliori
- Ti aiuta a sentirti più al sicuro e ben accettato nella tua comunità
- Ti permette di aiutare gli altri e di ricevere aiuto quando ne hai bisogno

Durante la pandemia, molte persone si sono sentite sole e lontane dagli altri. In momenti come questi, bisogna essere creativi per fare in modo che nessuno venga escluso.
In che modo hai mantenuto i tuoi legami?

Facciamo ciò che è naturale, supportando le persone che ci circondano.
In questo modo, possiamo porre fine al problema della solitudine.



Relationships
Australia®



Being Scam Aware

Society's growing reliance on technology is providing scammers with new opportunities to target Australians?

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

In 2020, the Australian Competition and Consumer Commission (ACCC) reported that over 444,000 Australians fell victim to scammers, parting way with over \$850 million dollars.

The majority of these Australians were over the age of 65.

Understanding the types of scams, their delivery methods, and actions to take if you identify a potential scam are vital to become scam aware.

Scam types and delivery methods

Currently telephone, email and via social media are the three most common communication methods used to deliver scams. There are three scam categories to note:

Phishing

Scammers attempt to trick you into providing personal information by pretending they are from a legitimate business.

Threat based

Scammers demand money that you supposedly owe, followed by threats if you do not cooperate.

Identity theft

Fraud that involves using someone else's identity to steal money or gain other benefits.

Spotting Scams

The ACCC advises there are some common tell-tale signs of a potential scam. Be cautious if someone:

- You do not know contacts you
- You have never met requests money
- Requests money through unusual payment methods, or requests sensitive information such as your bank details and passwords
- Pressures you into buying something or making a decision quickly
- Offers you something that appears too good to be true, such as a competition prize or an unclaimed inheritance

If you are still unsure if the person you are speaking to is legitimate, WA Police recommends that you contact the company using the telephone number or email address from the telephone book or the business's official website.

Importantly, before sharing bank details or transferring money, discuss it with a family member or friend. You can also visit www.scamwatch.com.au to check if you have been targeted by a known scam.

What to do if you think you have fallen victim

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

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

Helpful Resources

W: www.scamwatch.gov.au

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



W: www.cyber.gov.au/acsc/register

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



Bankwest 'Safe & Savvy'

Bankwest have published a guide to help older people avoid abuse, scams and fraud.

Who should read this guide?

Bankwest know that people over the age of 50 are at risk of financial abuse, scams and fraud. This is often called elder financial abuse.

Elder financial abuse can take many forms and happen to anyone. It is a mistake to think it could not happen to you or those you love. Even though it's hard to discuss, the more we understand what elder financial abuse is, the more we can identify it, talk about it, and take action to prevent it from happening.

This guide is for the older Bankwest customers and their loved ones. They want you to be safe and savvy when managing your money.

Are you aged 50 or older? This guide is for you.

The financial issues affecting older people are unique. Early preparation avoids problems later.

This guide will

- Introduce the concept of elder financial abuse, and explain why it matters to you
- Make sure you can recognise the types and signs of elder financial abuse
- Give you practical steps to safeguard yourself and your loved ones against potential abuse – now and in the future.

What is in the Safe and Savvy guide?

You will find information, resources and practical activities to help you better understand and prevent elder financial abuse.

Part 1: Spotting elder financial abuse

- Learn what is it, and how it might affect you and your family



Part 2: Design your support team

- Create a support network from a range of different people and professions
- Choose the right people to make decisions about your money and information

Part 3: Bullet-proofing against scams and frauds

- Learn how to avoid the most common types of frauds and scams
- Understand how frauds and scams can affect you

Part 4: Warning signs of elder financial abuse

- Learn how to detect the warning signs of financial abuse
- Assess the risk and get some support if you are affected

Part 5: Advice and support for carers

- Understand the rights, responsibilities and support services for carers

Part 6: Where can I go for help?

- Discover where to find additional information and relevant support services near you

Bankwest's top tips to protect yourself from scams and fraud:

- Verify callers' identity – particularly if unsolicited – by hanging up and dialling official numbers
- Never share your credit/debit card details or SMS two-factor authentication codes
- Never provide someone with access to your device, which commonly requires downloading software
- Organisations such as Telstra and the ATO will not contact you directly for urgent payments or actions
- Disregard Amazon/eBay texts if you do not have an account and only use verified numbers for contact
- If you receive an unexpected call from Bankwest and are not comfortable, hang up and call Bankwest on 13 17 19

To access the Bankwest 'Safe and Savvy Guide' use the link below.

[Safe and Savvy Guide](#)



Welcome to 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.

I am delighted to welcome our new COTA (WA) Supporters:

Tuart Place

City of Cockburn

City of Fremantle

Australian Institute of Management WA

Ansell Strategic

Rise Network

Umbrella Multicultural Community Care

Office of the Hon Donna Faragher MLC

Southcare

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/>



Tuart Place ‘Forgotten Australians Coming Together Inc.’

Tuart Place is a resource service for adults who were in out-of-home care (care leavers) during their childhood. The governing body of Tuart Place is Forgotten Australians Coming Together Inc. (FACT). FACT is Western Australia’s representative body for people who were in out-of-home care during childhood, including Former Child Migrants from the UK and Malta and Indigenous and non-Indigenous Australian-born care leavers.

Tuart Place provides a number of services, all of which are free of charge. Services are available to people who experienced any form of out-of-home care in Western Australia.

National Redress Scheme (NRS) Support

Tuart Place staff provide a free confidential service for care leavers interested in participating in the NRS by providing information and support to consider your options, referrals and access to legal advice, trauma informed counselling before, during and after engaging with the NRS, individual support to complete application and face-to-face, telephone and online support.

Advocacy and Support

Tuart Place staff can advise you of any relevant complaints mechanisms available and can support you throughout the process. Tuart Place staff can support you throughout a range of complaints processes (including a National Redress Scheme application) and several international redress initiatives and will assist you to obtain any documents you may need.

Support Groups

Relaxed, informal support groups run weekly on a Wednesday morning, 10.30am – 12pm. You do not need to book in, just turn up on a Wednesday morning and stay on for a casual lunch (provided free).

Obtaining Records

Tuart Place staff will support you in applying for any records about you, which may be held by Government Departments; Past Providers of Children’s Homes, Orphanages and Foster Care (both religious and non-religious); Medical Hospitals and Health Agencies. Staff can give you information about how to apply yourself or they can apply on your behalf.

Searching for and receiving records can sometimes be distressing and if you would like support during this process, counselling is available.

Life Skills

Short courses and ‘one off’ sessions are delivered on a variety of topics such as Developing Self-Confidence; Raising Self Esteem; Communication Skills; Building Better Relationships; Managing Stress and Anxiety and Assertiveness.

Computer Skills

Whatever your skill level (even if you have never turned on a computer before) you can get help at Tuart Place. Use their computer room or bring in your iPad, Smart Phone or Digital Camera and learn to browse the internet, send emails, scan photos and shop online. Drop in and work by yourself or ring Tuart Place to book a time to get individual help.

Family Tracing

Tuart Place can help with family tracing by liaising with Australian and overseas agencies and providing support and counselling through the process.

Counselling

Free counselling is available at Tuart Place to anyone who has been in out-of-home care in childhood. Counselling is available on Mondays, Wednesdays and Thursdays.

Social Activities - Social Activities Group

The Tuart Place Social Activities Group (SAG), established in early 2015, is a great addition to our organisation, and is run by participants for participants. Not only does the group run highly successful fundraisers, they organise social events such as movie afternoons, outings and weekends away.

For more information about the services provided by Tuart Place or to book appointments please contact the friendly reception staff:

T: 08 6140 2380 or Freecall 1800 619 795

Email: admin@tuartplace.org

W: <https://www.tuartplace.org/services/>



Tuart Place
Growing Strong Together

City of Cockburn ‘Services for Seniors 50+’

City of Cockburn ‘Seniors Centre’

The Cockburn Seniors Centre provides recreational, educational, health and social activities, classes, meals, outings and courses for people aged 50+.

Meals: Mondays, Wednesdays and Fridays at midday (pre-order before 10am)

Café: Tuesday and Thursday 9:00am-12.45pm

Services: a centre-based hairdresser and naturopath available by appointment

Transport: a van pick-up service is available for members who are transport disadvantaged – booking required

Computer Room: computers/iPads and free WiFi available for members to use

Cockburn Community Men’s Shed

The Cockburn Community Men’s Shed is open to all men over 18 years of age but is designed primarily for those men who have retired or are no longer employed, socially isolated, bored or lonely.

The Men’s Shed assist members of the public to repair items that are brought to the Shed, wherever this is possible and practical. They are involved in the community via the local Rotary and Lions Clubs, local primary schools and other community-based organisations. They have just over 90 members, all who enjoy the camaraderie of other ‘blokes’ in a shed workshop atmosphere.

The main focus is woodwork, however there is a small metal shop and there are plans to create space on the mezzanine floor for arts/crafts.

Cockburn Care - aged care support services

Cockburn Care provides services for seniors and people with disability. Services include home and community support and social clubs. Information is provided on CHSP, Home Care Packages and NDIS.

Cockburn Health and Community Facility

Find out about the Cockburn Health and Community Facility which houses Centrelink, the Success Library, Cockburn Integrated Health and a range of allied health and medical providers.

Rates Rebates for Pensioners and Seniors

Information on pensioner and senior rates rebates. Find out about eligibility for rebates and concessions, how to apply and making payments.

Seniors Security Subsidy Scheme

Find out about the seniors security subsidy scheme available for residents that have a valid Pension Concession or Seniors Card, to improve the security of their homes.

Cockburn Health and Community Facility

Cockburn Health and Community facility provides a range of health, community and support services in one convenient location at 11 Wentworth Parade in Success WA. The facility houses Centrelink, the Success Library, Cockburn Integrated Health and a range of allied health and medical providers.

This multi-purpose health and community facility is close to the freeway with excellent public transport and is also close to Cockburn Gateway Shopping City. A wide range of services operate from the Centre, including Success Library, Centrelink, Cockburn Integrated Health and a range of allied private medical and health providers.

Seniors Clubs

There are ten independant Seniors Clubs across Cockburn that meet regularly for socialising and activities. Find out more about the Seniors Clubs via the link below.

<https://www.cockburn.wa.gov.au/Community-and-Business/Seniors-50/Senior-Services-and-Contacts>

Senior Services and Contacts

Connect with seniors services and activities at the Cockburn Seniors Centre, Cockburn Care service or local Seniors Clubs. Find out what's on and how to be involved. You can also visit the centre which is next to the Library and the City of Cockburn Administration Building at 9 Coleville Crescent SpearwoodWA. It is open Monday to Friday, 9am to 4.30pm excluding public holidays.

For more information about any of the City of Cockburn services for Seniors 50+ contact:

T: 08 9411 3444

E: customer@cockburn.wa.gov.au

Website:

www.cockburn.wa.gov.au/Community-and-Business/Seniors-50



City of Fremantle 'Services for Seniors 50+'

Positive Ageing Assistance

The Positive Ageing Assistance fund is a City of Fremantle grant which aims to support older people on a concession living in the City of Fremantle, to assist them maintaining their independence in their own home.

Neighbour to Neighbour (N2N) Project

The City of Fremantle has developed Neighbour to Neighbour, a community project to offer support to those who may need one-off or short term assistance, delivered by local volunteers.

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 offer '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 Tuesday, Wednesday and Saturday from 9.30am to 11.00am.

Community Safety

The City offers a community safety team to assist the residents and tourists with any concern they may have. The number is 1300 360 666 (1300 MYFREO) and can be contacted from 7am–9pm seven days a week.

Finding Activities and Events

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.

Healthy Lifestyles Expo for 55+

The **2022 Healthy Lifestyle Expo for 55+** to be held on Thursday 2 June 2022 at the Walyalup Civic Centre promotes and encourages healthy lifestyle and wellness opportunities for the over 55s community in Fremantle, Melville and Cockburn.

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 is 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 am–12 noon

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

Cost: Free, but refreshments at own expense

For more information about any of the City of Fremantle services for Seniors 50+ contact:

T: 08 9432 9999

E: info@fremantle.wa.gov.au

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



Rise Network ‘Services for Seniors 50+’

Are you looking to be more active? Do you want to make new friends and socialise more? Could you do with some help maintaining your garden or home? Do you need some transport so you can stay connected with your community?

Live a great life as part of the Rise community.

Speak to Rise Network as they provide a range of services throughout the Perth Metro area.

Veterans Support

Are you a retired member of the Australian Armed Forces? Do you hold a Veteran’s Gold or White card? You could be eligible for Rise’s Veteran’s Support to assist you live independently and get out and about in the community.

Moorditj Aboriginal Groups

Aboriginal and Torres Strait Islander people can get together with their mob at our friendly informal social groups in Armadale and Koongamia. Rise yarn and celebrate stories, people and culture. Many of the Moorditj members have discovered or re-kindled a love of art and their work has been celebrated in exhibitions.

Home Care

Although it is important that you keep doing as much as possible for yourself for as long as possible, Rise will support you to manage the tasks you are able to complete yourself, while assisting you with the tasks that are becoming difficult, such as cleaning your home and helping you prepare nutritious home cooked meals.

Gardening & Home Maintenance

Rise Network provides gardening and maintenance support to clients across Perth. Their friendly gardening team love maintaining beautiful, healthy gardens. Including mowing, weeding and pruning. Rise can also help with basic indoor and outdoor home maintenance.

Personal Care and Medication Support

Rise understands that as we get older, some important tasks can get harder, but looking after yourself is still important. Rise workers can assist you with showering, grooming and medication.

Respite Care

Caring for a loved one is a rewarding, but often exhausting job. To make sure you are able to keep caring for your loved one, Rise provides respite services within your home or at their beautiful country cottage in the Perth Hills, Milperra.

Social Centres

You will find a whole range of social activities at Rise social centres. Whether you want to keep active, learn a new skill, visit interesting places or socialise and meet new people. Rise social centres are in Mundaring, Koongamia, Forrestfield, Mount Richon, Wembley and Warwick.

Rise Creatives

Are you feeling arty or crafty? Do you want to get creative? The Rise Arts Hub in Warwick could be just what you are looking for. They cater for all ages and all abilities. Even if you have never explored your creative side before you will find something you like. Meet new people, learn new skills and have a whole lot of fun at the Rise Arts Hub.

Aids, Equipment and House Modifications

With your help, Rise can assist in making your home safer and more appropriate for your needs. Rise wants you to live safely and confidently in the home you love.

Fees and Prices

Many of the Rise Network services can be provided under funding packages offered by the Australian Government so there is no or little cost to you. Some government subsidised services require a fee to be paid to the provider and you can have confidence that the Rise fee structure is simple to understand and value for money.

For more information and to discuss your specific needs contact:

T: 08 6274 3770

E: contact@risenetwork.com.au

W: <https://www.risenetwork.com.au/>



Australian Institute of Management Western Australia 'AIM WA'

AIM WA are a contemporary education leader shaping management, leadership and workplace excellence, for the benefit of Australia and their neighbours.

The Institute supports and recognises excellence in management and leadership at individual, team and/or organisational levels.

AIM WA build better workplaces through delivering high quality learning experiences, by celebrating and recognising excellence, and by influencing conversations that matter.

AIM WA Pinnacle Awards

The AIM WA Pinnacle Awards are Western Australia's premier business leadership excellence awards, recognising and rewarding outstanding organisations across the corporate, government, community and not-for-profit sectors in Australia that have a significant footprint in Western Australia.

Now in its eighth year, the awards have become an integral part of the business calendar.

Each winner of the Award will receive \$20,000 worth of learning and development to give towards the charity of their choice.

For more information and to discuss your specific needs contact:

T: 08 9383 8000

F: 08 9387 6171

W: <https://aimwa.com/>



Australian
Institute of
Management
WESTERN AUSTRALIA

Ansell Strategic 'Passionately committed to transforming aged care and retirement living'

Ansell Strategic are specialists in aged care, community care and retirement living.

In an ever-changing landscape, they partner with providers to drive innovation, improve performance and positively transform the future of services for older people.

Ansell Strategic provide support for the unique challenges in aged care and retirement living organisations including:

Business Advisory Service: Providing help whether you are looking to develop, redevelop, invest, divest or review your service model.

Management and Operations: Equipping providers with the skills, resources and knowledge to deliver consumer and quality care.

Research and Education: Partnering with organisations to educate, upskill, research or advise on the latest advances in the industry.

For more information and to discuss your specific needs contact:

T: 08 9468 7520

E: info@ansellstrategic.com.au

W: <https://www.ansellstrategic.com.au/>



Ansell Strategic

Umbrella ‘Multicultural Community Care’

In 2000, a group of dedicated people from multicultural backgrounds had a dream to create an independent, community-based organisation to support the seniors in their community. They wanted to include people of all cultures and communities and ensure everyone felt welcome.

Today, Umbrella Inc. offers over 20 innovative and culturally diverse aged care services, for people over 65 years of age. Umbrella’s programs support individuals to stay connected and live independently in their homes.

All people are welcome to be part of Umbrella’s family. Their main focus is to support people from culturally and linguistically diverse backgrounds and the LGBTI community. Umbrella Inc. provides quality personalised care, matching staff, languages and activities with clients.

Services are provided by trained, culturally competent bilingual staff.

Umbrella are proud to deliver services that value people, promote inclusion and make a difference.

Umbrella believe everyone has an equal right to enjoy their ‘Golden Years’. They believe language, gender identity, culture or financial status should not be a barrier to accessing quality services.

Umbrella believe their ethos of respect, passion and commitment to their mission and staff and the hard work of volunteers can change someone’s life.

For more information and to discuss your specific needs contact:

T: 08 9275 4411

E: enquiries@umbrellacommunitycare.com.au

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



Office of the 'The Hon Donna Faragher MLC'

The Hon Donna Faragher MLC is the Shadow Minister for Community Services; Early Childhood Learning; Youth; Seniors & Ageing.

Donna Faragher has strong links to the East Metropolitan dating back to her great grandfather, Scottie Jamieson, who was a local councillor for 21 years and also the Mayor of the then Midland Junction Municipal Council.

Donna has been appointed as Chair of the Legislative Council's Standing Committee on Uniform Legislation and Statutes Review in the 41st Parliament.

Donna is a graduate of The University of Western Australia with a Masters of Education with Honours, a Graduate Diploma in Education (School Psychology and Education) and a Bachelor of Arts with Honours in Psychology. Prior to entering Parliament, Donna worked as a policy and parliamentary adviser to former Federal Justice and Customs Minister, Hon Chris Ellison.

For more information and to discuss your specific needs contact:

T: 08 9379 0840

E: faragher.eastmetro@mp.wa.gov.au

Facebook: <https://www.facebook.com/donnafaragherMLC>



Southcare 'Perth Aged Care Agency and Home Care Provider'

Southcare is a Western Australian not-for-profit organisation that provides personalised aged care and support and community services to help you or your loved one live with dignity and respect in your own home and neighbourhood.

Southcare are a home, personal and community care team with a passion to make a difference in the lives of the people we work with and for the area we call home. They provide health, wellbeing and capacity building services to people in need so that they can stay independent, in control and make the most of their opportunities and potential.

Southcare work within the areas of aged care, finance, Aboriginal family support, leadership training and local amenities.

Southcare's home care service is personalised and caring and their packages are tailored to the way you like to live. Their community connectedness and the wide range of services they provide demonstrate a commitment to enhancing the lives of older people that call this area home.

For more information and to discuss your specific needs contact:

T: 08 6117 3028

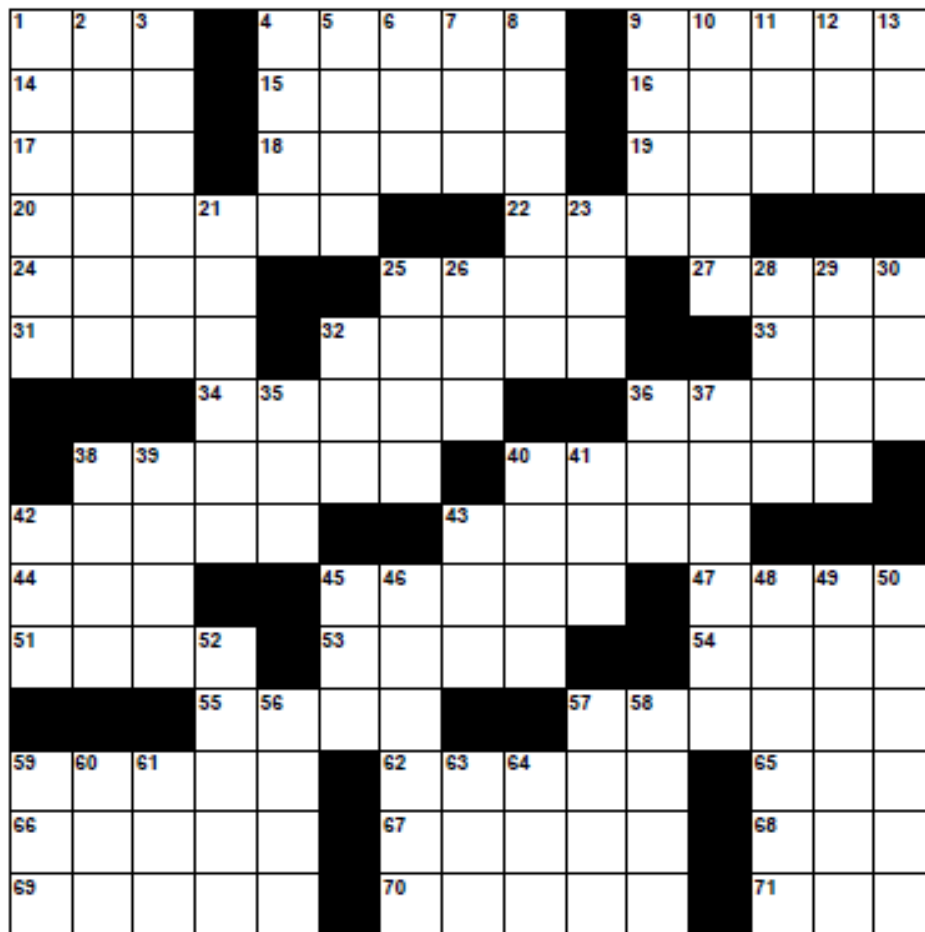
E: enquiries@southcare.org.au



Southcare

'CROSSWORD' Puzzle

*Answers to crossword available at the end of newsletter at Page 42.



By Evelyn Johnson - www.qets.com

ACROSS

- 1 Public transportation
- 4 Special case only (2 wds.)
- 9 Major division in a long poem
- 14 Picnic pest
- 15 Baby locomotion
- 16 Elliptical
- 17 Lose moisture
- 18 Salutation
- 19 Layered
- 20 Become moldy
- 22 U.S. Department of Agriculture
- 24 Fencing sword
- 25 Ceases
- 27 Write down quickly
- 31 Bird's home
- 32 "___ porridge hot..."
- 33 Pester
- 34 ___ bird
- 36 Folded sheet of paper
- 38 Operatic basses
- 40 Boy's name
- 42 Beginning
- 43 Tax payer's fear
- 44 Bullfight cheer
- 45 Lays in the sun
- 47 Dines
- 51 Happy
- 53 Gawk
- 54 Cultivate
- 55 Western state
- 57 Pet name
- 59 Hippopotamus' nickname
- 62 Bye
- 65 Wing
- 66 Land measurements
- 67 Serious
- 68 Fisherman's tool
- 69 Plant starters
- 70 Musical time
- 71 Attempt

DOWN

- 1 Evil guys (2 wds.)
- 2 Green, like a banana
- 3 Fashions
- 4 Throb
- 5 Sketched
- 6 Movie 2001's talking computer
- 7 Night bird
- 8 Rain bringers
- 9 Arctic
- 10 Relating to birds
- 11 Not (refix)
- 12 Fasten
- 13 Peculiar
- 21 Dislike intensely
- 23 Compass point
- 25 Snaky fish
- 26 Congressional vote
- 28 Merely
- 29 Animal's hind part
- 30 Self-esteem
- 32 Not against
- 35 Fire remains
- 36 Friday (abbr.)
- 37 Mexican food brand
- 38 Duck "beak"
- 39 Location
- 40 Nobleman
- 41 Advertisements
- 42 Marsh
- 43 American sign language
- 45 Constrictor snake
- 46 Appalled
- 48 Brazen
- 49 Hard worker
- 50 Hot, after exercising
- 52 Fooled
- 56 Throw in the air
- 57 Bottomless
- 58 European monetary unit
- 59 In possession of
- 60 Winter hazard
- 61 Before (prefix)
- 63 Deer
- 64 Computer makers

Chung Wah Community Care

‘Community Outings’



Chung Wah Community Care (CWCC) group outings are organised to help clients experience and appreciate Australian history and culture. The group outings also serve to assist socially isolated individuals to help them build a sense of belonging in the community.

You are invited to explore the hidden beauty of Western Australia, try out cultural cuisines, and develop positive social interactions with people like you.

If you love adventures or simply wish to meet new people, this is the perfect platform for you. CWCC trips will provide you with unique and memorable experiences which encourage physical activity and health, while promoting your emotional as well as spiritual wellness.

Chung Wah Community Care prepares all necessary arrangements to ensure that the needs of everyone at every level of participation are met. The CWCC staff and volunteers will be with you throughout the trips and ready to provide assistance if needed.

CWCC plans an exciting new outing every three months, and all are welcome to join. Further information about the latest CWCC events can be found on CWCC Facebook/WeChat.

‘Private Arrangement’

Private arrangements can be made if you do not meet certain eligibility requirements for government subsidised services. CWCC pride themselves on offering a tailor-made service for all.

If you do not meet the eligibility requirements for government subsidised services or if those services do not meet all of your needs, CWCC can provide bespoke arrangements for you. You can also ‘top up’ your existing package with any additional services you might need that can’t be achieved with your home care package budget.

Private arrangements also suit people looking for services to be provided in an emergency or temporary situation, or as interim package while waiting for their aged care assessment.



No assessment is required to be eligible for this service.

For more information

T: 08 9328 3988



**CHUNG WAH
COMMUNITY
CARE**
Chung Wah Association Inc
Est. 1909

Umbrella Multicultural Community Care

‘Health & Fitness’

Umbrella Inc. 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.

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



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.

‘Carer’s Group’

Being a carer can be very rewarding, however it is important to acknowledge that from time-to-time carers may need some extra help and support. At Umbrella Inc., staff and management are always there to support you. They provide you with services and relevant information which might assist in your caring role.



Carer Gateway Services

A carer is defined as an individual who looks after a family member or friend who is living with a disability, long-term medical condition, mental health challenge, substance dependency or fragility due to age. Carers can now access a range of new support and services to assist them in their caring role through the new Carer Gateway.

For more information

T: 08 9275 4411



Events

Multicultural Village Hub 'Creative Culture Connect Competition'

Seeking fun, creative, cultural community activity ideas?

The Multicultural Village Hub is launching its first **Creative Culture Connect Competition** with big prizes to win! Submit your idea about how to connect people aged 55+ with your culture or how to facilitate cultural exchange in the community.

All ideas are welcome! Think art, craft, music, dance, food, physical activity, conversation and many more!

Umbrella's new Multicultural Village Hub aims to tackle social isolation by building a strong, supportive, and social multicultural community of people 55+ in Belmont and Bayswater.

The top five program ideas will be included in the initial calendar of activities run by the Hub, fully funded and with facilitation support from the Hub.

Competition Details

- Open to anyone who lives, works, or is connected to City of Belmont or Bayswater
- First prize is \$500, and second prize is \$200
- You may enter as many creative ideas as you like!
- Entries close 2 May 2022 at 5:00pm
- Winners will be announced 6 May 2022 at 12:00pm
- The entries will be judged by the Multicultural Village Hub Community Reference Group

Entries should include

- A project description
- How the program will address any of the following themes: diversity and cultural connection, skills and story sharing and/or social inclusion
- Estimated program timeline, resource requirements such as space, materials and equipment, etc.



To enter, either complete the entry form here:

<https://forms.office.com/Pages/ResponsePage.aspx?id=xPtXW3sDkkSnjiktVPuol2VgG6kCLpLno2hV64SylhURVROWUs3QzIRSVdHVIVNOEtNWjk4U09QVS4u>

Drop off or mail your entry to:

Umbrella Multicultural Community Care, 39 Abernethy Road, Belmont 6104

For more information and Terms and Conditions please visit:

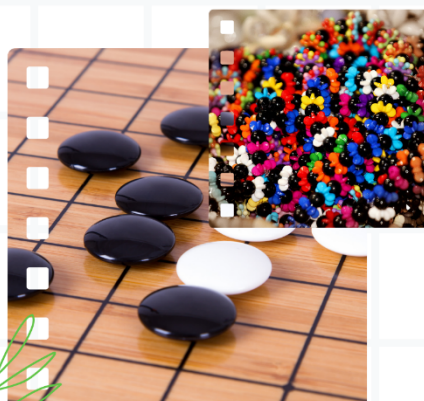
Webpage: <https://umbrellacommunitycare.com.au/multicultural-village-hub/>

Contact the Hub Coordinator: 08 9275 4411

Email: villagehub@umbrellacommunitycare.com.au



CREATIVE CULTURE CONNECT COMPETITION



The Multicultural Village Hub is launching its first Competition with big prizes to win! Submit your idea about how to connect people with your culture or how to facilitate cultural exchange in the community.

How to get involved?

To enter the competition you can scan the QR code or visit our website and complete the application form or contact us for a copy.

1st Prize

\$500

Second prize \$200



For more information, contact the Hub Coordinator on **9275 4411** or visit umbrellacommunitycare.com.au/multicultural-village-hub

Feedback Opportunities

Edith Cowan University 'Setting Research Priorities for Aged Care'

Edith Cowan University wants to hear from you!

This project seeks to determine the most important research topics and questions relevant to aged care in Western Australia.

They are seeking the opinions of older people (65+), family/informal carers, aged care workers, aged care providers and researchers investigating the topic of aged care.

The views collected will be used to create a set of priorities to guide future research for the Centre for Research in Aged Care to positively impact aged care service and practice.

What does this study involve?

In this study they aim to find the research topics which have the most support. You will be presented with a list of research areas and asked to rank your top five. You will also be asked to indicate the importance of several specific research topics.

The online survey should take approximately 15 to 20 minutes to complete.

Please go to the following link to complete the survey:

https://eaecu.au1.qualtrics.com/jfe/form/SV_6WIsY3X5vthoTpY

This study has been approved by the Edith Cowan University's Human Research Ethics Committee (HREC2021-02716-STANLEY). If you would like to discuss any aspect of this project, please contact the chief investigator, Mandy Stanley P:6304 2389.



SETTING RESEARCH PRIORITIES FOR AGED CARE

We want to hear from you!

This project seeks to determine the most important research topics and questions relevant to aged care in Western Australia.

We are seeking the opinions of older people (65+), family/informal carers, aged care workers, aged care providers, and researchers investigating the topic of aged care.

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WA Seniors Strategy 'Have your Say' Survey

The Department of Communities is keen to hear the thoughts and opinions of older Western Australians to help shape the State's 10-year Seniors Strategy.

Online survey

Communities is keen to hear the thoughts and opinions of older Western Australians.

We would like to hear from you if you are:

- Aboriginal and Torres Strait Islander people aged 55 years and over
- Non-Aboriginal and Torres Strait Islander people aged 65 years and over

Communities would also be interested in hearing from you if you are approaching your senior years to identify any emerging themes or issues.

To participate in the survey go to:

<https://www.wa.gov.au/organisation/departments-of-communities/wa-seniors-strategy-wa-have-your-say>

Have your say on how you can age well in your community and live your best life.

WA has been an affiliate to the World Health Organisation's Global Network for Age-friendly Cities and Communities since 2017, and is the only Australian State or Territory to have achieved this status.

An age-friendly approach ensures active engagement at the local level with older people, their families and carers, and the service providers who interact with them.

- As at June 30, 2019, 388,708 Western Australians were aged 65 years and over. This age group currently represents 14.8 per cent of the total WA population
- It is projected that by 2031, the proportion of people aged 65 years and over will represent 18 per cent of the population. People aged 85 years and over are forecast to nearly double during this time



WA Government Information and Resources

COVID-19 information on HealthyWA

With WA experiencing very high numbers of COVID-19 cases, it is important to know where to find accurate and practical health information.

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

The [HealthyWA website](#) has a range of useful resources for seniors and is updated regularly to reflect the latest health advice on topics like what to expect if you or someone you know tests positive for COVID-19 or becomes a close contact:

- [Staying Safe](#) for tips on mask wearing, and COVID-19 Care Plans which can be printed from the website.
- [COVID Symptoms](#) including mild, worsening, severe and what to do in an emergency.
- [Close contacts page](#) including the latest advice based on WA's very high caseload.
- If you receive a positive COVID-19 test result, the HealthyWA [checklist](#) provides a practical step by step guide on what to do, including finding a support person to check in on you regularly.
- Do not forget to [register a positive rapid antigen test](#) (RAT) online or by calling 13 COVID (13 26843)

COVID Care at Home

If you have COVID-19 and need extra support, you can also register to be considered for [WA COVID Care at Home](#) a free program that delivers home monitoring care for COVID-positive people who are at greater risk of requiring hospitalisation.

To help determine whether you would benefit from WA COVID Care at Home you must first have had a positive COVID-19 test result. Pre-registration is not available.

If you are unable to complete the form by yourself and do not have someone to help, you can call 13 COVID (13 26 843), who can complete it on your behalf.



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

Free Rapid Antigen Tests for Western Australians at public pop-ups

In a media statement from the WA Premier Mark McGowan on Friday, 18 March 2022, it was announced that thousands more free Rapid Antigen Tests are on offer for Western Australians.

Free RATs to be handed out at train stations, shopping centres, major events, universities and TAFEs throughout the State, with no registration required.

This initiative is part of the second phase of WA's Free RAT Program and complements the 15 free RATs being distributed to each household.

In an Australian-first, 500,000 free Rapid Antigen Tests (RATs) will be handed out throughout the Western Australian community at pop-up distribution points across the State in the coming weeks.

To make it even more convenient for the WA community to be prepared for COVID-19 and stay safe, from today, free RATs will be handed out at pop-up sites, without the need to register beforehand.

Train stations at Armadale, Cannington, Perth, Leederville, Warwick, Midland and Bassendean will be the first to have free RATs, with more pop-ups to follow next week.

They will also be handed out at the Perth Wildcats game at RAC Arena and the West Coast Eagles game at Optus Stadium this weekend.

Thousands of free RATs will be distributed next week at various shopping centres in Mirrabooka, Bassendean, Girrawheen, Belmont and Melville, as well as on campus at a range of universities and TAFEs.

Free RATs at public pop-ups will be disseminated at numerous locations in regional WA including Broome, Geraldton, Albany and Bunbury, commencing from March 28.

Western Australians having access to free RATs is all part of the McGowan Government's commitment to ensure the community is well placed and COVID-ready by self-administering quick at-home tests to detect COVID-19 and keep our community safe.

A full list of upcoming RAT distribution points will be available and more information about the WA Free RAT Program is available at www.wa.gov.au or by calling 13 26 843.

This initiative is part of the second phase of WA's Free RAT Program announced earlier this week, which complements the distribution of 15 free RATs for every WA household.



Government of **Western Australia**
Department of **the Premier and Cabinet**

ANSWERS to the 'CROSSWORD' Puzzle (see Page 33)

Solution:

1	B	2	U	3	S		4	A	5	D	6	H	7	O	8	C		9	C	10	A	11	N	12	T	13	O	
14	A	N	T				15	C	R	A	W	L						16	O	V	O	I	D					
17	D	R	Y				18	H	E	L	L	O						19	L	I	N	E	D					
20	M	I	L	21	D	E	W						22	U	23	S	D	A										
24	E	P	E	E					25	E	N	D	S					27	N	O	T	E						
31	N	E	S	T				32	P	E	A	S	E								33	N	A	G				
					34	E	A	R	L	Y							36	F	O	L	I	O						
		38	B	39	A	S	S	O	S				40	D	41	A	R	R	Y	L								
42	B	I	R	T	H								43	A	U	D	I	T										
44	O	L	E					45	B	A	S	K	S					47	E	A	T	S						
51	G	L	A	52	D			53	O	G	L	E						54	G	R	O	W						
				55	U	56	T	A	H					57	D	58	E	A	R	I	E							
59	H	60	I	61	P	P	O						62	A	63	D	64	I	E	U			65	A	L	A		
66	A	C	R	E	S								67	S	O	B	E	R					68	N	E	T		
69	S	E	E	D	S								70	T	E	M	P	O					71	T	R	Y		

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 Evelyn Johnson

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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
May + June + July
COTA Connections Newsletter.

Want to share your story?

Maximum 250 Words + Photographs or Images

Email: 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
T: (08) 9472 0104

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Council on the Ageing Western Australia

P.O. Box 923

Victoria Park WA 6979

Office hours: 9:00am to 4:00pm Monday to Friday

W: www.cotawa.org.au

T: (08) 9472 0104

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