



COTA Connections

Working towards a society in
which older people can flourish

DECEMBER 2021

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From the CEO

This time of year always starts the lead up to what is a really busy period for most of us. I feel like November was our busiest month ever.

But that's not the case for everyone. I recently spoke at the launch of Bankwest Curtin Economics Centre's report *'Stronger Together: Loneliness and Social Connectedness in Australia'*. The report finds that social connectivity in Australia has been in steady decline for the past ten years dramatically so during the pandemic. So despite having access to technology that can connect us to anyone, anywhere in the world – instantly - we continue to see an increase in the number of people who are experiencing loneliness, particularly during Christmas and other holiday periods. You will find a link to the report in this newsletter, with some surprising and some not-so-surprising findings.



Thank you to the people who completed our short survey on *'Seniors Using Technology'*. Your responses show that while 76% of you are spending more than one hour per day using technology (mobile phone, computer, iPad etc) – only 16% believe there is enough support to use your devices confidently and safely. And sadly, this is validated by the 40% of respondents who admitted to having been the victim of a scam. COTA (WA) will continue to advocate for more face to face or written resources for seniors, as the evidence clearly demonstrates that older Australians are the prime target for scammers. If you didn't get the chance to join us for the *Let's Talk Scams* event on 8 November 2021, you will find a YouTube link to the whole presentation in this newsletter. I encourage you to make yourself a cuppa and enjoy this very informative and entertaining presentation by cybercrime expert Dr. David Cook, even if you think you're unlikely to be a scam victim.

Following our Annual General Meeting on 24 November 2021 it's my pleasure to announce that Mary Anne Stephens is the new Chair of COTA (WA). Retiring at the AGM were three Directors who were all former Chairs of COTA (WA) - Judy Hogben, Ron Regan and Gerri Clay, and we acknowledge

their collective contribution to the Board over many years. You can view the existing Board members in this newsletter.

The 2021 WA Seniors Awards presentations took place at ANZAC House on 25 November 2021. This program seeks to recognise and acknowledge the work of some of our outstanding individuals, local governments, and local businesses in making our communities a better place to live for older Western Australians. Recipients received their award from The Hon. Kyle McGinn MLC who was representing the Hon. Don Punch MLA, Minister for Seniors and Ageing which was followed by a celebratory morning tea. Congratulations to all of our awe-inspiring Award recipients. We will be producing a short video to commemorate the 2021 WA Seniors Awards and we'll share this with you in our next newsletter.

At Have A Go Day on 10 November 2021, Minister Don Punch announced that the Department of Communities will lead the development of a 10 year WA Seniors Strategy (2022-2032). Consultation has commenced with seniors being encouraged to take part and have their say. This is your opportunity to have input into this important initiative that is expected to launch in late 2022. You will find more details about the WA Seniors Strategy, including how to get involved, in this newsletter.

This month we feature the story of another one of our team members, Vern Ferdinands. Like Vern, many of you have led very interesting lives and I know that we, as the readers, enjoy hearing about other people's journeys. I encourage you to share your story - or that of a family member and include some photos. Don't we all love nostalgic photos? Do you have a special Christmas story from 50 years ago?

My mum (who turns 85 on Christmas Day) commented to me recently that someone has been bringing in her bin each week after it had been emptied by the council. She was mystified as to who it was and until one day she saw a young lady wheeling it back to its place. What a lovely gesture from a stranger who apparently lived a few doors away. Apparently only fifty percent of us know our neighbours. Do you know your neighbours? I hope you find the time to say hello or introduce yourself over the Christmas holiday period.

I wish you safe, happy and connected Christmas.

Christine Allen, CEO

COTA (WA) 'Let's Talk Scams' event – thank you for your support

Council on the Ageing WA, sponsored by Bankwest and supported by the Department of Communities hosted an exclusive WA Seniors Week free event during 2021 WA Seniors Week and the ACCC National Scam Awareness Week.

The Hon. Kim Beazley AC, Governor of Western Australia provided the opening address.

Experts spoke on how to recognise different types of scams and how to protect yourself.

All attendees received a copy of the Bankwest Safe and Savvy guide and the latest Little Black Book of Scams published by the ACCC. Complimentary morning tea was enjoyed by all attendees.



LET'S TALK SCAMS

Supported by



Government of Western Australia
Department of Communities

This event was supported by Auslan interpreters and can be viewed via video.

VIEW THE VIDEO OF LET'S TALK SCAMS VIA THE FOLLOWING LINK:

<https://www.youtube.com/watch?v=S0KD5xbVFN8>

Congratulations to the three winners of the \$100 vouchers for completing the survey.

- Anthony Lynch
- Maxine Green
- Brian Sparkes

The survey completed by attendees showed:

COTA (WA) Survey Results 11 November 2021		
Do you spend more than 1 hour a day using technology (mobile phone, computer, iPad)	Yes	160
	No	49
Have you ever been scammed?	Yes	84
	No	125
Do you feel safe managing transactions online (banking, shopping, etc.)?	Yes	105
	No	104
Do you believe there is enough help for seniors using technology?	Yes	35
	No	174

Business Events Perth supported this event.



Vern Ferdinands

The 'Life Story' of Vern Ferdinands.

Looking back on my life today, I realise that a life changing decision made by my parents in 1947 to come to Australia from Sri Lanka (then called Ceylon) in 1948 has clearly shaped who I am today and provided me with a very different life to that which I could have had in Sri Lanka.

I was born in the Swan View Hospital Midland, WA eight years after my parents came to Australia and commenced a life of opportunity and reward in a safe, healthy and loving family. We didn't have a lot of material things but we were happy. As my Dad was a qualified diesel mechanic working for the Midland Railways he had job security and skills in demand. Sentiments that I have tried to develop during my working life.



In my younger years, I attended small to medium private schools and was fortunate to have developed a strong sense of personal and community value. I studied public administration, finance and real estate over a number years after commencing my public sector career and have been blessed to have worked regionally, nationally and internationally for a number of different State Government departments.

I also worked for three consecutive State Ministers for Agriculture and Food as their Principal Policy Advisor which I found challenging and rewarding and has provided me with the opportunity to influence policy at both State and Federal level.

Providing Members of Parliament from all State Parties with information and advice has also been really rewarding and has proved that we should be confident in our ability, being always polite and respectful. My career has also included management of risk and audit units, project managed multi-million-dollar federal grant programs and international trade opportunities for agriculture commodities.

Having married the youngest daughter of a southwest livestock and cereal farmer my 30+ years in the agriculture industry has provided me with plenty of topical conversations from cattle prices to drought proofing and everywhere in-between. My wife and I now have the pleasure of spending quality time with her Dad, now 98 and living in a residential care facility in Perth WA.

Having a rewarding and blessed career has provided me with the ability to now provide COTA (WA) with voluntary strategy, governance and policy advice and I hope to be of continued assistance into the future.

To share your story see, 'What's your story?' See Page 48.

Celebration for Recipients of the '2021 WA Seniors Awards'

COTA (WA) celebrated the recipients of the 2021 WA Seniors Awards on Thursday 25 November 2021 at ANZAC House.

The Hon. Kyle McGinn MLC representing the Hon. Don Punch MLA Minister for Disability Services; Fisheries; Innovation and ICT; Seniors and Ageing presented the awards to recipients.

Congratulations to the Recipients of the 2021 WA Seniors Awards

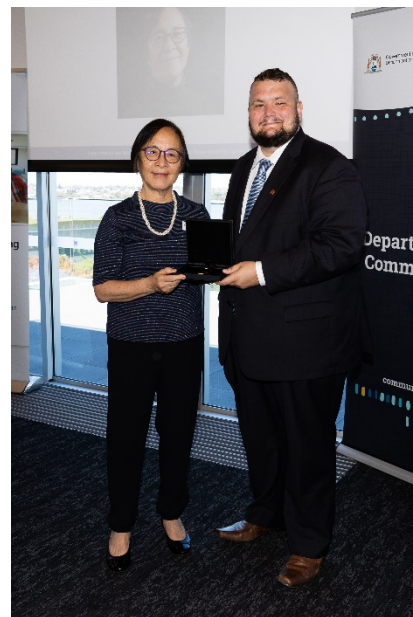
THERESA KWOK - WA SENIORS ADVOCATE OF THE YEAR

Award accepted by: Theresa Kwok

Earned for her significant contribution to the seniors sector and more importantly, to the lives of seniors in the WA community who do not have English as a first language.

Teresa is the CEO of the Chung Wah Community & Aged Care – representing over 100,000 western Australian migrants from many countries including Vietnam, Japan, Korea, Spain, Malaysia, India, Thailand and Cambodia.

She has ensured that these communities have access to services that are delivered with greater sensitivity to culture. She has been instrumental in informing and educating government, the sector and the wider community of the unique challenges and strengths of Western Australia's migrant seniors.



NORMA WALSH - WA SENIOR OF THE YEAR – METROPOLITAN

Award accepted by: Norma Walsh

Earned for her contribution over many years as a volunteer at the Jack Healey Centre and for her contribution to several books on local history including memories of Piesse Brook and memories of Walliston.

With her strong history of living and working in Kalamunda, she shared her love of the local environment with trail users and generously donated the sign 'showcasing our flora' located to the east of the city's administration building.

Norma's grandfather was a member of the Kalamunda RSL and was a driving force behind the establishment of the war memorial in Kalamunda. Norma was the first child to lay a wreath at the memorial on behalf of injured and returned servicemen and she still does this at each dawn service.



JAMES FREEMAN - WA SENIOR OF THE YEAR – REGIONAL

Award accepted by: James Freeman

Earned for his volunteering contributions to the Bibbulmun Track Foundation (over 23 years) contributing to a variety of roles. Jim became a member of the Bibbulmun Track Foundation soon after its inception in 1997 and has been a valued volunteer ever since.

He started as a maintenance volunteer involved in the upkeep of a section of the Bibbulmun Track for over 20 years – this involved walking each section a minimum of four times per year to clear the trail, to undertake maintenance and provide reports on the condition of the trail and campsite facilities to the Bibbulmun Track Foundation. Given James lived in Merredin, each trip involved an 8-hour return drive - his dedication to the task was particularly impressive.



THE CITY OF GREATER GERALDTON - WA AGE FRIENDLY LOCAL GOVERNMENT AWARD

Award accepted by: Mayor Shane Van Styn and Peter Treharne

Earned for the QEII Seniors Centre, operating since 1986 as the central hub and primary point of contact for seniors in Geraldton and the midwest averaging 2,800 monthly participants engaging in 41 programs focusing on social, physical and mental wellbeing. For many seniors the centre is their only point of social contact. A sense of belonging is fostered in a safe, supportive, inclusive and welcoming environment. The success of the centre is attributed to the 25 plus volunteers who collaborate in program development and delivery.



The centre incorporates a seniors resource centre (referring approximately 50 enquiries per month) to empower and provide seniors with the knowledge and confidence to make informed decisions.

DARLING RANGE SENIORS HUB - WA AGE FRIENDLY BUSINESS AWARD

Award accepted by: Peter Kenyon OAM, Derek Winter, John Giardina and Roly Ritchie

Received for their support of the local business community. The 'hub' is a grassroots movement designed to connect ageing residents with a local 'mutual support' network, other age generations, community groups and the local community.

The hub seeks to provide members with access to trusted and vetted business referrals, volunteer support, social and neighbour connection, friendship and meaningful community engagement.

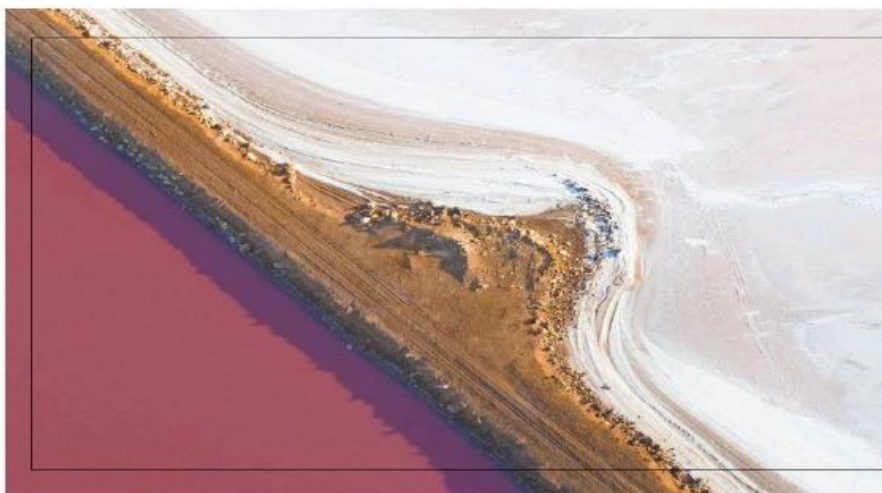


‘Grumpy but more than capable of making choices’

‘Amber Crosthwaite writes a regular column on aged care and seniors living issues for Business News.’

A rapidly ageing population requires a response that looks beyond notions of vulnerability and consumer protection.

OPINION



“People don’t lose their marbles just because they’re old

A drone camera piloted by the author’s father captured this view of Hutt Lagoon in the Mid West.
Photo: Ben Crosthwaite

Grumpy but more than capable of making choices

A rapidly ageing population requires a response that looks beyond notions of vulnerability and consumer protection.



Amber Crosthwaite
editorial@businessnews.com.au

If I told my father he needed to slow down or live life a little more conservatively given his age, he would be, well, grumpy ... and make his views to the contrary very, very clear to me

Yet something happens when a person reaches a certain age.

The ‘infantilisation’ starts and we cloak them in vulnerability and assume we need to protect them from themselves and from others.

What we often fail to recognise is that growing old takes a long time. Most seniors continue to live busy and productive lives and can make choices about how they want to live (and what risks they are willing to accept) even in complex situations.

This plays out at a macro level where the lens of vulnerability is widely applied to older people resulting in paternalistic policy decisions and systems.

Take retirement villages as an example. They are a very different proposition to residential aged care and yet the two are regularly conflated.

Retirement villages are for those who can live independently for the most part. Conversely, residential aged care is for a very different bunch, the most frail of seniors, being those who cannot stay home because they need a high level of care and support with their basic daily and clinical needs.

With other seniors’ living solutions, retirement villages make enormous sense at a systems level for older Australians because they provide purpose-built homes and communities, preventative health care and community services.

This means they ensure we can keep people living independently in their own homes with high levels of safety, health and wellbeing.

In turn we lower the burden on the state public health system (in terms of reduced health care costs and hospital admissions) and the burden on the federal health system (in terms of delaying or avoiding admission into residential aged care). Even better, none of this occurs on the taxpayers’ dime because retirement villages are a user-pays solution.

They also provide a cost effective and scalable opportunity for government to invest in social and affordable housing for seniors.

However, as we gallop towards a future where one in every six Western Australians will be over 65 by 2026, growth and the ability for the retirement village sector to innovate has been stifled by paternalistic reform and regulation.

This focuses solely on consumer protection and poses older Australians as hapless victims ripe for exploitation.

The cripplingly complex retirement village legislation requires specialised lawyers to interpret it while drowning consumers in disclosure requirements running into hundreds of pages.

The legislation effectively sterilises valuable vacant land within villages, usually creating ghettos at the expense of mixed-use integrated communities (a story for another time).

Proposed reforms requiring mandatory buy-backs of units threaten to send many operators to the wall.

In the meantime, except for some much welcomed social and affordable housing planning by the state’s Department of Communities, I can see no strategy for formulating a living solution for seniors in WA.

We need a holistic, human-centred response to the opportunities presented by our rapidly ageing population that looks well beyond notions of vulnerability and consumer protection.

All this starts with an understanding that people don’t lose their marbles just because they’re old and that they are quite capable of continuing to make their own choices and decisions, even if they do start calling themselves grumpy.

• Amber Crosthwaite is a commercial lawyer specialising in seniors living, aged care and disability

MY father, a grumpy (his description not mine) retired former farmer is almost 80 years old.

He regularly goes out bush accompanied only by his dog and his drone to pursue his passion of landscape photography.

This is something he took up in retirement.

As adults we all make choices about how we want to live. We readily accept that with choice comes risk and, perhaps, the disapproval or concern of others.

October 18, 2021 Business News | 55

WA Seniors Strategy will put older Western Australians at front of mind

Hon Don Punch BPsych BSocwk MBA MLA Minister for Disability Services; Fisheries; Innovation and ICT; Seniors and Ageing announced the development of Western Australia's first Seniors Strategy at WA Seniors Week's premier event, 'Have a Go Day'.



The WA Seniors Strategy 2022-2032 will set out the WA Government's 10-year plan to support older people, and harness the opportunities and address the challenges of WA's ageing population.

The Department of Communities will lead the development of the 10-year strategy which will include State-wide consultation to ensure the views of as many seniors as possible are captured.

Central to the strategy's development will be the voices of seniors and what is important to them. Carers, families, community services providers, peak bodies and WA State and Local Government agencies are all encouraged to participate in the consultation process.

The whole-of-government strategy, which is expected to launch in late 2022, will include a series of two-year action plans that will connect, co-ordinate and evaluate activities across State Government agencies.

While many existing whole-of-government initiatives support older people through the provision of a range of services in a range of areas, WA does not yet have a cohesive single vision and plan to support and promote seniors, activate community action and drive change.

The strategy will aim to support older Western Australians of all backgrounds to live their best life as they age.

People can register their interest to be part of the consultation process at the Department of Communities website at <https://www.communities.wa.gov.au/SeniorsStrategy> where you can also keep up with news and information on the strategy's development.

Comments attributed to Seniors and Ageing Minister Don Punch:

"The State Government is committed to supporting Western Australians to feel safe, respected and valued in the community as they age.

"There is a growing imperative for 'whole of community' commitment and action to ensure that older people remain active and participate in their community.

"This is why we are developing a 10-year whole-of-government Seniors Strategy for WA to support older Western Australians of all backgrounds to live their best life as they age.

"The voice of seniors will be central to the strategy's development and we will consult with key stakeholders including community services providers, peak bodies, State and Local Government agencies and older Western Australians right across WA."

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.

Updated toolkit supporting WA seniors to live their best lives

- Updated 'Age Friendly Communities Toolkit' assists local governments in engaging with older residents
- Developers and community leaders encouraged to better accommodate an ageing population
- Age-friendly approach ensures active engagement at the local level with older people

Seniors and Ageing Minister Don Punch launched an updated version of the 'Age Friendly Communities Toolkit', which guides local governments to engage with older residents and to assist in planning communities that better accommodate an ageing population.

Updated for the first time since 2006 and now titled '**Creating Age-Friendly Communities in Western Australia**', the toolkit provides expanded advice to local governments on how to consult with their local seniors to understand what they require to be able to age well in their community. It describes the social trends that see an age-friendly approach to planning serve as a way to combat growing issues in an older population including elder abuse, ageism and social isolation.

The Toolkit continues to use the World Health Organisation's eight 'domains' for global age-friendly cities: outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, civic participation and employment, communication and information, and community support and health services.

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.



Local governments and individuals around WA provided input to the development of the updated toolkit.

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

Comments attributed to Seniors and Ageing Minister Don Punch

"The McGowan Government is committed to supporting people to live their best lives as they age and ensuring WA seniors are able to do the things that are of value to them."

"Western Australians are living longer and with our population ageing, there is a greater need than ever to ensure people's environments are age-friendly so they can access the activities and services they require to be able to live fulfilling lives."

"An age-friendly approach supports this, and the Age-Friendly Toolkit is effectively a 'how to' manual for local governments, developers and community leaders."



The Hon. Don Punch MLA Minister for Disability Services; Fisheries; Innovation and ICT; Seniors and Ageing visited the COTA (WA) stand at Have a Go Day.

Pictured from left – COTA (WA) Team: Margaret Fischer, Aged Care Navigator, Christine Allen, CEO, Minister Punch, Chris Jeffery, Chief Policy Officer and Vern Ferdinands, Policy Officer.

‘Western Australia - Rental Affordable Index 2021’

Rental affordability in Greater Perth has fallen significantly over the past 12 months, to its lowest point since 2016 according to the latest Rental Affordability Index (RAI) produced by National Shelter, Brotherhood of St Laurence, SGS Economics and planning and Beyond Bank.

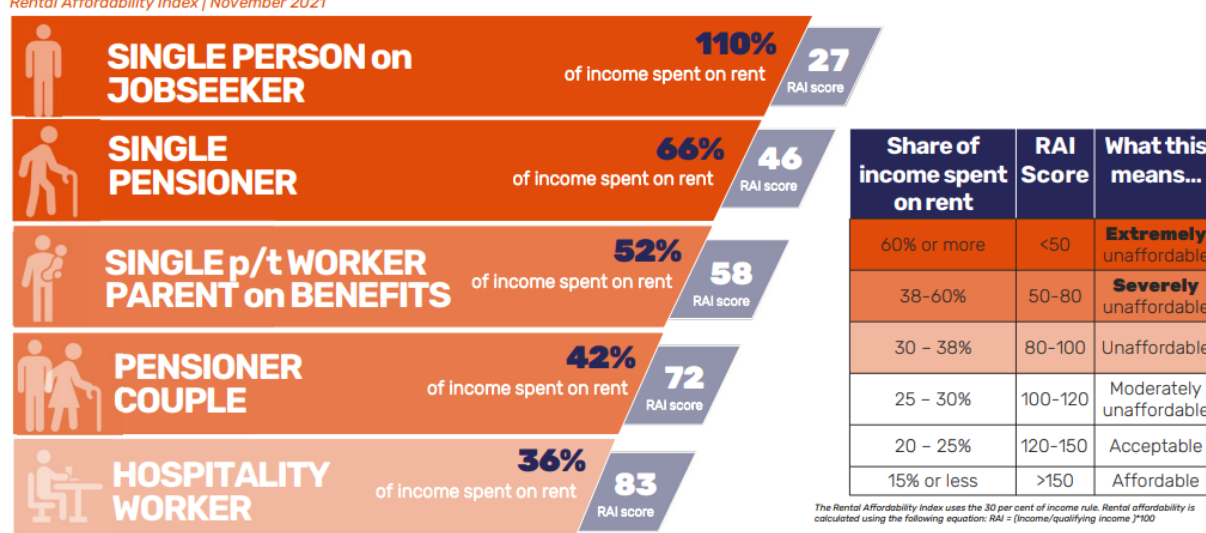
The RAI is a price index for housing rental markets. It is an indicator of rental affordability relative to household incomes and is applied to geographic areas across Australia. This report presents the findings of the November 2021 release of the RAI. It provides an update of the November 2020 RAI report by providing analysis of data from the four most recent available quarters (September and December 2020, March and June 2021). The report relies on rental bond data up to and including the June quarter of 2021.

Singles on JobSeeker and Pensioners continue to struggle in Western Australia’s rental market.

Unaffordable rent continues to affect Western Australia, with lower-income households impacted the most, the latest release of the Rental Affordability Index (RAI) reveals.

Rental Affordability – Perth

Rental Affordability Index | November 2021



Low-income households from Kununurra in the north to Cape Naturaliste and Albany in the south and mining regions in the Pilbara and Goldfields regions have no affordable rental housing. So too, the whole of Perth, Mandurah and other areas.

While Perth remains more affordable for average income households, the average masks an absence of affordable rentals for single people on benefits, pensioners, single parents working part-time and on benefits and any household earning under \$60,000 per annum.

The RAI score for Perth has decreased by 14 per cent over the past year, meaning that Perth is now less affordable than Sydney and Melbourne (having previously been the most affordable capital). This is the largest decrease in affordability across all capital cities over the last twelve months.

The RAI indicates the price of rents relative to household incomes, based on new rental agreements. It is released annually by National Shelter, SGS Economics & Planning, the Brotherhood of St Laurence and Beyond Bank Australia.

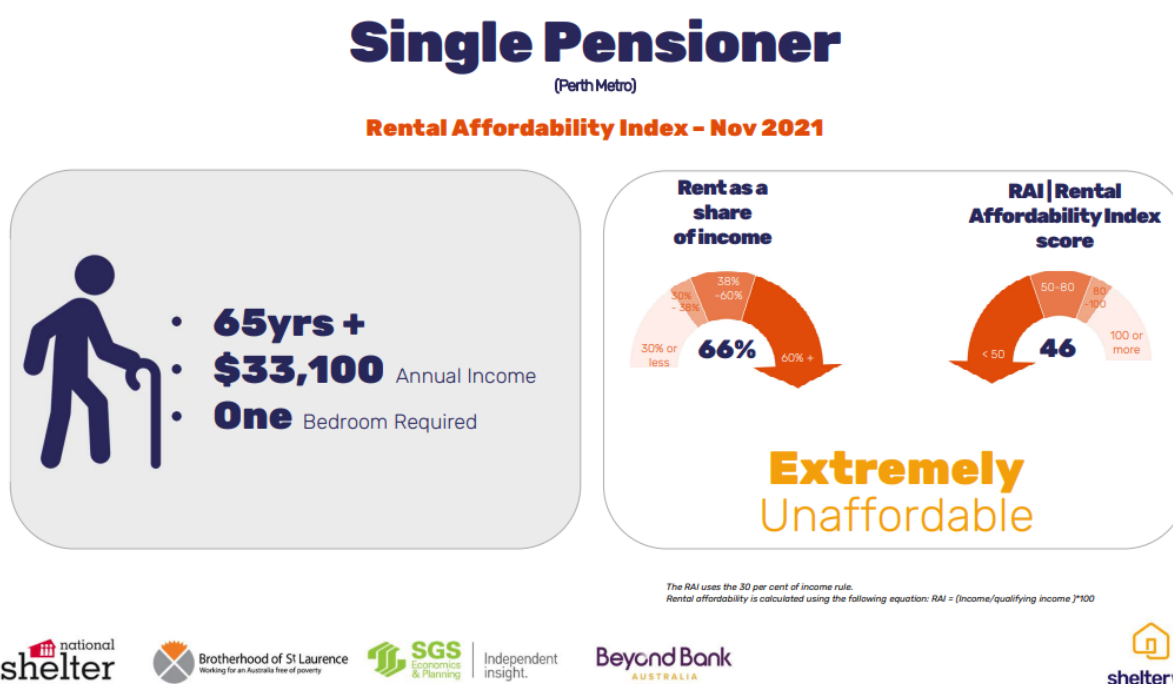
A score of 100 and below in the RAI shows that low-income households are suffering rental stress, spending at least 30 per cent of their income on housing. These households may experience difficulty paying for basic necessities such as food, medicine, childcare and transport. A score of 100-150 shows that low-income households are facing unaffordable rents.

With a RAI score of 125, rental affordability in Greater Perth has fallen significantly over the past 12 months, to its lowest point since 2016 reversing improvements from the previous five years.

In Perth, there has been a particular decrease in affordability in the northern suburban corridor, the Greater Fremantle area and in some south-eastern suburbs.

The report measures rental affordability for households until the June quarter 2021 and continues to provide an indication on the impacts of COVID-19.

WA is characterised by having regional incomes significantly higher than its capital and while regions have stable and generally affordable rentals, there is still nothing affordable for low-income households for most regions in WA.



National Shelter Executive Officer, Adrian Pisarski said COVID has taken its toll on renters over the past year with improvements slowly gained in previous years wiped out in one year's rent rises and income losses.

"Low-income households have fared worst over the past year after an improvement generated by the COVID supplements in the previous year.

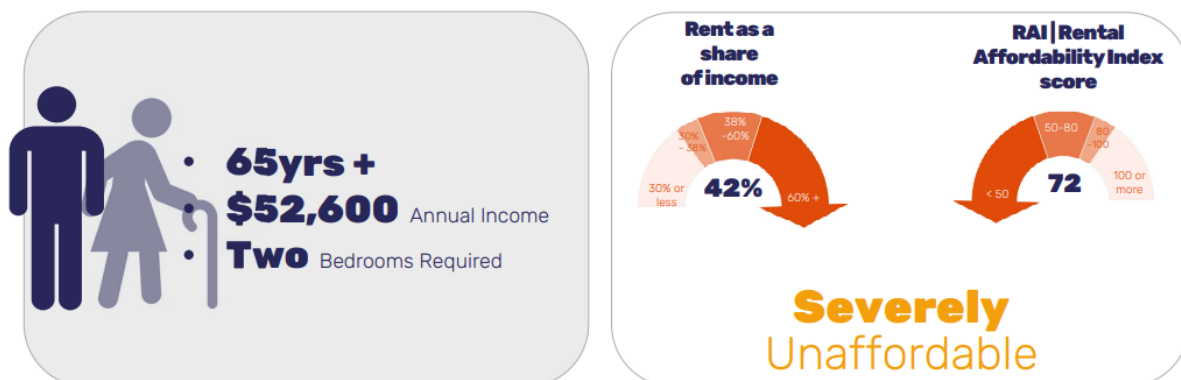
"It may be time to be calling for rent controls to put a brake on unsustainable rents, or at the very least Commonwealth Rent Assistance need to rise by 50 per cent to allow households receiving it to retain a level of affordability.

"We are seeing a big shift in regional rents, while some inner cities have become more affordable, our regions are being impacted, people are being forced out and homelessness is rising.

Pensioner Couple

(Perth Metro)

Rental Affordability Index – Nov 2021



The RAI uses the 30 per cent of income rule.
Rental affordability is calculated using the following equation: $RAI = (Income/qualifying\ income) * 100$



“In WA high incomes are masking a terrible situation for low-income households, by pushing average affordability higher while it remains shockingly unaffordable for people on low incomes.

“Australia needs a National Housing Plan, much more social and affordable housing, better tenancy laws, reforms of tax settings, new planning measures and the removal of incentives distorting our housing system,” he said.

Ellen Witte, Partner at SGS Economics & Planning, said the COVID pandemic had a noticeable impact on rental affordability across Australia.

“This report shows the most marked changes in rental affordability since we first released the RAI in 2015 – especially for JobSeeker recipients and renters in regional areas.

“The situation continues to be untenable for low-income households. With households having to pay most of their income on rent, many are pushed into poor quality, overcrowded houses and often far away from jobs and services,” Ms Witte said.

Access the full Rental Affordability Report via: <https://www.shelterwa.org.au/knowledge-hub/rental-affordability-index/>

Meet the COTA (WA) Board of Directors

Mary Anne Stephens, Chair

Mary Anne held senior executive roles with more than 25 years' experience within the financial services, IT, aged care and not-for-profit sectors. Extensive experience in strategy, finance, risk management, audit and corporate governance.

Master of Accounting degree, Fellow of CPA Australia, Fellow of the Institute of Public Accountants, Graduate of the Australian Institute of Company Directors and Fellow of the Australian Institute of Management WA.



Helen Reid, Deputy Chair

Helen is a senior Human Resources and Organisational Development professional with over 25 years' strategy, change management, policy development and governance experience honed during a lengthy global executive career across Australia, Europe and Asia. She was most recently Vice-President Human Resources for Shell Australia, playing a key role in the merger of Shell & British Gas in Australia.

Helen's executive career includes more than 6 years consulting and coaching senior leaders in organisations in Western Australia, with a particular focus on organisational effectiveness and leadership performance. She has supported CEOs and Executive Teams through major organisational transformations.



Prof Gary Martin, Director

Emeritus Professor Gary Martin is an expert in workplace matters, including leadership and management, and human resources. He studies the art and science of 'work' providing commentary on 'what is trending' in workplaces across the corporate, government and not-for-profit sectors.

A former academic, Gary is a highly regarded CEO, a Board Director, keynote speaker and a columnist. He is currently Chief Executive Officer of The Australian Institute of Management in WA (AIM WA) an organisation dedicated to building better workplaces.



Helen Moorhead, Director

Helen held senior marketing and executive management roles in both the State Government and the corporate sectors including the Department of Education, Department of Training, Department for Family and Children's Services (now known as Department of Local Government and Communities), RAC Insurance and Murdoch University.

Previous roles with WA member organisations including WACOSS, the WA Chamber of Commerce and Industry and at present the National Disability Services (NDS) WA and brings a sound knowledge of the operations of membership organisations.



Cam Ansell, Director

Cam is a Chartered Accountant and the Managing Director of Ansell Strategic with over 25 years of experience in the aged care and retirement living industries, Cam is a recognised thought leader in the sector. Before establishing Ansell Strategic in 2013, he was the National Head of Aged Care Services at Grant Thornton Australia.

Cam has provided performance benchmarking analysis for most aged care providers in Australasia and is a recognised national and international speaker on the changing trends in seniors' accommodation and care services. Cam has also been responsible for a number of mergers and partnerships between charitable entities.



ACCC Targeting Scams



AUSTRALIAN
COMPETITION
& CONSUMER
COMMISSION

The ACCC produces an annual Targeting scams report, explaining key trends in scam activity and highlighting the impact of scams on the community.

About the Report

The Targeting scams report highlights the cooperative work of the ACCC, other regulators and law enforcement agencies to disrupt scams and educate consumers.

Published June 2021 for 2020

This report explains key trends in scam activity and highlights the impact of scams on the community.

It highlights the cooperative work of the ACCC, other regulators and law enforcement agencies to disrupt scams and educate consumers.

Reports

167 797 reports to Scamwatch

Losses

\$851 million: 2020 combined financial losses to scams as reported to Scamwatch, other government agencies and the big four banks (ANZ, Commonwealth Bank, NAB and Westpac)

\$143 million: Amount reported lost to Scamwatch (a 34% increase from \$107 million in 2018)

\$7224: Average loss

Top scams by loss as reported by Scamwatch

\$61.8 million: Investment scams

\$28.6 million: Dating & romance

\$10.1 million: False billing

\$5.1 million: Hacking

\$4.8 million: Online shopping scams

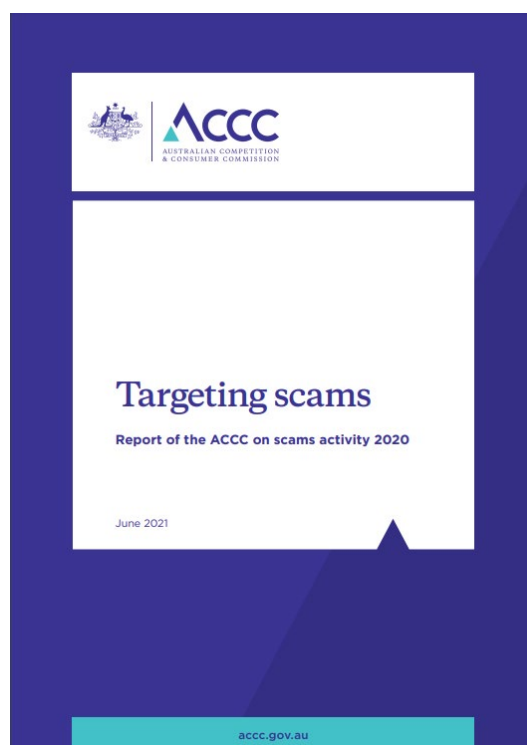
\$4.8 million: Remote access scams

\$4.3 million: Identity theft

\$4.3 million: Threats to life, arrest or other

\$2.8 million: Classified scams

\$2.6 million: Inheritance scams



Age

Of those over 18 years old, losses are primarily reported by people aged 55–64 (21%), while people aged 18–24 reported the lowest number of losses (4%).

Of those over 18 years old, reports are primarily filed by people aged 65 and over (21%), while people aged 18–24 file fewer reports (9%).



ACCC
AUSTRALIAN
CONSUMER
COMMISSION



Scamwatch radar alert

Gender

78 551 reports were filed by men, totalling \$77.5 million. The most common type of scam used was an investment scam.

85 486 reports were filed by women, totalling \$63.6 million. The most common type of scam used was a dating or romance scam.

Top contact methods by reports

41.4% of people were contacted by scammers via a phone call, with 7% of people being contacted via the internet.

Read the full Targeting Scams Report via: <https://www.accc.gov.au/system/files/Targeting%20scams%20-%20report%20of%20the%20ACCC%20on%20scams%20activity%202020%20v2.pdf>

Watch out for fake online deals and avoid scammers this sales season

Australians have already lost about \$12.9 million to online shopping including classifieds scams so far this year, and the ACCC is urging consumers to watch out for dodgy deals as pre-holiday sales approach.

Scamwatch has received over 26,000 reports of online shopping scams, more than the total reported through all of 2020. This is consistent with global trends from 2020 as more people shop online during the pandemic.

“This is a very busy time of year, and scammers often try to take advantage of unsuspecting shoppers rushing to organise gifts.” “People are often searching for the best deals online, especially in the Black Friday and Cyber Monday sales, so it’s easy to be caught off guard and fall for a scam.” ACCC Deputy Chair Delia Rickard said.

In an online shopping scam, scammers create realistic looking fake online stores selling items at heavily discounted prices, however the items are fake, or never delivered to buyers. Scammers have also created fake stores on social media platforms or post fake ads on legitimate classifieds websites. They may request payment or offer discounts for payments made through direct bank transfers or cryptocurrency.

“Before you buy, it’s important to be aware of the possibility of scams. While some scammers try to make online stores look legitimate by requesting payment via PayPal or credit card, always double check that the real PayPal platform is being used. Be suspicious of too good to be true offers and any sellers that ask you to pay by bank transfer, gift cards or cryptocurrency,” Ms Rickard said.

If you’re waiting for your parcel, remember that scammers also take advantage of people expecting deliveries. *“Australia Post and other parcel delivery companies will never email, call or text you asking for*

personal or financial information or a payment. Many delivery companies have apps where you can track your parcels rather than clicking on links in messages or emails,” Ms Rickard said.

The number of reports involving a financial loss has decreased this year, indicating that more people are able to recognise and avoid online shopping scams, however those that are losing money are losing more, with an average loss of more than \$1,450, compared to \$1,190 last year.

Some of the more significant losses reported to Scamwatch during the year relate to high value purchases

- Pet scams were the most reported when it came to online shopping scams and were also the most financially damaging. Scamwatch received over 2,800 reports and almost \$3.5 million in losses so far, a 78 per cent increase compared to the same period last year.
- Vehicle sale scams resulted in big losses at more than \$1.9 million, while other common products included caravans, shipping containers and electronics such as laptops, phones, and gaming consoles.
- Shipping container scams were a new trend this year, fleecing consumers of over \$676,000. They were popular on marketplaces and classified sites, but scammers also created fake websites and pretended to have real ABNs. Scamwatch has taken action to get some fake websites removed.

Know your consumer rights

The ACCC is also urging people to be aware of their consumer rights if something goes wrong, even if the item was purchased during the sales season.

“Remember that you are entitled to consumer guarantees under the Australian Consumer Law, so if you’ve received a gift or purchased something in the sales and the product stops working or isn’t as it was described, you are entitled to a remedy depending on the nature of the problem,” Ms Rickard said.

“If you’re having an issue with your product, you should first contact the retailer. They cannot refuse to help by sending you to the manufacturer. Your local state and territory consumer protection agency can provide more information about your rights, and may also be able to help negotiate resolutions between you and the seller.”

For more information regarding your Consumer Rights go to: <https://www.accc.gov.au/consumers>

If you have lost personal information and you are concerned your identity may be compromised, you can contact IDCARE for free support on 1800 595 160.

Consider contacting the platform on which you were scammed to report the scam: <https://www.scamwatch.gov.au/get-help/where-to-get-help#report-scams-to-facebook-services>

If you or someone you know is experiencing anxiety, emotional concerns or distress about scams, contact Lifeline on 13 11 14 24 or Beyond Blue on 1300 22 4636

For more information: <https://www.scamwatch.gov.au/news-alerts>

What to do - if you think you have been scammed

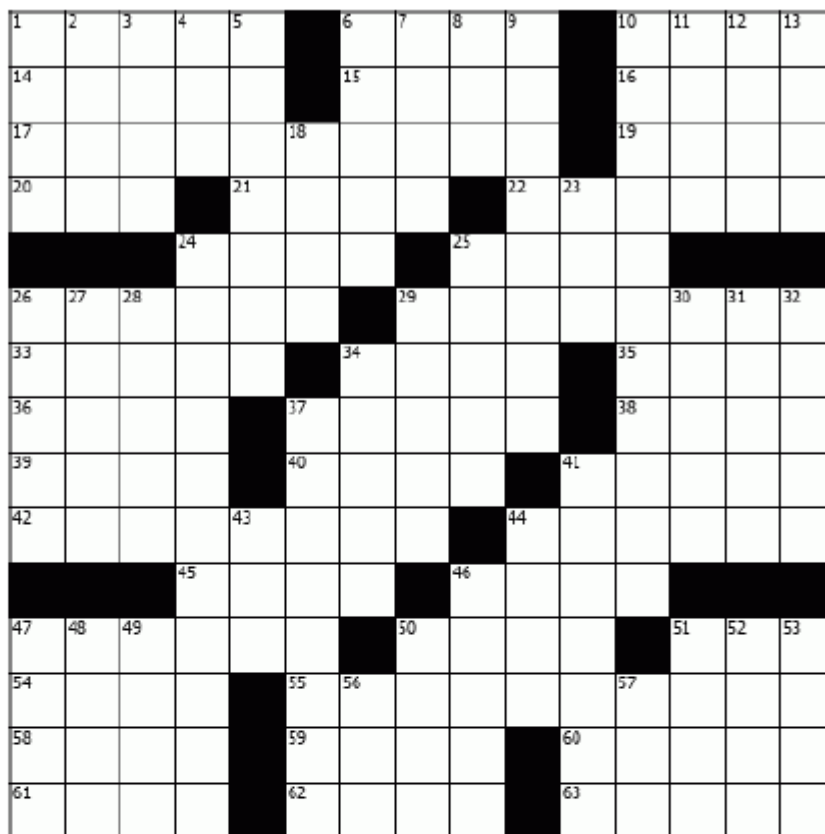
People who think they have been scammed should contact their bank or financial institution as soon as possible. They can also contact **IDCARE** on **1300 432 273** or via www.idcare.org if they suspect they are a victim of identity theft. **IDCARE is a free, government funded service that will support individuals through the process.**

'CROSSWORD' Puzzle

*Answers to crossword available at the end of newsletter at Page 47.

Across

1. Communion host, e.g.
6. Fitzgerald of song
10. Masticate
14. Idolize
15. It may be full of gravy
16. Fishing need
17. Reagan follower
19. What the fat lady sings?
20. Bring down the curtain
21. Inspired mightily
22. Hang around
24. Famous Scott
25. Transmission component
26. Menu sections
29. Draws back
33. Armstrong or Pasteur
34. French father
35. French cheese
36. Vases with bases
37. Some are read
38. Grease monkey's task
39. Forgo a hit
40. Pupil environs
41. Not pickled
42. Pleasing to the ear
44. Crows
45. Exasperates
46. Wander about
47. Italian city
50. Furnace fuel
51. Bikini part
54. Carrier to Tel Aviv
55. "9 to 5" star
58. Nerve network
59. Inventive thought
60. Get up on
61. Forest ruminant
62. Combine
63. Stockholm native



Down

1. Stipend
2. Port of Yemen
3. Daily intake
4. "To ___ is human"
5. Best wishes
6. Faded away
7. Fortissimo
8. Head for Vegas?
9. Bowl figures
10. "Brideshead Revisited" star
11. Wound
12. Niagara's source
13. Deterioration
18. Cote members
23. Scull mover
24. Henry James heroine
25. Microbes
26. Melting snow
27. Heart surgeon's concern
28. Like some cycles
29. Artifact
30. Caribbean vacation destination
31. Lhasa's land
32. Soothsayers
34. European capital
37. Dismissal notice
41. Ski runs
43. Pyrite, e.g.
44. Fall guy
46. Fit for a king
47. Modern misfit
48. Toward shelter
49. Goose-liver spread
50. Jazz singer Laine
51. Down in the dumps
52. Husk
53. Poker fee
56. Words said before a kiss
57. Level the playing field

BCEC release Report 'Stronger Together: Loneliness and Social Connectedness in Australia'

Released Friday 19 November 2021 by the Bankwest Curtin Economics Centre, the **'Stronger Together: Loneliness and Social Connectedness in Australia'** report has revealed overall social connectivity in Australia, which had been in steady decline for the past decade, decreased dramatically during the pandemic, with associated poor health outcomes costing up to \$2.7 billion each year.

The breadth of people's social experiences through the COVID-19 pandemic in Australia is a special focus of the report with the authors tracking changes in social connectedness, participation and trust before and after the pandemic.



Co-author and Bankwest Curtin Economics Centre Director John Curtin Distinguished Professor Alan Duncan, said the report found loneliness was associated with poor physical and mental health outcomes and the adoption of risky health behaviours, which came at a social and economic cost.

"People who become lonely, or remain lonely, visit their GPs more often and present at hospital more frequently. Social isolation is also associated with less physical exercise, a greater prevalence of regular smoking and excessive alcohol consumption," Professor Duncan said.

"We found the overall costs associated with the prevalence of loneliness in society to be up to \$2.7 billion each year, an equivalent annual cost of \$1565 for each person who becomes lonely.

"More than half of women and men aged over 65 who feel lonely most of the time report poor health, which is around twice the rate of those who do not feel lonely. Both men and women in the same age cohort who report being lonely pay nearly 10 visits per year to their GP – around four visits more than their not-lonely counterparts."

"Taken all together, these findings indicate that increasing loneliness comes at a high cost to our society and that mitigating loneliness could reduce demands on our health system, improve community connectedness and enhance personal wellbeing through the life course."

The report found that the move towards online service delivery in Australia risks increasing loneliness among vulnerable groups, particularly senior Australians who may not have the resources or confidence to engage effectively with online services.

"Far from bringing people closer together, the move towards online service delivery can actually increase social isolation among service clients. Many people draw comfort and security from meeting face-to-face with service providers, and online should never be regarded as a perfect substitute for personal contact," Associate Professor Mavisakalyan said.

Some of the Key Findings:

- Social isolation is most prevalent among vulnerable members of society, including people with disability, socio-economically disadvantaged background and culturally and linguistically diverse groups.
- Social connectedness is lower in remote areas compared to major cities and regional areas. However, interpersonal trust is highest in remote areas.



- The social connectedness of people with a disability is around 10 per cent less than that of people with no disability.
- Indigenous people score lower on all dimensions of social connectedness, with an overall index score 39 per cent lower than non-Indigenous Australians. Interpersonal trust of Indigenous people is 64 per cent lower.
- Among those aged under 17, 14 per cent of young men and 22 per cent of young women report being very lonely, while among those aged over 65, 17 per cent of men and 21 per cent of women report being very lonely.
- Those in the lowest income decile are more than twice as likely to report being very lonely most of the time, compared to those in the highest income decile.
- Self-reported likelihood of feeling lonely or very lonely varies by country of origin, with migrants from Central Asia, South Eastern Europe, South America, Central and West Africa and the Middle East much more likely to report loneliness.
- Generally, migrants at greatest risk of feeling lonely in Australia seem to come from countries that are linguistically and culturally different to those who have historically settled in Australia and influenced its culture.

Bankwest Curtin Economics Centre is an independent economic and social research organisation located within the Curtin Business School at Curtin University. The Centre was established in 2012 through the generous support of Bankwest, a division of Commonwealth Bank of Australia.

To view the full report go to: [https://bcec.edu.au/assets/2021/11/139532 BCEC-Stronger-Together-report WEB.pdf](https://bcec.edu.au/assets/2021/11/139532_BCEC-Stronger-Together-report_WEB.pdf)



Road Safety Commission Western Australia

As the voice of road safety in Western Australia, the Road Safety Commission is dedicated to tackling road trauma, which is one of the biggest and most sustained causes of death and injury in the community.



ServiceWA

Making it easier to connect with State Government. ServiceWA is a cross government initiative that aims to place you at the centre of service delivery.

Their focus is to make it as easy as possible for you to interact with State Government by making our services and systems safe, efficient and easy for everyone.

A trial ServiceWA centre is now open in Bunbury offering over 80 transactions from five agencies in a single location.

The trial is an opportunity for ServiceWA to gain valuable insights from customers and learn what works, and what doesn't – helping shape the future of service delivery for Western Australians.

Under this initiative, they have also launched a program of works to deliver some of the foundations to enable all agencies to deliver services online more easily, including establishing digital identities and a self-service portal.

ServiceWA is putting the citizen at the centre of service delivery by piloting a simplified way to access transactional government services.

The State Budget includes \$6.9 million over the period 2019-20 to 2021-22 for the cross-government initiative involving the Departments of Finance, Transport and the Premier and Cabinet.

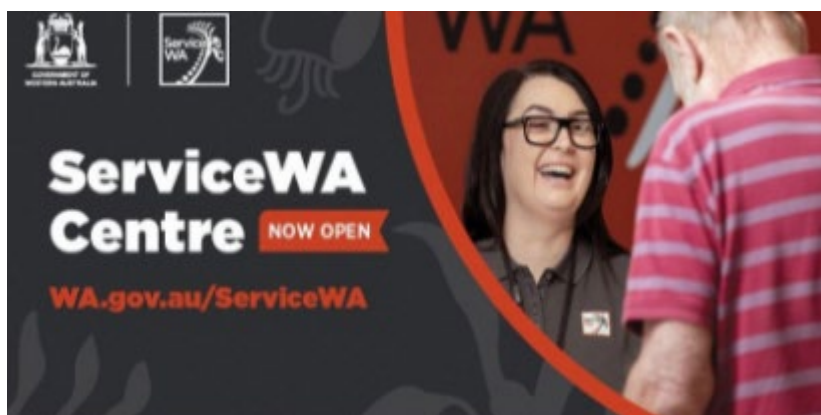
ServiceWA will launch a citizen service centre in Bunbury to provide a single point of contact for 85 everyday services, currently delivered by the Departments of Transport, Justice, Communities, Primary Industries and Regional Development and the Western Australia Police Force.

ServiceWA provides a more contemporary and coordinated experience for citizens and is similar to approaches taken in other jurisdictions to simplify government service delivery.

"By creating a one-stop shop, it will reduce frustration, travelling time, waiting in queues and searching for the right department," Premier Mark McGowan said.

"This is the first step to reforming face-to-face and online service delivery, to improve access to government services."

ServiceWA is helping to deliver on findings from the Service Priority Review and is a foundational step to reforming the way you connect with the State Government. To find out more, contact the ServiceWA team via email: service@wa.gov.au



Advance Health Directive Guide ‘Consultation’

An invitation to help shape the guide to the revised WA Advance Health Directive form

The End-of-Life Care Program is seeking input into the development of a guide to accompany the revised WA Advance Health Directive (AHD). The AHD Guide will instruct people on how to complete the new AHD.

Community consultation about the development of the new AHD Guide will occur from 29 November 2021 to 17 December 2021. Anyone with an interest or involvement in advance care planning is invited to participate.

An AHD is a legal document that enables an individual to make decisions about their future health treatments and end of life care. The new AHD Form and Guide are being developed following the recommendations from the My Life, My Choice Report and the subsequent Ministerial Expert Panel report on Advance Health Directives.

The new AHD Form and Guide are due to be released in 2022.

Have your say:

Online survey – opening soon

The survey takes approximately 20 minutes to complete and will be open from Monday 29 November until Friday 17 December 2021. Please visit health.wa.gov.au/AHDconsult for more information about online survey.

Consultation workshops – registrations are open now.

The workshops offer an opportunity for stakeholders to review the Guide, have face-to-face discussions and provide feedback into the development of the new AHD Guide. There are a range of workshops for specific groups.

Targeted consultations will be held for people from Aboriginal communities.

Please visit health.wa.gov.au/AHDconsult for more information about the consultation workshops and online survey.

For information about the workshops, other queries or if you would like to have input but are unable to participate in the available consultation options, please contact the Advance Care Planning Team within the End of Life Program via email at acp@health.wa.gov.au or call (08) 9222 2300.



Government of Western Australia
Department of Health

RSLWA



ANZAC House Veteran Central is open for business – Putting Veterans and Families First.

ANZAC House Veteran Central is open and they can't wait to welcome you to this facility purpose-built for veterans and their families. Whether it's healthcare, advocacy, wellness or just fellowship that you require, you'll get it all with a smile at 28 St Georges Terrace.

Their branch network across the state allows for assistance to be given to any veteran in need.

Member or not, a warm welcome is always waiting for you at your local RSL Sub-Branch: <https://www.rslwa.org.au/members-area/sub-branches/>

Providing assistance via practical means

RSLWA aims to offer assistance to veterans and their families in a number of ways, including:

- Help with compensation claims through the Department of Veterans' Affairs
- Emergency financial assistance
- Referrals to peer support groups and other specialist services
- Referrals to short term crisis accommodation



For any queries or assistance call 08 9287 3799 Visit: <https://www.rslwa.org.au/support/assistance/>

RSLWA 'Upcoming Events

RSLWA and their Sub-Branches organise a number of events throughout the year all over the great state of Western Australia. Along with commemorative services, they work with partner organisations to coordinate and advertise events such as sports, challenges, family activities, social events and much more.

View the RSLWA Events Calendar to find what is happening and when at:

<https://www.rslwa.org.au/events-calendar/>

2021 Defence Blood Challenge

Defence personnel, ex-service members and their families across Australia are being encouraged to give blood or plasma as part of the 2021 Defence Blood Challenge via <https://www.rslwa.org.au/news/defence-blood-challenge-2021-calls-for-essential-blood-donations/>

The aim of this year's event is for defence personnel and ex-service members to give blood or plasma more than 10,500 times and register their donation against their service tally.

Chief of Air Force, Air Marshal Mel Hupfeld said each blood donation could save up to three lives.

"One plasma donation can be used to create 18 different life-saving treatments, helping people with serious burns, cancer or brain disease."



"The demand for blood and plasma continues to grow, so there's always more we can do."

"In 2020, more than 9,500 donations were made throughout the challenge. This year, we aim to roll up our sleeves 10,500 times to help those who rely on blood products to stay alive, or see them through a serious illness," Air Marshal Hupfeld said.

Sally Gavin from the Australian Red Cross Lifeblood said the Blood Challenge is not only a fun way to encourage blood and plasma donations but is extremely beneficial for the Australian community.

"We are very grateful to the Department of Defence for their annual support," Ms Gavin said.

Register your appointment at Australian Red Cross Lifeblood and start your donation journey today, remember to make your donation count towards your chosen Service, to add to their tally.

The 2021 Defence Blood Challenge will run until 8 December 2021.

Volunteer with the RSLWA

Why Volunteer?

As a volunteer for RSLWA, you can help veterans who are in need, uphold the spirit of the ANZACs and take part in many wonderful community events.

Volunteering will allow you to meet many new people, offer meaningful opportunities to utilise your skills and experiences, provide experience to those seeking it and lead to you making a difference in the lives of those who served our country.

Ways to Volunteer

RSLWA volunteers work across a variety of themes in various capacities:

- Knitting poppies and beanies for remembrance and those deployed
- Assisting with the care of veterans
- Helping collect funds for our ANZAC and Poppy Day Appeals
- Carrying banners in the ANZAC Day March, plus much more



Please do not hesitate to complete the RSLWA Volunteer Registration Form to register your interest via:

<https://www.rslwa.org.au/become-involved/volunteer/>

Strength for Life Regional Provider 'Donnybrook Recreation Centre'

Jan Schuijling, Personal Trainer, Gym Instructor and Group Exercise Instructor from the Donnybrook Recreation Centre says, "It is most rewarding when an 80-year-old artist, who could not get off the floor by herself, had to give up painting because of the lack of strength to stand and hold the brush for long. After a year, she shows you her new painting because she can do so again, or a 70-year-old tennis player who had to stop because severe osteoporosis (lumbar) reduced this by 70% - is back in the game again."



Born and raised in the Netherlands, Jan came to Australia in 2013. Before arriving in Australia, he worked as a security teacher for the public sector, private sector and the military.

As a former Dutch citizen, Jan didn't know about country life in the South West, so being a part of this special group Jan was able to learn about Donnybrook fast. Jan has completed his Certificate IV in Fitness.

It's rewarding for Jan every time someone tells him their stories about what they can do and when they reach new goals they have set.

In his spare time Jan loves spending time with his two children ages 6 and 10. The rest of his time is spent on his computer and in the shed, creating home automation electronics and software.

Working with older Australians is satisfying for Jan as he gets to see the fast progression his group makes.



What are Men's Sheds of WA?

Men's Sheds of WA

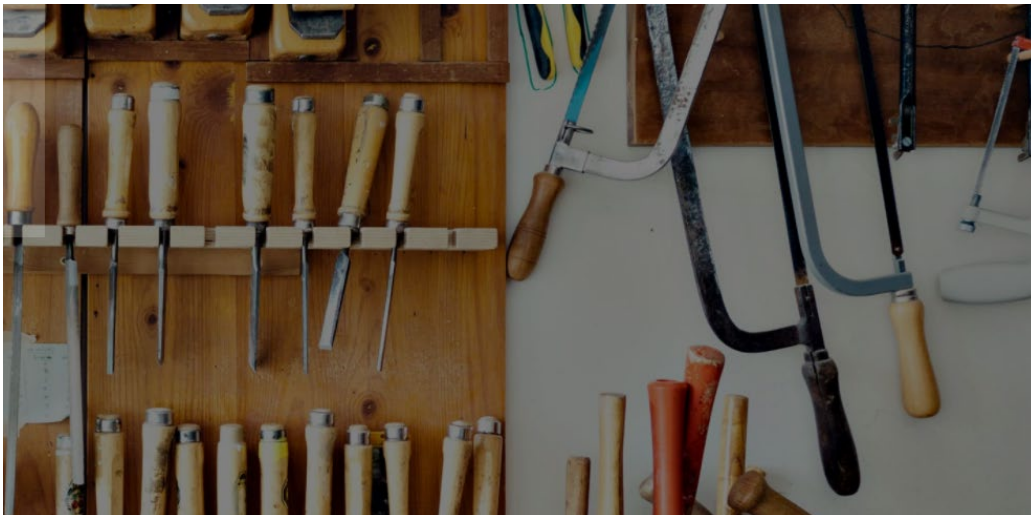
Men's Sheds are a place for men to go throughout WA. Men's sheds provide a place where men can feel included and safe, where they can work on their own projects and hobbies and give back to their community.



More than tools

Sheds are a community hub for men throughout WA. They provide a place where men can feel included and safe, where they can work on their own projects and hobbies and give back to their community.

Sheds aren't just for 'old blokes'. Each shed is different. Many offer woodworking, welding, metal work, car maintenance, computer skills, gardening and that's just the beginning. Restoration of furniture also keeps Sheds busy with members of the community choosing to repair or repurpose furniture and household items rather than replace.



Many men, especially after retirement, find themselves alone, often living in isolation and needing to connect with their community and find new purpose but aren't sure how. There are men that have moved to a new community that need to make some new mates. Some men just want to

learn or revisit an skill or simply want access to the resources available within the Shed.

Many members simply like to drop in for a chat.

Men's Sheds are always ready to lend a helping hand in their community, from restoring benches for public spaces, building playgrounds or delivering firewood for members of their communities

Go on give it a go and connect and you'll learn some amazing new skills!

To find a shed near you visit: <https://mensshedsWA.org.au/find-a-shed/>

To contact Men's Sheds of WA:

E: admin@mensshedsWA.org.au

T: 08 6381 5324

W: <https://mensshedsWA.org.au/about/>

Anglicare WA supports you with 'WA No Interest Loan Scheme'

The WA No Interest Loan Scheme (WA NILS) provides families and individuals on low incomes access to safe, fair and affordable credit.

No Fees - No Charges - No Interest

Loans for amounts of up to \$1500 are available for essential goods and services, repayable fortnightly over 12-16 months. No credit checks are made as this program is based on trust and respect.



Do you qualify for WA NILS?

To qualify you must:

- Have a Health Care Card/Pension Card or be on a low income (take home of \$45,000 or under per year for individuals and \$60,000 or under per year for couples or people with dependents)
- Have lived at your current address for more than 3 months (some flexibility available)
- Show a willingness and capacity to repay the loan

What are the loans for?

WA Nils can help you purchase essential goods and services under a range of categories including:

- Household Essentials – Fridges, Washing Machines, Furniture
- Health & Wellbeing – Gophers, Scooters, Walking Frames
- Services – Dental Work, Car Repairs, Medical Equipment, Glasses
- Social Inclusion – Computers, School Excursions, Uniforms
- Energy Efficiency – Solar Panels, Water Tanks, Insulation



If the item you need is not listed here, please call 08 9263 2199 for more details.

Please note:

Loans are unable to be used for: Cash out, Rent arrears, General expenses (food & clothing), Paying off unpaid bills or debts

How WA NILS works in your community

When a borrower makes a repayment to WA NILS, funds are then available to be used for a loan for someone else in the community. This is known as a circular community credit and is a real demonstration of the communities taking action to address local needs.

Contact Anglicare WA regarding WA NILS


T: 08 9263 2199

E: wanils@anglicarewa.org.au

W: www.wanils.com.au



Northern Suburbs Community Legal Centre 'Facilitative Mediation for Older People (FMOP)'



northern suburbs community legal centre

10 Cobble Place, Mirrabooka WA 6061 Tel 9440 1663 Email: mediation@nsclegal.org.au Website: www.nsclegal.org.au

Northern Suburbs Community Legal Centre
Facilitative Mediation for Older People (FMOP)

Facilitative Mediation for Older People is a free, impartial confidential and voluntary process that older people can engage with during the early stages of conflict with families or friends. Our mediators do not provide any advice, legal or otherwise. They help facilitate difficult conversations.


Why might I want to contact the mediation service?

- You are an older person who wants to address family or friend conflict as early as possible by having difficult conversations about issues such as health, social or living arrangements that protect your interests, rights, and safety.
- You are a professional or organisation working with older people and would like more information about our mediation service for older people and /or to discuss a referral.

(Mediation is not suitable when there is a power imbalance, a history of violence, safety concerns and/or issues requiring legal advice)

Who should I contact?

The Mediator can be contacted on 9440 1663 or email: mediation@nsclegal.org.au



Is there a cost?

Facilitative Mediation for Older People is a free service for all parties involved.

Once the mediation process has commenced Northern Suburbs Community Legal Centre is unable to provide any other services, legal or non-legal to either Party. Information about other legal services that may be able to assist you, can be provided.

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Email: mediation@nsclegal.org.au



Chung Wah Community and Aged Care (CAC) Multicultural Aged Care

Chung Wah Community and Aged Care (CAC) has partnered with the Federation of Ethnic Communities Councils of Australia (FECCA) along with other providers to deliver the **Government funded EnCOMPASS program** which provides navigational support to older people of Culturally And Linguistically Diverse (CALD) backgrounds and their communities to access the aged care system and other supports.




Chung Wah Community and Aged Care (CAC) multilingual 'Connector Staff' provide FREE:

- Community information sessions for better understanding of ageing, the aged care system and supports through MyAgedCare call centre and website
- One-on-one assistance with a holding-hand approach to access aged care services

Contact Chung Wah Community Aged Care (CAC) for further information or assistance.

T: (08) 9328 3988 Email: enquiry@chungwahcac.org.au



EnCOMPASS:


Multicultural Aged Care Connector

Chung Wah Community and Aged Care (CAC) has partnered with FECCA along with other providers to deliver the Government funded **EnCOMPASS** program which provides navigational support to older people of Culturally And Linguistically Diverse (CALD) backgrounds and their communities to access the aged care system and other supports.

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Contact us for further information or assistance.
Ph: (08) 9328 3988
Email: [enquiry @ chungwahcac.org.au](mailto:enquiry@chungwahcac.org.au)

The Chung Wah Association
Community & Aged Care 
www.chungwahcac.org.au


for the last news, helpful info, updates [chungwahcac](http://chungwahcac.org.au)

Dementia Care Navigator



Dementia Australia has partnered with COTA Australia

Navigating through the aged care system alone can be confusing and difficult, and that's why Dementia Australia have a dedicated support person who can provide tailored information and help

navigate what can be a very complex system.

As part of a COTA led consortium of Aged Care System Navigators, Kim (Dementia Care Navigator) provides information and connects clients with appropriate support and services pre and post diagnosis, including referrals, advice and resources to support a better quality of life for people living with all forms of dementia, their families and carers.

Dementia Care Navigator Kim, can assist with answering a range of queries, including understanding dementia, knowing what supports are available to support people to remain living in their own home, understanding options for residential care (if that is the persons preferred option), Kim will work alongside people to assist them to register with My Aged Care, to prepare for an assessment meeting and to help them connect with a local aged care provider.



This service is available in-person at the Dementia Australia office in East Perth, at various community locations, over the telephone or online throughout Western Australia.

Referrals can be made via email: wa.referrals@dementia.org.au

Calling the National Dementia Helpline on **1800 100 500**



Dementia Australia is the source of trusted information, education and services for the estimated half a million Australians living with dementia, and the almost 1.6 million people involved in their care. We advocate for positive change and support vital research. We are here to support people impacted by dementia, and to enable them to live as well as possible.

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

Specialist Support Officer Aged Care Navigator



Umbrella Multicultural Community Care has partnered with the **Federation of Ethnic Communities Councils of Australia (FECCA)** along with other providers to deliver the **Government funded EnCOMPASS program** which provides navigational support to older people of Culturally And Linguistically Diverse (CALD) backgrounds and their communities to access the aged care system and other supports.

Umbrella's Specialist Support Officer Aged Care Navigator provides

- One-on-one support to older people of CaLD backgrounds, which is inclusive of their carers and families, through a strengths-based, no-wrong-door approach to understand and access aged care and other services
- Provides culturally appropriate tailored information about access aged care;
- Builds capacity of older people, their loved ones and CaLD communities on ageing and to engage with aged care services
- Contributes to an evidence base on the issues and barriers affecting older people from CaLD backgrounds in navigating ageing and the aged care system, including collecting data and information to support an evaluation of the program

If you would like assistance to experience the best outcomes from the aged care system, **please contact Zahra Daneshfar using the details below:**

T: **08 9274 4411**

E: z.daneshfar@umbrellacommunitycare.com.au



Specialist Advocate Aged Care Navigator

Advocare WA has partnered with COTA Australia

Kerry has joined Advocare as a Specialist Advocate - Aged Care Navigator and we look forward to working with COTA WA and Dementia Australia as part of the Navigator Trial phase 2. Kerry is based in the South West of WA and will be covering the South West and Great Southern. Kerry provides support and advice based on your individual circumstances to help you and your family understand and access aged care services. Support is free and can be given face-to-face, by telephone or online.

If you would like assistance to experience the best outcomes from the aged care system, **please contact Kerry using the details below:**

M: **0427 732 515**

T: **1800 655 566**

E: kerrye@advocare.org.au



COTA (WA) Aged Care Navigation Service



COTA (WA) enjoyed the hospitality of the Kalamunda National Seniors Group with over 100 attendees to present an overview of COTA (WA) and to provide free and independent information for Seniors about navigating the Aged Care system.

The guests were engaged and articulate and asked pertinent questions which supported the learnings of the group.

Special thanks to Maureen Moffett, Speaker Planner and Graeme Piggott, President who were gracious hosts.



COTA (WA) Aged Care Navigation provides **free and independent** information about:

- The aged care system in Western Australia
- Support services available for people living in their own home
- Eligibility and how to access services
- Chat one-to-one with our Aged Care Navigator

COTA (WA) Aged Care Navigator Margaret Fisher is out and about in the community raising awareness of the support available to older Western Australians through the Aged Care System Navigation program. Margaret enjoys meeting one to one to support older Western Australians to be better informed about aged care and make a real difference in their lives.

To speak to our Aged Care Navigator, Margaret Fisher:

T: 1300 025 298

M: 0473 625 877

E: agedcareinformation@cotawa.org.au

W: www.cotawa.org.au

Margaret has worked in the Age Care Sector for over 10 years - as an Age Care Assessor. She is keen to share her experience and knowledge of the My Aged Care system with older Western Australians, their Carers and family members.

Margaret thrives in empowering people to start or continue their age care journey with confidence. She can support them to feel in control and be well informed of the choices available in the aged care system.



Events

The City of Canning is Hosting 'International Day of People with Disability (IDPwD) 2021' Celebration

The City of Canning will be hosting a free event to celebrate International Day of People with Disability (IDPwD) 2021.



Date: Friday 3 December 2021

Time: 9:30am to 1:00pm

Venue: Canning Kent Street Weir Park (near Canning River Café under the shade trees)

Go on down and join at the beautiful Kent Street Weir. The event is **FREE** and includes a sausage sizzle, live music and entertainment, Hot Hula Dance fun, Cultural Dance Display by Chung Wah, Monty's Art Workshop (first in first served) and Rides with 'Cycling without Age'



Cycling Without Age will be joining on the day. Cycling Without Age, Perth is a grass-roots, volunteer led organisation who enable the joy and freedom of being on a bike to those who cannot ride for themselves. As part of IDPwD, they will be offering **FREE** rides which will explore some of the scenic paths through the beautiful Kent

Street Weir location. Please note that the trishaws are specially designed and can take two passengers at a time (with a total combined weight of 150kgs), have seat belts and a cushioned seat. They only go slow, as it is all about being in the moment. **Volunteers are not manual-handling trained, so a carer will need to transition passengers if required.** For those who wish to make group bookings, please email: admin@cyclingwithoutage.org.au or if it is for individuals, arrive between 9:30am and 12:00pm.

The **City of Canning** is proud to support IDPwD which is a United Nations observed day aimed at increasing public awareness, understanding and acceptance of people with disability and we would love to celebrate this wonderful day with you.

If you have any questions, please call the Inclusive Communities team on **08 6350 7229**.

To book please visit Eventbrite details: <https://idpwd2021.eventbrite.com.au>

International Day of People with Disability (IDPwD) 2021

Date: 3rd December, 2021 (Friday)
Time: 9.30am to 1pm
Location: Kent Street Weir Park, Wilson (next to the Canning River Café)

Join us for a **FREE** sausage sizzle with live entertainment
Including:
Chorus Art Workshop, Chung Wah Cultural Dance performance,
Hot Hula Fitness session and live music

Cycling without Age will be offering **FREE** rides which will explore some of the scenic paths through the beautiful Kent Street Weir location.

Group bookings can be made via admin@cyclingwithoutage.org.au
Individual rides will be available on the day

To book: Email: leesa.miller@canning.wa.gov.au
Or visit: <https://idpwd2021.eventbrite.com.au>

The Canning Districts Historical Society (Inc) brings 'Christmas at Woodloes Homestead' on behalf of the City of Canning

They manage museum operations at Woodloes Homestead, the oldest building in Canning, on behalf of the City of Canning, bringing our colonial heritage to life. This 'one-off' event will recapture some of the spirit of Christmas from those times.



Their secretary Sarah-Jane, in appropriate colonial attire, will present excerpts from the diaries of her great, great (about 4 or 5 times over) aunt about life at Woodloes during the 1870s. Her great to the power of 5 or 6 grandfather was Francis Bird, colonial architect, timber business man and owner/builder of Woodloes. Not only was he prominent in business life but he was also the first chairman of the Canning District Road Board when it was formed 150 years ago in 1871.

The Mason-Bird Timber Coy enterprise cut its timber in the hills and transported it down to

Mason's Landing on the Canning River where it was further processed and loaded onto barges to go to Fremantle and Perth, hence the 'convict fence' through the Shelley Basin that was designed to keep the river channel open.

Enchanted Bells, a local couple, will delight visitors with their renditions of carols and other tunes on hand bells. And, guided tours of Woodloes will run all afternoon.

When: Sunday 5 December 2021

Time: 2:00pm to 5:00pm

Where: 39 Woodloes Street Cannington 6107

Cost: \$5.00 and \$4.00 Concession



City of Melville brings the 'Age Friendly Melville South of the River Forum'

Keeping Active in later life.

Being active as you age is an important way to stay independent and healthy.

The guest speaker is a physiotherapist who will share the benefits of staying active as you age. After the talk you are encouraged to have a go at some easy exercises that anyone can do, whatever your mobility or fitness level. This forum is not to be missed. Free morning tea is provided.

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

Please wear comfortable clothing and shoes.

Join the FREE forum

Date: Monday 6 December 2021

Time: 10.00am to 12noon

Where: LeisureFit Melville, Cnr Stock Rd and Canning Hwy Melville WA

Book at: www.melvillecity.com.au/afmevents

For inquiries call: 1300 635 845 or (08) 9364 0666



Keeping Active in later life

Being active as you age is an important way to stay independent and healthy.

Our guest speaker is a physiotherapist who will share the benefits of staying active as you age.

After the talk you are encouraged to have a go at some easy exercises that anyone can do, whatever your mobility or fitness level.

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. Please wear comfortable clothing and shoes.

Join us at the FREE forum

Date: Monday, 6 December 2021
Time: 10.00am to 12noon

LeisureFit Melville,
Cnr Stock Rd and Canning Hwy
Melville

Book your place at
www.melvillecity.com.au/afmevents

For inquiries call 1300 635 845 or
9364 0666



Volunteering Opportunities

Men's Health and Wellbeing WA 'Volunteering'

Men's Health and Wellbeing WA volunteers play an important role in the organisation supporting the pursuit of our goals and improving men's health and wellbeing in Western Australia. They are always looking for volunteers to share their time, skills and experience to the rewarding and important work they do.

Whether it is assisting with basic administration tasks, contributing to a special project, helping us with advocacy or business development work, volunteering at Men's Health and Wellbeing WA is a great way to make a positive contribution to your community.

There are a variety of volunteering experiences available, depending on how much time you wish to contribute and what you are interested in doing:

If you would like further information or think that you have something to offer, please contact Men's Health and Wellbeing WA to discuss further.

Memberships are welcome via the website: <https://www.menshealthwa.org.au/>

If you require any additional information, please contact:

John Rich

Chair, Men's Health and Wellbeing WA

E: admin@menshealthwa.org.au

M: 0499 076 925

If you need support, please visit: Mens Directory – Online <https://www.menshealthwa.org.au/directory/>
for a searchable listing of services available to the men of Western Australia.



Men's Health
& Wellbeing
Western Australia



Chung Wah Community Aged Care ‘Volunteering’

At Chung Wah CAC, everyone is treated like a family member, including their clients, staff and volunteers and respect everyone’s life and culture, and do their very best to listen to every voice and understand every need. They believe that working together is the best way for each individual to achieve their dream.

Knowledge, experience, and skill make a good volunteer. A heart with the right attitude and willingness to help makes a GREAT volunteer. You don’t need to be an expert to be a CAC volunteer. Each and every Chung Wah CAC volunteer is a valued and important asset to CAC. Regardless of whether you can only contribute a few hours or if you’re there every day, they treasure your effort and time.



Chung Wah CAC volunteers come from a range of trades and professions. Many volunteers are retirees, some are college and university students. Their volunteers come from culturally and linguistically diverse backgrounds and some can speak a second or even a third language.

Volunteer Types

Individual

Anyone can become a CAC volunteer, although for some duties there are specific requirements and qualifications. For example, if you volunteer as a driver you will need to have a valid Australia license. If you volunteer at a community event or outing helper, you will need to have a certain level of fitness and physical ability.

Corporate

CAC also calls upon the corporate sector for specific community events. This allows various companies to participate in activities that help to improve team building, staff leadership, and management skills, and to attract quality staff who care about other people and the communities in which they work.

Volunteer Opportunities

Below is the list of various ways you can participate as a volunteer:

- Entertainment Performer
- Community Event Helper (e.g. Gift wrapping, mailing, stalls assistant, materials distribution)
- Interest Class Teacher
- Group Facilitator (e.g. Social support group, day centre afternoon sessions)
- Media Contributor (e.g. Writer, designer, photographer, radio broadcaster)
- Driver
- Kitchen Helper
- Others

If you want more information about becoming a CAC volunteer, don’t hesitate to give them a call on **08 9328 3988** to discuss the volunteer roles that best suit you. Or, you can complete the Volunteer Application Form via: <https://chungwahcac.org.au/volunteer> and email to: Volunteers@chungwahcac.org.au

Kaleidoscope Mentoring Program

The Kaleidoscope Mentoring Program is implemented under a partnership between the City of Stirling, the City of Canning, the City of Swan and Metropolitan Migrant Resource Centre, and is funded by the Australian Government Department of Social Services and the Western Australian Government through the Office of Multicultural Interests.



KALEIDOSCOPE

Newcomers (migrants and refugees) bring talent, innovation and international expertise to Western Australia, but they need information and networks to succeed. KMP aims to help skilled newcomer professionals improve their employment potential by matching them with mentors from their industry or occupation.

Mentors guide newcomers on a pathway to find employment within their industry. This benefits both the newcomers and employers in Western Australia by sharing new ideas and boosting business development and cultural diversity in both the workplace and the community.

A growing number of Employer Partners are supporting the program and nominating their employees to become mentors in the program. At the same time, interested professionals are also individually joining the program as mentors.

The Mentoring Program, now in its fourth year, has already helped over 234 skilled professional migrants improve their employment potential by matching them with mentors from their industry or occupation. Past participant survey responses indicate the program achieves results with 80 per cent of past mentees reporting being employed in their fields within six months of completing the program. This compares to entry data which shows 91 per cent of mentees were unemployed or employed in survival jobs, with 9 per cent under employed in an associated industry at the commencement of the program. View the latest infographic:

Since its inception, KMP has recruited more than 350 mentors from over 180 different organisations. Many of these mentors have migrated to Australia and understand the struggles and employment barriers that newcomers face. The depth and experience of this pool of mentors enables KMP to assist newcomers across a diverse range of professions and industries - **however the mentor's role is NOT to find a job for the mentee.**

To apply: <https://www.surveymonkey.com/r/66G597P>

T: 08 9205 8368

Feedback Opportunities

The University of Melbourne is running a free telehealth trial called HOMESIDE

The Homeside Trial is exploring the effects of music and reading/word-based interventions for people living with dementia and their family caregivers.

The interventions are designed to be personalised to each person's preferences and needs and delivered by the family caregivers, who are trained and supported by health professionals throughout the 6-month study.

The University of Melbourne hopes that the interventions will offer opportunities for people with dementia and their family caregivers to share meaningful moments together and give caregivers tools that can help in the care and management of their loved ones.

More information can be found at: <https://www.homesidestudy.eu/about>

Anyone who is interested in participating contact via email: homeside-australia@unimelb.edu.au



Do you live with dementia, or care for someone living with dementia?
Recruiting participants across Australia now for this **free telehealth trial**

HOMESIDE is an international study investigating the effects of **music** and **reading** activities for people living with dementia and their family caregivers.



".... the opportunity to experience shared meaningful time together"

In partnership with



Please click [here](#) to register your interest

Edith Cowan University 'Research Study: Mental Health and Social Care for Older Adults During Periods of Social Isolation'

The Western Australian Association for Mental Health (WAAMH)

A research team from Edith Cowan University has been funded by the Department of Health Western Australia to conduct a project titled 'Enhancing mental health and social care services for older adults during periods of long-term social isolation'.

The aim of the project is to understand the impact, and current and future implications of the COVID-19 pandemic on services who provide mental health and social support to older adults.

The team are seeking volunteers to complete a survey for this research project. They would like to know whether you tried to access any services and, if you did, what your experience was.

[Click here](#) to see the participant information sheet for this study, which includes more information about the survey and what your participation would involve.

Who can participate?

- Adults aged 60 years or older with a chronic medical condition/s
- Adults aged 70 years and older
- Participants need basic English proficiency and to not have not been told by a doctor that they have dementia

Click on the link access the survey: <https://www.cotawa.org.au/mental-health-and-social-care-survey>



Curtin University's School of Allied Health: 'Successful Ageing' Survey

Successful Ageing Study

Dr Elissa Burton at Curtin University's School of Allied Health is running a survey to identify what people aged 65 years and over think Successful Ageing is to them.

If you have 15 minutes free, please complete the survey by clicking on the link below or copying and pasting it into a search engine like google chrome or safari.

https://curtin.au1.qualtrics.com/jfe/form/SV_blbvm1t7I3F2EAu

Please also forward it onto friends and family 65 years and over.

A promotional poster for a survey. It features a close-up photograph of an older woman with short, curly grey hair, smiling warmly with her eyes closed. The background is a soft, out-of-focus grey. Overlaid on the right side of the image is white text. At the top, it says "Take part in our 15 min survey". Below that, in a larger font, it asks "We want to know what successful ageing means to you?". At the bottom, it states "If you are 65 years and over we want to hear from you!". In the bottom left corner, there is a small Curtin University logo and a line of fine print: "Curtin University Human Research Ethics Committee approved this study (HRE2021-0587)".

Take part in our 15 min survey

**We want to know
what successful
ageing means to
you?**

**If you are 65 years and over
we want to hear from you!**

 Curtin University

Curtin University Human Research Ethics Committee approved this study (HRE2021-0587)

Information about COVID-19

COVID-19 coronavirus: Mandatory COVID-19 vaccination information



To prepare WA and safeguard essential services and businesses for the long-term.

The COVID-19 vaccine helps WA continue on a safe path out of the pandemic. Roll up for WA to protect yourself and the community.

Go online for more information via:

<https://www.wa.gov.au/organisation/covid-communications/covid-19-coronavirus-mandatory-covid-19-vaccination-information>

Based on the latest health advice, a mandatory COVID-19 vaccination policy for a majority of occupations and workforces in WA will be introduced in a phased approach.

The policy follows the existing mandates in place for workers in high-risk industries, including those interacting with people at an increased risk of being infected with COVID-19, or people who are vulnerable to the impacts of COVID-19, or where they are necessary to avoid catastrophic risk to the safety of the community.

The policy's phased approach is to apply mandatory COVID-19 vaccinations for expanded industries in WA, as well as a requirement for all critical workers to be vaccinated to attend work in the event of a lockdown or similar restrictions.

The phased approach is proportionate and based on the public health risk.

Group 1: First dose by December 1, 2021 and fully vaccinated by December 31, 2021:

Industries determined to have high transmission risk, or are a vulnerability risk or are necessary or critical to the safety of the community;

A number of these industries have been announced previously and are currently in the process of implementation.

Group 2: First dose by December 31, 2021 and fully vaccinated by January 31, 2022:

Industries and workforce deemed critical to ongoing delivery of business and the function of the community;

Mandating requirement in place to ensure the continuity of key services and businesses in the event of expected community transmission.

Lockdown: Must be fully vaccinated to attend work during a lockdown or similar restrictions:

These critical workers must be fully vaccinated to leave home to attend work, to decrease transmission risk and prevent impact on the delivery of services.

Groups 1 and 2 of industries represent approximately 60 per cent of Western Australia's workforce. With the addition of the lockdown group, approximately 75 per cent of the WA workforce is accounted for

Learn more about showing proof of your COVID-19 vaccinations at:

<https://www.wa.gov.au/organisation/covid-communications/covid-19-coronavirus-getting-proof-of-covid-19-vaccinations>

Mandatory vaccination cohort details and timings can be found below. For more information, see the Mandatory vaccination FAQs (external link) at:

https://ww2.health.wa.gov.au/Articles/A_E/Coronavirus/COVID19-vaccination-program/Mandatory-COVID19-vaccination

Note that if an occupation fits in more than one category, the vaccination requirement with the earliest deadline should apply.

We're all in this *together.*

COVID-19 Coronavirus: Vaccines

Information about the COVID-19 vaccination in WA



**Department of
Health**

The COVID-19 vaccine is an important measure to keep WA safe and healthy and will help protect yourself, your family and the community.

Australia's vaccination program is managed by the Australian Government. The WA Department of Health are responsible for the rollout of the vaccination program in WA.

It is recommended all adults get the COVID-19 vaccine when they are eligible. The vaccine is free.

We have all worked together to keep Western Australia one of the safest places in the world. To protect our lifestyle here in WA, there is one more thing we need to do. We need to roll up our sleeves and get vaccinated for COVID-19. The more people who do, the more we protect our families, friends and community.

Contact via telephone: 13 26 843

<https://www.wa.gov.au/organisation/covid-communications/covid-19-coronavirus-vaccines>

COVID-19 vaccination – Videos – Auslan

Find the collection contains videos, in Auslan, explaining Australia's COVID-19 vaccination rollout.

<https://www.health.gov.au/resources/collections/covid-19-vaccination-videos-auslan>



COVID-19 Coronavirus: Translated advice

Information about COVID-19 vaccination has been translated into multiple languages.

Translated information and advice on COVID-19 for the community and businesses in Western Australia.

Translated information is available about COVID-19, including mandatory contact registers, the controlled interstate border arrangement, and the WA Recovery Plan. Information about COVID-19 vaccines has been translated into multiple languages.

<https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/covid-19-vaccine-information-in-your-language>

If you have a COVID-19 question and need an interpreter, call 131 450 to request an interpreter in your language.

W: <https://www.wa.gov.au/organisation/departments-of-the-premier-and-cabinet/covid-19-coronavirus-translated-advice>



COVID-19 Digital Certificates

Services Australia can assist you to find out how to get your COVID-19 vaccination certificate, update it if it's incorrect and show you are vaccinated even if you don't have a Medicare card.

After you have your second dose, a digital vaccination certificate is automatically generated for you.

You can print your own COVID-19 digital certificate or immunisation history statement when you download your proof online. You don't need to call for a copy.

How to get help with proof of your vaccination

Find out what to do if your COVID-19 vaccination isn't showing, there's an error on your record, or you're having trouble getting or saving your proof to your device. Services Australia provides help to get proof of your COVID-19 vaccinations. They have instructions to help with storing your proof on your device, helping to update your immunisation history statement if your vaccination isn't showing or there's an error and helping to link Medicare to your myGov if you get an error message.

Also, they help to add overseas vaccinations to the Australian Immunisation Register (AIR) so you can get proof of those vaccinations.

Links to information about:

Instructions to [help with storing your proof on your device](#)

Get [help updating your immunisation history statement](#) if your vaccination isn't showing or there's an error

Find [help linking Medicare to myGov](#) if you get an error message

There's [help adding overseas vaccinations](#) to the Australian Immunisation Register (AIR) so you can get proof of those vaccinations

Contact Services Australia:

T: 132 300

W: <https://www.servicesaustralia.gov.au/individuals/subjects/getting-help-during-coronavirus-covid-19/covid-19-vaccinations/how-get-help-proof>



Australian Government
Services Australia

Aboriginal and Torres Strait Islander people are at greater risk of coronavirus if they: are aged 50 years and over with chronic medical conditions have a weakened immune system are aged 70 years and over.



To help slow the spread of COVID-19, practise good hygiene and physical distancing and follow the local rules for public gatherings, quarantine and isolation.

Visit the Department of Health website for more information on how to protect yourself and others from (COVID-19) and for specific advice for Aboriginal and Torres Strait Islander people and communities.

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19/coronavirus-covid-19-advice-for-aboriginal-and-torres-strait-islander-peoples-and-remote-communities>

T: Freecall 1800 020 103

Protect your mob and stop the spread and keep in touch with your community

You can also use this interactive map to find an Aboriginal or Torres Strait Islander Health Service near you.

<https://healthinfonet.ecu.edu.au/key-resources/health-professionals/health-workers/map-of-aboriginal-and-islander-healthmedical-services/>

Call 13 COVID (13 268 43) to book your COVID-19 vaccination For more information about COVID-19 vaccines, visit **HealthyWA** at https://www.healthywa.wa.gov.au/Articles/A_E/Coronavirus/COVID19-vaccine/FAQs

Mary G radio interview with Dr Carapetis

Part 1: Listen to the interview for answers to your frequently asked questions: Why have Aboriginal people been prioritised to receive the vaccine? How do vaccines work? Is it only older people who die from COVID-19? Why is it still important for everyone to get the vaccine?

Part 2: Listen to the interview for answers to your frequently asked questions: Why are COVID-19 vaccines made so quickly? Do Aboriginal people have worse side effects to the vaccine? How effective are the vaccines? Should women who are breastfeeding, pregnant or planning a pregnancy get vaccinated? Why is the vaccine being rolled out in remote communities when there are no cases?



To access radio interviews go to:

https://www.healthywa.wa.gov.au/Articles/A_E/Coronavirus/Coronavirus-information-for-Aboriginal-people

Roll up for WA COVID-19 Vaccination 'You've got questions with Dr. Karl'

There are some questions out there about the COVID-19 vaccines.

To help answer some of those common questions, the WA Government has teamed up with Dr Karl for this 'You've Got Questions' series, to address the myths about the COVID-19 vaccines.

Dr Karl is a knowledgeable and trusted voice of the Australian medical and science community, most known for his 'Science with Dr Karl' segment on Triple J radio.

Vaccination is a critical issue for Dr Karl, he said that a drop in the number of people getting vaccinated against whooping cough years ago was what motivated him to become a media personality.

"That's why I got into media, I felt I could do better for the Australian population by telling people to get vaccinated," he said.

"Getting vaccinated saves lives."

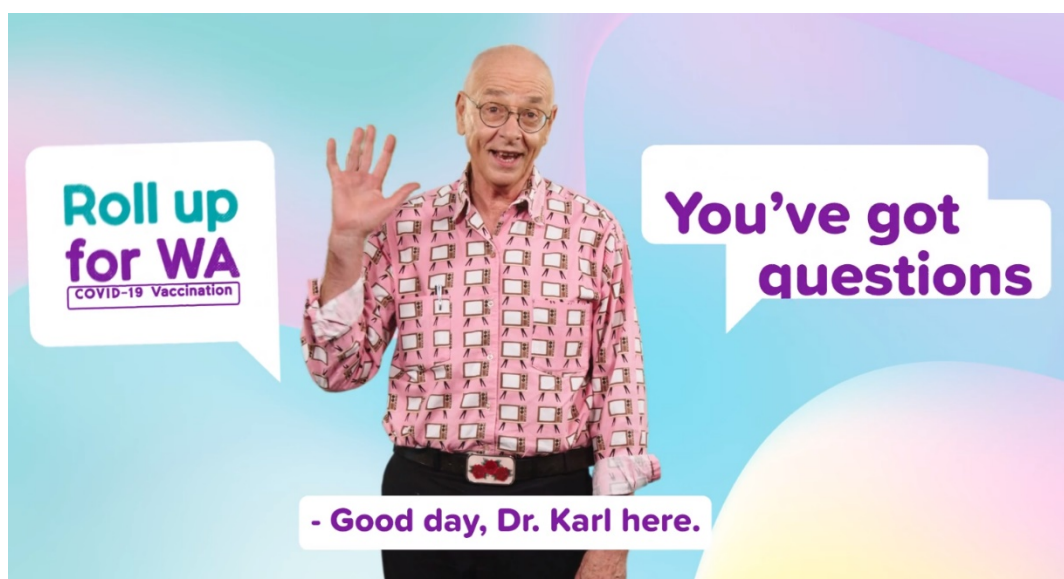
Watch the full 'You've Got Questions video' via:

https://i.vimeocdn.com/video/1228712020bcef205e4d024be2cd2656ce87a6a90eeecb51cb09e95245ffde7d18e13c73fc-d_1280

View the articles <https://rollup.wa.gov.au/articles/youve-got-questions-with-dr-karl> to find information on a particular topic.

Translated versions of the video are also available with captions in 10 languages including Arabic, Farsi, Hakha Chin, Hindi, Indonesian, Italian, Karen, Simplified Chinese, Swahili and Vietnamese. Select and watch the video in your preferred language on the Translated information on vaccination page: <https://www.wa.gov.au/organisation/covid-communications/covid-19-coronavirus-translated-information-vaccination>

Want to cut through the misconceptions about COVID-19 vaccines? Dr Karl answers some of the most common questions with good old-fashioned facts.

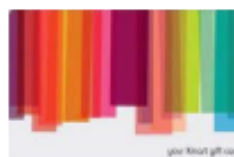


ANSWERS to the 'CROSSWORD' Puzzle (see Page 15)

W	A	F	E	R		E	L	L	A		C	H	E	W
A	D	O	R	E		B	O	A	T		L	U	R	E
G	E	O	R	G	E	B	U	S	H		A	R	I	A
E	N	D		A	W	E	D		L	O	I	T	E	R
			D	R	E	D		G	E	A	R			
S	A	L	A	D	S		R	E	T	R	E	A	T	S
L	O	U	I	S		P	E	R	E		B	R	I	E
U	R	N	S		P	A	L	M	S		L	U	B	E
S	T	A	Y		I	R	I	S		S	O	B	E	R
H	A	R	M	O	N	I	C		G	L	O	A	T	S
			I	R	K	S		R	O	A	M			
N	A	P	L	E	S		C	O	A	L		B	R	A
E	L	A	L		L	I	L	Y	T	O	M	L	I	N
R	E	T	E		I	D	E	A		M	O	U	N	T
D	E	E	R		P	O	O	L		S	W	E	D	E

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
February + March + April + May
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

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

W: www.cotawa.org.au
T: (08) 9472 0104
E: admin@cotawa.org.au

Want to share your news or an age-friendly event?

Share events and updates with our 3000+ subscribers

Email: admin@cotawa.org.au