



From the CEO

While public opinion was very much divided regarding the proposed opening of WA State borders on 5 February 2022, our feedback told us that many older Western Australians were anxious and concerned about the impending spread of the virus in our community.

When our borders do eventually open, we know that many will choose to self-isolate and for this reason COTA (WA) is working with many other seniors sector organisations to develop a guide to support seniors during this period. The guide will be written in easy to understand language and will include information on government regulations, what to do if you get COVID, how to access services and ideas for staying connected to friends, family and community. Once the borders are open, there are likely to be changes to government guidelines and other information so we will update the guide as required.

The most current editions of this guide will be available on our website. Hard copy versions will be available on request, however due to the changing nature of the current COVID situation, information may become out of date and updated editions will be regularly posted on our website.

We hope to release the first edition in the next few weeks. Both online and printed versions will be available.

Have you completed the set-up of your ServiceWA app? This is proving to be a major source of frustration for people, particularly if you are not highly tech savvy, which is many of us over 50. Public libraries as well as Neighbourhood and Community Resource Centres are reporting an unprecedented surge in the request for tech support services. COTA (WA), on behalf of the seniors sector, has written to the Premier to seek immediate funding to address this issue. Our concern is that many seniors are being left behind as they struggle to meet unrealistic and unfair expectations in regard to the use of technology.

During Seniors Week in November 2021 we conducted a survey of seniors as part of our Let's Talk Scams event. Evidence confirms that people over the age of 65 are the prime target for some very clever cyber criminals. This resulted in Australian seniors losing over \$80 million to scams in 2021, according to ACCC Scamwatch statistics.

We asked four (4) questions and the responses confirmed that while the majority of older people are committed to using technology, half do not feel safe managing financial transactions online, 40% have been scammed and a whopping 81% feel that there is not enough support for seniors using technology.

COTA (WA) has written to the Hon Don Punch, WA Minister for Seniors and Ageing with some recommendations including a request for funding to provide a series of free workshops for seniors as well as the establishment of an Information Technology Helpline.

Labour shortages are impacting WA businesses according to recent reports by both National Australia Bank and the Chamber of Commerce and Industry WA. Yet we continue to hear stories about mature age workers who are unable to secure employment. Industries such as hospitality, retail and aged care are reliant on employees who have soft skills including customer service, listening skills, empathy and time management. I had the opportunity to speak with Lisa Barnes of 6PR Perth Live Radio on 5 January, and of course, mature age employment is always a hot topic, with plenty of callers sharing their experiences. See the article in this month's newsletter that shows Australia is below average in its mature age labour force participation when compared to other OECD countries, particularly for people aged 65 or older.

As always, one of the highlights of our year is hosting the WA Seniors Awards on behalf of the State Government. The Awards ceremony for the 2021 Award recipients was held at ANZAC House in November 2021. Congratulations to all of the recipients! We have included the link to a short video of the Awards Ceremony in this month's newsletter.

We have started 2022 with our hottest summer on record. The town of Onslow in the Pilbara region reached a record heat of 50.7 degrees on 13 January 2022. This unofficial figure is the hottest temperature on record for the country and for the Southern Hemisphere. As this is obviously not the last hot period we will see this summer, we have provided a short list of ways to avoid heat distress during those days of searing heat.

Have you visited the COTA (WA) website lately? Our new website launched in December 2021 and our aim was to make it more visually appealing as well as being easier to navigate - with less 'clicks' required. We would appreciate your feedback. Please visit our website at: <https://www.cotawa.org.au/>

And finally, our congratulations to former COTA (WA) Board Chair Judy Hogben, who was recognised in the 2022 Australia Day Honours List with a Member of the Order (AM). Judy has devoted many years of service in both government and the community services sector to seniors, children and people living with disability.

Stay safe and cool.

Christine Allen, CEO



The Australian Editorial ‘A Rich Source of Skilled Workers’

‘Policymakers looking to retraining programs and skilled migrants to fill skill shortages as the economy roars back from the pandemic should not overlook a potentially rich source of experienced and often highly skilled workers - retirees.’

Many retirees would be happy to work for a few extra years, at least part time, to postpone dipping into their superannuation nest eggs, during which time of course they also would be paying income tax. More important, they would be contributing to an economy in which nine in ten jobseekers unfortunately lack the requisite training needed for the vast majority of available roles, according to new analysis by the Federal Department of Education, Skills and Employment.



On Monday 3 January 2022, Stephen Lunn reported that Australia is ranked number 18 among 37 OECD countries for labour force participation of 55 to 64-year-olds, at 67 per cent, and it is below average for people aged 65 or older. In the interests of Australians over 55 and the economy, the nation needs to do better. As life expectancy continues to increase, more and more years spent in retirement may not be an attractive option for many older people, Lunn wrote, along with the worry about how to maintain their standard of living for decades after leaving their employment.

National Seniors chief advocate Ian Henschke said something was wrong in the design of Australia’s pension system when only 14.2 per cent of people aged 65 and older were in the workforce, compared with 25 per cent in New Zealand. If just 5 per cent of the 2.6 million retirees receiving the pension chose to work it would boost the workforce by 130,000 people.

It should be encouraged. But allowing workers to receive a government pension in addition to their salary, as some seniors advocates want, would be the wrong approach. The social security bill and dependence on government need to be reduced wherever reasonable.

Australian Chamber of Commerce and Industry chief executive Andrew McKellar suggested the government raise the income threshold before pensioners were taxed on their work as an incentive for more pensioners to take on at least some work. Skilled Age Pension recipients had very little incentive to re-enter the workplace, Mr McKellar said. But an army of older workers was ready and willing to return to the workplace, he added. A single pensioner can earn only \$7800 a year before they start losing their pension. In their own interests, employers should be willing to offer positions to qualified older workers. In recent years, many older people willing to work have found their age was a disadvantage in getting jobs they applied for.

An analysis by KPMG has called for ramping up the annual migration intake to 350,000 between now and the end of the decade to offset the collapse in population growth during the pandemic and add \$120bn to the size of the economy by 2029. Government projections have the migrant intake returning to 235,000 people a year from 2024-2025. Josh Frydenberg said Australia was beginning to welcome migrants again but would do so *“in a considered way and a way that will strengthen our economy”* at a time when the jobs boom had driven unemployment down to 4.6 per cent. Acting opposition immigration spokesman Andrew Giles said Labor favoured giving *“Australians a first go and a fair go to fill job vacancies”*. But if the yawning skills gap is to be plugged by Australians, the training and education systems will need major reform.

Video Link: 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; Seniors and Ageing; Small Business presented the awards to recipients.

Please see link below for the COTA WA video of WA Seniors Awards 2021.

<https://www.youtube.com/watch?v=ODgX4BpGtNo>

Congratulations again to the Recipients of the 2021 WA Seniors Awards

Theresa Kwok - WA Seniors Advocate of the Year (Inaugural Award)

Norma Walsh - WA Senior of the Year – Metropolitan

James Freeman - Wa Senior of the Year – Regional

The City Of Greater Geraldton - WA Age Friendly Local Government Award

Darling Range Seniors Hub - WA Age Friendly Business Award



Full border opening delayed as part of updated transition plan

In a media statement from the WA Premier Mark McGowan on Thursday, 20 January 2022, an announcement was made that the full border opening is delayed as part of the updated transition plan.

- Sensible, safe and responsible updated transition plan based on latest health advice
- New hard border from February 5, 2022 but allows for more safe compassionate travel and return of Western Australians
- Updated plan takes into account the uncertainty of the impact of Omicron
- Further decisions on border controls will be reviewed over the course of the next month
- Everyone aged five and older urged to get vaccinated, including third doses if eligible



Based on the latest health advice, Western Australia's Safe Transition Plan has been updated with new hard border settings from Saturday, February 5 to respond to serious concerns around the impacts of the Omicron variant.

The updated plan means the full border opening will be delayed given the full impacts of Omicron in Australia are still unknown, with the peak of infections not yet reached in jurisdictions with widespread transmission.

Western Australians now have the opportunity to get their third dose, to ensure the best protection possible against the Omicron variant.

The new hard border settings will allow for more safe compassionate travel and the return of Western Australians.

Under the new border settings, approved travellers are permitted to enter WA, or leave WA and return, with testing and quarantine requirements under the new expanded exemption criteria:

- Returning Western Australians, with strong recent connections or direct legitimate family connections with WA
- Compassionate grounds including funeral, palliative care or terminally ill visitation
- Member of the family of an approved traveller
- People entering for urgent and essential medical treatment
- Reasons of national and State security
- Commonwealth and State officials, Members of Parliament, Diplomats
- Provision of specialist skills not available in WA, health services, emergency service workers
- People required to attend court matters, judicial officers and staff of court, tribunals and commissions
- Special considerations and extraordinary circumstances determined by the State Emergency Coordinator or Chief Health Officer

Approved interstate travellers into WA will be permitted with the following requirements:

- Traveller must have an approved G2G Pass, under new exemption criteria
- Be triple dose vaccinated if eligible (double dose vaccinated if not eligible for third)
- Return a negative pre-departure Rapid Antigen Test (24 hours prior to departure)
- Undertake 14 days of self-quarantine at a suitable premises, with the same requirements for household members at the self-quarantine premises
- PCR testing within 48 hours of arrival and on day 12 of self-quarantine, and household members will also be required to do a PCR test on the traveller's day 12
- Subject to mandatory use of G2G Now and in-person checks by WA Police as required

Additional requirements are in place for domestic road travel to keep WA safe:

- Approved domestic travellers to limit travel to 1,500 kilometres from road borders, to enable people to travel by road to suitable premises for quarantine in Perth from Eucla
- Entry at the Kununurra border only for transport, freight and logistics and border community residents
- Restricted travel into remote Aboriginal communities

International travel into WA will be permitted with the following requirements:

- Meet the Commonwealth requirements to enter Australia under the arrivals cap
- Undertake 14 days of mandatory quarantine including, seven days in hotel quarantine and seven days of self-quarantine at a suitable premise, if eligible
- PCR testing on days one, six, nine and 12, and household members will also be required to do a PCR test on the traveller's day 12
- Subject to mandatory use of G2G Now and in-person checks by WA Police as required
- International travel indirectly into WA via another State or Territory will be subject to the same entry and quarantine requirements as domestic travellers

Current entry arrangements remain unchanged for transport, freight and logistics, maritime, aircraft crew, rig/platform and specific industries approved by the State Emergency Coordinator and Chief Health Officer.

Further review of border controls will be considered over the course of the next month.

For more information about WA's Updated Safe Transition Plan, visit: <https://wa.gov.au>

Current health and social measures remain in place, including masks to be worn as required, proof of vaccination for certain venues and businesses and contact registration including check-ins using SafeWA or ServiceWA.

ServiceWA App launches to help keep WA safe

The McGowan Government launched the ServiceWA app - a free, convenient and secure mobile application that will help Western Australians with WA's Safe Transition on 11 January 2022.

Free app allows people to show proof of vaccination, check in with SafeWA and access G2G Pass for interstate travel - all in one place.

It helps people access important COVID-19 information, including how to prepare your household for COVID-19, where to get tested, where to get vaccinated and exposure location sites.

The ServiceWA app requires the user to set up or use a Digital Identity to create an account to prove who they are online - meaning the app is safe, secure and not accessible by anyone else.



The app will make proof of vaccination requirements more robust because of features like the live clock timer, shimmering coat of arms and animated certificate tick that proves the user's COVID-19 digital certificate is authentic.

People won't be required to show additional identification to enter certain businesses and venues if they use the ServiceWA app, as opposed to COVID-19 digital certificates stored in smartphone wallets or hardcopies.

Setting up the ServiceWA app and Digital Identity takes some time, and people should allow at least 30 minutes to complete this new process at home, where they have easy access to forms of identification like a passport, driver's license or Medicare card.

The setup process only needs to be completed once and ensures the user's information is verified and protected at all times when they use the app.

People will be able to continue to use the SafeWA app to check in at venues, however eventually this app will become out-of-date, so it is recommended Western Australians download ServiceWA and begin using this app to check in on SafeWA.

For more information about the ServiceWA app, visit: <http://www.wa.gov.au/servicewaapp> or call **13 33 92**.

ServiceWA can be downloaded from the following links:

Apple: <https://apps.apple.com/us/app/servicewa/id1599181775>

Android:

<https://play.google.com/store/apps/details?id=au.gov.wa.digital.service.mobile.servicewa.citizen>

You do not need to present identification if you show proof of vaccination through the ServiceWA app

If you do not have the ServiceWA app you must provide another form of proof that you have been double vaccinated.

These include:

- Certificate stored in a smartphone's wallet
- Hardcopy of your certificate
- Digital or hardcopy of your immunisation history statement

You will also need to show an acceptable form of identification such as:

- Driver's license (Australian or overseas)
- Passport (Australian or overseas)
- Proof of Age Card (all States/Territories)
- Medicare card or Centrelink basics card
- Credit, debit, or cashless debit card
- Bank statement with name and address details
- Student ID card
- Seniors card
- Utility or phone bill with name and address details
- Skippers ticket
- Current residential tenancy agreement
- Local government or water rates notice
- Letter or infringement notice from Local, State or Commonwealth Government entity displaying name and address e.g. Centrelink, local Shire, WA Police
- Evidence of electoral enrolment
- Armed services discharge papers
- Centrelink pensioner concession card, health care card, seniors health card
- Department of Veteran Affairs pensioner concession card, repatriation health care card
- Citizenship certificate or naturalisation document from the Department of Home Affairs
- Evidence of immigration status card
- Permanent resident evidence card
- Residence Determination ImmiCard
- Birth certificate
- Australia Post Keypass ID

In some cases, for Aboriginal and Torres Strait Islander people, assurance that the person is known may be sufficient (e.g. a community member may vouch for their identity).

It is not essential to show photo ID.

From 31 January 2022 mandatory proof of COVID-19 Vaccination will apply

Unvaccinated people in Western Australia face being barred from most venues across the state, after Premier Mark McGowan announced strict new proof of vaccination rules from 31 January 2022.

The expanded mandate means you must be double-jabbed to enter all cafes, gyms, movie cinemas and more at venues from the Great Southern up to the Kimberley.

The strict announcement has left some people confused on where the line is drawn.

Where do the new rules apply?

Based on the latest health advice, from Monday 31 January 2022, proof of vaccination requirements will apply State-wide and be expanded to include new higher-risk venues.

Double dose proof of vaccination for those aged 16 and older will be required for:

- Visitors to public and private hospitals, and aged care facilities
- All hospitality venues including restaurants, cafes, bars, pubs, clubs, taverns, night clubs and dine-in fast food (roadhouses, service stations and takeaway is exempt)
- Indoor entertainment venues, including play centres, gaming and gambling, theatres, concert halls, museums, cinemas and live music venues
- Bottle shops
- The entire crown perth complex
- Major stadiums
- Gyms, fitness centres and health studios - Health Studio is an Exercise Physiology clinic which supervises exercise programs for people with complex needs that require professional advice on exercise
- Amusement parks and the zoo
- Music festivals and large events with more than 500 people, unless exempt

Proof of vaccination requirements for WA

from Monday, 31 January

Proof of vaccination for those aged 16 and older will now be required throughout WA for:

- Hospital & aged care visitors
- Dining at all hospitality venues
- Amusement parks & the Zoo
- Theatres, museums & cinemas
- Music festivals & major events (500+ people)
- Gyms, fitness centres & health studios
- Crown complex
- Major Stadiums
- Play centres
- Bottle shops
- Nightclubs
- Live music venues

Service WA

Prepare today, download ServiceWA.

ServiceWA is a free, convenient and secure mobile application that will help Western Australians with WA's Safe Transition. It allows you to show proof of vaccination, check-in at events and venues, and access your GOV Pass for interstate travel - all in one convenient place.

More information visit wa.gov.au

ACCC Targeting Scams



Scamwatch radar alert

News and alerts

COVID-19 Vaccination Scams

Scamwatch is warning Australians of scams relating to COVID-19 vaccinations in Australia and overseas that may attempt to gain your personal information and lead to financial loss.

How to avoid a vaccination scam

Don't give personal information to someone who calls you about the vaccine.

Don't click on links in unexpected emails or text messages.

Don't pay to get on a vaccination list – COVID-19 vaccines will be free for everyone living in Australia.

Don't pay for early access to a vaccine – you can't pay for early access.

You will not need a prescription from a GP to get vaccinated.

If you are asked for any of these by someone claiming to provide COVID-19 vaccines, it is a scam.

Be careful when you get unexpected contact or messages – remember, scammers can impersonate the government too. Always source phone numbers independently from official government websites.

Protecting your personal information

Scammers may try to obtain your personal information by claiming it is required for you to get the COVID-19 vaccine.

Don't give personal information to anyone who calls you about the vaccine. Vaccine offers that ask for personal or financial information are scams.

If you receive unexpected emails or text messages about the vaccine, don't click on any links. They may contain malware and give your personal information to a scammer.

Other vaccine scams that Scamwatch is aware of include offers to pay money as an investment opportunity in the Pfizer vaccine and fake surveys related to the vaccine.

These surveys offer a prize or even early access to the vaccine for their completion. In reality, the surveys are after your personal or financial information.

COVID-19 vaccination scams outside Australia

There are a range of vaccine scams being reported around the globe. Some of these include:

- Selling fake vaccine appointments
- Administering fake vaccines door to door for payment
- Asking for participation in fake vaccine surveys
- Asking for payment to ship vaccines to consumers
- Charging for a pre-test prior to getting a vaccine
- Putting your name on a waiting list to get a vaccine

Text messages impersonating the government

The following text was circulated in the United Kingdom at the time of their COVID-19 vaccination rollout.



Emails impersonating the government

The following email has been received by Australians though it is targeted at residents of the United Kingdom.

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>

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.**

5 Tips for Staying Cool in the Heat of Summer

1. Drink more water than you think you need. Then drink some more.

People in their 60s and older already face a higher risk of dehydration in general and hot weather can make it even worse. Not having enough water in your system can lead to feeling faint and nauseous, which can lead to dizziness and falls.

2. Make or find a cool place for yourself or your loved one.

Good old-fashioned practices like running air-conditioning and fans, closing curtains and blinds and staying out of the sun during the heat of the day, can really help older adults stay safe and cool. So can cool showers or baths, running cool water over parts of the body or keeping cool, wet cloths handy.

For those who do not have air-conditioning or are worried about running it too much for financial reasons, many communities offer free cooling centers during the hottest times of the year.

Public libraries, recreation centers, civic buildings, churches or other places of worship and senior centers all offer free opportunities to get inside a cool building on the hottest days.

If you know an older person who might need a cool-down, this is a great time to offer to take them shopping or to the movies.

3. Skip outdoor activities, or do them early.

The garden may need your attention, the dog may need to get exercise, or your regular walking partners may want to keep up their routine.

But ultra-hot weather is not the time to stick to routines. Give yourself or your loved ones permission to skip the weeding, the walking or the workout for a few days.

It is also probably a good idea to skip alcohol and caffeine, or at least cut back on them, during a heat wave. They can also affect your response to heat and ability to recognise problems.

4. Don't feel well? Act fast!

By the time older adults start feeling the worst effects of high heat, they may require emergency treatment. But hospital emergency rooms are not the place anyone wants to spend a hot summer day and they can hold special risks for older adults.

Besides feeling faint or dizzy, other symptoms to watch out for include nausea, headache, feeling overly tired, having a rapid pulse or feeling muscle cramps.

If you take medications for blood pressure, heart problems or other conditions, they can reduce the amount you sweat and affect circulation, which helps the body cool down. If you have diabetes, it can affect your blood vessels and sweat glands, and heat can also change your body's ability to use insulin.

5. Get together with others.

If you know an older person who lives alone, whether they live next door or across the country, this is the time to stop by, call or connect electronically. If you are near enough, offer to drive an older person to an air-conditioned place, or just take a ride in a cooled-down car. Since heat-related illness can sneak up on people and bring a risk of fainting, checking in is never a bad idea.

‘Older women’s perceptions of the impact of homelessness on their health needs and their ability to access healthcare’

The Australian and New Zealand Journal of Public Health published a study on older women’s perceptions of the impact of homelessness on their health needs and their ability to access healthcare .

Abstract

Objective: This study explored the healthcare needs and barriers to health services in older homeless women in the Perth metropolitan area, Western Australia.

Methods: Twenty-two older women experiencing homelessness completed a questionnaire and semi-structured interview. Data were analysed using descriptive statistics and thematic analysis.

Results: The study highlighted that these women had complex and inter-related issues that affected their health. The nine major themes that emerged from the interview data consisted of: safe accommodation; financial insecurity; experience of trauma and abuse; stigma, embarrassment and fear of being judged; the health impact of not fulfilling their role as family nurturer; mental health; complex interaction of physical and mental health issues; healthcare costs; and the need for ongoing psychosocial and healthcare support once housed.

Conclusion: Provision of safe and secure accommodation is pivotal to women’s health, as is the need for greater understanding of the impact of poverty, women’s traditional roles, social disconnection and domestic violence, and ongoing access to healthcare and support services. Implications for public health: A structural and systemic approach based on a social determinants of health framework is required to address the health needs of the increasing numbers of older women becoming homeless in this country.

Key words: older women, homelessness, health, healthcare, social determinants.

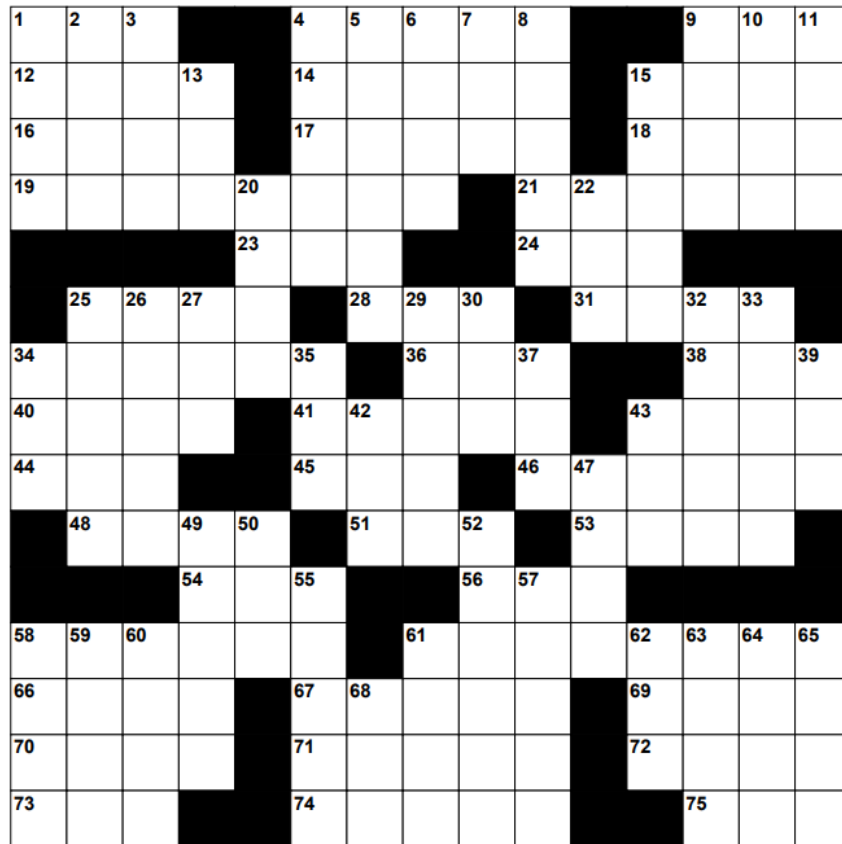
Access the full report via link below:

<https://onlinelibrary.wiley.com/doi/epdf/10.1111/1753-6405.13156>

Australian and New Zealand Journal of
Public Health

'CROSSWORD' Puzzle

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



By Evelyn Johnson - www.qets.com

ACROSS

- 1 American Football Conference (abbr.)
- 4 Display areas
- 9 Poisonous snake
- 12 Family group
- 14 Eight
- 15 Entreaty
- 16 Tropical edible root
- 17 Weight device
- 18 Knocks (2 wds.)
- 19 Supplier of water
- 21 Lives
- 23 Forbid
- 24 River (Spanish)
- 25 Organization concerned with civil liberties (abbr.)
- 28 Thief's hideout
- 31 Asian nation
- 34 Expects
- 36 Animal doctor
- 38 Wipe
- 40 Musical group composed of mostly brass instruments
- 41 Blue-pencil's
- 43 Game animal
- 44 Free of

- 45 Snack
- 46 Let out of prison early
- 48 Mistake
- 51 Thanksgiving vegetable
- 53 Super _____
- 54 Wing
- 56 Less than two
- 58 3.26 light-years
- 61 North American game played with a ball on rectangular field
- 66 Elide
- 67 Goodness, kindness
- 69 Decorative needle case
- 70 Tender and passionate affection
- 71 Sugar-free brand
- 72 Musical symbol
- 73 Stretch to make do
- 74 Nuts
- 75 Women's partners

DOWN

- 1 Pituitary hormone
- 2 Strip the skin off
- 3 Greeting _____
- 4 __ Rica
- 5 Agreement
- 6 Heavenly light
- 7 Snake like fish
- 8 Guide
- 9 Alack's partner
- 10 September (abbr.)
- 11 Enact
- 13 Neither's partner
- 15 Earlier
- 20 Connect
- 22 Roman dozen
- 25 Wait for
- 26 Children's love
- 27 Container top
- 29 1997 Madonna movie
- 30 Fisherman's tool
- 32 Slender pointed shaft shot from a bow
- 33 Subdue
- 34 Reduced (abbr.)
- 35 Behold
- 37 Cooking measurement

- 39 Farewell
- 42 24 hours
- 43 Not amateur
- 47 To incite
- 49 Stick together
- 50 Bullfight cheer
- 52 Secured
- 55 __ and pains
- 57 Student's class records
- 58 Geographical points
- 59 Wild
- 60 Tear
- 61 Destiny
- 62 TV lawyer Matlock
- 63 Particle
- 64 Pear shaped stringed instrument
- 65 Legal claim to property
- 68 Compass point

Palliative Care Western Australia 'Writing an Advance Care Plan and Advance Health Directive'

We all want to have a say in what happens in the last part of our lives. By making plans that cover your future care, lifestyle, health and finances, you're not only working out what you want, you are also making things easier on those around you.

Advance Care Planning

The process of advance care planning helps you to plan your medical care in advance, should you become too unwell to make decisions for yourself. The process varies from state to state, so PCWA explains how it works in WA.

Dying to Talk Discussion Starter

You never know what the future holds. It is never too early to plan ahead. Talking now can help your family and friends in the future, and can make sure you get the kind of care that you want. The online Dying to Talk Discussion Starter will guide you through that discussion. It will help you prepare, so that you know what you want to say and it will provide you with tips about how to start talking. An Aboriginal and Torres Strait Islander Discussion Starter is available online too.

ELDAC (End of Life Directions for Aged Care)

The ELDAC project aims to improve the care of older Australians. Health professionals and aged care workers can access information, guidance, and resources to support palliative care and advance care planning for older people and their families.

My Values

The My Values website helps you to identify, consider and communicate your wishes about the medical treatment you would want in the later stages of life.

Living with illness

CareSearch provides extensive information on living with illness, including emotional challenges, planning for the future, symptoms and complementary therapies

Tips: Advance Care Plan and Advance Health Directive

- An advance care plan can be in any format e.g., a completed form, a video or a letter to family members
- Seek advice from your doctor for your Advance Health Directive
- Include what you won't accept and wouldn't consent to
- Add an emotional appeal for wishes to be respected

For more information go to: <https://palliativecarewa.asn.au/resources/advance-care-planning/>



Road Safety Commission Western Australia 'Driving Distractions'

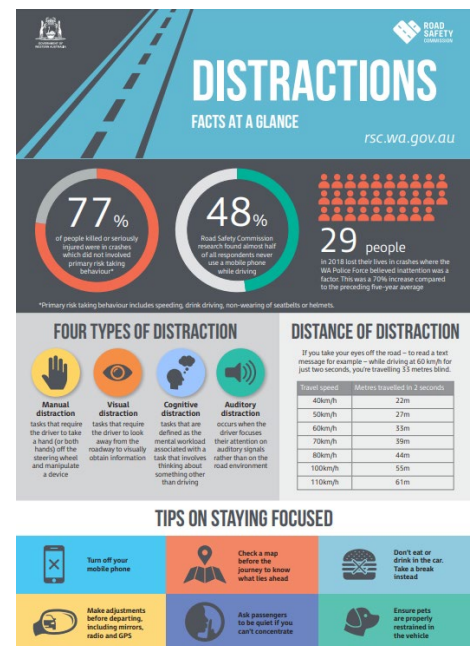
As the voice of road safety in Western Australia, the Road Safety Commission is dedicated to tackling road trauma, which is one of the biggest and most sustained causes of death and injury in the community.

Driver distractions: Safety strategy, supporting research, countermeasures and future focus

Distraction-related crashes remain a major concern for the Government and other road safety authorities across Australia. The Road Safety Commission has created a 'Distance of Distraction' education campaign, warning that drivers will be travelling 'blind' if they take their eyes off the road for just a few seconds.

There are four broad categories of distraction from the driving task

1. **Manual Distraction:** tasks that require the driver to take a hand (or both hands) off the steering wheel and manipulate a device (eg. a mobile phone)
2. **Visual Distraction:** tasks that require the driver to look away from the roadway to visually obtain information (eg. looking in the glovebox)
3. **Auditory Distraction:** occurs when the driver focuses their attention on auditory signals rather than on the road environment (eg. children in the back seat);
4. **Cognitive Distraction:** tasks that are defined as the mental workload associated with a task that involves thinking about something other than the driving task (National Highway Traffic Safety Administration, 2010).



There is also evidence that mixed distraction affects pedestrians and other vulnerable road users crossing roads (Hobday, 2017; Mwakalonge, 2015).

For more information go to: <https://www.wa.gov.au/system/files/2021-07/Driver-Distractions-In-Depth-Information.pdf>



RSLWA

ANZAC House Veteran Central (AHVS) The first of its kind in Australia, Veteran Central is a specialised one-stop facility that puts Defence Veterans and their families first, with their needs met under one roof. You will find medical, mental health and dental practitioners, counselling, aged-care support and wellbeing programs.

RSLWA's services of advocacy and transitional assistance, employment support and welfare assistance is a key part of the services available within ANZAC House.

This facility was purpose-built to make the lives of Veterans and their families easier. We felt it was time to put the needs of those who were willing to sacrifice everything for this great country first.

The Veteran Central model ensures simplified and streamlined access to a range of important and relevant services which occur under four crucial pillars of service delivery.

RSLWA 4 Pillars of Service Delivery

1. Pillar One: Health and Wellbeing
2. Pillar Two: Advocacy and Welfare
3. Pillar Three: Transition
4. Pillar Four: Employment



RSLWA

No more confusion, no more duplication of services and support - and no more re-telling of case history over and over.

ANZAC House is also home to ANZAC Club, ensuring our ex-servicemen and women and their families continue to be socially engaged and connected, within a community that understands them.

Conferencing facilities, and hireable function spaces add to the services available within ANZAC House.

We encourage corporate bookings of our functions spaces because every dollar spent at ANZAC House supports Veteran Central and the vital services it provided to our Veteran community.

For more information go to: <https://rslwa.org.au/services/veteran-central>

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

Veteran Central Service Providers

- Ground floor - Concierge, Cafe, Karrakatta Club
- First floor - ANZAC Club
- Second floor - Dentist, Psychiatrist, Psychologist, Counselling, Aged Care, Hearing, Office Space
- Third floor - GP, Medical Specialists and Skin Checks
- Fourth floor - RSLWA (Advocacy, Employment, Welfare)
- Fifth, Sixth & Seventh floors - Function Rooms (for hire)

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:

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

2022 Australia Day Celebrations

58th Anniversary of the HMAS Melbourne–Voyager Collision

Thursday 10 February 2022 11:00 AM - 12:00 PM

Australia, Western Australia, City of Perth, Perth, 6008

There will be a service held adjacent to the Voyager Chair, off May Drive near Saw Avenue at 11.00 am on 10 February 2022.

80th Anniversary of Fall of Singapore Service

Sunday 13 February 2022 11:00 AM - 12:00 PM

Australia, Western Australia, City of Perth, Perth, 6008

The 2/4th Machine Gun Battalion Ex-Members Association (Inc) will be holding a commemorative service for the 80th Anniversary of the Fall of Singapore at the POW Memorial in Kings Park (cnr May Drive and Saw Ave) on Sunday February 13, 2022 at 11.00am. All are welcome.



Who is 'Linkwest'?

Linkwest is the Western Australian Peak Body for Neighbourhood and Community Resource Centres. They support Neighbourhood and Community Resource Centres to develop vibrant, inclusive and connected communities in Western Australia.



Right across Western Australia, there are dedicated community spaces where people gather, connect, learn and grow. These places are known by many names: neighbourhood centres, family centres, learning centres, community centres and community resource centres. Collectively, Linkwest refer to them as **Neighbourhood and Community Resource Centres**.

Most are community managed not-for-profits, and some are council run. While each Neighbourhood Centre is unique, reflecting the needs and aspirations of their local community, all are local and welcoming to everyone. People who attend their local Centre tend to be happier, more optimistic, have increased emotional wellbeing and are more connected. All of which makes for stronger, healthier communities.

As the Western Australian Peak Body for this vital network, Linkwest's primary purpose is to assist Centres be the best that they can be, to ensure they develop vibrant, inclusive and connected communities, and remain a part of the local landscape for generations to come.

What does Linkwest do?

Linkwest exists to help WA Neighbourhood and Community Resource Centres be the best that they can be, to ensure they develop vibrant, inclusive and connected communities, and remain a part of the local landscape for generations to come.

Linkwest provides:

Training

Workshops, forums, conferences, seminars, online learning, presentations.

Support

Consultancy, one-on-one support and peer support.

Resources

Development of resources and the promotion of externally produced resources suitable to the sector.

Advocacy

Taking issues and concerns to government departments and relevant community organisations.

Projects

At any time, Linkwest may be involved in a variety of projects designed to support and improve the services offered to the Western Australian community.

WHO WE ARE

The peak body for Neighbourhood and Community Resource Centres in WA

WHO OUR MEMBERS ARE



WHAT WE DO & HOW WE DO IT



And much, much more!

Who is 'Injury Matters'?

Injury Matters is a not-for-profit organisation committed to making a difference. For 29 years, we have worked to prevent injury and support recovery within the community.



Injury Matters works to prevent injuries and support recovery across the state.

Given the breadth and diversity of injury in WA, they work across a range of current and emerging injury priority areas affecting the community. Some of the current areas of focus include; preventing falls in older adults, providing support for those affected by a road crash, building the capacity of the injury prevention sector and improving the mental and physical safety of heavy vehicle operators.

The Stay On Your Feet® is run by Injury Matters

Stay On Your Feet® provides information and strategies for older adults, their friends and family and health professionals to prevent slips, trips and falls.

Falls can happen to us at any age; however, changes we go through as we get older can put us more at risk of having a fall.

The good news is that falls are preventable no matter your age, and Stay On Your Feet® has simple tips and tools you can use to keep you active and on your feet.

Stay On Your Feet® is Western Australia's falls prevention program for older adults living in the community. Stay On Your Feet® aims to reduce falls and fall-related injuries among older adults living in the community and encourages older adults to feel confident in independent living.

Stay On Your Feet® is coordinated by Injury Matters. Injury Matters is an injury prevention organisation which has been the service provider for the WA Department of Health Stay On Your Feet® program since 2001.

The Stay On Your Feet® Move Improve Remove initiative and evidence informed programs promote strategies for older adults to reduce their falls risk so that they can stay active and independent for longer. The messages are targeted at older adults who live in the community; their family, friends and carers; and health professionals.

Each year, Stay On Your Feet® releases two campaigns from the Move Improve Remove initiative. The campaigns focus on a risk factor for falls and promote ways in which older adults can prevent falls.

T: 1300 30 35 40

E: info@stayonyourfeet.com.au



Information for Over 60s

Injury matters provides information for over 60s.

W: <https://www.stayonyourfeet.com.au/over60/moveyourbody/>

Move Your Body

Moving your body will improve your balance and posture, strengthen your muscles and bones and improve your overall fitness and general well being. Three hours of strength and balance activities is recommended each week, however you can split this up into much shorter blocks of activity. Find out about fun activities to help you move your body.

To find an exercise class near you visit the online directory of classes:

W: <https://www.stayonyourfeet.com.au/edirectory/>

Watch the videos: <https://www.stayonyourfeet.com.au/over60/moveyourbody/videos/>

Build Your Balance

Balance is the ability to maintain a stable and controlled body position while we move over our base of support. Balance plays an important role in conducting daily activities such as walking, bending over to put shoes on, driving a car, or going grocery shopping.

Move Your Body Quiz: <https://www.stayonyourfeet.com.au/wp-content/uploads/2017/09/Move-Your-Body-Quiz.pdf>

Build Your Balance Exercise Video: <https://www.stayonyourfeet.com.au/over60/videos/>

Move Your Body Module: <https://www.injurymatters.org.au/programs/stay-on-your-feet/e-learning/>

Strengthen Your Legs

It is important that we keep our bodies strong so that they can do everyday activities such as getting out of a chair, walking up and down stairs, or pushing the shopping trolley.

Muscles, bones and joints start to deteriorate as we get older. Maintaining strong muscles, bones and joints in your legs will help you to reduce your risk of falling and maintain your movement and flexibility.

To complete the Move Your Body Quiz, view the Strengthen Your Legs with Julie or complete the Move Your Body online learning module go to: <https://www.stayonyourfeet.com.au/over60/moveyourbody/>

Community Connect

There are many ways to connect with others, even if we are physically apart. Injury Matters delivers Community Connect, a free program to help older Western Australian adults take the step to reach out and make meaningful connections in the community.

Each month, you are matched with someone in the community. Connecting is easy, through email, phone or even video call, such as FaceTime.

It's a great way to share stories, activities and get to know your community, all from the comfort and safety of your own space.

For more information and to register:

<https://www.injurymatters.org.au/programs/community-connect/signup/>

Meet Strength for Life Regional Provider 'Boddington Active Plus'

New Strength for Life Regional Provider Boddington Active Plus.

Regional SFL trainer, Tony Carlyon is been running the SFL program in Boddington at Boddington Active Plus.

Tony has been in the fitness industry for 6 years now, as a Personal Trainer, Pilates teacher and recently a Massage Therapist.

After working for 20 years as a truck driver, Tony decided when he moved to Boddington that he wanted a career change. When his wife asked, "What are you going to do?", he thought, apart from work and family, he spends most of his time at the gym. He was inspired by his Personal Trainer and Pilates teacher and much they helped change people's lifestyle and health.

From there Tony started Access Life Health & Fitness in Boddington. He has a small studio gym for his Personal Training clients as well as a massage studio.

He runs regular weekly Pilates classes and bootcamps, with opportunities for SFL participants to attend these as well.

Working with over 50s has become a passion for Tony. He first saw SFL sessions when he had started studying to become a Personal Trainer.

"Seeing and interacting with the SFL group in the gym, I was inspired by the way they were taking control of their lifestyle and how happy they were to be there. I decided then and there that one day I would bring SFL to Boddington"

With funding and support from the Shire of Boddington, SFL has been running in Boddington for 3 years. One of Tony's most exciting experiences so far with SFL was when he asked a participant if they would be able to get off the floor and she had replied "No, I haven't been able to do that for 18 months". 12 weeks later after starting the SFL program, she was able to get back off the floor again.

A big thank you to Tony for bringing the SFL program to the over 50 year olds in Boddington WA.

To find out how you can get started with Strength for Life classes.

T: 0429 806 086

E: lobblyons@bigpond.com

Address:

30 Hotham Avenue Boddington WA 6390



New Strength for Life Regional Provider 'Mandurah Physiotherapy Clinic'

New Strength for Life classes are coming soon to Mandurah Physiotherapy Clinic.

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

There will be a FREE Information Session at Mandurah Physiotherapy Clinic to find out how you can get started with Strength for Life classes.

When: Thursday 17 February 2022

Time: From 11:00am

Where: 217 Pinjarra Road Mandurah WA 6210

For more information contact: COTA (WA) 08 9472 0104



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

Strength for Life classes are coming soon to
Mandurah Physiotherapy Clinic
271 Pinjarra Road, Mandurah 6210

Free Information Session at 11.00am
Thursday, 17th February 2022

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

For more information contact
COTA WA – 08 9472 0104



Strength for Life

Men's Sheds of WA 'Digital Mentors'

Digital Mentor

Being a Digital Mentor is about inspiring people to try using digital technology and supporting them as they build their confidence and skills when using digital technology.



Sheds need Digital Mentors

There are still many people that need help to learn essential digital skills. Men's Sheds of WA has partnered with Linkwest, the Australian Seniors Computer Clubs Association, and the Country Women's Association of WA to access the Federal Government supported Good Things Foundations' Be Connected program to support Australians across the country embrace digital technology.

Digital Mentors support people to build their confidence and skills to use digital technology.

Being a Digital Mentor is about inspiring people to try using digital technology and supporting them through their first steps using computers, mobile devices and the internet.

Digital Mentors have the skills to use online resources to find out how to do something, after all Digital Mentors are there to help and encourage people to learn, but not do everything for them. A Digital Mentor needs to be patient, enthusiastic, adaptable and have good listening skills with a basic understanding of the internet and how to use a range of devices to improve life.

Individual Men's Sheds with digital mentors can apply for funding of \$2,500+ through the BeConnected program to help people in their Men's Shed (and wider community) develop their digital skills.

Digital Mentors need to undergo training. The training is a full day which is run on different dates either online or in person at various regional and metropolitan locations.

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

For more information about becoming a Digital Mentor go to:

<https://menssheds.org.au/digital-mentors/>

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

To contact Men's Sheds of WA:

E: admin@menssheds.org.au

T: 08 6381 5324

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

‘Further improvements to home equity release loan scheme a win for older Australians’

On 15 December 2021, it was announced that people of pension age will be even more able to part-fund later life costs by unlocking the value of their home under an enhanced equity release scheme, this is welcome news for older Australians.

The Pension Loans Scheme interest rate is reducing on 1 January 2022.

The Pension Loans Scheme will be renamed the **Home Equity Access Scheme**. The interest rate will also reduce to The Pension Loans Scheme is a voluntary and non-taxable loan from Services Australia. This can supplement your retirement income and it is paid each fortnight.

Interest rate change from 1 January 2022

Interest on the loan balance will be charged each fortnight. The interest rate is reducing to 3.95% from 1 January 2022. The new rate applies to all Pension Loans Scheme loans.

A helpful calculator for eligibility and the amount you can receive is available at www.servicesaustralia.gov.au/pension-loans-scheme

If you are eligible, the calculator can also give you an estimate of your fortnightly loan amount and the compound interest.

Pension Loans Scheme

You can choose the amount of loan payment you get each fortnight. Services Australia do not pay the loan amount as a lump sum. You must repay all of these to Services Australia: the loan amount; some legal costs and accrued interest.



You will have to pay interest on the loan. Services Australia charge an annual interest rate of 3.95%. This rate compounds each fortnight on the outstanding loan balance. The longer you take to repay the loan, the more interest will accumulate.

There are costs to start and exit the loan. The amount you need to pay depends on your circumstances. Services Australia work out the costs based on how many and the type of properties you use as security for the loan. For example if you use one property as security for your loan, you will have one set of costs. If you use two properties as security, you will have two sets of costs – one for each property.

You can make repayments at any time, but you do not have to. You can instead wait and pay it in full when you sell the property. But remember, the longer you have the loan, the more interest you will need to pay.

You can ask Services Australia to stop your loan payments at any time.

For more information and to ascertain your eligibility go to: <https://www.servicesaustralia.gov.au/pension-loans-scheme-interest-rate-reducing-1-january-2022>

Always get advice from a financial advisor or lawyer before making any decisions about the Pension Loans Scheme. This includes if you are currently in the Pension Loans Scheme and you’d like to increase the loan amount you get.

Umbrella launches the ‘Multicultural Village Hub to Help Connect Older Adults Living in the Cities of Belmont and Bayswater’



Umbrella Multicultural Community Care, based in Belmont, is very excited to be establishing a Multicultural Village Hub for older adults living in the Cities of Belmont and Bayswater.

Funded by the Department of Social Services, Umbrella Inc. is launching the Village Hub program for people from diverse backgrounds, aged 55 years and older (50 years for Indigenous and Torres Strait Islander people).

The Multicultural Village Hub aims to help alleviate loneliness and social isolation and promote active ageing by providing social, educational, and active activities. The program will offer a range of member-selected and led activities which will also provide a supportive network for older adults and engagement in the local community. In doing so, Umbrella Inc. hopes that the program will be an opportunity for people to improve their mental and physical health through the benefits of increased community connections.

Opportunity

If you can see yourself helping to establish this community-led initiative for older adults from diverse communities, we would love to hear from you! We are looking to involve volunteers in many Village Hub activities. Eligible volunteers may also join the Hub as members!

We have room for volunteers in multiple areas such as event set-up, activity leader, program support, peer support, administrative support and as translators.

Or if you think you can contribute your time and talents in another way, please feel free to get in touch with the coordinator at:

E: villagehub@umbrellacommunitycare.com.au

T: 08 9275 4411

(08) 9275 4411
villagehub@umbrellacommunitycare.com.au

MULTICULTURAL VILLAGE HUB

Umbrella Inc. is launching a Multicultural Village Hub program to encourage older, multicultural Australians to participate in social and interactive activities within their local community!

The Village Hub is for you if you:

- Are aged 55 or over
- Live in the City of Belmont or Bayswater
- Identify as culturally or linguistically diverse

Supported by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

Find us here!
39 Abernethy Road,
Belmont, WA, 6104

The flyer features a map of Belmont, WA, with a red pin and a circular inset showing the exterior of the Village Hub building. The map includes labels for nearby locations like Ascot, Bayswater, and Belmont Forum. The flyer is decorated with a blue and green wavy border on the right side.

GRAI (GLBTI Rights in Ageing Inc.) 'Village Hub Befrienders Program'

LGBTI folk who are experiencing loneliness place a lot of importance on friendship and particularly the friendship of other LGBTI people. Those people tend to want to get involved in an LGBTI social and health-promoting activities with other LGBTI elders.

GRAI has responded to this need by successfully applying for funding to set up a **'Village Hub and Befriending Service'** for LGBTI elders. As the first of its kind in Australia, GRAI's program aims to reach isolated and lonely LGBTI elders, and to pair them up with an LGBTI peer for regular company and support. In addition to one-one-one visits and outings, befriending pairs will be invited to attend Village Hub activities that cater to the interests and needs of LGBTI elders (as guided by the Elders' Advisory Group).

The program will support those befriended as well as those doing the befriending. Our Befriending Coordinator will carefully match befriending pairs and support the relationships as they develop. Befriending connections can be in person or via technology across the state of WA.

Research tells us that our befrienders will also experience positive outcomes from their involvement in the program. People with a higher tendency to give social support tend to receive more social support. They also have greater self-efficacy, greater self-esteem, less depression and less stress than those with a lower tendency to give social support to others.

An Australian study of lesbian and gay adults aged 60 years and over, showed that volunteering was associated with positive mental health and for gay men it was also associated with better self-rated physical health, social support and lower psychological distress.

If you are interested in befriending or being befriended, GRAI would love to hear from you via email: villagehub@grai.org.au



GRAI: Gay, Lesbian, Bisexual, Trans and Intersex Rights in Ageing Inc was established in Perth in 2005 to protect the rights and well-being of older Lesbian, Gay, Bisexual, Trans and Intersex (LGBTI) people.

GRAI are a not-for-profit community-based organisation, working to ensure that older GLBTI people will be safe and welcomed wherever they are.

LGBTI people aged 50 years and over have been found to be lonelier compared to elders in the general population. People who are not in a relationship or who are living alone are more vulnerable to loneliness, as are those who believe friendship is more important than family or who report having no friends to call on in a crisis.

Older lesbian and gay people are less likely than heterosexual people to have a partner, children or support from their family of origin and thus are more likely to experience loneliness.

Research has consistently shown that people live longer, have fewer physical symptoms of illness and have lower blood pressure when they are a member of a social network than when they are isolated. An Australian study of gay older men also indicated that social support was related to less psychological distress.



Name of referring person / organization

Contact details:

Phone

Email

Reason for Referral:

.....

I confirm that this person identifies as a member of the LGBTI community and is 55 years or older (50 years or older if they are an Indigenous Australian or have a chronic illness or disability): yes / no

Name :

Pronouns:

Address:

Telephone:

Email:

Date of birth:

Gender:

(NB: The term that they use to describe their gender - not necessarily the sex assigned at birth).

Needs Interpreter: yes / no

If Yes, Spoken Language:

.....

For more information or to discuss a referral, please call Kedy on 0484 639 886

Send this form to Villagehub@grai.org.au or PO Box 350 Mt Hawthorn WA 6915

What happens next?

Once we receive the referral form, the Befriender Coordinator will get in touch with the client and arrange to make an assessment visit. We will then match them with a volunteer befriender who lives nearby and, where possible, has similar preferences or interests.

Please Note:

All our volunteers have a recent Police Clearance. They also need to be up-to-date with their COVID-19 and Flu vaccinations. They receive training, and ongoing supervision/support.



Village Hub
Befriender program
Referral Form

Find out more:

Website - <https://grai.org.au/>

Facebook - GRAI.org

Instagram - @graiorg



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 you might 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).

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.

Who should you contact?

The Mediator can be contacted on:

T: 08 9440 1663

Email: mediation@nsclegal.org.au



northern suburbs
community
legal centre

The screenshot shows the website header with the logo and contact information: 10 Cobble Place, Mireooka WA 6061, Tel 9440 1663, Email mediation@nsclegal.org.au, Website www.nsclegal.org.au. The main heading is 'Northern Suburbs Community Legal Centre Facilitative Mediation for Older People (FMOP)'. The text describes FMOP as a free, impartial, confidential, and voluntary process. It lists reasons to contact the service, such as being an older person or a professional. A map shows the location at 10 Cobble Place, Mireooka, WA 6061. It also states that the service is free and that the center cannot provide other legal services once mediation begins.

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.

Our multilingual 'Connector Staff' provide FREE:

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

Contact us for further information or assistance.
Ph: (08) 9328 3988
Email: 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) 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.



Competition

Launching 'The Golden Lens' WA Seniors Card

The Golden Lens 2022 Photographic Competition

The Golden Lens competition aims to promote ageing well by celebrating the skills of older Western Australians through the art of photography and demonstrate that people can learn and create at any age.



SENIORS CARD

WA Seniors Card members love to share their stories, and other members love to hear them. Photos speak a thousand words. The Golden Lens is a wonderful opportunity for WA Seniors Card members to share photos that they have taken, that reflect the lives of Seniors and Seniors interests across our state.

Categories

There are 4 categories that contestants can enter and all submissions must include a title and an Artist's statement of 100 words or less. In addition there is a People's Choice prize.

Active Ageing

Seniors on the go – in the great outdoors or in an indoor setting. Wisdom, experience, sportiness, playfulness – just some of the qualities that can be portrayed in an image. Whether it's something you've snapped on the spur of the moment, or a more strategically composed photo, images should convey a story. What does 'ageing well' look like in your world?

Artistic Photography

Images may include abstract expressions, unusual close ups, angles, patterns, motion, or perspectives, black and white photography, images created using scientific imaging tools and artistic effects resulting from digital manipulation. Artistic images make good use of graphic elements of design. They highlight line, shape, pattern, form, texture and perspective in their subjects. This category is appropriate for digital art – images created or drastically altered in software like Adobe Photoshop®.

Aussie Way of Life

Capturing key Aussie living moments, this category aims to bring what being a West Australian means to life. From historical moments, to life on the coast, or showcasing our agricultural heritage, what makes you feel most connected to your country past, present or future.

Meaningful Connections

Connections that create meaning and purpose in our lives are one of the greatest determinants to living a happy and healthy life. It's the quality, not quantity, of our connections that really matters. Interacting with family and friends, intergenerational moments...think outside the box and be creative. Judges will be looking for images that capture a moment or tell a story about a person's life.

People's Choice

Shortlisted and eligible photo entries will be available to view in a Facebook gallery post and members of the public are encouraged to vote for the photo they like the most by Liking the individual image. The photo with

the most Facebook Likes will win the People's Choice Award. Public voting will open 18 April 2022 and close 13 May 2022.

Prizes

Finalists in each of the four categories plus the People's Choice Award runner up, will win one bottle of wine from WA Cellars and a \$5 Chicken Treat voucher.

The category winners of **Active Ageing** and **Artistic Photography** will both receive a \$20 Jamaica Blue voucher and a \$20 Muffin Break voucher each.

The category winners of **Aussie Way of Life** and **Meaningful Connections** will both receive a Free Sunday Roast for two for a month, thanks to sponsor Bucking Bull.

The People's Choice Award winner will receive:

\$50 Kailis Fremantle voucher and a 2 hour photography sitting package with A-Z Photography which includes 5 fully airbrushed images, 1 16"x24" print, 20 6"x4" image prints, 30 printable images on a USB and the shoot location is determined by you (metro only). Package is valued at \$480.

All winners will also be invited to have lunch at Parliament House hosted by the Minister Honourable Don Punch, followed by a tour of Parliament.

All entries **must be received by 4 April 2022** and there is a **limit of four photos per person**. Please submit entries via email to goldenlens@communities.wa.gov.au

For complete details please read the Terms and Conditions, The Golden Lens Terms and Conditions and The Golden Lens Voting Terms and Conditions at: <https://www.seniorscard.wa.gov.au/goldenlens/>

Contact

For more information contact:

T: 1800 671 233

E: goldenlens@communities.wa.gov.au

The Golden Lens is an opportunity for WA Seniors Card members to share photos they have taken, that celebrate the lives of older Western Australians.

Members can submit an entry in each of the four categories.

Entries close Monday 4 April 2022



Events

Shelter WA and People With Disability 'Accessibility is Achievable'

Shelter WA and People With disability WA would like to offer you the opportunity to join us in an online workshop, so you and your team can easily improve the accessibility of your communications to stakeholders.

This event is FREE to Shelter WA and PWdWA members.

Accessibility is Achievable

The digital world is a rapidly changing environment that all of us increasingly rely upon. However, the reality is, for some people living with disability, our communications may be inaccessible unless we use the accessibility tools that are already available within existing software.

This workshop is not only for your communications teams (although they are very welcome to join us) it's for any of your team who create Word documents; PDFs; emails; Powerpoint Presentations, etc.

Online Workshop

The 3-hour workshop will cover:

- How people with disability engage with your content? Includes a practical exercise of using a screen reader
- WCAG (The Web Content Accessibility Guidelines 2.1) in brief: a quick overview of the definitive accessibility standards
- WCAG and documents: how the standard applies to document accessibility
- Word, PDF and PowerPoint: looks at the accessibility features and workshops inaccessible Word and PowerPoint documents, turning them into accessible ones.
- The future: a brief update on some emerging standards and trends that are likely to impact on content production

Workshop Presenter: Scott Hollier, CEO, Centre For Accessibility Australia

To access your tickets go to: <https://www.eventbrite.com.au/e/accessibility-online-workshop-tickets-218919743847>

Date: Wednesday 2 February 2022

Time: 12:30pm-3:30pm AWST

A zoom link will be sent to each of the registered attendees 24 hours prior to the workshop

Shelter WA and PWdWA are working together on the Building Tenancy Skills Project funded by the Department of Social Services.



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

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



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

This training is funded by the Commonwealth Department of Health as part of the National LGBTI Ageing and Aged Care Training Project and is subsidised for those working in the aged care sector.

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

This project will offer organisations the opportunity to send 3-4 people who are sufficiently well-placed to be change agents within their organisation.

This may be managers, team leaders, policy and HR staff in the aged care sector, including, residential facilities, retirement villages, community care providers and all services engaging with older members of the community.

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



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

Training Program:

Participants are expected to attend all three sessions

Two Full Days

(9am-4pm) Thursday 3 March 2022 and Thursday 21 April 2022

One Half Day

(9am-1pm) Thursday 26 May 2022

Venue:

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

Please register: <https://www.eventbrite.com/e/community-of-practice-tickets-218921499097>

Enquiries:

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

Public Trustee 'WA Will Week 2022'

The Public Trustee's annual WA Will Week is happening 13-19 March 2022 and you are invited to attend one of the free Wills information seminars happening across the metro area, including the Perth CBD, Joondalup, Bentley, Cockburn, and online sessions.



Public Trustee

COVID UPDATE: This event will be hosted in line with current Government Health Guidelines at the time of the event and attendees may be required to show proof of COVID vaccination. Public Trustee event staff will ensure that COVID-safe practices are maintained throughout the events, and we ask that all attendees please stay home if unwell, practice hand hygiene, physical distancing and respiratory etiquette whilst in the venues. This event is subject to cancellation or change.

WA Will Week 2022

While you never know what's just around the corner, effective planning can bring peace of mind. Join the Public Trustee for a free Wills seminar during WA Will Week, and learn more about making and safely storing your Will and planning for the future administration of your financial affairs and estate.

- What is a Will and why you should have one?
- What are the consequences of dying without a Will?
- Which assets pass under your Will when you die?
- Who can contest your Will?
- What's involved for executors?
- How do you document your wishes regarding beneficiaries, testamentary trusts, guardians for children and funeral arrangements?
- What is the Family Provisions Act?
- How can you protect decision-making in later life?
- What are the benefits and risks of EPA's, EPG's and Advance Health Directives?

These questions, and more, will be explored to help you make informed choices about your future.

Whether you work in the industry, have an estate plan already in place, have a young family, or you would like to assist ageing parents or your spouse, these seminars will be suitable for all and of great benefit to many.

Seminar Dates and Locations:

- Monday 14 March 2022: 10.15am-11.30am | Cockburn ARC
- Tuesday 15 March 2022: 10.15am-11.30am | Technology Park, Bentley
- Tuesday 15 March 2022: 5.30pm-7.00pm | Public Trustee, Perth CBD (In-person attendance)
- Tuesday 15 March 2022: 5.30pm-7.00pm | Online Webinar
- Wednesday 16 March 2022: 10.15am-11.30am | Public Trustee, Perth CBD
- Wednesday 16 March 2022: 1.00pm-2.30 pm | Public Trustee, Perth CBD

- Thursday 17 March 2022: 10.15 am to 11.30 am | Joondalup Reception Centre

Complimentary refreshments served 15 minutes before each session time and information bags will be provided for all in-person event attendees.

Bookings are essential as seats are limited.

How to Book:

In-person events: Register online at www.trybooking.com/bwdfy or T: 1300 746 116

Online event: Email your name and preferred email address to ptomarketing@justice.wa.gov.au and an event link will be sent to you.

Please Note: Tickets for the webinar cannot be reserved via Trybooking.com



Oh dear.

Life can be unexpected. Make a Will today

While you never know what's just around the corner, effective planning can bring peace of mind.

Join the Public Trustee for a free Wills and Estate Planning Seminar during WA Will Week and learn more about making and storing your Will and planning for the future administration of your financial affairs and estate.



WA Will Week

13 – 19 March 2022

Wills & Estate Planning Seminars

Bookings essential.

- Visit www.trybooking.com/BWDFY
- or Scan the QR Code • or Phone: 1300 746 116



Monday 14 March

Time: 10.15am – 11.45am
Venue: Cockburn ARC

Tuesday 15 March

Time: 10.15am – 11.45am
Venue: Technology Park Bentley

Time: 5.30pm - 7pm

Venue: Public Trustee Perth CBD

*This session will also be shown via Zoom. To register for this webinar, please send your name and preferred email address to ptomarketing@justice.wa.gov.au

Wednesday 16 March

Time: 10.15am – 11.45am
Venue: Public Trustee Perth CBD

Time: 1pm – 2.30pm
Venue: Public Trustee Perth CBD

Thursday 17 March

Time: 10.15am – 11.45am
Venue: Joondalup Reception Centre

www.publictrustee.wa.gov.au

- Wills
- Deceased Estate Administration
- Enduring Power of Attorney
- Trust Management
- Elder Abuse Prevention
- Private Administrator Support



Public Trustee

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

Planning for the future.

How can you make sure your wishes are carried out when you are no longer in control?.

If you are injured or become unwell and cannot make decisions about your finances, property, lifestyle or health care, who will make these important decisions for you?

The Office of the Public Advocate will be talking about Enduring Powers of Attorney, Enduring Powers of Guardianship and Advance Health Directives – planning documents which give you the power to plan for this possibility and make sure your views are known.

Join the FREE forum

Date: Monday 21 February 2022

Time: 10.00am to 12noon

Where: City of Melville, 10 Almondbury Road Booragoon WA

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

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



Age-Friendly Melville South of the River Forum



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

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/department-of-communities/wa-seniors-strategy-wa-have-your-say>

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

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

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

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



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 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_blbvm1t713F2EAu

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



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

The advertisement features a close-up photograph of an elderly woman with short, grey hair, smiling warmly with her eyes closed. The text is overlaid on the right side of the image. At the bottom left, there is a small Curtin University logo, and at the bottom right, there is a small line of text regarding ethics committee approval.

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

Solution:

1	A	2	F	3	C			4	C	5	A	6	S	7	E	8	S			9	A	10	S	11	P		
12	C	L	A	13	N			14	O	C	T	E	T							15	P	L	E	A			
16	T	A	R	O				17	S	C	A	L	E							18	R	A	P	S			
19	H	Y	D	R				20	A	T	O	R								21	E	22	X	I	S	T	S
								23	B	A	R									24	R	I	O				
		25	A	26	C	27	L	U				28	D	29	E	30	N			31	I	R	32	A	33	Q	
34	A	W	A	I	T			35	S			36	V	E	37	T						38	R	U	39	B	
40	B	A	N	D					41	E	42	D	I	T	S						43	P	R	E	Y		
44	R	I	D						45	E	A	T				46	P	47	A	R	O	L	E				
		48	T	Y	49	P	50	O				51	Y	A	52	M				53	B	O	W	L			
								54	A	L	A					56	O	57	N	E							
58	P	A	R	S	E	C								61	F	O	O	T		62	B	A	L	65	L		
66	O	M	I	T										67	H	E	A	R	T		69	E	T	U	I		
70	L	O	V	E										71	E	S	T	E	E		72	N	O	T	E		
73	E	K	E											74	S	E	E	D	S					75	M	E	N

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
March + April + May + June
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