



COTA Connections

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

OCTOBER 2022

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

Whether you are a monarchist or not, September 2022 will be remembered as the end of an era, following the death of Her Majesty Queen Elizabeth II. She lived such an extraordinary life but in many ways she epitomised the contribution and values that most older people bring to society, regardless of status, wealth or privilege. Like many seniors she brought stability to the family, stoicism in times of difficulty, resilience in a crisis (such as global pandemics) and add to that integrity, good manners and wisdom. At heart, the Queen was a country woman with 'old fashioned values' and whose many attributes live on in our own older Western Australians. And those values will be recognised in October 2022 when Minister Don Punch announces the recipients of the 2022 WA Seniors Awards. We will acknowledge the recipients and share their stories in our next edition.

COTA (WA) has been part of the Building Better Homes National Campaign to urge State Governments to adopt Minimum Accessibility Standards in to the *National Construction Code* from 1 May 2023. The Standards include:

1. A safe, continuous and step free path of travel from the street entrance and/or parking area to a dwelling entrance that is level.
2. At least one (1) level (step-free) entrance into the dwelling.
3. Internal doors and corridors that facilitate comfortable and unimpeded movement between spaces.
4. A toilet on the ground (or entry) level that provides easy access.
5. A bathroom that contains a hobless (sits flush with the rest of the tiles on bathroom floor) shower recess.
6. Reinforced walls around the toilet, shower and bath to support the safe installation of grabrails at a later date.
7. Stairways are designed to reduce the likelihood of injury and also enable future adaptation.

As our population ages, the demand for accessible housing will increase. Over 80% of older Australians aged over 55 want to live in their own home as they age.

However, only 5% of new home builds comply with the voluntary *Livable Housing Guidelines*, in place since 2010. This will mean that many homes will need to undergo expensive retrofitting to enable people to 'age in place'.

Unfortunately, Western Australia is one of only two States to opt-out of mandating the Minimum Accessibility Standards. COTA (WA) will continue to encourage the WA State Government to adopt these minimum standards that will support our ageing population.

How are you feeling now that COVID-19 restrictions are almost non-existent, except for the health and aged care system? Myself and Chung Wah Community Care CEO, Teresa Kwok were recently interviewed by ABC on this issue and its clear that many people are still choosing to wear a mask in public places or in the company of others who may be vulnerable. The COVID-19 pandemic is by no means over, and we encourage anyone who feels compromised or uncertain to continue to take precautions.

And finally, have you noticed that the Christmas trees are in the shops already? I am sure it gets earlier each year? Now might be a good time to start planning your festive social calendar.

Enjoy the gorgeous weather.



Christine Allen, CEO

‘Her Majesty, Queen Elizabeth II’

The Council on the Ageing Western Australia pays respects to Her Majesty, Queen Elizabeth II acknowledging her 70 years’ of service to her nation and the wider Commonwealth.

We celebrate her enduring legacy and connections to Australia, which she first visited in 1954, followed by subsequent visits in 1963 and 2000.

When visiting Australia in 2002, The Queen said: *“For myself, I thank all Australians...I declare again...that my admiration, affection and regard for the people of Australia will remain, as it has been...constant, sure and true.”*

Thank you, Your Majesty.



Country Women's Association of WA features 'Featherlite Cake'

Make it one of your family favorites!

Traditional family favourite recipe, handwritten by Susanne's much-loved late mother-in-law, Mrs Kath Warr – the 'Featherlite Cake'.

Recipe provided by Susanne Warr, President, Yuna CWA Branch.

Susanne Warr is currently President of the strong and active Yuna CWA Branch which opened in 1932 and has just celebrated its 90th birthday.

Yuna is 62 kilometres northeast of the city of Geraldton and is part of the Shire of Chapman Valley, which is a vast agricultural area.

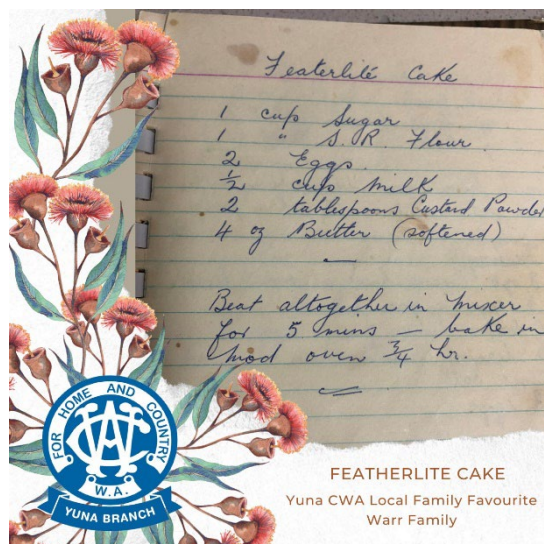
In 2021, following the destruction caused by Tropical Cyclone Seroja, Branch Secretary, Jasmyn Allen initiated and planned the distribution of 7,500 homemade biscuits to affected farming families in the area. Jasmyn, Susanne and other branch members were part of this hardworking group bringing cheer and hope to those struggling with the devastation and clean up. The Yuna CWA Centre was also significantly damaged during the storm, and the branch is currently working on a comprehensive plan to repair and restore the building.



Susanne has provided this traditional family favourite recipe handwritten (and decorated with the quintessential grease stains), by her much-loved late mother-in-law Mrs Kath Warr who raised her family of six on the family farm at Naraling, about 30 Kilometres from Yuna. Like all country cooking, this recipe uses readily available pantry ingredients and is quick and easy to prepare. It makes an excellent birthday cake, a very nice addition to a packed lunch and a yummy after school snack. It can also be used to make lamingtons or as a base for lots of other decorated cakes. **Make it one of your family favorites.**

Ingredients

- 1 cup of sugar
- 1 cup of self-raising flour
- 2 eggs
- ½ cup of milk
- 2 tablespoons of custard powder
- 4 ounces (½ cup) softened butter



Method

1. Beat altogether in mixer for 5 minutes.
2. Pour into a greased cake tin.
3. Bake in a moderate oven (about 180 degrees Celsius) for $\frac{3}{4}$ hour.



Biscuits packed and ready for distribution.

Yuna Branch members distributing biscuits to families affected by Cyclone Seroja.



Country Women's Association of WA

Est. 1924

Shire of Peppermint Grove, Town of Mosman Park and Town of Cottesloe: 'Navigating My Aged Care'

Margaret Fisher, COTA (WA) Aged Care Navigator was an invited speaker for the Shire of Peppermint Grove, Town of Mosman Park and Town of Cottesloe - Navigating My Aged Care

Penny Askin from the Shire of Peppermint Grove invited our Aged Care Navigator, Margaret, to speak to Seniors from the Shire of Peppermint Grove, Town of Mosman Park and Town of Cottesloe.

The topic was 'Navigating My Aged Care' and the session was held on Tuesday 27 September 2022 at 10:30am at the lovely River Room at The Grove.

A small group attended the presentation with some interesting questions and comments afterwards.

After hearing about the newer Aged Care Specialist Officers (ACSO), one of the attendees commented she attended an appointment with an ACSO and it was 'just brilliant'.

Everyone was interested in the My Aged Care booklets and COTA (WA) guides that were offered to participants.

Some attendees remained after the presentation to participate in the advertised one-on-one free consultations with Margaret.

Everyone felt it was a successful event.



Shire of
Peppermint Grove



Town of Cottesloe



TOWN OF
MOSMAN PARK

Chung Wah Community Care 'Interruptions to Daily Living Guide in Simplified Chinese'

The printed edition of the COTA (WA) Interruptions to Daily Living Guide translated to Simplified Chinese was provided to Chung Wah Community Care on Thursday 8 September 2022.

For many seniors, this publication has provided a resource that supports them with advice on how to access the services they need if they choose to self-isolate during COVID-19 outbreaks, or for other reasons.

COTA (WA) CEO, Christine Allen acknowledges the support of Chung Wah Community Care in the translation of the guide to Simplified Chinese and said she was delighted and proud of what the two organisations had achieved in delivering information to seniors in their preferred language.



Image: Theresa Kwok, CEO Chung Wah Community Care (right) and Christine Allen, CEO COTA (WA) (left).

This guide is the first of the series that has now been printed in five languages including English.

For more information

T: 08 9328 3988

E: enquiry@chungwahcac.org.au

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



Image: Chung Wah Community Care Team with Theresa Kwok and Christine Allen.



ABC TV Interview 'Chung Wah Community Care and COTA (WA)'

ABC TV interviewed Chung Wah Community Care and COTA (WA) on Thursday 8 September 2022 regarding the recent changes to mask wearing in Western Australia.

By Cason Ho Posted Fri 9 Sep 2022 at 5:12am (excerpt). For the full article go to: <https://www.abc.net.au/news/2022-09-09/masks-public-transport-rules-covid-restrictions-ease/101416436>

'Most COVID public health measures gone as WA enters new stage of pandemic'

Western Australia's mask mandate on all public and passenger transport is over, marking the end of most of the state's COVID public health measures outside of hospitals and aged care.

Key Points

- Vast majority of WA's COVID restrictions are gone
- Expert says government needs to continue monitoring cases
- Vulnerable groups likely to self-impose restrictions

While still encouraged in crowded indoor settings, face masks are no longer required on buses, trains, taxis, rideshares and domestic flights.

Residential aged and disability care visitation limits have also been eased, with no restrictions on the number of visits per day. Still, the limit of two people per visit will remain.

Most people who test positive for COVID-19, but have no symptoms, will only have to isolate for five days instead of seven, in line with the rest of the country. And WA's daily COVID reports have come to an end, with case numbers, deaths and other figures to be published once a week.

Vulnerable likely to self-impose COVID restrictions



When WA's borders opened in March 2022, many in the older community and people with disability opted to avoid crowds and public activities out of fear of COVID.

The winding back of public health measures this time is comparatively a much smaller change, but vulnerable communities are still concerned about the impact.

Image left: Theresa Kwok, CEO Chung Wah Community Care says older people have shouldered the brunt of COVID's impact. (ABC News: Cason Ho).

Chung Wah Community Care surveyed people at their community aged care centres and found the majority would continue wearing masks on public transport.

"Around 75 per cent of them, they say they will continue to wear masks even after the lifting of these rules," Chief Executive Officer, Theresa Kwok said.

The Council on the Ageing (WA) hoped the wider community could appreciate the concerns of older West Australians and continue to wear a mask on public transport and in crowded locations.

"When mask wearing is not mandatory, we're likely to see a lot of older people still wearing a mask, or perhaps avoiding places where there are mass gatherings," Chief Executive Officer, Christine Allen said.

"It's up to us as a community to take the responsibility."

Images below: Christine Allen, CEO COTA (WA) and Theresa Kwok, CEO Chung Wah Community Care interviewed by ABC TV.



Bankwest ‘Branch Changes to Adjust Regional Branch Trading Days’

Bankwest has announced it will adjust the opening hours of 29 WA regional branches, which will move to open between two and four days per week, due to a continued shift in customer preferences across WA toward digital banking options.

Bankwest regional branch colleagues will continue to support customers through conversations in Bankwest’s App, online banking and WA-based national contact centre during times their branches are not open.

Bankwest country hub branches in Geraldton, Kalgoorlie, Albany and Bunbury will remain open five days per week.

WA regional branch transactions have declined by 33% on average over the last five years. In contrast, customer App usage has risen by 31% in the last two years, generating 40,000 in-App customer conversations per month and contributing to 1.5 million call centre customer conversations per year.

In its announcement Bankwest said it needed to make a clear choice to invest in areas where customers preferred to engage with Bankwest and that it is exploring how it continues to get the balance right between supporting those customers who want to use branches while delivering the digital services customers expect of it.

Bankwest has written to branch customers to inform them of the changes, support them in using digital services and help customers access alternative physical banking options where needed.

Bankwest’s partnership with Australia Post, enables customers to access more than 3,500 Bank@Post locations in communities across Australia for many of their day-to-day banking needs.

The changes to regional trading days take effect from 24 October 2022 and more information is available at [Branch information](#) | [Help](#) | [Bankwest](#)



Palliative Care WA 'Compassionate Communities'

What are Compassionate Communities?

Compassionate Communities are communities where everyday people play a stronger role in the care and support of people as they age and at end of life.

These communities are all about improving the end-of-life experience for people by creating and mobilising local networks, groups and services to be more conscious, aware and equipped to offer support wherever and whenever it is needed.



A key aspect to introducing any compassionate community initiative is encouraging community members to increase their death literacy. This means people can better understand and be comfortable talking about death, dying and care and can adapt their behaviour to be active in supporting others at end of life.

This approach builds capacity within individual communities to generally support others. Not only those who are at end of life, but also those who are ageing, or living with a disability, or who have a life-limiting condition.

A globally recognised movement, the number of Compassionate Communities is on the rise in many countries around the world, including Australia.

Compassionate Communities WA Network

Palliative Care WA is committed to encouraging and supporting current and emerging compassionate communities across our State. One of the ways we do that is by facilitating the Compassionate Communities WA Network. Hosted by Palliative Care WA, the Network meets online via Zoom throughout the year. Our intention is to provide a space to:

- Share experiences and resources
- Discuss ideas and innovations
- Provide support to each other
- Encourage new compassionate communities

This is an open forum, encouraging anyone with an interest in compassionate communities to join in. Whether you are still learning, have just started or have your compassionate community up and running, you are most welcome.

Contact us on info@palliativecarewa.asn.au to find out how to join the next meeting.

What's happening in WA?

Creating a compassionate community doesn't mean you need a formal structure, committee or funding. The basis of any compassionate community is engendering a culture where people care for and support one another. From there you can keep it simple, for example creating a Facebook group to find volunteers to support someone who is in need.

There are many examples of 'Compassionate Communities' right across WA. Some are large, encompassing a local government area, city or region. Many others are small and more informal, programs and initiatives within individual communities, suburbs or local neighbourhoods. The list is growing all the time.

Resources

To find out more and access a range of useful links and documents go to the [Compassionate Communities Resources page](#)

For more information

T: 1300 551 704

E: info@palliativecarewa.asn.au

W: <https://palliativecarewa.asn.au/compassionate-communities/>



Seniors Recreation Council of WA 'Have a Go Day, 30th Anniversary 9 November 2022'

Wednesday 9 November 2022 will be the 30th Anniversary for Have a Go Day a LiveLighter Event being held in the beautiful grounds of Burswood Park.

Have a Go Day a LiveLighter Event has been run by Seniors Recreation Council since its inception in 1992. The event is the largest single event specifically targeted at the over 55's demographic. A mix of over 230 static sites and activities makes this event unique to Western Australia.

Have a Go Day, a LiveLighter Event is an activity and information event for over 45's, on average attracts an estimated attendance of 14,000 participants and 220 exhibitors.



The theme each year encourages seniors to keep active and healthy in their later years, there is always a wide variety of activities to have a go at and each year a couple of the new ones are included such as, Trishaws for Seniors, Walking football, Lazer Pistol Shooting and much more.

Also remember to keep hydrated at one of the hospitality tents providing free tea, coffee and bottled water for participants to relax and socialise in, plus there is lots of free entertainment throughout the day.

Entertainment has included, the WA Police Pipe Band, and a variety of other artists during the day.

For more information

T: 08 9492 9772



Dementia WA 'Families and Carers'

Communication pathways can change for the person with dementia depending on how the disease itself affects the brain.

If verbal communication becomes difficult a person will attempt to communicate with you in alternative ways. It is important to stay open to the various ways a person may express themselves and to look beyond the expression to the meaning, to what is being communicated.

Dementia Australia provides high-quality services and support to meet family and carer needs. We recognise, promote and value carers and care relationships and recognise the different needs of people in care relationships.



Support for Families and Carers

Family members and friends often find themselves in the role of a carer when a loved one is living with dementia. While caring for your loved one can be rewarding, it can also have its tougher days. As you care for someone with dementia, you may not be taking as much care of your own emotional, mental or physical wellbeing.

Whether you are the husband, wife, partner, daughter, son, brother, sister or friend of the person, your relationship will change. Dementia Australia offers support for families and carers so you don't feel alone.

Services offered through Dementia Australia can help you:

- Support the person to live well at home, for as long as possible
- Support the person to continue with their hobbies, activities and interests
- Learn about dementia, so you're better equipped to manage changes
- Access support services and programs to maintain your health and wellbeing

Joining a carer support group is a great way to share knowledge, tips and strategies with others who are going through a similar experience.

For more information

T: 08 9225 4094

E: wa.admin@dementia.org.au

W: <https://www.alzheimerswa.org.au/about-dementia/supporting-person-living-dementia/>

National Dementia Helpline

The National Dementia Helpline operates 24 hours a day, seven days a week, 365 days a year.

T: 1800 100 500

E: helpline.nat@dementia.org.au

Act Belong Commit, Mentally Healthy WA 'Seniors'

In our later years it's more important than ever to protect our mental wellbeing, guided by the principles of Act Belong Commit.

How to keep mentally healthy

As we grow older, we have more time to do the things we enjoy, whether it is a walk on the beach and a coffee with friends or being with your family and nurturing your garden.

As you get older you can experience many changes, from lifestyle to physical and mental health changes. Your wellbeing is as important now as at any other stage of life.

We may not have the work and family commitments that used to take so much of our time, but it is important that we stay active, stay connected to others and find things that provide a real sense of purpose in our lives.

Being active, having a sense of belonging and doing something meaningful, all contribute to our mental health.

Act: Do something

Keep active: Mentally, Physically, Socially, Spiritually and Culturally

Go for a walk, do some gardening, read a book, call a friend or Facetime your family, take up a new hobby, go for a swim or a ride or meditate.



Belong: Do something with someone

Keep connected to friends, family and your community.

Spend more time with family and friends, join a book club, Men's shed or drama group, go for walks or bike rides with friends or check-out your local community groups and events.

Commit: Do something meaningful

Do something meaningful, important and valuable to you.

Volunteer and share your time and skills for a cause close to your heart, take on a challenge, learn something new or start a new project, help a neighbour.

For more information

T: 08 9266 1705

W: <https://www.actbelongcommit.org.au/my-mental-health/seniors/>



Alzheimer's WA 'Supporting someone living with Dementia'

It is possible after a diagnosis of dementia, for you and your loved one to live well through the journey of life with dementia. Although you may experience many changes to both your lifestyle and relationships, as well as feelings of grief and loss, you might also find that much personal growth and meaningful new experiences will also happen.

The easiest way to know how to be with the person with dementia is to just simply be yourself, open, honest, authentic, congruent and genuine.

Communication pathways can change for the person with dementia depending on how the disease itself affects the brain. If verbal communication becomes difficult a person will attempt to communicate with you in alternative ways. It is important to stay open to the various ways a person may express themselves and to look beyond the expression to the meaning, to what is being communicated.

A person with dementia may also have difficulties with processing information, it may take longer. Using shorter sentences and slowing down might help the person process what you are sharing with them. Be mindful not to speak in a way that diminishes their dignity and infantilises the person.

Creating a safe environment where the person feels supported and not rushed can help communication.

Supporting someone living with dementia

Continue being their friend and being there for them as you always have. You can help by ensuring they get time to nurture themselves, you may instigate more catch ups than you used to or suggest things that can keep them engaged in things they love. Face any fears you may have around how to 'be with' or around a person with dementia and those caring for them.

Relationships are always changing as we know and this can be a change in the relationship that can be embraced and that might contribute a richness into your life and that of your friend who is living with dementia. In times of big change and life impacts, we need our friends and the people we love to stay close, to journey alongside us as we navigate our way through the challenging times.

Be a good listener – small things can really help – prepare some food – go out for a meal, a movie, a walk. This will also help the person who is directly supporting your friend with dementia.



Things to Avoid

- Asking the person to remember things you know they can't
- Testing their memory
- Testing their abilities
- Having expectations of them that they are unable to meet
- Blaming them or your feelings
- Outpacing – doing things at a pace that is too fast for the person with dementia. They may have difficulty processing information, slow down and go at a pace they can cope with

Things to Remember

- Look after yourself
- Stay connected to family, friends and community
- Don't 'over do' the person with dementia
- Remember to see beyond the disabilities and the task and see the person – beyond dementia
- Reaching out and educating friends and family can help keep them connected and reduce any fears and uncertainty they might have
- Keep it simple
- Be clear in your communication
- Acknowledgement open and honest
- Be open to new expression and experiences
- Break down any limiting boxes that may have been created

For more information

T: 1300 667 788

W: <https://www.alzheimerswa.org.au/about-dementia/supporting-person-living-dementia/>



Health Consumers' Council (WA) 'CaLD Community Information, Resources and Events'

The Health Consumers' Council (HCC) Culturally and Linguistically Diverse (CaLD) Team endeavours to support culturally and linguistically diverse community in WA, including migrants and refugees, to get the most out of healthcare.

In order to do this, the Health Consumers' Council creates and/or promotes a range of resources about the WA Health System, helps interested parties stay abreast of opportunities and ways to support communities to get involved in and/or have their say on healthcare and with free workshops and community discussions.

Culturally and Linguistically Diverse (CaLD) Community Panel

The Health Consumers' Council (HCC) Culturally and Linguistically Diverse (CaLD) team are inviting people from Culturally and Linguistically Diverse (CaLD) backgrounds to be part of the CaLD community panel.



This group is an online

database of community members with whom HCC will be communicating and sending emails to about:

- Invitation to consultations and opportunities to provide feedback on certain health resources, plans and policies. This can be either face to face focus group discussions or online surveys.
- Invitation to be part of working groups and committees in healthcare.
- Invitation to provide input and feedback on HCC projects and activities involving people from CaLD backgrounds.

For more information

T: 08 9221 3422

E: info@hconc.org.au

W: <https://www.hconc.org.au/cald-community-panel/>



HEALTH CONSUMERS'
COUNCIL

Linkwest 'Neighbourhood and Community Resource Centres'

Neighbourhood and Community Resource Centres are much more than the sum of their parts: they are places of hope, courage and inspiration.

Centres work at the heart of communities, assisting many thousands of individuals and contributing to improvements in public health and local community development. They offer and provide activities, programs and services that support the objectives of social inclusion and address a multitude of factors that can lead to social exclusion.

A common purpose: many names

While each Centre is unique, reflecting the needs and aspirations of their local community, all share the same goal: to create stronger, healthier and more connected communities. They can also be known by many names: Community Centres, Community Resource Centres, Family Centres, Learning Centres, Neighbourhood Centres or Neighbourhood Houses.



Western Australian Centres directly touch the lives of around 30,000 people each week, offering a vast array of activities that encourage and promote positive interaction and participation.

Transforming communities from the ground up

Centres are transformative, supporting individual capabilities and fostering connection and nurturing the conditions that underpin community resilience and wellbeing. People who attend their local Centre tend to be happier, more optimistic, have increased emotional wellbeing and are more connected. Centres: grow local leaders, engage people, prepare people for change and build community relationships.

Over 2,400 West Australians contribute more than 3,200 hours of volunteer work each week at Centres.



Meeting local needs

Centres ensure programs and services are available to address specific local needs and support activities that build and strengthen community relationships. Centres are constantly evolving and in different stages of development and complexity. They enrich the lives of their community members by providing a place for social participation, lifelong learning, leadership development, developing local networks and partnerships

Over 1,000 community groups call Western Australian Centres home.

Creativity and resourcefulness

While some Centres are council run, most are community-managed not-for-profits. As such, Centres are necessarily creative and resourceful, making the best possible use of local strengths and assets, in particular volunteers, service networks and community spaces.

Centres complement the broader service sector by focusing on early intervention and prevention and working alongside community to develop the resources they need to grow their own resilience and wellbeing.

In an average month, a Centre will work with around 7 partnering organisations or groups to ensure successful delivery of activities and services.

Linkwest member Neighbourhood and Community Resource Centres span the length and breadth of Western Australia, from Wyndham in the north to Esperance in the south and even off the mainland at Christmas and Cocos Islands.

For more information

T: 08 9485 8929

E: office@linkwest.asn.au

W: <https://www.linkwest.asn.au/centres/what-are-centres>



Carers WA 'Carer Wellness at Home'

Carers WA recognises that carers can often struggle to find time to access support for themselves. With this in mind they provide an in-home program that will bring their service and support to you.

The Carers WA Carer Wellness at Home Program provides in-home support specifically to carers. We can provide you with:



Emotional Support

- Information about services available to support you
- Help with completing forms (e.g. ACROD, Taxi Voucher Scheme)
- Referral to relevant local carer support services
- The opportunity to access Carer Wellbeing events and training
- For carers to access the Carer Wellness at Home Program, the person they care for must be:
 - 65 years or over (for Aboriginal and Torres Strait Islanders 50 years or over)
- Receiving Commonwealth Home Support Program (CHSP)

Not receiving a Home Care Package (carer is eligible for this program if the care recipient has been approved for a package or on the national queue, as long as they are not actually receiving the package).

Referrals

The Regional Assessment Service, other service providers and carers can refer into the Carer Wellness at Home Program by completing the specific Carer Wellness at Home Referral Form.

The Carer Wellness at Home Referral Form is only for those who want to access this specific service.

To access the Carer Wellness at Home Referral Form: <https://www.carerswa.asn.au/wp-content/uploads/2022/05/CWH-Referral-Form-2022.pdf>

Please submit your completed Carer Wellness at Home Referral Form to wellnessprogram@carerswa.asn.au

For more information

T: 1300 227 377

E: wellnessprogram@carerswa.asn.au

W: <https://www.carerswa.asn.au/our-services/carers-wellness-at-home/>



Shelter WA ‘Campaigning for Housing for Everyone’

Older renters being forced into aged care well before they are ready.

Older Australian renters are being pushed prematurely into aged care due to high costs, insecurity and insufficient quality of housing, a new report has found.

A national survey of 500 people aged over 50 conducted by Anglicare Australia found significant barriers to ageing at home which could be addressed by federal policy reform.

Almost 90% of people surveyed want to remain at home as they age, but for a majority of renters this is unrealistic due to Australia’s widespread housing crisis.



More than 70% of renters said cost was the biggest barrier to ageing at home compared to just 15 per cent of owners.

The report also found nearly half of older renters live in poverty, spending much more money on housing than people who own their home.

While the typical homeowner aged over 65 spends just 5% of their income on housing, the figure is closer to 30% for renters.

Residential aged care becomes the only option for many older Australians when they cannot find a suitable rental, the report said.

Anglicare is calling on the Government to reform the home and aged care systems to allow older people to remain independent as they age, rather than having to move into a facility prematurely.

We need reforms to aged care and home care so that renters can make changes to their homes, get the support they need and stay independent for longer.

Shelter WA are actively involved in a number of campaigns in Western Australia and nationally.

It is time to address the housing shortage. A new package is progressing which takes a nuanced and pragmatic approach that is adaptive and responsive to current building and construction pressures. The package is market achievable and deliverable with a focus on what can be delivered now while planning for pipelines of construction of work. This will be released in 2022.

Making Renting Fair

This coalition is made up of Western Australia's key community organisations and people who rent their home. We are working together to improve living conditions for approximately 750,000 renters in WA.



WA Alliance to end homelessness

Shelter WA is the backbone of The Alliance.

Everybody's Home

Join the campaign for a better, fairer housing system for everyone. Every Australian needs a place to call home.

Homelessness Week

Shelter WA have been the lead for Homelessness Week campaigns in WA.



Relationships Australia WA 'Support for Older People'

Relationships Australia WA has been providing relationship support services to individuals, couples, families and communities in Western Australia for over 60 years.

Their **Senior Relationship Services** aim to support older people and their families to develop and maintain strong, healthy relationships that are promoted and valued. They provide a range of specialised services across Western Australia.

The **Peel Senior Relationship Service** is a case management and mediation service supporting older people living in Western Australia and their families to find solutions to ageing-related issues. We are also funded to offer a service to regional WA.



Support can help to prevent or resolve family conflict, facilitate difficult conversations, plan for the future (including medical, health, financial or living arrangements), make decisions that protect the interests, rights and safety of the older person and reduce the risk of elder abuse, including emotional and financial abuse.

Attending the Senior Relationship Service is voluntary and confidential.

You can attend the services on your own, with your partner, a carer or advocate, as a family or your children or parent/s can come by themselves.

Free support

This service is provided at no cost as part of the Federal Government's 'National Plan to Respond to the Abuse of Older Australians'.

For more information

T: 08 6164 0173

W: <https://www.relationshipswa.org.au/services/support-for-older-people/peel-senior-relationship-service>

Relationships Australia[®]
WESTERN AUSTRALIA

Elder Rights WA 'Neighbourhood and Community Resource Centres'

Elder Rights WA (ERWA) is a specialist legal advice and assistance service located within the Civil Law Division at Legal Aid WA.

Legal Aid WA is a member of the Alliance for the Prevention of Elder Abuse and a member of the Department of Justice Elder Abuse Reference Group.

They have developed ERWA to provide effective legal assistance to older people experiencing any form of elder abuse and to safeguard and advocate for the rights of older people in Western Australia.

Who can use Elder Rights WA?

The criteria for accessing ERWA is flexible. There is no age limit, but generally clients are over 55 years of age. They can provide third parties (such as carers or other family members) with information and referrals but cannot provide them with personalised advice.

How can Elder Rights WA help?

Help is free and confidential. ERWA offers a number of different services, including:

Legal advice and assistance on certain issues, representation in certain guardianship and administration matters in the State Administrative Tribunal, mediation and dispute resolution of suitable matters, information sessions and community legal education and referrals to community and government agencies.

The main areas of legal practice include:

Elder abuse, planning for the future, including advising about Powers of Attorney, Enduring Powers of Attorney, Enduring Powers of Guardianship, Advanced Health Directives and Wills, guardianship and administration when someone has a decision-making disability, living arrangements, including granny flats and moving in with family and issues involving grandchildren.

How can you access help from Elder Rights WA?

Elder Rights WA operates from Legal Aid WA's Perth office. Advice can be provided by phone, face to face and through community outreach. Legal Aid WA also offers virtual offices, home visits and visits to retirement villages and aged care facilities.

To speak with a lawyer in ERWA

T: 1300 650 579

E: ElderRightsWA@legalaid.wa.gov.au

W: <https://resources.legalaid.wa.gov.au/project/erwa/packs/erwa/overview>



WACOSS 'WA Digital Inclusion Project'

The WA Digital Inclusion Project is a collaboration of 25 partners, including leading community service organisations, together with NBN Co, that aims to build the digital capability of front-line community service workers and vulnerable people, together with their communities.

Funded by Lotterywest with a grant of \$3.9 million to address the key barriers to digital inclusion, the project commenced on 1 July. The three-year project aims to assist 100,000 people in metropolitan Perth and several regional centres in the state. WACOSS is leading the initiative and has responsibility for project governance.

The WA Digital Inclusion Project aims to support vulnerable people to more safely and effectively use online services, by uplifting the digital literacy of the front-line community service workers they know and trust. Longer term goals of the project include developing training programs for vulnerable people to gain digital skills and qualifications that will help them to gain employment and volunteering opportunities into the future. Once training programs have been established, the project will also look to utilise its partner networks to provide affordable devices to some of the most digitally excluded in our community.

Strategic Focus Areas and Supporting Initiatives

The WA Digital Inclusion Project has three strategic focus areas:

- **Ability:** build digital skills and capability of front-line community services workers to better assist the vulnerable people they serve.
- **Access:** improve access to connectivity for vulnerable people.
- **Affordability:** improve affordability of access and devices for vulnerable people.

WA Digital Inclusion Project Factsheet

W: <https://www.wacoss.org.au/wp-content/uploads/2022/07/WA-Digital-Inclusion-Project-Factsheet-July-2022.pdf>

For More Information

T: 08 6381 5300

E: digitalinclusion@wacoss.org.au

W: <https://www.wacoss.org.au/wa-digital-inclusion-project/>



Advocare 'Overcoming Social Isolation'

The Community Visitors Scheme is a free service to help older people maintain social connection.

Advocare delivers the Community Visitors Scheme (CVS), a national program funded by the federal government.

CVS aims to connect volunteer visitors with older people who are socially isolated or lonely, and whose quality of life would be improved by positive engagement and companionship.



CVS visits are available to anyone receiving government subsidised residential aged care or Home Care Packages, including people who are approved and on a waitlist for residential care or home care packages.

One of the friendly CVS volunteers can visit you in your home or in an aged care facility and take part in activities with you like:

- Having a cuppa and a chat
- Listening to music
- Playing card games
- Going for walks
- Telephone or video calls
- Letter writing

All Advocare CVS volunteers are fully vaccinated and have regular police checks.

Would you like to register to receive a CVS visitor?

T: 08 9479 7566

E: rights@advocare.org.au

W: <https://www.advocare.org.au/overcoming-social-isolation/>

Advocare

Ear Science Institute Australia 'Lions Healthy Hearing Pop Up + Audiology Events'

The impact of hearing loss is often hidden, but there are many links between hearing and our health. Hearing loss affects people of all ages, however, the prevalence of hearing loss in the Australian population starts to rise significantly from around 50 years of age.

Hearing loss greatly impacts a person's quality of life, it compromises a person's ability to communicate and causes social and emotional distress with up to 50% of adults with hearing loss reporting feelings of isolation, loneliness, anxiety or depression. Ear Science works to alleviate these impacts.

The proven links between hearing loss, dementia and mental health highlight the need for early detection, treatment and a proactive approach to protecting our precious sense of hearing and preventing vulnerability in our ageing population.

If the volume on your TV is slowly creeping up, why not book in for a free hearing check at the next Lions Healthy Hearing Pop Up.

Healthy Hearing Pop Up

With the support of the Lions Hearing Foundation, the Hearing Bus goes out into the community, with specialists on hand to answer all your ear and hearing queries.

An Audiologist will perform FREE Hearing Checks in the purpose-built bus. To find out where the next Lions Healthy Hearing Pop Up is, keep an eye on our social media.



Audiology Events



With 1 in 6 people suffering from hearing impairment, community Audiologists conduct regular presentations to community groups and medical professionals on all things hearing.

From Hearing Awareness Week to Men's Sheds to local Libraries and Lions Clubs, engaging presentations aim to educate and entertain to raise awareness of the importance of our hearing.

For more information

T: 1800 054 667

W: <https://www.earscience.org.au/community/>



‘Our COTA (WA) Supporters’

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

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

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

Our COTA (WA) Supporters

Act Belong Commit

Ansell Strategic

Australian Institute of Management WA

City of Fremantle

City of Cockburn

Office of Hannah Beazley MLA

Office of the Hon Donna Faragher MLC

Rise Network

Southcare Inc.

Tuart Place

Umbrella Multicultural Community Care

Volunteering WA



You will find more details of the Supporters program on our website along with a list of Supporters and a link to their website at: <https://www.cotawa.org.au/about-cota-wa/our-supporters/>

If you have any questions or queries contact Dana Moore at dana@cotawa.org.au

Tuart Place 'Family Tracing + Counselling + Life Skills'

Events and Activities

There is always something happening at Tuart Place! Drop-in for coffee and a chat, or to use the book library. Check out the [Calendar of Events](#) page for more information.

Life Skills

Short courses and 'one off' sessions are delivered on a variety of topics such as Developing Self-Confidence, Healing Childhood Pain; Communication Skills, Coping with Anger, Managing Stress and Anxiety, Assertiveness and Dealing with Depression. If you have any topics you would like to see covered, just let Tuart Place know.



For more information go to: <https://www.tuartplace.org/services/life-skills/>

Family Tracing

If you wish to access records we can assist with that and also provide support and counselling during the process. You can use the Tuart Place computers, with or without support, to trace family members using Ancestry.com and other relevant databases. If you were a child migrant, their professional and experienced staff can liaise with Australian and overseas agencies. You can pre-book a one hour session with the friendly family tracing expert Edwina Shooter from the WA Genealogical Society (WAGS).



For more information go to: <https://www.tuartplace.org/services/family-tracing/>

Counselling

Free counselling is available at Tuart Place to people who were in out-of-home care in WA during childhood. Painful childhood experiences often have a big impact on your life as an adult. Talking privately to a trained professional who can give understanding, support, new ideas and strategies for improving your quality of life can help enormously. Counselling is available Monday, Wednesday and Thursday.



To make an appointment: Please contact the friendly Tuart Place reception staff on 08 6140 2380 or freecall 1800 619 795 or via email admin@tuartplace.org

For more information go to: <https://www.tuartplace.org/services/counselling/>

Tuart Place is a COTA (WA) Supporter



Age Friendly City of Fremantle 'Neighbour to Neighbour 2022 Support, Connect and Inform'

About Neighbour to Neighbour

Neighbour to Neighbour (N2N) offers one-off or short-term support to residents.

The City of Fremantle's Neighbour to Neighbour program links local volunteers with residents in need during the ongoing COVID-19 pandemic and beyond. Whenever you need a helping hand, N2N connects volunteers with their neighbours.

Incredible Fremantle volunteers can help with:

- Dog walking
- Picking up groceries, essential goods or a library book
- Dropping off face masks
- Offering a lift to an appointment or social event
- Light housework or gardening
- Technical help to access online services or download apps
- A weekly chat



Neighbour to Neighbour

This initiative matches volunteers with vulnerable people who need assistance.

If you, or someone you know, needs one-off or short-term support for simple home tasks or more complex support connecting to relevant local government agencies, please contact Fremantle's friendly Neighbour to Neighbour team.

Support is here, contact the City of Fremantle

T: 1300 693 736

E: n2n@fremantle.wa.gov.au

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

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



City of Cockburn ‘Seniors Social Clubs’

Cockburn Social Club

Get out of the house, pursue your hobbies, get some exercise and engage with your community.

Social club activities are run on weekdays at Jean Willis House and Kwobarup Aboriginal Club in Hamilton Hill.

Cockburn social clubs provide an opportunity for people to get out of the house, make friendships, pursue hobbies and interests, get some exercise and engage with their community.

Activities and outings are programmed but are optional and are heavily influenced by club members’ feedback and interests. Lunch and refreshments are always available.

As well as general programs for the elderly, programs are also customised for people with an intellectual disability, people living with dementia and at Kwobarup Aboriginal Club, for Aboriginal People and Torres Strait Islanders.



Seniors can also attend on a private basis with fees available upon request. Bus transport is provided to and from the Club and for outings.

For further information about the Cockburn Social Club

T: Paul Norlin on 08 9411 3780

E: cockburncare@cockburn.wa.gov.au

Kwobarup Aboriginal Club is a place for Aboriginal and Torres Strait Islander elders and people with disability. Meals and transport are provided. Kwobarup is a place Aboriginal and Torres Strait Islander People can participate in cultural activities including art, yarning and celebrations.

Whether you are looking to get out the house and spend more time with other people, or you have a family member who would benefit from an Aboriginal club, Cockburn invites you to visit and experience Kwobarup, a good place!

Disability Services

Cockburn Care provides a social club at **Jean Willis House in Hamilton Hill** for people living with disabilities.

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



Rise Network 'Housing and support for people with disability'

The Rise Network provides a range of housing for people with disability across Perth. We offer a place to belong where you can be supported to gain and maintain your independence in a house you can call home.



Benefits of supported disability accommodation

Rise home and neighbourhood

No matter where your preferred location is, Rise can support you to live independently and achieve your best life. [Learn more about the Rise Neighbourhood](#)

Friendly team of support

Trusting and liking your Support Workers is a very important component for living a great life. At Rise, all Support Workers are trained, experienced and qualified to support you to achieve greater independence. Team members care about empowering people who live in supported disability accommodation to thrive. [Learn more about our support team](#)

I'm interested, what next?

Talk to Mandy today on 0436 686 897 or at amanda.hughes@risenetwork.com.au - [Learn more here](#)

Rise also supports people to stay in their current home and can provide a complete 24 hour service or as little as two hours a week. Contact Rise to find out more.

For more Information

T: 08 6274 3700

E: contact@risenetwork.com.au

W: <https://www.risenetwork.com.au/supported-accommodation>

Rise Network is a COTA (WA) Supporter.



Umbrella Multicultural Community Care ‘Carer Gateway’

Carer Gateway at Umbrella

“A carer is someone who provides unpaid care and support to a family member or friend who has a disability, mental illness, chronic condition, terminal illness, an alcohol or other drug issue, or who is frail aged” Carers WA

Being a carer can be very rewarding. However we can acknowledge that from time to time carers may need some extra help and support. At Umbrella staff and management are always there to support you and can provide services and relevant information which might assist your caring role.

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



Services available for carers

Counselling: Allows you to speak to a counsellor over the phone about how you are feeling and learn ways to prevent stress and burnout.

Connect With Other Carers: You might like to meet with people in your local area who, like you, cares for some. This will allow you to share stories, knowledge and your experiences together. Connecting with other carers can help to improve your health and provide a support network so you can continue to care for your family member or friend in your best way possible.

Respite Care: Allows you to step away from your caring role whilst your family member or friend is looked after by a service provider. If you get sick or are hurt and unable to look after the person you care, emergency respite services can help you. Planned respite services can also help you play for regular breaks to rest and change.

Financial Assistance: This may be available if you need help paying for practical supports that will help you in your caring role such as domestic services, transport to medical appointments or planned respite. This financial help may only be provided for the carer and is separate from CHSP, home packages or NDIS plans.

Online Supports: A number of resources are available through [Carer Gateway](#) including online skills courses and coaching, peer support forums and links to relevant information and advice.

To access relevant support and services, carers must undergo a carer support planning process over the phone to assess their needs and develop an action plan, tailored to their circumstances and requirements. An interpreter can be arranged if you would like to speak to someone in a language other than English.

To receive more information or to begin your registration process for Carer Gateway, contact Teresa Niedzwiedz (Integrated Carers Support Senior Officer)

T: (08) 9275 4411

E: t.niedzwiedz@umbrellacommunitycare.com.au

Wayne Costello (Senior Assessment LGBTI Officer)

T: (08) 9275 4411

E: w.costello@umbrellacommunitycare.com.au

Special carers' events

The aim of these special events is to help carers, care for their loved ones and also to understand their own needs and what supports are available.

Respite care

Under the Commonwealth Home Support Programme (CSHP) and [Home Care Packages](#) Umbrella provides respite care separate from the Carer Gateway that enables carers to have a short break from their caring role.

To Contact Umbrella Multicultural Aged Care

Umbrella Multicultural Community Care, 39 Abernethy Road, Belmont 6104

T: 08 9275 4411

Email: enquiries@umbrellacommunitycare.com.au

Webpage:

<https://umbrellacommunitycare.com.au/about-us/work-for-us/>

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



Men's Sheds WA 'Management of Dust in Sheds'

Hazardous dust is used to describe the different types of dust you are likely to find on a construction site or in a Men's Shed.



Wood dust becomes a potential health problem when wood particles from processes such as sanding and cutting become airborne. Breathing these particles may cause allergic respiratory symptoms, lining of your lungs and non-allergic respiratory symptoms and cancer.

The primary objective with dust is to get it out of the shed if you can.

Not all woodworking dust is the same. Different timbers have different levels of risk to health, but it is probably true to say that none are good and some are very bad.

Dust in the workshop comes from two sources.

1. Initially the use of machinery.
2. Residual dust that has not been successfully collected. This is the most insidious as it is fine, sometimes invisible and potentially the most likely to create health problems.

Dust cannot be eliminated; only minimised. A fan that blows will always create more problems than it solves. A good dust extraction system will provide better air quality in your Shed enabling more men to be working on their woodwork, metalwork and other hobbies concurrently.

For more information about supporting Men's Sheds WA

T: 08 6381 5324

E: admin@menssheds.org.au

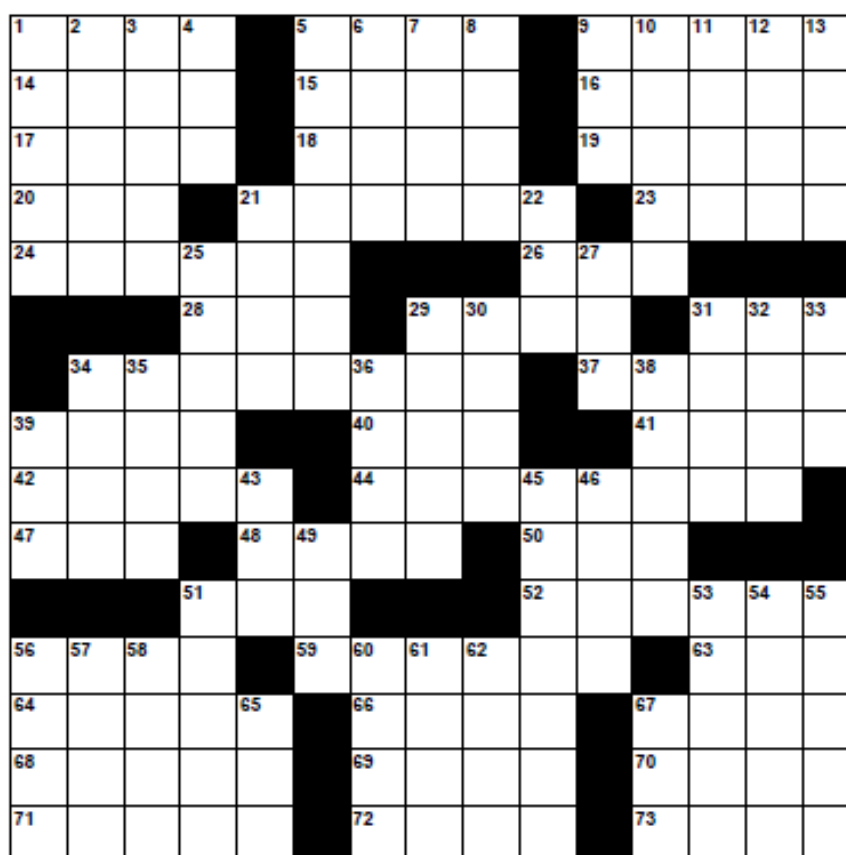
W: <https://menssheds.org.au/shed-resources/dust-in-sheds/>



'CROSSWORD' Puzzle

*Answers to crossword available at the end of newsletter at Page 54.

OCTOBER



By Jimmy and Evelyn Johnson - www.qets.com

ACROSS

- 1 Wild pig
- 5 Information
- 9 Not before
- 14 Apex
- 15 Poetic "evening"
- 16 Angry
- 17 Ocean transportation vessel
- 18 Fine spray
- 19 Place
- 20 Tax agency
- 21 Brand of sticky notes
- 23 Short drama
- 24 Example
- 26 Feign
- 28 Luau dish
- 29 Part of a sentence
- 31 Female deer
- 34 Barrette
- 37 Sudsy
- 39 Garden tool with teeth
- 40 Estimated time of arrival
- 41 Run away
- 42 Leave out or slur
- 44 Selecting from various designs

- 47 After sun.
- 48 Ribbon tie
- 50 Caustic substance
- 51 Type of partnership
- 52 High school functions
- 56 N.A. Indian
- 59 Mariners
- 63 Consume
- 64 Come together
- 66 Declare positively
- 67 Otherwise
- 68 Grim
- 69 Window ledge
- 70 Merriment
- 71 Sprayed down
- 72 Whirl
- 73 Color of autumn leaves

DOWN

- 1 Italian herb
- 2 Red pigment
- 3 Wrong
- 4 Representative
- 5 Evil
- 6 Car rental agency
- 7 Exam
- 8 Negative (prefix)
- 9 Cause of sickness
- 10 First sign of fall
- 11 Horse gear
- 12 Decorative needle case
- 13 Repose
- 21 Opp. of rich
- 22 Sticky black substance
- 25 Watched secretly
- 27 Disks
- 29 Halloween broom rider
- 30 Gem stone
- 31 Painter of melting clocks
- 32 Organization of Petroleum Exporting Countries
- 33 Hurricane center
- 34 Angelic ring
- 35 Similar
- 36 Dregs
- 38 Many times
- 39 Radioactivity unit
- 43 Eastern Time
- 45 Aged
- 46 Greenish-blue color
- 49 Advertisements
- 51 Metric capacity unit
- 53 Large stringed instrument
- 54 Artist's need
- 55 Warhorse
- 56 Quiet down
- 57 Upon
- 58 Filled crusts
- 60 Comfort
- 61 Eager
- 62 Merge
- 65 Finis
- 67 Scrambled food

Events + Activities

WA Association for Mental Health 'WA Mental Health Week'

Mental Health Week is a national week celebrated each year in October scheduled around World Mental Health Day on 10 October 2022.

Coordinated by the Western Australian Association for Mental Health, with support from the WA Mental Health Commission, Mental Health Week (MHW) provides a prime opportunity to address and highlight the important connection between social determinants and mental health; and promote effective prevention strategies to keep people mentally healthy.

In 2022, Mental Health Week in WA will be held over 8-15 October 2022 with the theme: **'Where we live. How we live. What we've lived.'**

Understanding how the body, mind and environment intersect is essential to overall wellbeing. Physical health, both inside of us and in the world around us, has a major impact on mental health. The nutrition we consume, movement of our bodies, the health of the planet and quality of our housing and neighbourhoods all play a part in building health communities and individuals.



Our bodies keep physical score of what we experience. It is important to encourage a trauma-informed lens in trying to understand challenging behaviours, intrusive thoughts and reactions. Learning how to process, heal and grow from negative experiences shapes our resilience, access to new opportunities, coping skills, strong connections and relationships, and quality of life.

For further information

T: 08 6246 3000

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



WAAMH

**Western Australian Association
for Mental Health**

Age-Friendly Melville South of the River Forum 'The Grand Exit'

We do not always have a choice as to when or how we die, but how do you make sure you have a say in it before it's too late?

There are things you can do, discussions you can have with loved ones, and planning you can do right now to help your grand exit be as close to what you want as possible.

This forum will look at the practical things you can do now to plan your funeral, as well as provide information about the Voluntary Assisted Dying laws in WA.

Morning tea is provided.

This is an accessible event. AUSLAN interpreters will be present and information is available in alternative formats on request.

Join the City of Melville FREE forum

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

When: Monday, 24 October 2022

Time: 10.00am to 12:00pm

For inquiries

T: 1300 635 845 or 08 9364 0666



The Grand Exit

We don't always have a choice as to when or how we die, but how do you make sure you have a say in it before it's too late?

There are things you can do, discussions you can have with loved ones, and planning you can do right now to help your grand exit be as close to what you want as possible.

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Morning tea is provided.

This is an accessible event. AUSLAN interpreters will be present and information is available in alternative formats on request.

Join us at the FREE forum

Date: Monday, 24 October 2022
Time: 10.00am to 12noon

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

Book your place at
melvillecity.com.au/afmevents

For inquiries call 1300 635 845 or
9364 0666



Seniorcity 'Pilates for Seniors'

Pilates for Seniors 'Everything you need to know'

Pilates is a physical fitness system developed in the early 20th century by Joseph Pilates. It is now practised by millions of people all over the world for its many benefits. Pilates can be beneficial for seniors. In fact, there are several reasons why Pilates is an ideal exercise for older adults.

For one, Pilates is low impact and gentle on the body. This makes it a good choice for seniors who may have joint pain or other health concerns. Additionally, Pilates helps to improve balance and flexibility, which are both important for ageing adults. Lastly, Pilates is a great way to stay active and independent as you get older.

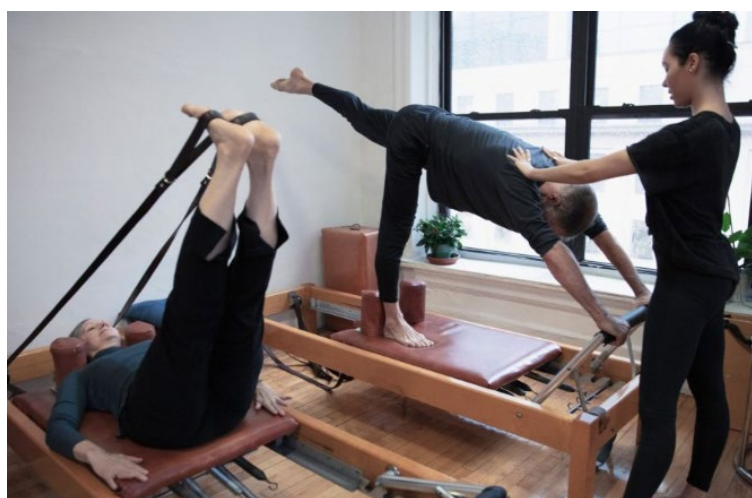
What is Pilates?

Pilates is a form of exercise that is designed to work the entire body. Pilates can be done using different types of apparatus, including a mat, reformer or chair. There are several different types of Pilates that can be done depending on what equipment is available and the person's fitness level.



Pilates for seniors can be a great way to help maintain your strength, flexibility and mobility. It will improve your balance, coordination, posture and core stability. It is also great for increasing blood flow and boosting brainpower.

What is Reformer Pilates?



Reformer Pilates is a type of Pilates that uses a reformer machine. The reformer machine has springs and ropes that provide resistance, which makes the exercises more challenging. Reformer Pilates is great for people who are looking for a more challenging workout. Reformer Pilates has become a popular choice for exercise among older adults. When done correctly, it is a low-impact workout that can help you maintain your strength and flexibility. It can also help

improve your balance and coordination. The movements are easy to learn even for beginners.

What is Chair Pilates?

Chair Pilates is a type of Pilates that can be done using a chair for balance and support. Chair Pilates can be done by people of all ages and fitness levels.

Chair Pilates is a great way to improve strength, flexibility, and balance. It can also help to improve posture and reduce stress. Chair Pilates is not as challenging as traditional Pilates, making it a good option for beginners or those who are new to exercise.



There are many different types of Chair Pilates exercises that can be performed. Some basic exercises include the pelvic tilt, shoulder blade squeeze, and triceps dip. You can also add some basic cardio moves like marching in place or jumping jacks to your routine.

What is the Difference Between Yoga and Pilates?

Both yoga and Pilates are forms of exercise that focus on improving flexibility, strength and balance. However, there are some key differences between the two disciplines. Yoga is a mind-body practise that originated in India more than 5,000 years ago. Pilates is a relatively new form of exercise that was developed in the early 20th century by Joseph Pilates. Yoga is typically slower-paced and more introspective than pilates. Yoga focuses on breath work and meditation, while Pilates emphasises precision and control of movement.

What is Better for Seniors: Yoga or Pilates?

There are many different types of exercise classes available to seniors, but the two most popular seem to be yoga and Pilates. So which is better for seniors? Both yoga and Pilates have benefits, but it really depends on what the individual is looking for in an exercise class.

Yoga is a great way for seniors to improve flexibility and balance. The poses help to stretch the muscles and increase the range of motion. Yoga also helps to improve breathing and relaxation techniques. Pilates is a good choice for seniors who are looking for a more strenuous workout. Pilates focuses on strengthening the core muscles, which can help improve posture and balance.

What is Better for Back Pain: Yoga or Pilates?



There are a variety of exercises people can do to improve their back health and alleviate pain. Some people prefer yoga while others prefer pilates. So, what is better for back pain: yoga or pilates?

The truth is that both yoga and pilates can be beneficial for the back. Yoga focuses on stretching and strengthening the entire body, while Pilates emphasises core strength and balance. Both exercises have been shown to help relieve lower back pain.

That said, some people may find that one exercise is more beneficial than the other. If you are not sure which one to try, speak with your doctor or physical therapist about which one might be best for you.

Is Pilates Good for Seniors with Arthritis?

Arthritis is a condition that affects the joints in the body and can cause pain, swelling and limited movement. For seniors, this condition can make day-to-day activities difficult and lead to a decline in overall health. However, Pilates may help improve the quality of life for seniors with arthritis.

Pilates is a low-impact exercise that focuses on strengthening the core muscles and improving flexibility. It has been shown to be beneficial for people with arthritis, as it can help reduce pain and improve joint mobility. In addition, Pilates can help improve balance and coordination, which are important for seniors who are at risk of falls.

If you are a senior with arthritis, consider trying Pilates as a way to improve your quality of life.

Does Reformer Pilates Help With Osteoporosis?

There is no one-size-fits-all answer to the question of whether Reformer Pilates can help people with osteoporosis, as the degree to which it helps will depend on each individual's particular situation and health history. However, there is some preliminary evidence that this form of exercise can be beneficial for people with the condition.

Osteoporosis is a condition characterised by low bone density and an increased risk of fractures and it affects millions each year. While there are a number of ways to treat osteoporosis, including medication



and diet changes, exercise is also an important part of managing the condition. Reformer Pilates is a type of exercise that has been shown to be beneficial for people with osteoporosis, as it helps to build strength and increase bone density.

Is Pilates Good for 70-Year-Olds?

Pilates is a form of exercise that has been around since the early 1900s. It is a low-impact workout that can be done by people of all ages and is often recommended for those who are older or have joint problems. Pilates can help improve flexibility, strength and endurance. It can also help to improve balance and coordination. While there is no one answer to whether or not pilates is good for 70-year-olds, it seems that for most people, Pilates can be a safe and beneficial way to stay active as they age.

Can You Be Too Old to Start Pilates?



In recent years, Pilates has surged in popularity as a way to strengthen and tone the body. But can you be too old to start Pilates? The answer is no. Pilates is for people of all ages. In fact, Pilates can be especially beneficial for seniors, as it helps improve flexibility, balance and coordination.

Find a Seniors Pilates Class Near Me

If you are looking for a Pilates class near you, check out the classes offered by your local senior centre or leisure centre. You can also find classes online that you can do in the comfort of your own home. Pilates can be offered in private and group sessions. Just be sure to talk to your doctor before starting any new exercise program.

Anyone looking for an exercise choice that provides a multitude of health benefits should consider Pilates. This form of exercise is ideal for seniors, as it helps improve balance, coordination, strength and flexibility. Additionally, Pilates can help reduce the risk of injuries and promote a healthy mind and body.

For More Information W: <https://seniorocity.com.au/pilates-for-seniors/>

The City of Belmont 'CountUSin: Creating Healthy Communities Together Program'

If you are looking for ways to live a more connected, active and healthier lifestyle, you might enjoy the 'CountUSin: Creating Healthy Communities Together' program.

CountUSin is a 10-week wellness program which aims to help you increase awareness and connect you with a range of health and wellbeing activities in the City of Belmont.

Join the CountUSin program

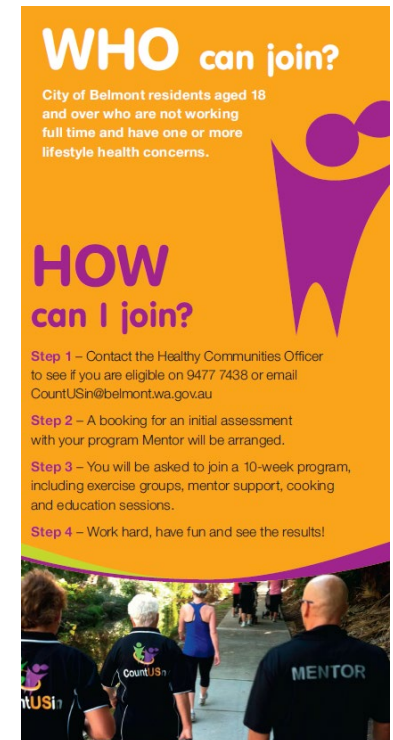
For just \$12.10 per week over 10 weeks, you could enjoy:

Facilitated exercise sessions twice a week at the Belmont Oasis Leisure Centre with the CountUSin mentors;

- Free crèche services
- Cooking classes and nutrition education
- Outdoor exercise training sessions at the City's local parks
- A discounted Belmont Oasis Leisure Centre 3-month membership with full access to their health club, group fitness classes and pool

The program is designed for City of Belmont residents over the age of 18 and could suit you if you are working part-time or on a casual basis, between jobs or managing a lifestyle related health condition.

[Download the CountUSin - Creating Healthy Communities Together Flyer](#)



For more information

T: 08 9477 7438

E: healthy.communities@belmont.wa.gov.au

W: <https://www.belmont.wa.gov.au/discover/what-s-happening/staying-healthy-and-active/countusin>

BELMONT
CITY OF OPPORTUNITY



Emeritus Professor Bob Ziegler - Strength for Life™

Launch in Como: HFRC

HFRC launched their Strength for Life Program in Como. The weather was nice and warm for the start of spring, with many enjoying listening to Bob explain the benefits of exercising and doing the Strength for Life Program.

Image right: Bob speaking at HFRC Launch.



Launch: Mandurah Physiotherapy Clinic



Mandurah Physiotherapy Clinic held their Strength for Life launch to provide information to seniors regarding the SFL program. Bob took questions from the launch participants regarding the benefits of the SFL program.

Image left: Bob speaking at the Mandurah Physiotherapy Clinic Launch.

Instructors Course September 2022

11 new instructors attended the course to learn how to run SFL sessions and how best to support seniors. A big thank you to our trainer Debbie Cooper for taking our new instructors through the SFL course.

Image right: SFL Instructors Course participants.



For more information Contact Kairi Watty, SFL Manager

T: 08 9472 0104 E: kairi@cotawa.org.au

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



Feedback Opportunities

COTA (WA) 'WA Seniors Listening Posts'

Register now to attend our session on 'Diversity'

How does your background or heritage impact on the way you live in your community? How can it be improved? COTA (WA) is keen to involve interested older Western Australians in sharing their ideas about diversity in the community. This will enable us to provide accurate and honest feedback and represent you more effectively in our dealings with government and non-government organisations.



What COTA (WA) is seeking?

To enable a broad range of people to contribute, we are seeking a brief Expressions of Interest from people who would like to join a discussion group of about ten (10) people, each of which will focus on a specific topic.

The upcoming topics include:

- Cost of Living (28 October 2022)
- Diversity (18 November 2022)
- Mature Age Employment (10 March 2023)
- The Digital Divide (3 February 2023 + 10 February 2023)

How Will These Groups Function?

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

How will the Information from the Groups be used?

The information from the Listening Post Sessions will be used to enrich our advocacy for you, our constituents. We are asked to join government and non-government working parties and committees to provide an older people's perspective on particular policies and initiatives, and we support older people in WA through a series of Guides on matters of importance to you. These discussion groups help us to determine exactly what information and resources you would find most helpful in developing future support material.

Next Steps

If you are interested in participating in one of these groups, all you need to do at this stage is to contact **Dana via email: dana@cotawa.org.au** or call on **08 9472 0104**.

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

EveryAGE Counts 'Ageism Awareness Day on Wednesday 7 October 2022'

The theme for Ageism Awareness Day this year is 'Ageism: End It' and the focus will be on ways in which we can act together to end ageism.

Ageism Awareness Day is an opportunity to draw attention to the existence and impacts of ageism in Australia, which is a critical step to changing community attitudes and building a world where all people of all ages are valued and respected and their contributions are acknowledged.

'Ageism: End It'

Ageism is a highly accepted form of prejudice in Australia and alarmingly on a global scale 1 in 2 people are ageist. That is half of the world's population that hold negative attitudes



about ageing and older people. In Australia, we are leading the world in learning how to end ageism, but we still have a long road ahead in changing social attitudes. We need to work together to combat ageism in Australia. Ageism is highly tolerated, but it shouldn't be. **So, it's time to say yes to ageing and no to ageism. It's time to end ageism.**

Share your Story

Ageism can present in different ways and many Australians have been affected.

To better our understanding of how ageism is occurring and to show the impacts of ageism to the community, EveryAGE Counts is asking for your story about your experience with ageism.

Story-telling is one of the most powerful ways that we can tackle ageism in Australia.

Your submissions may be selected by the EveryAGE Counts campaign for use on their webpage or in EveryAGE Counts social media to build awareness of the impacts of ageism in Australia.

If you would like to share your story visit:

W: https://www.everyagecounts.org.au/your_stories



GRAI GLBTI Rights in Ageing Inc. 'LGBTI Elders Quality of Life Survey'

Eligibility

The **LGBTI Elders Quality of Life Survey** is aimed at LGBTI elders who are 50 years' of age and older. It asks about your quality of life and activities to identify ways that GRAI can extend its programs and services to better serve its community.



Background

GRAI (GLBTI Rights in Ageing Inc.) has received federal funding for three years to develop the only LGBTI Village Hub in Australia. As part of its Village Hub, GRAI runs a Befriending Program. Data from the survey will be used to guide GRAI's priorities and activities and will be used to apply for future funding.

How to participate

Participation involves completing an online or paper based survey. The survey will take about 15 minutes to complete. At the end of the survey, you will have the option to enter your email address to go into the prize draw. You could win your choice of either a limited-edition book, 'CAMP (Campaign Against Moral Persecution): Australia's pioneer homosexual rights activists', or a \$50 gift voucher.

Your participation in this survey and any information you provide will be treated as strictly confidential. The data collected from the survey will be deidentified (if you provided your contact details) and kept in a password protected and secure server. A summary of the survey results will be presented in a report, which will be available on the GRAI website at <https://grai.org.au/>

The survey will ask you to reflect on your current situation, which may cause you some discomfort. Survey available online at https://uwa.qualtrics.com/ife/form/SV_3ydUgVlNaxCOjOe

Should you require further support, please contact GRAI on 0484 639 886.

If you would like to discuss any part of this survey with the research team, please email Kedy (Executive Officer) at eo@grai.org.au

You might find it easier to complete the survey on a tablet, laptop, or computer. For a printable copy please email villagehub@grai.org.au and to do the survey by telephone, please text 0439 368 023.



Curtin University 'Recruiting Now! Balance on the Brain Program'

Improving balance and reducing falls for people with mild cognitive impairment.

The **Balance on the Brain Program** is aimed at improving quality of life and physical health and reducing falls for people with mild cognitive impairment (MCI).

Are you eligible?

Curtin University are looking for people aged 50 years and older, living in Perth, Western Australia who have been diagnosed with mild cognitive impairment.

For Enquiries

Contact: Dr Elissa Burton

T: 08 9266 4926

E: e.burton@curtin.edu.au

W: <https://www.balanceonthebrain.com/>

Approved by: South Metropolitan Health Service Human Research Ethics Committee, smhs.hrec@health.wa.gov.au Reference number (PRN): RGS00000003930n.

This study is funded by an NHMRC Investigator Grant and Curtin University.

Curtin University is responsible for the research project which it is conducting independently of the hospital and the Government of Western Australia.



Improving balance and reducing falls for people with mild cognitive impairment

RECRUITING NOW!

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We are looking for people aged 50 years and older, living in Perth, Western Australia who have been diagnosed with mild cognitive impairment.

For enquiries contact
Dr Elissa Burton
08 92664926
E.Burton@curtin.edu.au
www.balanceonthebrain.com



Approved by: South Metropolitan Health Service Human Research Ethics Committee, smhs.hrec@health.wa.gov.au; Reference number (PRN): RGS00000003930

This study is funded by an NHMRC Investigator Grant and Curtin University



Curtin University

Curtin University is responsible for the research project which it is conducting independently of the hospital and the Government of Western Australia



Curtin University



Balance on
the Brain

Support Information

Revised 'WA Advance Health Directive and Refreshed Advance Care Planning Resources' are now available

Advance care planning documents are now simpler and more accessible for all Western Australians thanks to the release of the revised Advance Health Directive (AHD) and associated new advance care planning resources. The resources aim to empower people to make and document choices about their future health and personal care that reflect their values, beliefs and preferences.

In line with recommendations from the Joint Select Committee on End-of-Life Choices 2018 and Sustainable Health Review, the revision of the AHD has been a priority action for the WA Department of Health End-of-Life Care Program (EOLCP). The EOLCP undertook broad sector consultation on the development of the new AHD and resources before they were launched by the Minister for Health, the Hon Amber-Jade Sanderson, on 4 August at an event attended by over 300 online and in-person attendees.


The revised [AHD](#) enables individuals to include their values and preferences, in addition to treatment decisions, combines tick box and free text questions and includes consent to medical research. The [Guide to Making an Advance Health Directive in WA](#) includes an example of a completed AHD and relatable vignettes.

The range of resources includes guides, brochures, webpages and informational videos - see [Quick Reference – Resources](#)

- Consumers will benefit from [Your Guide to Advance Care Planning in WA: A workbook](#) to help gather their thoughts, get started and guide them through the 4 elements of advance care planning: Think, Talk, Write, Share
- Health professionals (health.wa.gov.au/ACP) can better understand their roles and responsibilities in supporting people through the process of advance care planning by the [Health Professional Guide to Advance Care Planning in WA](#)

The EOLCP is supporting stakeholder organisations to deliver education sessions for relevant professions (including health and legal) and partnering with Palliative Care WA to reach the community. Organisations planning their own sessions are able to use the [template education slide package](#)

For further information, to organise an education session or to order resources, contact the WA Department of Health Advance Care Planning Information line on 9222 2300 or email acp@health.wa.gov.au or visit healthywa.wa.gov.au/AdvanceCarePlanning



Government of Western Australia
Department of Health

Quick reference – advance care planning resources in WA

This quick reference explains the advance care planning resources available in WA and when to use them.

Person needs more information about advance care planning and beginning the process

Your Guide to Advance Care Planning in WA: A workbook to help plan for your future care
Type: Instructional workbook
A workbook which includes activities to help gather thoughts, get started and guide people through the 4 elements of advance care planning: Think, Talk, Write, Share.
healthywa.wa.gov.au/ACPworkbook

Advance care planning brochure (A4 format or DL brochure)
Type: General information – brochure
Provides a basic overview of advance care planning, why it is important and what is involved in the 4 elements: Think, Talk, Write, Share.
healthywa.wa.gov.au/AdvanceCarePlanning

Person knows their values, beliefs and care preferences but is not ready to record specific treatment decisions

Values and Preferences Form: Planning for my future care
Type: Non-statutory form
A form which allows a person to record their values, preferences and wishes (not necessarily health related) in relation to their future health and care, which may guide decision-makers as to how they wish to be treated.
The questions are the same as Part 3 of the AHD. If the person is not yet ready to complete an AHD, they may like to start with completing this form.
healthywa.wa.gov.au/ACPvaluesandpreferencesform

Person knows the treatments they do or do not want in the future and would like to record their treatment decisions and values

Advance Health Directive (AHD) Form
Type: Statutory form
A legal document that specifies the treatment(s) a person does or does not consent to in specific circumstances. Only comes into effect if it applies to treatment a person requires, AND if the person is incapable of making or communicating their decisions.
Part 3 of the AHD includes the same questions as those in the Values and Preferences Form. By completing an AHD all the information can be included in one statutory document.
healthywa.wa.gov.au/AdvanceHealthDirectives

Australia's eSafety Commission 'Age no Barrier as Teens and Seniors Connect'

Australia's eSafety Commissioner has launched an innovative program that aims to improve older Australians' digital skills by connecting them with student mentors.

The intergenerational free [Young Mentors](#) program brings teenagers together with older Australians to share digital skills and knowledge and help them gain the confidence they need to navigate the online world.

Technology can have a wonderful ability to connect, enable and empower individuals, and the importance of this connection was made even more evident during the COVID-19 pandemic.

For those of us who use digital technology as an essential part of our daily lives, we may not realise how novel it can be to older people who have lived much of their lives without it.

It is difficult for anyone to stay on top of the continually evolving digital landscape as new technologies emerge. Ensuring we do not leave older Australians behind as society continues to move online is essential.

Young people also benefit from taking part in the program by developing teaching and leadership skills. And people of all ages taking part in the pilot reported increased social connection and understanding across generations.

Young Mentors is a free program that helps community organisations and groups partner with secondary schools to coordinate one-on-one digital mentoring sessions. The weekly one-hour sessions focus specifically on the needs of the older learners and are delivered over a period of six weeks.

[eSafety research](#) shows younger Australians are keen to help older relatives get online, with young people more likely to show an older family member how to use technology (59%) rather than doing the task for them when asked (40%).



The report also shows:

- Younger generations believe it is important for people over 70 to have better digital skills
- Young people from culturally and linguistically diverse backgrounds are even more likely to show an older family member how to use technology
- Only 4% of young people felt frustrated or annoyed when helping an older family member use technology

For older Australians, the program is intended to build confidence in using digital technology, which can create a greater sense of independence, provide greater access to services and reduce feelings of loneliness and isolation.

Young Mentors provides an opportunity for genuine connection between generations as we work together to improve digital literacy in Australia, ensuring older Australians can stay connected with family, friends and their communities and empowering younger Australians through a leadership role as digital mentors.

The Be Connected program continues to play an important part in helping eSafety improve the digital literacy of all Australians and make the online world a safer, more positive place for us all to enjoy.

Young Mentors is the latest offering in the Be Connected program, an Australian Government initiative that empowers older Australians to access digital technology and online services.

You can see Young Mentors in action in eSafety's pilot [promotional video](#) and case studies.

To register or for more information visit: <https://www.esafety.gov.au/seniors/be-connected-young-mentors>



eSafety Commissioner

Australian Cybersecurity Centre 'October 2022 is Cyber Security Awareness Month'

October 2022 is Cyber Security Awareness Month and an annual reminder for all Australians to stay secure online.

The overarching theme for 2022 is **'Have you been hacked?'**

Cyber security is important for everyone. The first steps are turning on automatic software updates, regularly backing up your devices, switching on multi-factor authentication, using passphrases, securing mobile devices and watching out for cyber scams.

Cyber Awareness Month 2022 themes

Week 1: Have you been hacked?

The ACSC has launched the 'Have you been hacked?' tool. This tool will help you assess if you have been hacked by guiding you through a range of scenarios that will advise you on how to best respond to the situation.

Week 2: Is your email secure?

The ACSC wants to help protect you from cybercriminals and your email is a common target for cybercriminal activity. If someone gains access to your email account, they could steal your sensitive information, change passwords for your other accounts or even send emails pretending to be you.

Week 3: How do you act now to stay secure?

The ACSC has a number of resources to help you act now to stay secure. The resources cover basic cyber security practices such as updates, multi-factor authentication (MFA), backups and passphrases.

Week 4: It's time to take action!

Now is the perfect time to protect yourself online. Going online lets you keep in touch with friends and family, learn about topics and even play games. Just like fastening your seatbelt before driving, you should take steps before using the internet to be more secure.

For further support for Seniors

W: <https://www.cyber.gov.au/acsc/view-all-content/guidance/how-use-internet-securely-guide-seniors>



Australian Government
Australian Signals Directorate

ACSC Australian
Cyber Security
Centre

HealthyWA and WA Health 'Updates to COVID isolation, mask-wearing and testing'

Updates to COVID isolation, mask-wearing, testing

5-Day Isolation

The COVID-19 isolation period has been reduced from 7 to 5 days. The 5-day isolation period applies to people with COVID-19 and close contacts, provided they have no symptoms at day 5.

People with COVID-19 who have symptoms at day 5 should remain at home until their acute symptoms resolve. Close contacts must test negative before leaving isolation (day 5 RAT or day 4 PCR). Mask use is recommended in indoor settings for people with COVID-19 on days 6 and 7.

People are not able to enter high-risk settings, including GP clinics, for at least 7 days after testing positive or becoming a close contact. This is to protect people vulnerable to severe illness.

Mask mandates lifted on public transport

Mask wearing requirements have been removed on all public transport, domestic and international flights and rideshare services/taxis. Masks are still required for high-risk settings such as hospitals and GP clinics to protect those most vulnerable to severe illness.

Public Health measures still recommended

Public health measures remain highly recommended. This includes hand hygiene, physical distancing, mask-wearing in crowded indoor settings, taking a COVID-19 test if symptoms develop and staying home until symptoms have cleared.

Testing

If you have COVID-like symptoms, you can test with a rapid antigen test (RAT). RATs are a safe, convenient and quick option to detect COVID-19.

People at risk of severe disease from COVID-19 should seek advice from their GP if their RAT is negative and they continue to have symptoms. PCR testing soon after symptoms start may help timely access to antiviral medications, for people who are eligible.

A GP can provide medical advice and write a referral for PCR testing, if needed. Many GPs offer telehealth services to their patients.

People with COVID-like symptoms who have not performed a RAT can access PCR testing without a GP referral at public COVID clinics.

Close contacts without symptoms may leave isolation during the 5-day isolation period if they record a negative RAT each day they leave isolation and always wear a mask outside the home. Close contacts no longer need to test on day 6 or 7 unless they have symptoms.

Planning for COVID

WA Health recommends that people at greater risk of severe illness from COVID-19 consult their GP to plan ahead and seek advice on their eligibility for COVID-19 treatments (such as antiviral medications) and develop an individualised care plan in case they test positive for COVID-19 in the future



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

ANSWERS to the 'CROSSWORD' Puzzle (see Page 36)

OCTOBER

Solution:

1	B	2	O	3	A	4	R		5	D	6	A	7	T	8	A		9	A	10	F	11	T	12	E	13	R
14	A	C	M	E		15	E	V	E	N		16	I	R	A	T	E										
17	S	H	I	P		18	M	I	S	T		19	L	O	C	U	S										
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47	M	O	N		48	S	49	A	S	H		50	L	Y	E												
				51	L	T	D					52	D	A	N	53	C	54	E	55	S						
56	H	57	O	58	P	I		59	S	60	E	61	A	62	M	E	N		63	E	A	T					
64	U	N	I	T	65	E			66	A	V	E	R		67	E	L	S	E								
68	S	T	E	R	N				69	S	I	L	L		70	G	L	E	E								
71	H	O	S	E	D				72	E	D	D	Y		73	G	O	L	D								

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You may make unlimited copies of this original large print standard crossword puzzle for personal, senior center, medical facility, or classroom use. Visit www.qets.com for more large print puzzles.

Evelyn Johnson

WIN ONE OF FOUR \$100 VOUCHERS

TELL US YOUR STORY



Would you like your story to feature in COTA Connections?

Share your story about:

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

One story will be selected as the feature article for the
November + December
COTA Connections Newsletter.

Want to share your story?

Maximum 250 Words + Photographs or Images

Email: dana@cotawa.org.au

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



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

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

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

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

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

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Email: admin@cotawa.org.au