



# COTA Connections

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

NOVEMBER 2022

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

Are you living in your forever home or will you need to downsize or consider some options that will enable you remain independent as you age? These questions were discussed at the recent COTA (WA) Listening Post on the topic of Seniors Housing and it was evident that your living situation also has an impact on other areas of your life such as finances, mental health and social activity. For instance, if you are a home owner who has lived in the same suburb for many years but you now want to downsize, are there available options in your area or would you have to move away from your social environment to find a suitable property?



Renters will have a greater challenge in finding accommodation that is fit for purpose and people living in regional or rural areas will be particularly disadvantaged. Seniors Housing is currently a high priority for both government and the private sector and it is imperative that seniors have direct input in this discussion. I encourage all older Western Australians to get involved and have your say through surveys, forums and any other avenues of providing feedback.

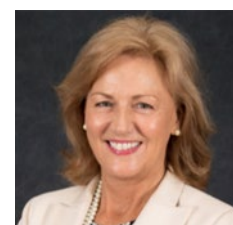
6-13 November 2022 is WA Seniors Week and we are proud to partner with Department of Communities to administer the 2022 Community Grants program which provides funding for community groups to hold an event for seniors, resulting in many activities taking place across Western Australia to recognise and celebrate the contribution that seniors make to their communities. A list of these events is available here:

<https://www.wa.gov.au/organisation/departments/wa-seniors-week>

Minister for Seniors and Ageing Don Punch MLA will announce the recipients of the 2022 WA Seniors Awards on Wednesday 16 November 2022 in the categories of WA Senior of the Year Metropolitan, WA Seniors of the Year Regional, WA Seniors Advocate, Age Friendly Local Government and Age Friendly Local Business. Good luck to all of the applicants.

Do you know someone living with Alzheimer's? Walk to Remember is Alzheimer's WA signature fundraising event and is held annually in Perth and Albany. The event has previously varied between a 1km, 3km to 5km walk, followed by entertainment, food and beverage vans and fun for the whole family. All ages and capabilities are welcome to these events. This year's events will take place on 4 December 2022 at Victoria Gardens in East Perth. If you would like to participate you can register here <https://www.mycase.com.au/events/walktoremember2022>

We hope to see you at Have A Go Day on Wednesday 9 November 2022. We will be on Stand 163, so please come and say hello and collect some of our free seniors guides.



**Christine Allen, CEO**

## Alzheimer's WA 'Walk to Remember'

Walk to Remember 2022 is Alzheimer's WA's signature fundraising event and is held annually.

The 'Walk to Remember' event incorporates a range of distances; 1km, 3km and 5km in order to encourage individuals of all ages and capabilities to participate. The aim of Alzheimer's WA is to raise awareness for fellow Western Australians who are living with dementia.



**Perth** Sunday, 4<sup>th</sup> December 2022  
Victoria Gardens

The walk will be followed by entertainment, food, beverages and fun for the whole family.

### Event Details

Date: 4 December 2022 with registrations beginning at 8:00am and the walk starting at 9:00am

Venue: Victoria Gardens, East Perth WA

### For more information

T: 1300 667 788

E: [marketing@alzheimerswa.org.au](mailto:marketing@alzheimerswa.org.au)

### To Register

W: <https://www.mycause.com.au/events/walktoremember2022>



### Walk to Remember 2022 is Alzheimer's WA's signature fundraising event and is held annually.

The WTR event incorporates a range of distances – 1km, 3km and 5km – in order to encourage individuals of all ages and capabilities to participate. Our aim is to raise awareness for fellow Western Australians who are living with dementia.

The walk will be followed by entertainment, food, beverages and fun for the whole family.

**For more info**  
call 1300 66 77 88 or email us  
at [marketing@alzheimerswa.org.au](mailto:marketing@alzheimerswa.org.au)

  
**Click here  
to register  
individually  
or as a team  
via My Cause**



## Country Women's Association of WA features 'True Old Style Seville Orange Marmalade'

### Mikey's Delicious, True Old Style Seville Orange Marmalade!

Recipe provided by Mary Benson, South Perth / Como CWA Branch.

We all know that the late Her Majesty Queen Elizabeth II confessed to Paddington Bear at her Platinum Jubilee that she liked to keep her marmalade sandwich in her handbag for emergencies.

The recipe below is definitely worth bottling, but rather than keep it for emergencies or special occasions, why not enjoy it every day!

If you are lucky enough to have a Seville Orange Tree in your backyard, or you have a friend with one, be sure to get your hands on this fruit as traditionalists judge that it makes the very best marmalade. Otherwise known as the bitter orange where they grow abundantly on the streets of Seville in Spain, they eventually made their way to Britain and have become a British staple in preserve making. The fruit is too bitter to eat directly off the tree but by adding sugar, heat, and time it transforms into a delicious spread.

The recipe below has been developed by Mary Benson, Secretary of the South Perth/Como CWA Branch (established in 1951) to ensure you get the very best results.

Jams and marmalades need a good source of pectin which is a naturally occurring starchy fibre found particularly in the rind, membranes and seeds of the fruit. Pectin is essential in thickening and setting the preserves.

Seville Oranges are not always readily available in the shops so you can use this recipe as a base for all your preserve making and try it with regular oranges and other citrus fruit.

#### Ingredients

- Seville oranges \*15 to 20. Seville oranges can be quite large
- 2 - 3.5 kilos of caster sugar (more depending on taste)



## Utensils

- **Pot 1:** Large pot with a heavy base for making the marmalade
- **Pot 2:** Large pot for cooking the natural pectin
- Heat-proof basin
- Metal sieve
- Wooden spoon with long handle to prevent jam splash onto your hands
- Juicer, use a hand one; **do not use a machine**
- Saucer (put this in the freezer)
- Prepare up to 12 medium sterilized glass jars with lids
- Jam funnel or cut the spout out so it fits nicely on top of the jar to save mess

## Method

1. Use **Pot 1** with the heavy base for making the marmalade. Place the sieve on top. Juice each orange in turn, the sieve will catch the pips as the juice goes into the pot.
2. Use **Pot 2** to put in pips as you go plus the pith membrane that is easily removed from the rind.
3. Cut the rind with a sharp knife into thin strips and then cut the thin strips into thirds, or as small you like the rind in your marmalade. It is easiest to cut the rind from inside the fruit rather than the outside.
4. Add the rind to the juice mixture in **Pot 1**. The pot should be half to two thirds full of mixture.
5. Add 2.5 kilos of sugar to **Pot 1** now and use the balance to adjust the taste to your liking. Seville oranges are very tart, and you may need to add an extra 1 kg or more.
6. Bring **Pot 1** with the juice and rind mixture to the boil then steadily simmer for at least three hours.
7. At the same time, using **Pot 2** with the pith membrane and pips, cover well with water to a depth of 1 inch (3cm). Squish the mixture with your hand while cold. Bring to the boil and stir every 10 minutes, for at least 25 minutes. The water will become opaque white in colour and become very thick. This is the pectin.
8. Sieve the pectin (pip and pith mixture) in batches into your heatproof basin, just pushing the liquid through. Once you have done this, you should get about 700 millilitres of pectin. It does not matter if it is less. Put the pectin mixture into the juice and rind mixture which is still cooking in **Pot 1**.
9. During the cooking process taste the mixture and if too tart, add more sugar.

10. You will notice after the two-hour mark, that the mixture is starting to become thicker and darker.
11. After the three-hour cook, and once the simmer bubbles become intense, retrieve the saucer from the freezer and with a spoon, put some of the mixture onto the cold saucer. It should set quickly and will not run when tipped on its side.
12. Once this happens, simmer the mixture on very low heat.
13. Meanwhile, heat the glass jars in the oven to 120 degrees for 15 minutes.
14. Once the jars are sterilised, set out onto a wooden board or tea towel so they do not break when adding the hot marmalade. Using a ladle, spoon mixture into the jars, screwing the lids on as you go.
15. The marmalade will set quite quickly over about an hour and when cold should not shift in the jar when tipped on its side. Also, the lids will seal with a pop as the jam cools to keep it preserved.



**Country Women's  
Association of WA**

— Est. 1924 —



## Carers WA Conference 2022: 'Navigating the Aged Care System'

Our Aged Care Navigator Margaret Fisher, COTA (WA) Aged Care System Navigator, was invited to speak at the Carers WA Conference 2022.

The conference theme was Inclusion, Innovation and Inspiration.

Margaret spoke on Day 1 of the conference about Navigating the Aged Care System. The audience included those attending the conference in person as well as those joining the conference via livestreaming.

The audience was given an overview of My Aged Care including registration, screening, assessment and types of My Aged Care services and programs.

Margaret explained how to make an appointment with an Aged Care Specialist Officer and provided a little information about the Aged Care System Navigation trial and the new Care Finders program.



## ‘The finance decisions (mistakes?) we make as we age’

As if growing older does not come with enough curly challenges, here is one that hits your wallet.

We make poorer decisions about our finances as we age but, at the same time, feel more confident making decisions. Some of the most important financial decisions are needed at a time when your cognitive ability is at greater risk of decline.

That is the paradoxical and cautionary finding of new research by the Australian Research Council (ARC) and Centre of Excellence in Population Ageing Research (CEPAR).



The research found that making financial mistakes increases with age, is more complex, involves large sums of money and has grave consequences.

The CEPAR report also explores solutions for mitigating risks and boosting cognitive health for decision-making in old age.

**Read the research brief [here](#)**

This includes changing lifestyle, diet, exercise, and cognitive health.

### Key points

- Report finds financial mistakes increase with age
- We make crucial age-related decisions when our cognitive ability is in decline
- The report outlines health and policy solutions that limit mistakes

The research found about 5% to 20% of over-60s are estimated to have a mild cognitive impairment, characterised by problems with memory, language, thinking or judgment.

Thankfully, it is not severe enough to disrupt daily life but is likely to affect complex financial decisions. But as the population ages, the share of people with some cognitive impairment is expected to increase.



## Making better decisions and curtailing impulsiveness

The researchers concluded our policymakers need to develop better strategies to address health and financial risks in late-middle age, before the onset of old age.

The report says poor decision-making can be reduced by:

- Creating contingency plans, for example, by simplifying finances
- Locking in financial products earlier and via advanced care planning
- Delegating financial decisions to family or advisers with appropriate safety mechanisms to prevent financial fraud and exploitation

Professor of Pension Economics, Hazel Bateman, says effective consumer finance and superannuation policy initiatives are needed to mitigate impulsive decision-making, which can also affect seniors' financial decision-making. She wants more defaults in financial products, such as super, which can simplify and guide decisions.

Behavioural finance research featured in the report shows that decisions can be simplified and guided by:

- Reducing the number of choices by providing fewer but higher quality products
- Simplifying supporting information by designing product disclosures that inform rather than confuse
- Adding nudging information and anchoring suggestions
- Timing of information provision and financial education
- Coaching the decision and providing advantageous defaults, outsourcing, or sharing decisions with advisers

These changes must be carefully introduced and tested, Professor Bateman says. "This approach is relevant in the context of a new policy requiring superannuation providers to help retirees spend their savings with little guidance on how to do so. The policy is, therefore, an opportunity to design by testing," she said.

**For further reading:** [CEPAR](#)



# Why do some dogs bark too much? '3 Reasons why Dogs Bark too much'

Dogs bark to communicate and some breeds bark more than others.

But if your dog is barking excessively and starting to upset the neighbours, it's time to take action. Here are 3 reasons why your dog may be barking a lot.

## 1. Boredom/lack of exercise

- To tackle boredom barking you should start by making sure that your dog is getting enough exercise; if you take your dog for a good walk in the morning, they will be more likely to rest until you come home. [Exercise your dog and yourself at the same time!](#)
- Leave a radio playing or a television on where the dog can hear it
- Put some dry dog food into a treat ball so they have to work to retrieve their snacks
- Consider organising a dog walker to walk your dog in the middle of the day while you are at work or a dog minder to keep your dog company when you are away for long periods; you could also use your local doggy day care services
- If your dog is bored, they may also start [digging up your garden](#)

## 2. Anxiety or fear

- Dogs can be frightened by people coming near their territory or fearful of noises such as fireworks, [thunderstorms](#), and noisy lawnmowers
- Gradually extend the length of time you are leaving your dog alone and when you do leave the house make sure that they have somewhere safe to retreat to such as a kennel
- Leave a supply of toys and safe chew toys/items to keep them entertained while you are away
- Do not fuss over your dog too much when you come home

## 3. Seeking attention

- Dogs are social animals and may use barking to get your attention; [How to translate dog 'speak'](#)
- Make sure you spend time each day playing with your dog; if possible, allow your dog to rest beside you as you work at home
- Ignore unwanted behaviour and reward good behaviour; when your dog barks for attention they should be completely ignored; avoid eye contact, even leave the room
- Praise and pat your dog when they are calm and quiet so they realise that this is the behaviour that gets your attention; you can also give them a [dog treat](#) when they are calm and not barking

## Always make sure your dog

- Has access to clean fresh water and shelter
- Has daily exercise and is not sick or injured
- Is provided with something to chew; such as a chew/treat toy or a raw bone

Talk to your local vet who can provide behaviour advice and it is also a good idea to take your dog for a full health check to make sure there are no medical reasons for the excessive barking.

If you are considering adding a furry friend to your family, always do your research and select a breed that is suitable for your lifestyle. [Things to consider before getting a dog](#)



# 'Ideas about How a Support Worker can support your best life'

## How a Support Worker can support your best life.

How well do you know the role of a Support Worker and how they can support you to live well, enjoy favourite experiences or help you tick off your daily to-do list?

## What is a Support Worker?

As the title suggests, a Support Worker is someone who provides support and companionship to an older person. The type of support varies depending on a customer's individual needs, abilities and goals. Commonly, Support Workers help with tasks around the home such as personal care, light cleaning or helping to prepare meals.

Outside of the home Support Workers may accompany you on social outings, appointments, shopping or picking up medications. The role of a Support Worker can be much more than what is commonly listed. Tailored to your interests, the activities can be endless and can exist beyond the day-to-day norm.

## Ideas to inspire you

Meal preparation; bake your favourite treat; play board games; watch a movie; keep in touch with a loved one; get creative; learn something new or teach your Support Worker a skill; get to know each other; treat yourself to a shopping spree; have a coffee at your favourite café; stroll through the Botanic Gardens; find a book at your local Library; enjoy lunch at a picturesque winery; tour the West Australian Museum; attend a new exhibition at the Art Gallery of Western Australia; feel the sand between your toes at the beach; explore the Canning Vale Sunday Community Market; indulge at Fremantle Chocolate; find a hidden gem at a local op shop or antique store; get up close to nature and wildlife.

## In-home activities to do with your Support Worker

**Meal preparation:** Have you been wanting to try a new meal or need some help getting prepped for the week ahead? Cook up a storm with your Support Worker, share tips and tricks in the kitchen or even swap favourite recipes.

**Bake your favourite treat:** Baking is a great hobby and it is even better shared with someone. From treasured family recipes to the handy mixes found at your local supermarket, mix up your favourite treat to pair with your next tea or coffee.

**Play board games:** Show your competitive streak and challenge your Support Worker to your favourite board game or cards. Who will win?

**Watch a movie:** Break out the popcorn or your favourite treat and relax watching a movie or television show.



**Keep in touch with a loved one:** Your Support Worker can help you keep in touch with loved ones by assisting in writing letters or virtually connecting you using a device of your choosing.

**Get creative:** Spend time relaxing while doing arts and craft – drawing, painting a work of art, creating a collage, or knitting. Let your inner creativity lead you.

**Learn something new or teach your Support Worker a skill:** Get the support and motivation you need to learn something new or teach your Support Worker a skill you specialise in.

**Get to know each other:** Share stories, fun facts and quirky traits with your Support Worker. Write down questions you would like to ask and spend the time getting to know each other.

### **Local activities to do with your Support Worker**

**Treat yourself to a shopping spree:** Explore your local shopping strip, your Support Worker can help you pick out the perfect outfit or gift!

**Have a coffee at your favourite café:** Western Australia is brimming with cafés, there is sure to be one nearby. Enjoy a coffee or treat yourself to a delicious brunch option with great company.

**Stroll through the Botanic Gardens:** There is so much beauty to see at Kings Park and Botanic Garden, Wanneroo Botanic Gardens or Aruluen Botanic Park. Stroll at your own leisure or choose from the many events held all year round.

**Find a book at your local library:** Ready for your next read? Your Support Worker can take you to the library and help pick out your next book, try talking about favourite authors, you might share the same!

**Enjoy lunch at a picturesque winery:** With so many beautiful wineries in Western Australia head towards the vines, take in the views and enjoy a delicious meal with a wine to match.

**Tour Western Australian Museums:** The Western Australian Museum, WA Museum Boola Bardip, Museum of Geraldton, WA Maritime Museum, and WA Shipwrecks Museum are a great way to spend an afternoon or morning!

**Attend a new exhibition at the Art Gallery of Western Australia:** Housing stunning art collections take a guided or self-guided tour or choose to admire one of the current exhibitions at Japingka Gallery, Lawrence Wilson Art Gallery, Gallery Central, Art Gallery of WA and the Aboriginal Art Gallery.

**Feel the sand between your toes at the beach:** Western Australia is home to some of the world's most beautiful beaches! Some favourites are Reddell Beach, The Basin, Shell Beach, Leighton Beach, Rockingham Beach and Cable Beach. Enjoy beautiful coastlines and if you are hungry stop in for a lunch of fish and chips.

**Explore WA Community Markets:** There are many markets available to explore, including Canning Vale Sunday Community Market, Kyilla Community Farmer's Market, Melville Markets, Balga Friday Markets, Poynter Farmer's Market, Jarrahdale Country Markets, Gosnells Railway Market, E Shed Market and the Boddington Community Market. Fill your fridge with local produce or dine at one of the many eateries.

**Find a hidden gem at a local op shop or antique store:** Delve into racks and boxes to find your next treasure. You might even have some of your own items that you want to donate and trade in.

**Indulge at Fremantle Chocolate:** Who doesn't love chocolate? Fremantle Chocolate make over 300 gourmet chocolate products for you to enjoy. You can watch their multi-award winning chocolates being handmade from the viewing gallery, while enjoying free chocolate samples. You can buy chocolate bars, chocolate novelties, chocolate truffles and pralines, chocolate enrobed specialties, fudge and much more from the convenient location in Bibra Lake.

**Get up close to nature and wildlife:** From zoos to Wildlife Conservation Parks, your Support Worker can accompany you as you explore WA's great parks.

### Looking for a Support Worker but not sure where to start?

Support Workers can be accessed using your Home Care Package (HCP) or the Commonwealth Home Support Program (CHSP).



## City of Fremantle 'Grandies Big Day Out' celebrating Seniors Week 2022

The Fremantle Fishing Boat Harbour Traders Group proudly presents 'Grandies Big Day Out!' which is an inaugural free event presented during WA Seniors Week, a special time of celebration for Western Australian Seniors.

There will be many FREE attractions including meet and greet with the Magical Unicorns and Mermaid Madeleine at Mews Park and Australia's favourite children's characters Bluey and Bingo at Bathers Beach. Favourite Superhero characters The Hulk and Spiderman will feature across the harbour venues and rides on Fire Engine Fun with WA's vintage 1960's retired fire engine will provide lots of fun and excitement.



At Mews Park the Monique Fitzgerald Show Band will present three live high energy shows, bringing to the stage the popular music from the decades of the 60's to the 80's. The performances, featuring Monique with a cast of musicians, dancers and backing vocalists will bring a renewed high energy of songs such as 'Boogie Wonderland', 'I Will Survive', 'I'm Every Woman', 'Reach Out', 'Fame', 'Material Girl' and so many more hits that continue to be enjoyed by many generations!

The popular train rides as well as individual electronic children's rides will be at Bathers Beach. The WA Shipwrecks Museum will feature Fairy Sandy, one of Perth's most popular children's characters.

Premiering for the first time at Fremantle Fishing Boat Harbour will be a display by Social Corvettes of WA with over twenty stunning Corvettes! The Western Australian Pickleball Association will host exhibition matches highlighting Pickleball, the world's fastest growing sport.

### Event Details

Date and Time: Sunday 6 November 2022 from 11:00am to 3:30pm

Location: Fremantle Fishing Boat Harbour, Mews Road Fremantle WA 6160

To reserve a spot go to

[www.eventbrite.com/e/grandies-big-day-out-tickets](http://www.eventbrite.com/e/grandies-big-day-out-tickets)



## City of Fremantle 'Afternoon Tea Dance Celebrating Seniors Week 2022'

Dance the afternoon away. Enjoy a variety of dances, meet new people and listen to talented musicians. A delicious afternoon tea will also be served.

It will be enjoyable, fun and a chance to dance and meet new people. Even if you do not dance, go and enjoy the music. Light refreshments are available, and this is an accessible venue.

### Event details

Date and Time: Tuesday 8 November 2022 from 1:00 pm-3:30 pm AWST

Address: City of Fremantle Town Hall 8 William Street Fremantle, WA 6160

Cost: \$10

Tickets are available in person from the Customer Service counter, Walyalup Civic Centre or online at <https://www.eventbrite.com.au/e/afternoon-tea-dance-celebrating-seniors-week-in-fremantle-tickets-403815150987>

### For more information

T: 1300 MY FREO (1300 693 736)

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

Alternate formats available upon request. This is a wheelchair friendly event.





## Step up to dancing ‘It’s worth a twirl’

**Researchers have found that dancing can add zip to life. But did you know it also adds years?**

Seniors will tell you they love dancing because it puts a spring in their step and now studies have found dancing benefits the mind and the body.

The study followed a group of older people who took part in a one-hour-a-week dance class. At the end of the study, the researchers found that the benefits of dancing including, better posture, quicker reaction times, more agility, sharper minds and a better overall sense of well-being.



Dancing helped improve motor skills and balance, and there were no deleterious cardio-respiratory effects. It can also slow down the ageing process.

### Key points

- Studies show dancing for seniors has physical and mental benefits
- Experiment included older Australians learning to dance
- Dancing is like multitasking on steroids

Over 12 weeks, participants in the experiment spent four hours each week learning a routine that combined dance and sign language. The participants also took part in seven health-based assessments that measured their physical and cognitive abilities before and after the program.

**There was more good news to come.**

We slowly lose muscle mass from around the age of 35, a process that speeds up after 60. This can make our bodies weaker and more susceptible to fatigue, making it tougher to get our bodies moving. Also, the way we walk changes. While we may have been able to dart across the street in our youth, we tend to take shorter, slower steps as we get older, leading to unsteadiness.

**Staying fit and mentally sharp go hand in hand. There is truth in the adage use it or lose it.**

In many ways dancing is like multitasking. You are moving your body through space, remembering sequences of steps and coordinating with other dancers around you while staying in time with the music. Dancing is essentially a 360-degree musculoskeletal and neurological workout.

Researchers found that people with mood disorders who participated in a two-week tango instruction program experienced significant reductions in stress, depression, anxiety and insomnia.

### **Ways dancing is good for your health**

- Minimises symptoms of depression
- Improves strength and balance
- A few weeks of salsa dance classes can seriously increase strength and balance
- Reduces joint pain and stiffness
- Older adults who engaged in a 12-week, low-impact dance program decreased their pain medication by 39%, study participants could also move around more easily
- Protects your heart
- Unlike other types of cardiovascular exercise, dancing does not necessarily require specialised equipment or workout settings, making it more accessible
- Defends against dementia

### **Good for the heart**

Dancing is great for your heart. A 2016 study on more than 48,000 participants over 40 found that those who danced had a 46% lower risk of dying from heart disease than non-dancers. By the end of the experiment, all the participants saw improvements in their fitness, balance and agility.

Dancing can also help people with Parkinson's disease, which affects about one in 100 people over 65. People with Parkinson's disease often find it difficult to control their movements. But dancing to music can help them tap into parts of their brain that are not as affected by the disease.

Compared to other leisure activities, dancing offers the best chance of helping to stave off dementia. A 21-year study found ageing adults who danced regularly had a 76% reduced risk of developing dementia. Experts theorise that dancing benefits our brains by combining cardiovascular exercise with split-second decision-making. Fast decision-making taxes our neural network, forcing it to create new pathways.

### **The Next Step**

Experts said an effective way to begin is to consider the type of music you have always enjoyed and how much you want to move.

## Energy Consumers Australia ‘Plug-In’

Energy Consumers Australia (ECA) recently launched Plug In. Plug In is a new online resource that equips consumers to confidently take part in the energy transition, by providing them with practical information about how to buy, install and use new energy technologies.

Their [website](#) includes step-by-step guides on topics such as installing and maximising the benefits of home solar, how to choose a battery retailer, how to charge your electric vehicle and more. They have worked closely with *subject matter experts to make content that is accessible, credible and free of commercial influence.*

Buying and using new tech like solar panels, batteries and electric vehicles can feel daunting. What questions should you ask? Where can you turn if something goes wrong? Energy Consumers Australia will help you get started with independent, practical and clear advice.

Read, download and share factsheets about solar panels, batteries, electric vehicles, going off grid and more. These fact sheets include installing and using solar power, installing and using solar batteries, buying and using electric vehicles, going and being off-grid, virtual power plants and energy monitoring.

### To download Factsheets

W: <https://www.energytechguide.com.au/resources>

### For further information and support

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



## 'Why did Optus keep so much personal information about us for so long?'

### Why does a telco need to know so much about us? Why keep that info for so long?

After the data breach was disclosed, Optus CEO, Kelly Bayer Rosmarin, said the company was legally required to keep customer data from at least 2017.

In response to repeated media requests for additional information, the company said it was mindful of and complies with its obligations in line with the Telecommunications, Privacy and Corporations Acts.

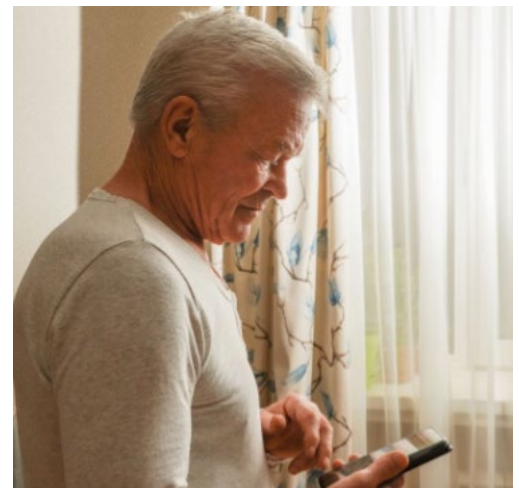
### Key points

- Optus said it must store data for six years
- Telcos are required to hold onto customer data for at least two years after an account is closed
- Calls for government to revisit our data storage rules

### Confusion about six years of data storage

Telecommunication regulation and privacy experts have tried to get to the bottom of how long data must legally be kept. However, there are data retention obligations telcos must adhere to.

When a customer buys a prepaid mobile service, companies must check the ID and verify that person is who they say they are. That's to prevent prepaid mobile telephones being used for criminal purposes and enable law enforcement agencies to identify the owners of phones.



That identity check can use a range of documents including driver licenses, passports and Medicare cards. Then under the Telecommunication Interception and Access Act, part of Australia's metadata laws, the company is also required to retain subscriber information for a minimum period of the life of the account plus two years after closure. That includes name and address information, as well as any other information for identification purposes and documents related to that subscriber.

These provisions could be interpreted as requiring companies to keep a record of the documents they used to verify the subscriber's identity, like a passport number.

A spokesperson said the Optus data breach was "an evolving situation". *"The Australian Communications and Media Authority (ACMA) requires further information from Optus to determine whether this data breach raises questions about compliance with telco-specific obligations," he said in a statement. "The ACMA will make public its determinations once made."*



## Storing data, and protecting it

While companies are required to keep some amount of data by law, they must also keep it safe.

Rob Nicholls, an associate professor of regulation and governance at UNSW Business School, said that under metadata retention rules, companies must keep what they're storing protected and encrypted. But there does tend "to be a conservative approach to deletion of data" in some companies.

***"Unless a good document retention program exists, there is a risk of keeping documents unnecessarily."***

## Australia's privacy rules also apply

Companies must take reasonable steps to destroy or de-identify personal information. They must do this once personal data is no longer needed or there is no legal obligation to hold it.

But whether the privacy regulator enforces this obligation is another question. The privacy regulator, the Office of the Australian Information Commissioner, has stated that its focus remained on supporting affected customers.

## The backlash to data retention rules

Following the Optus data breach, the federal government has been vocal about the lack of stiff penalties for companies found mishandling sensitive information about Australians.

Attorney-General, Mark Dreyfus, said there didn't seem to be a valid reason for companies performing ID checks to hold onto that information long-term.

*"The more data that is kept, the bigger the problem there is about keeping it safe", he said.*

**For further reading:** [ABC](#)



# Multilingual Australia 'Celebrating Grandparents' Contribution to Multilingualism'

Join Multilingual Australia for a morning to celebrate grandparents' contribution to maintaining heritage languages in new generations.

- Information Session
- Free morning tea
- Free info bag for all attendees!

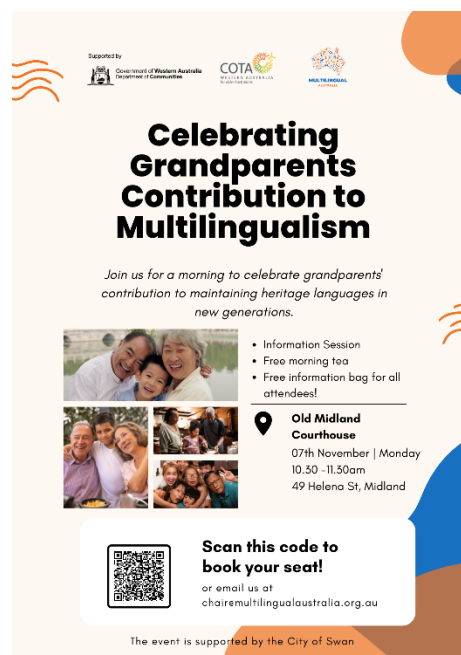
## Event Details

Date and Time: Monday 7 November 2022 from 10:30am-11:30am

Address: Old Midland Courthouse, 49 Helena St, Midland WA

To Reserve Tickets: <https://www.eventbrite.com.au/e/celebrating-grandparents-contribution-to-multilingualism-midland-tickets-418380095127>

Facebook Event: <https://fb.me/e/3Kn2mKMK5>



**Celebrating Grandparents Contribution to Multilingualism**

Join us for a morning to celebrate grandparents' contribution to maintaining heritage languages in new generations.

- Information Session
- Free morning tea
- Free information bag for all attendees!

**Old Midland Courthouse**  
07th November | Monday  
10.30 - 11.30am  
49 Helena St, Midland

**Scan this code to book your seat!**  
or email us at [chairem@multilingualaustralia.org.au](mailto:chairem@multilingualaustralia.org.au)

The event is supported by the City of Swan



The event is supported by the City of Swan and supported by COTA (WA) and the Department of Communities.



Supported by



Government of **Western Australia**  
Department of **Communities**

## Seniors Recreation Council of WA 'Have a Go Day, 30<sup>th</sup> Anniversary 9 November 2022'

Wednesday 9 November 2022 will be the 30<sup>th</sup> 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



The poster for the 'Have a Go Day' 30th Anniversary event is vibrant and informative. At the top left is the Seniors Recreation Council of WA Inc. logo. The main title 'Have a Go Day' is in large, colorful, bubbly letters, with 'A LiveLighter Event' underneath. The event details specify 'Wednesday 9th November 2022 9.00am to 3.00pm' in the beautiful grounds of Burswood Park. It highlights 'Free Activities and Information day for over 50's' and 'Celebrating 30 years in Burswood Park'. A green circular badge on the right says 'AGE IS FREE SENIORS EVENT NO BARRIER'. Contact information '08 9492 9773 www.srcwa.asn.au' is provided, along with details about free tea, coffee, and bottled water, and food vendors. At the bottom, a row of logos lists sponsors and supporters, including Burswood Park Board, Crown, Lotterywest, 7 News, Have a Go News, LiveLighter, Healthway, Government of Western Australia, GPR 882, Ingenia Gardens, Curtin, Phoenix, Kings, Classic Hire, and Scarboro Toyota. Two small photos on the right show people participating in the event.

**Seniors Recreation Council of WA Inc.**

# Have a Go Day

*A LiveLighter Event*

**Wednesday 9th November 2022 9.00am to 3.00pm**  
In the Beautiful Grounds of Burswood Park, Great Eastern Highway

**Free Activities and Information day for over 50's**  
**"Celebrating 30 years in Burswood Park"**

*Featuring Activities, Clubs/Groups, Seniors & Commercial Agencies*

**08 9492 9773 [www.srcwa.asn.au](http://www.srcwa.asn.au)**

Free tea, coffee & bottled water available all day.  
Food Vendors in attendance.

🚌 FREE Shuttle Bus Service Burswood Train Station 🚌 FREE Parking at Crown and Surrounding Carparks

**AGE IS FREE SENIORS EVENT NO BARRIER**

**SPONSORS**  
BURSWOOD PARK BOARD, CROWN, lotterywest supported, 7, Have a Go NEWS, LIVELIGHTER, healthway, GOVERNMENT OF WESTERN AUSTRALIA, GPR 882, Ingenia Gardens, Curtin, PHOENIX, KINGS, Classic Hire, Scarboro Toyota, TOYOTA



## 2022 WA Seniors Week Events 'Have a Go News Events Guide'

Have a Go News have again provided information and an event guide to celebrate 2022 WA Seniors Week. Their aim is to ensure that older Western Australians feel recognised and valued in the community with myriad activities to keep them active and engaged.

To download Have a Go News 2022 WA Seniors Week Events Guide

W: <https://www.haveagonews.com.au/paper/10-2022/SWEG2022digital.pdf>

To download the October 2022 Edition of Have a Go News

W: <https://www.haveagonews.com.au/paper/10-2022/SWEG2022digital.pdf>





## ‘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](mailto:dana@cotawa.org.au)

## Tuart Place 'Volunteer'

### Volunteering with Tuart Place

Looking to give back to the community in a meaningful way? Tuart Place relies on the skills and dedication of many volunteers to provide some of our most popular services to our community.

If you would like to help out at Tuart Place as a volunteer then we would love to hear from you!

From computer skills to crochet, Tuart Place are always on the look-out for volunteers in any of the following areas:

- Providing computer and IT assistance
- Hair and beauty treatments
- Recreation workshops: arts and crafts; music and singing; meditation and relaxation
- Chatting with participants during our drop-in sessions
- Assisting staff with the delivery of services in the office
- Housekeeping and lunchtime help

Maybe you have got a skill or interest you would like to share? Tuart Place would like to know about this interest! Go to their welcoming centre Monday, Wednesday or Thursday.

Please contact the friendly Tuart Place reception staff on 08 6140 2380 or freecall 1800 619 795 or via email [admin@tuartplace.org](mailto:admin@tuartplace.org)

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

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



**Tuart Place**  
Growing Strong Together

# Age Friendly City of Fremantle 'The Meeting Place'

## About Neighbour to Neighbour

The Meeting Place brings the community together through a range of unique courses, workshops, events and talks.

Come in and talk to our friendly staff, have a coffee in our kitchen, browse our community notice boards and share your passions, skills and interests.



### What's on at The Meeting Place?

The Meeting Place has joined forces with the wider City of Fremantle community to bring you a new program. 'What's On' is packed full of fun and exciting courses, workshops and talks at various locations throughout the City. City of Fremantle residents will have Fre-oh! delivered straight to your letterbox. Otherwise, the [program can be downloaded](#) or [viewed online](#). [Enrolments are open for the October-December 2022 term](#).

Please note: Programs capacities are currently very limited due to the COVID-19 situation and programs are booking out quickly. You can [read our enrolment information and refund policy online](#) or request it to be sent to you.

If you want to know more about how to run your own group as part of The Meeting Place program, please fill out the [Program Proposal Form](#) and send it to us via email to [meetingplace@fremantle.wa.gov.au](mailto:meetingplace@fremantle.wa.gov.au).

### Contact The Meeting Place

T: 08 9432 9676

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

W: <https://www.fremantle.wa.gov.au/meeting-place>

Address: 245 South Terrace, South Fremantle WA 6162

Opening Times: Monday-Friday, 9:00am-4:00pm

**Getting to The Meeting Place:** Catch the blue CAT bus - Fremantle - hop off at stop number 8 or 9.

**Parking:** There is street parking on all surrounding roads and limited off-street parking on Jenkin Street. Please check the signs for time restrictions.

**ACROD Parking:** 1 spot on Jenkin Street beside the Meeting Place and 1 spot beside the Copper Chimney restaurant on Jenkin Street across the road from the centre.

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



# City of Cockburn ‘Cockburn Health and Community Facility’

## Cockburn Health and Community Facility

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



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

**To view the range of allied private medical and health providers:**

<https://cihcf.mybuildings.com/core/retail/StoreDirectory/storesearch.aspx>

**For further information about the Cockburn Health and Community Facility**

T: 08 9494 3700

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

W: <https://www.cockburn.wa.gov.au/Community-and-Business/Health-and-Wellbeing/Cockburn-Health-and-Community-Facility>

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





## Rise Network 'Because a home is more than just bricks and mortar'

At Rise, they believe having a decent home is a human right. You deserve to feel safe and secure in a place you can call home.



If you are dealing with a mental health issue or have a disability, Rise may be able to help you.

Rise also provides crisis shelter for young women leaving domestic violence.

Because having a home is life changing.

### For more Information

T: 08 6274 3700

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

W: <https://www.rise.org.au/rise-services/housing>

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



## **Umbrella Multicultural Community Care 'Aged Care for ALL, under one Umbrella'**

Umbrella Inc. delivers innovative and culturally tailored aged care services to more than 1000 seniors from 67 different countries. They are funded by the government to deliver quality home care services to seniors in the community.



Led by Anna Harrison in 2000, a group of dedicated people from diverse ethnic backgrounds started creating an independent, community-based organisation to support ethnically diverse seniors in Western Australia.

The challenge was simple, to create linguistically, culturally and LGBTI+ inclusive services that made everyone feel welcome, safe and heard. Umbrella Inc. delivers the Commonwealth Home Support Program (CHSP), Home Care Packages (HCP) and Community Visitors Scheme (CVS) to over 1000 clients from 67 different countries including seniors from LGBTI backgrounds.

Umbrella Inc. is also part of the Carers Gateway services, Village Hub program and the new Encompass Multicultural Connector program. The programs are government-funded and have been designed to keep individuals connected to their community while living independently and on their own terms.

Umbrella thrives in providing specialised and tailored care by matching bilingual carers and volunteers to diverse clients. The Umbrella team of carers and volunteers work closely with clients by bonding over lingual and cultural similarities and providing them with autonomy over their Golden Years. With two decades of experience under the belt, Umbrella Inc. is part of knowledge sharing networks that make tomorrow more colourful for everyone.



### **To Contact Umbrella Multicultural Aged Care**

Umbrella Multicultural Community Care, 39 Abernethy Road, Belmont 6104

T: 08 9275 4411

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

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

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

## Men's Sheds WA 'Chaplain Richard McAllister'

It's important that Men's Sheds of WA provides a safe, welcoming space for all men in the community.

The Men's Sheds of WA Chaplain focuses on building positive relationships within Sheds, allowing them to better support each other and the local community.

Their Chaplain includes and respects all beliefs, all services provided by the Chaplain are non-discriminatory and available to Shed members of all beliefs. Discussions with the Chaplain are confidential.

The Men's Sheds of WA are fortunate to have the experience and compassion of **Richard McAllister** as their Chaplain. Richard is a great addition to your next Shed event, he can provide practical advice to your members and speak on wellbeing and health issues at your sundowners, morning teas etc. He is also available to conduct workshops or seminars on topics like bereavement.



**Richard supports Men's Sheds by:**

- Advising and consulting with Sheds and individual shedders on men's physical, mental and spiritual wellbeing
- Providing pastoral care for members
- Linking members with appropriate support services and agencies
- Supporting wellbeing and health officers in Sheds



### **Richard can help members of your Shed with:**

- Mentoring and friendly support
- Pastoral counselling for spiritual, religious and personal issues
- Maintaining social connections and wellbeing during covid-19 restrictions

Richard has worked to offer support to all Shed members in times of need or crisis. This includes assisting individuals who are isolated, hurting or experiencing difficult times including family breakdown, illness, confusion, grief or pain.

### **To contact the Men's Sheds WA Chaplain**

T: 08 6381 5324

E: [chaplain@mensshedswa.org.au](mailto:chaplain@mensshedswa.org.au)

W: <https://mensshedswa.org.au/chaplain/>

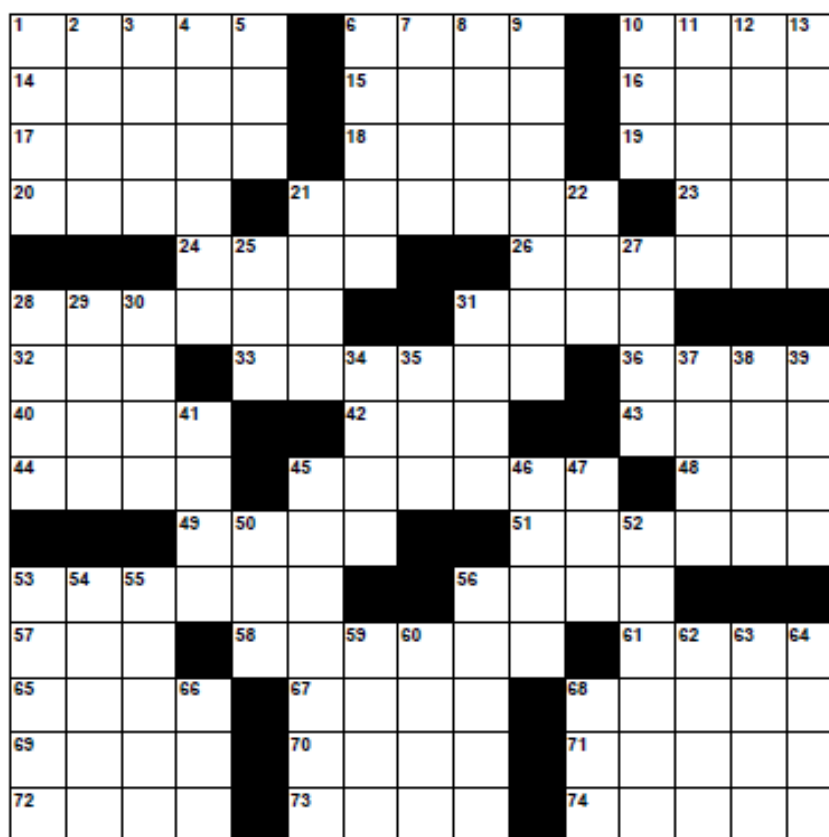




# 'CROSSWORD' Puzzle

\*Answers to crossword available at the end of newsletter at Page 48.

## NOVEMBER



By Evelyn Johnson - www.qets.com

### ACROSS

- 1 Gravy
- 6 Dog food brand
- 10 Light source
- 14 Fable writer
- 15 Vault
- 16 Seaweed substance
- 17 Australian bear
- 18 Dress decoration
- 19 Nude
- 20 Information
- 21 Counterfeiters
- 23 Pastry
- 24 Man who built the arc
- 26 Sea between Turkey and Greece
- 28 Mythical deities
- 31 Sun
- 32 North by east
- 33 Hydrocarbon
- 36 Dueling sword
- 40 Do what you're told
- 42 United States
- 43 Sweet potatoes
- 44 Grow smaller
- 45 Salt's opposite
- 48 Drink slowly

### DOWN

- 49 Eager
- 51 Framework
- 53 Fine fiber
- 56 Hawkeye State
- 57 Self-esteem
- 58 A way out
- 61 Cast off
- 65 Astringent
- 67 Stagger
- 68 Utilization
- 69 Fly alone
- 70 Doing nothing
- 71 Charming tomboy
- 72 Has toed
- 73 Green seedless plant
- 74 Brazen woman

### DOWN

- 1 Rice wine
- 2 Long time
- 3 U.S. Air Force
- 4 New territory dwellers
- 5 Environmental protection agency (abbr)
- 6 God of Islam
- 7 Tell a secret
- 8 Walk back and forth
- 9 Run
- 10 Scientist's office
- 11 Open mouthed
- 12 Santa \_\_\_
- 13 Clean feathers
- 21 Nimble
- 22 Ocean
- 25 Unrefined metal
- 27 Shade of black
- 28 Winter precipitation
- 29 Syrian bishop
- 30 Adolescent
- 31 Breaking sound
- 34 Colored
- 35 Poisonous snake
- 37 Bygone
- 38 Ruler

### DOWN

- 39 Spot
- 41 Time period
- 45 Puritan
- 46 Freudian selves
- 47 Uncooked
- 50 Contend
- 52 Capital of the Bahamas
- 53 Large meal
- 54 Ice house
- 55 Greek government
- 56 Islands
- 59 Make over
- 60 Snaky fish
- 62 Pork servings
- 63 Organizational backing (alternate spelling)
- 64 Say its not true
- 66 Modern
- 68 Expression

## Events + Activities

### 'Alice Dale; Novelist at 90!'

Join beloved ex ABC presenter turned celebrant Verity James 'In conversation with Alice Dale; Novelist at 90' in Leederville.

Or, come to the Hills for an afternoon of arts as Actor and Storyteller, Sarah McNeill hosts 'In Conversation with Alice Dale', in the Hills of Kalamunda, then pop next door to the art exhibition or into the cafe for a cup of tea.

Enjoy a free afternoon of stories celebrating a little known living legend, tucked away in the Hills of Western Australia, as she launches her debut novel *Ae Fond Kiss*. Book now online at [alicedale.com.au](http://alicedale.com.au)

From her beginnings as an actress in Scotland and Canada to writing and performing on the stages and screens in locally produced productions via Nairobi, Kenya,, Alice Dale has made a career change to become a novelist at 90.



At 89, Alice dived into her study drawer and found some scratchings of a story she had started many years before. The story is about a young pilot with PTSD who was shot down during WW2, and the impact this had on him and others around him, especially his mother who became an important feature. Alice suddenly saw the story's potential as a novel.

At 92 she has now self-published three very different novels:

*Ae Fond Kiss*: A historical WW2 feel good story with themes of PTSD, rehabilitation and about love in all its forms.

*His Final Performance*: A theatrical murder mystery about love, hate hypocrisy and murder

*Double Diagnosis*: A Psychological thriller, themes of depression, amnesia, the argument for and against abortion and whether any one of these is connected to two murders.

To book go to: <https://www.alicedale.com.au/> for the free session closest to you or watch online via Zoom

Discounted books will be available at both events.

Disability parking and toilet access and close public transport is available at both venues.

## Session Details

The Hills and Zoom Session	The City
When: Monday 7 November 2022 Time: 2:30pm-4:00pm (WST)	When: Thursday 10 November 2022 Time: 2:30pm-4:00pm (WST)
Where: Zig Zag Cultural Centre (Seminar Room)	Where: Royal Park Hall (Corner Charles and Vincent Street)

## Additional Information about Alice in Perth

You may have seen Alice Dale on screen if you ever watched the ABC series Lockie Leonard or watched the film Thunderstruck. Perhaps you went to the Civic Theatre Restaurant in Perth or The Old Time Music Hall or enjoyed a live play or musical at the old Playhouse Theatre or saw My Fair Lady at His Majesty's? If you did, then you saw Alice.

Many Western Australians would know the famous Max Kay but not his partner in comedy writing and comedic performance Alice Dale. Co-founder and original scriptwriter, Alice started The Civic Theatre with Max and played everything from original characters like the elderly Maggie to well known hilarious send ups, like Anna from the King and I to her Professor Higgins, looking more like Ronnie Corbett, in the Five Past 9 shows.

Many young people, including a now well known actress, learned grammar and drama in Alice's classes during the day. Alice also revelled in teaching Shakespeare while she worked as a drama and English teacher at Santa Maria Girls' School.

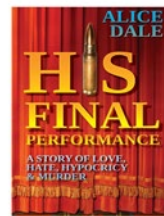
Like all of us, life's challenges and joys have been many for this nonagenarian who decided after writing and directing plays she would slow down a little and start writing novels...at 90!

Come along for a lovely afternoon of listening to a life continuing to be well lived. Who knows what you might be inspired to re-start or discover!

## To get in touch

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

W: <https://www.alicedale.com.au/contact>



## **‘An Enchanted Evening with Rodgers & Hammerstein’**

**Get whisked away with the great songs from the great musicals that was Rodgers & Hammerstein!**

From the tall mountains of - The Sound of Music - travelling down to the smooth seas of the - South Pacific - our two leading ladies, Emily Honey & Katie Green, two leading men, Jay Weston & John Rex Berry, von Trapp children and vocal chorus with Daniel Masmanian on grand piano and the Dolce String Ensemble will take you through a musical journey that is all in between!

Sit back and enjoy Carousel’s – ‘You’ll Never Walk Alone,’ The King & I’s – ‘Getting To Know You,’ Oklahoma’s – ‘Oh’ What A Beautiful Morning,’ South Pacific’s – ‘An Enchanted Evening’ and of course, the wonderful songs from The Sound of Music and more!

Dates: Friday 11 November 2022 - Sunday 13 November 2022 (UTC+08)

Time: 7:30pm to 9:30pm

Location: Quarry Ampitheatre 1 Waldron Drive, City Beach Western Australia 6015

For more information: <https://www.trybooking.com/events/landing?eid=921423&>

**Cost: Senior includes 1 Concession Card Holder - please note Concession Card may be requested at entry \$59.95**





## 2022 Palliative Care Summit 'Doing Death Differently'

2022 Palliative Care Summit for Western Australia - Doing Death Differently - Consumers, carers, clinicians and community working together.

### About this event

Doing Death Differently is the theme of the 2022 Palliative Care Summit for Western Australia.

This event will bring together palliative care, aged care and community service professionals, researchers, volunteers, policy makers, students, carers and community members to discuss future priorities for quality palliative care in WA.



### The objectives of the summit are to:

- Provide an opportunity for clinicians, service providers and the community to interact with political and service leaders to discuss future priorities for quality palliative care in WA
- Present international, national and local evidence and experience to inform the delivery of quality palliative care in WA
- Embed the voice of lived experience
- Champion the role of carers, families, aged care providers and community, including the compassionate community approach, in the delivery of quality palliative care in WA
- Present emerging new ideas and service innovation within the palliative care sector
- Provide an opportunity for attendees to be actively engaged in personal reflections and conversations about dying, death, grief and loss

### Event Details

Date and Time: Thursday 24 November 2022 7:00am-3:15pm AWST

Location: Optus Stadium 333 Victoria Park Drive Burswood, WA 6100

### To Register and for further information

W: <https://www.eventbrite.com.au/e/2022-palliative-care-summit-doing-death-differently-tickets-414524262227>



## DoComeMonday: The Business of Ageing ‘The-Best 30 Years’

DoComeMonday Group (DCM) can now show you the first episode of their new TV series, ‘The Best 30 Years’, a guide for regular Australians on the ageing journey and the options available to them.

The DCM Group have created a 5-part TV series ‘The Best 30 Years’ as their contribution to ageing Australians and their families, as well as operators of the major ageing services: land lease communities, retirement villages, home care and residential care. The first episode went to air nationally on Saturday 22 October 2022 on 9GEM.

They engaged Gretel Killeen to lead the concept development through to final production from their briefing material and communication strategies. (Most people know Gretel as the bestselling author, host of award winning TV series and for her award winning comedy writing.)



### Episode 1: The Ageing Journey

This episode sets up the ageing journey and presents the fact that planning your journey will result in far better outcomes.

You can watch Episode 1 at: <https://www.thebest30years.com.au/> or live on [9NOW here](#)

### Episodes 2-5: the services available explained

The discussion will be what accommodation and services exist to support you to achieve your best 30 years as follows:

- **Episode 2: Land Lease Communities**
- **Episode 3: Retirement Villages**
- **Episode 4: Home Care/Assisted Living**
- **Episode 5: Residential Aged Care**

‘The Best 30 Years’ will be forever findable on the digital [villages.com.au](https://www.villages.com.au) and [agedcare101.com.au](https://www.agedcare101.com.au)



## 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:

- 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](mailto: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.

## Support Information

### Dementia Australia 'Free app to support Brain Health and Early Dementia Diagnosis'

#### Free app to support brain health and early dementia diagnosis.

Dementia Australia has launched a free mobile app, **BrainTrack** that helps people to privately monitor and better understand suspected changes in their cognition over time.

If users have concerns, they can then share the results with their GP and use it as a conversation starter to support an earlier dementia diagnosis.

Dementia Australia CEO, Maree McCabe AM said **BrainTrack** helps individuals explore common cognitive concerns and provides brain health information through fun, travel-themed games that have been adapted from validated cognitive testing.

**BrainTrack** was developed with the Applied Artificial Intelligence Institute (A<sup>2</sup>I<sup>2</sup>), Deakin University and funded by the Australian Government.



**Digital  
Literacy  
Foundation**

- Free Tech Sessions
- iPads and Internet
- Volunteer with Us



Visit [dlf.org.au](http://dlf.org.au) or call 02 9090 4141

**BrainTrack** is a free app that helps you monitor and understand changes in cognition over time, which you can use to start a conversation with your GP. The app will help you explore this common concern, providing brain health information through fun, travel-themed games that test your cognition. The resulting conversation and monitoring may lead to an earlier diagnosis of dementia.

**BrainTrack** is available for download for free through the Apple App Store or Google Play.

#### For more information

T: 1800 100 500

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

W: <https://www.dementia.org.au/braintrack-app>

#### 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](mailto:helpline.nat@dementia.org.au)





## 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](http://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](mailto:acp@health.wa.gov.au) or visit [healthywa.wa.gov.au/AdvanceCarePlanning](http://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](http://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](http://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](http://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](http://healthywa.wa.gov.au/AdvanceHealthDirectives)



# Australian Cybersecurity Centre 'Have you been hacked?'

## Have you been hacked?

Find out what to do if you think you are the victim of a cybercrime.

## Top 3 things to Protect Yourself

### 1. Update your devices to protect important information.

#### Why should you update your device?

Cybercriminals, malicious programs and computer viruses are always looking for ways into your devices. One of the most common ways they do this is through exploiting weakness in software, also known as vulnerabilities. Much like a thief attempting to break into a home, cybercriminals will always look for the easiest way in. When your software is not up to date, it is like leaving a window unlocked.

#### What can you do?

By always updating software, you are essentially plugging any gaps the cybercriminals might try and get in through. Luckily, software developers are constantly releasing updates for their products, to fix any security concerns and improve functionality. Most software will ask you to update when a new version is released, and you should always do this when prompted.

#### How do I remember to update?

Cybercriminals never stop looking for vulnerabilities, so you need to continually download the latest version of software to your devices. The easiest way to stay on top is by turning on or confirming automatic updates where possible. An automatic update is a 'set and forget' feature that updates your software as soon as it becomes available. This way you can relax knowing you're always using the most secure version.

#### For more information

W: <https://www.cyber.gov.au/updates>

### 2. Protect your accounts with Multi-factor Authentication

#### What is it?

Multi-factor Authentication (MFA) is a security measure that requires two or more proofs of identity to grant you access.

## How does it work?

**Multi-factor Authentication** typically requires a combination of something the user knows (pin, secret question), something you have (card, token) or something you are (fingerprint or other biometric). Businesses as well as individuals should implement Multi-factor Authentication (MFA) wherever possible. Some Multi-factor Authentication (MFA) options include, but are not limited to a physical token, random pin, biometrics/fingerprint, authenticator app, email and SMS.

## Why?

Multi-factor Authentication (MFA) offers significantly more powerful security and protection against criminals. They might manage to steal one proof of identity such as your PIN, but they still need to obtain and use the other proofs of identity to access your account.

## For further information

W: <https://www.cyber.gov.au/mfa>

## 3. Back-up data regularly to the cloud or an external hard drive

Our devices are home to all of our important data. But if that device is damaged, lost or destroyed, your data may be lost. Whether it is hardware failure, theft, natural disaster or your device being infected with a virus, recovering data can be expensive or impossible. That is why it is so important to regularly back-up data.

**A backup is a digital copy of your important data, such as photos, documents, and financial records. If your data is lost, you can use your backup to restore it.** You can store backups using the cloud (which is like storing the data on the internet) or on physical media (such as external hard drives). The data you back up should be determined by how important it is to you and the impact it would have if it was lost. There are some guiding principles and tips to backing up your data to make sure it is secure, up-to-date and available when you need it via the link below.

## For further information

W: <https://www.cyber.gov.au/backups>

## 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

## ‘WA Health + HealthyWA update: ‘Mandatory isolation removed, safer cruising, and clinic updates’

### COVID-19 changes

It is no longer mandatory to isolate if you have COVID-19. Follow WA Health advice to look after yourself and protect others:

- **Stay at home** if you have COVID-like symptoms and avoid close contact with people who are at higher risk of serious illness from COVID-19
- **Take a rapid antigen test (RAT)** if you have COVID-like symptoms and [register positive test results online](#) or phone 13 COVID (13 26 843)
- **Pack a mask** they are still required in healthcare and high-risk settings and are a good idea in crowded places where you can't physically distance
- **Do not visit high-risk settings** such as hospitals, aged and disability care facilities for 7 days after testing positive for COVID-19
- **Avoid having visitors to your home** while you are unwell or have symptoms

### Safer Cruising

Updated [guidance for the cruise ship sector](#) is designed to protect passengers, crew and the WA community from the risk of COVID-19.

#### Key guidance for passengers includes:

- All passengers aged 12 years and older must have had at least two doses of a TGA-approved or recognised COVID-19 vaccine (or one dose of the Janssen vaccine).
- Mask wearing is recommended in certain settings, such as in public indoor spaces, crowded outdoor spaces, and while embarking and disembarking.
- Passengers must return a negative COVID-19 test before boarding a cruise ship (either a PCR within 48 hours before boarding or a rapid antigen test within 24 hours before boarding).
- Passengers and crew who test positive for COVID-19 must isolate for at least 5 full days from the date of their positive test.

If you have underlying health issues and are thinking about booking a cruise, consult your GP to discuss the health risks involved with cruising and make plans to care for your health while on board.

Learn more about safer travel at [HealthyWA](#)

### COVID vaccination clinics are closing

WA's State-run COVID vaccination clinics will close by early November 2022.

## Clinic closing dates are:

- **Joondalup:** closing 27 October 2022
- **Midland:** closing 29 October 2022
- **Mirrabeeka:** closing 6 November 2022
- **Kwinana:** closing 6 November 2022

COVID vaccination is available at participating GPs and pharmacies and pop-up clinics. Visit [Roll up for WA](#) or [VaccinateWA](#) for more information.

## COVID Testing Clinic Closures

The following public COVID-19 testing clinics will close soon:

- **Rockingham General Hospital public drive-through:** closing 4pm Friday 21 October 2022
- **Royal Perth Hospital walk-in clinic:** closing 4pm Friday 28 October 2022
- **Broome Health Campus clinic:** closing 4pm Friday 28 October 2022
- **Bunbury Health Campus clinic:** closing 4pm Friday 28 October 2022

Clinic closures reflect reduced demand for PCR COVID testing and the availability of rapid antigen tests (RATs).

COVID-19 PCR testing is available at clinics across metropolitan and regional WA with GP referrals needed for testing at private clinics. To find a COVID-19 testing clinic near you visit: [COVID-19 testing \(healthywa.wa.gov.au\)](https://healthywa.wa.gov.au) Following an agreement at National Cabinet, mandatory COVID-19 isolation rules have ended.

**Anyone who is COVID-19 positive or experiencing symptoms is strongly encouraged to stay home until they have recovered.**



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

## 'WA Government COVID-19 update: Mandatory COVID-19 Isolation Removed'

### 5-Day Isolation

Following an agreement at National Cabinet, mandatory COVID-19 isolation rules have ended.

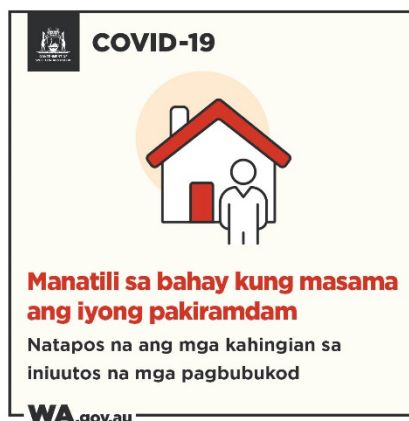
Anyone who is COVID-19 positive or experiencing symptoms is strongly encouraged to stay home until they have recovered.

### High-risk settings

COVID-19 positive cases or close contacts cannot visit public hospitals for 7 days after returning a positive test or becoming a close contact.

Other rules may apply to high-risk settings, including private hospitals, aged care and disability care facilities.

Each facility is able to determine their own isolation requirements, so speak to the relevant facility for more information.





## Working from home

Workplaces are encouraged to consider work from home arrangements for COVID-19 positive cases or workers experiencing symptoms, where possible.

## Close contacts

[Close contacts](#) cannot visit public hospitals for 7 days after becoming a close contact.

### They do not need to isolate, but close contacts should:

- Notify their employer or educational institution that they are a close contact
- Monitor for COVID-like symptoms and test for COVID-19 as soon as they can after developing symptoms
- Stay home if they have symptoms, even if the test result is negative, to protect others from infection.
- Wear a mask when indoors and on public transport



## COVID-19 testing

All Western Australians should [test for COVID-19](#) if experiencing any symptoms and stay home until they have recovered.

The [WA Free RAT Program](#) continues to provide quick and effective COVID-19 tests to the community.

Free RATs are available at drive-through collection points, vaccination clinics, offices of Members of Parliament, regional testing clinics and pop-ups at train stations and shopping centres.

## Stay safe

It is important to continue [healthy hygiene habits](#), including:

- Washing or sanitising hands regularly
- Wearing masks if required, if unwell or if in crowded indoor spaces where you cannot physically distance
- Testing for COVID-19 if experiencing symptoms and staying home until symptoms resolve
- Staying up to date with vaccinations

## Further Information

W: [WA.gov.au has more detailed information.](#)



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

# NOVEMBER

Solution:

1	S	2	A	3	U	4	C	5	E		6	A	7	L	8	P	9	O		10	L	11	A	12	M	13	P
14	A	E	S	O	P					15	L	E	A	P						16	A	G	A	R			
17	K	O	A	L	A					18	L	A	C	E						19	B	A	R	E			
20	I	N	F	O						21	F	A	K	E	R	22	S			23	P	I	E				
				24	N	25	O	A	H						26	A	E	27	G	E	A	N					
28	S	29	A	30	T	Y	R	S					31	S	T	A	R										
32	N	B	E						33	E	T	H	A	N	E				36	E	37	P	38	E	39	E	
40	O	B	E	41	Y					42	U	S	A						43	Y	A	M	S				
44	W	A	N	E						45	P	E	P	P	46	E	47	R			48	S	I	P			
					49	A	50	V	I	D					51	G	A	52	N	T	R	Y					
53	F	54	I	55	B	R	I	L						56	I	O	W	A									
57	E	G	O						58	E	G	59	R	E	S	S			61	S	62	H	63	E	64	D	
65	A	L	U	66	M				67	R	E	E	L					68	U	S	A	G	E				
69	S	O	L	O					70	I	D	L	E					71	G	A	M	I	N				
72	T	O	E	D					73	M	O	S	S					74	H	U	S	S	Y				

### COPY AUTHORIZATION BY THE AUTHOR

You may make unlimited copies of this original large print standard crossword puzzle for personal, senior center, medical facility, or classroom use. Visit [www.qeta.com](http://www.qeta.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  
December + January  
COTA Connections Newsletter.

Want to share your story?

Maximum 250 Words + Photographs or Images

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

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



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

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

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

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

Council on the Ageing Western Australia

P.O. Box 923

Victoria Park WA 6979

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

W: [www.cotawa.org.au](http://www.cotawa.org.au)

T: (08) 9472 0104

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

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

Share events and updates with our 3000+ subscribers

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