



COTA Connections

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

JANUARY 2023

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

How did you start the new year? Did you make a resolution? According to the internet the most common New Year's Resolutions are - exercise more; eat healthier; lose weight; save more money and spend more time with family and friends. It all sounds simple enough but only 9% of people actually keep their resolution, with 43% expecting to fail before February. Which group do you fall into: the 9% or the 43%?



We are pleased to share with you the video of the WA Seniors Awards ceremony which was held at ANZAC House in November. You will find the link and more information in this newsletter.

Our most popular seniors guide to date is the Goodbye Guide. I always say that everyone needs a Goodbye Guide, regardless of age. This guide is a checklist to what everyone should have in place in the event of a crisis and most importantly identifying where all your documents are located, whether its your will, your passwords for facebook or other social media accounts or even your wishes for a beloved pet. We received so many positive comments from people as well as those who lament about how the guide could have saved them a lot of time and heartache if their departed loved one had a copy. In fact, such is popularity of the guide that from February 2023 it will be available (in both hard copy and digital version on our website) in five additional languages; Greek, Italian, Vietnamese, Polish and Simplified Chinese.

From December 2022 a Star Rating System was introduced to all residential aged care services across Australia, with aged care homes receiving a Star Rating for Compliance, Quality Measures, Residents' Experience and Staffing. The ratings for each subcategory make up the home's overall Star Rating. This system was implemented to assist consumers to make an informed choice when deciding on an aged care home. We have included more information for you in this edition.

And finally, wouldn't it be wonderful to set sail on the cruise of a lifetime ? Our Chief Policy Officer, Chris Jeffery and his wife were fortunate enough to do just that, only things took an unexpected turn. He has shared his adventure with us in this month's newsletter.

Happy New Year and good luck with sticking to your resolutions.

Christine Allen, CEO

‘Welcome to Birak, the Season of the Young’

Welcoming the Season. Birak (roughly December to January) is known as the season of the young. With this warm and drying weather, it is also known as the First Summer.

It is the time of year when the rains ease up and the weather really starts to warm up. This time is characterised by clockwork wind patterns, warm easterly winds in the morning and cool westerly sea breezes in the evening.

The Moodjar flowers in bloom are a key sign that Birak is here. As the landscape becomes coloured with reds and oranges, it is a time of year for celebration and gathering. The start of the season is dictated by what is happening around us rather than by dates on a calendar, with Birak starting earlier than usual this year.

Pictured below are the flowers of the Moodjar tree also known as the Western Australian Christmas Tree.



Video available of the '2022 WA Seniors Awards Presentation'

The COTA (WA) video of the '2022 WA Seniors Awards Presentation' is available via the link below.

COTA (WA) YouTube Channel: <https://www.youtube.com/watch?v=h8LtCHOM990>



Congratulations again to the Recipients of the 2022 WA Seniors Awards

JUDY JOUKADOR: WA SENIORS ADVOCATE OF THE YEAR

DELYSE WARD: WA SENIOR OF THE YEAR – METROPOLITAN

BERNIE DALY: WA SENIOR OF THE YEAR – REGIONAL

UNICARE HEALTH: WA AGE FRIENDLY BUSINESS AWARD

THE CITY OF COCKBURN: WA AGE FRIENDLY LOCAL GOVERNMENT AWARD



Chris Jeffery, Chief Policy Officer 'Cruising COVID Style Without the Need for Money'

If you insist on getting COVID, I strongly suggest you book a luxury cruise, stay in Athens for a couple of days beforehand (where you are almost sure to pick it up and, as an added bonus to your holiday, getting pick-pocketed and relieved of your wallet) and then set sail. But more about this later.

My wife and I (right) were attracted to this cruise, departing Athens, and then sailing around some Greek Islands before heading towards Dubai (our port of disembarkation) via the Suez Canal, the Aegean Sea and many ports in Turkey, Israel and Jordan. The key attraction was the fact that there were many ports of call with interesting, planned excursions, especially Petra in Jordan. It did not detract from the trip that it was all-inclusive: 24-hour drinks if you wanted them, several dining alternatives and no tipping (very important for Australians). **Evening Concert in Ephesus, Greece (right)**



Everything was going according to plan: good flights from Perth, great hotel in Athens in the middle of old town, close to all the key sites and active pickpockets and discovering that being relieved of your wallet containing all your credit cards and cash by a local good Samaritan was all part of a grand plan. After all, as clearly understood by the locals, you do not really need money in a strange city, and besides, it was clear to them that my wife would provide for me (was she a tad cleverer in keeping her bag firmly held close to her?) and then a great few days cruising around the Greek Islands. Then it happened: a sore back, hay-fever-like symptoms and blocked sinuses. This is a bit odd, I thought, as although I do get hay fever, there did not seem to be anything around to bring it on. Better do a RAT test, just in case, I managed to think (in between the odd bubbly and gin and tonic).

The rest is history, as they say: the cruise-boat medics took over from that point, confined me to my cabin with no access by any staff or anyone else, with daily testing from PPE-clad nurses and their occasional not-entirely- sympathetic murmur. My wife lasted about two more days before she, too, succumbed.

And there, in our cabin, we stayed for the next 6 days (me for 8). It was acute, first-world hardship: the pick of all the restaurants for our food (not just the limited room-service menu), any drinks we wanted (pity COVID rather blunts the attraction of the aforesaid bubbly and G & Ts) and access via the closed-circuit large screen TV to all the interesting talks about the Middle East provided by the on-board academics. Oh, and a great variety of films and TV shows (including the ABC news channel).

Early on in this time, we managed very successfully to supervise the (now-patented) telephone-training of how to make superb flat-whites: a lasting legacy for future Australian travellers on this boat.

To the right, is a glimpse of the sub-standard presentation of one of our breakfasts which, I almost forgot to mention, could be eaten on our own private balcony. I won't go into detail about lunches and dinners: fancy a filet mignon? a lamb rump? Beautifully cooked fish or perhaps something simple like a chicken Caesar salad?



Needless to say, the privations came to an end and we were forced to join the real world of actually walking around, working out which restaurant to go to (pool side, deck- side or inside), where to have a pre-lunch or dinner drink, getting up early to join an excursion, or deciding which nook or cranny with an amazing view was best suited for an hour or two's reading. Oh, the problems of being COVID-free!



I can assure you that all hardships do come to an end. After docking in Dubai, we spent a couple of days having a look at these man-made monuments to excess. Everything is the biggest: the malls, the buildings, the man-made islands and even the fountains. A couple of pictures only hint at the sheer size of everything. It is all overwhelming and we were not sorry to be on our way home.

There was one up-side to missing out on our trip to Petra: we will just have to go back one day!

Picture of Dubai buildings from the Burj Khalifa (the tallest building in the world) - left

Picture of the biggest fountain in the world outside the biggest mall in the world (the Dubai mall) - right



Country Women's Association of WA features 'Savoury Impossible Pie'

Pie that is always possible!

Recipe provided by Michelle Parker, Narrogin CWA Branch.

Not a quiche, not an omelette. It's a savoury impossible pie!

Home grown Silver Beet with a few eggs, a bit of flour, a mushroom or two and some salami or bacon strips make for a delicious and nutritious snack or meal. It is a quick, cheap and easy recipe and is perfect because you can use up leftovers of your choice and serve as a light alternative.

Impossible pie gets its name not from being difficult, but from being super easy to make by creating its own 'pastry' crust through the cooking process. The original pie was a sweet dessert and was called 'impossible' because the ingredients separated into three layers while baking. The heavy flour would sink to the bottom of the dish to form a



pastry; the light coconut floated to the top to make a crust or topping; and the egg and milk stayed in the middle making a velvety custard. (You can find recipes for this sweet version on the Internet).

This savoury version, which I have been making for over 30 years, has a lovely crispy top and is gobbled up quickly by kids and adults alike. Wishing you all a very happy New Year and enjoy the cooking and eating.

Ingredients

- 3 eggs
- 1 ½ cups milk (for a heavier texture, use half cream)
- 1 tablespoon butter (melted - this can be done easily in a cup in the microwave)
- 3 rashers of bacon (in this picture, I used 5 x salami pre-cut slices, cut into strips)
- 1 medium onion, peeled and diced
- ½ cup self-raising flour
- 1 teaspoon of freshly ground pepper
- 1 cup of grated cheese

- 2-3 cups of chopped Silver Beet; English spinach can be used, or chard
- 1 cup of chopped mushrooms

*Note: Zucchini can be added in too or used instead of the Silver Beet. Have fun and substitute the meat content with ham or even cooked chicken.

Vegetarian option: just add more mushrooms! Change the taste of the cheese by using half fetta. Nothing is 'wrong' in this recipe!

Method

1. Preheat oven to 200 degrees Celsius.
2. Mix all dry ingredients together.
3. Mix all wet ingredients together.
4. Combine wet ingredients into the dry ingredients. Ensure that this is mixed well with even distribution of cheese, flour, etc.
5. Lightly grease the pan with melted butter.
6. Bake 40-50 minutes in a square dish for easy cutting of serves.
7. Allow to cool slightly then cut and enjoy!

**Note: this can be enjoyed hot with a side salad, etc. or cold in the lunchbox for morning tea.



**Country Women's
Association of WA**
— Est. 1924 —

WA Police 'Safe & Found initiative recognised with IPAA award'

We are delighted to announce that Safe & Found, an initiative of the Western Australia Police Force and the MedicAlert Foundation was just awarded the Moore Award (WA) 2022 for Best Practice in Collaboration Between Government and any other Organisation by the Institute of Public Administration Australia WA.

The Moore Award (WA) 2022 illustrates and acknowledges the vision and co-operation it takes to launch a community safety initiative, such as Safe & Found, successfully.

Western Australia Police and the MedicAlert Foundation have worked together to address the

challenge of the rapidly increasing numbers of West Australians at risk of becoming lost or reported as missing due to dementia, autism or a cognitive impairment. With hundreds of members registered and over 50 successful searches since launch in August 2021, Safe & Found has proven a valuable addition to the West Australian community.

With new opportunities under development for the Safe & Found initiative, MedicAlert is partnering with more organisations across multiple industries in 2023, and beyond, to fulfil their mission to provide life-saving information at critical times, to as many Australians as possible.

The Western Australia Police and the MedicAlert Foundation thank you for your support of Safe & Found and encourage you to recommend this ground-breaking initiative to the members of your communities who may be at risk of going missing.

Safe & Found resources can be downloaded here: <https://www.safeandfound.org.au/media>



‘Guidelines to Healthy Snacking’

Snacking certainly has a place in a healthy diet, especially with high value nutritional foods. But as ACH Group Dietitian Kaitlyn Dienelt shares, there are a few guidelines to follow when it comes to healthy snacking in between meals.

Try these ideas for your next snack.

- Vegetables, such as carrots and celery, with ¼ cup of dip
- Three crispbreads with cheese and pickles
- 100g of crispy, roasted chickpeas and season these with spices to add extra flavour
- Small tub of yoghurt
- Sliced apple with tablespoon of peanut butter
- Here are some helpful tips to stay cool

Think before you snack. Before you head for the fridge or pantry it is important to consider whether you are hungry or looking for food because of other reasons, such as your emotions.

What is the goal of your snack? If you have certain medical conditions such as diabetes, are trying to manage body weight or live an active lifestyle, then snacking is very important.

The types of snacks to incorporate depend on the nutrients you need.

For example, if you need to increase your weight look to include high energy and high protein snacks such as dairy based foods, vegetables with dip, or cheese and crackers.

Whereas when managing diabetes choose carbohydrate-based snacks that keep your blood sugar within an ideal range, think crispbreads, a piece of fruit or a small sandwich.



After finishing a workout or long walk, look for something that boosts your protein intake. Try some yoghurt and fruit, a small tin of fish on crackers or a slice of toast with peanut butter. Nourishing fluids such as milk-based drinks like Up & Go or Milo are another quick and easy option.

Portion sizes Remember, you only need your snack to fill you up for a little while, it should not impede on finishing the next meal.

When snacking, consider choosing food groups that are missing from your main meals. This could include another serve of vegetables or fruit, extra dairy, or wholegrains, nuts and seeds.

‘Your heart and COVID-19’

While some people have become COVID-19 complacent, for those who value their heart health, or have a chronic condition, there is every reason to stay informed.

Researchers have discovered how COVID-19 damages the heart, making possible future treatments for the disease that continues to infect, hospitalise and kill.

An initial study by researchers at The University of Queensland found COVID-19 damaged the DNA in cardiac tissue. Similar damage was not detected in influenza samples.



COVID-19 and influenza are both severe respiratory viruses, but the study found they affected cardiac tissue very differently. Researcher Dr Kulasinghe explained that compared to the 2009 flu pandemic, COVID-19 has led to more severe and long-term cardiovascular disease, but what was causing that at a molecular level was not known.

“During our study, we could not detect viral particles in the cardiac tissues of COVID-19 patients, but we found tissue changes associated with DNA damage and repair. DNA damage and repair mechanisms foster genomic instability and are related to chronic diseases such as diabetes, cancer, atherosclerosis and neurodegenerative disorders, so understanding why this is happening in COVID-19 patients is important,” Dr Kulasinghe said.

In this study, it was possible to get deeper insights into the heart by using actual cardiac tissues collected during autopsies from seven COVID-19 patients from Brazil, two people who died from influenza and six control patients.

UQ’s Professor John Fraser, who established the international COVID-19 Critical Care Consortium, said the findings provided insights into how COVID-19 impacted the body compared to other respiratory viruses. “When we looked at the influenza cardiac tissue samples, we identified that it caused excess inflammation. Whereas we found COVID-19 attacked the heart’s DNA, directly and not just as a knock-on from inflammation.” Professor Fraser said.

The study suggests the two viruses affect cardiac tissue very differently. This will be further researched using larger cohort studies.

Researchers say that they have categorically shown COVID-19 is not just like the flu. That is the first step in working out what treatments might be best to repair that heart.

For further reading: [UQ News](#)

W: <https://www.uq.edu.au/news/article/2022/09/study-reveals-how-covid-19-damages-heart>
Andrew Hough covid-19 surge in cardiac cases

For more information and advice on the COVID-19 coronavirus for the community and businesses in Western Australia

T: 13 26 843

W: <https://www.wa.gov.au/government/covid-19-coronavirus>



‘A new study shows the cardiovascular benefits of more intense physical activity’

New research has found moderate to intense physical activity has a bigger impact on reducing cardiovascular disease risk.

The study, led by researchers from University of Leicester and University of Cambridge, analysed wrist-worn accelerometer-measured physical activity data from more than 88,000 UK participants.

Vigorous activity, such as running and strenuous cycling, was measured and compared with the minutes of moderate exercise completed, such as walking. This data was tallied with the number of heart attacks, strokes and cases of heart disease experienced by the participants over the next seven years.

They found heart disease rates were 14% lower among people who did one-fifth of their total activity at a moderate to vigorous intensity compared with people who managed half that amount of intense physical effort each week. This is equivalent to converting a daily 14-min stroll into a brisk 7-min walk.

Key points

- Research finds moderate to intense exercise is better than time spent exercising at lower intensity
- Heart disease rates were reduced by 14%
- Walking briskly at a pace of at least 100 steps per minute for seven minutes is better than slow walking for 15 minutes

Most physical activity guidelines recommend adults should be active every day and undertake 150 minutes of moderate-intensity activity (such as a brisk walk) or 75 minutes of vigorous-intensity activity (such as running) every week.

Physical activity is defined as the intensity of the activity multiplied by time. Until recently, it has not been clear if overall physical activity volume is most important for health or if more vigorous activity confers additional benefits.

Researchers said their findings confirmed that increasing the total amount of physical activity lowers the risk of heart attack or stroke but achieving the same overall amount of exercise through higher-intensity activities had a substantial additional benefit.

Lead researcher Tom Yates said that for those who hardly broke a sweat when they exercised, there was a slight improvement in rates of heart disease, but for those who increased their time spent doing vigorous exercise by 20 per cent, disease risk fell by 23%.



“Our message is that you are much better off walking briskly at a pace of at least 100 steps per minute for seven minutes than slow walking for 15 minutes,” Yates says. “If you are time-strapped, then make sure the activity entails physical effort, and you can cut the duration.

“We use the example of walking because people can easily fit into their lifestyle. But whether you are running, cycling, or doing other forms of exercise, the harder you work, the greater the return.”

Here are some fast fitness options

- Biceps curl, Gains: Improved arm muscle strength
- Stair climbing, Gains: Cardio fitness and leg power
- Exercise bike, Gains: Blood sugar control and general fitness
- Walking after a meal, Gains: Reduced blood sugar
- Moderate walking, Gains: Mood boost and reduced hunger pangs
- Running, Gains: Brain function and mood
- Bodyweight circuit, Gains: Fitness gains and leg power

Key facts for seniors

- Keeping active helps you stay physically and mentally strong
- Aim for about 30 minutes of moderate-intensity physical activity on most days, but any amount of exercise is beneficial, even just a few minutes
- Strength and weight-bearing activities can increase bone density, helping to prevent osteoporosis
- Consider exercising with a friend and choose activities you enjoy, to help you stay motivated



If you have a medical condition or have been mostly inactive, see your doctor before starting any vigorous exercise program.

Is cardio the way to go?

Cardiovascular (cardio) fitness activities help keep your heart and lungs healthy, including:

- Brisk walking
- Cycling
- Swimming
- Golf
- Tennis
- Aerobics classes
- Dancing

For further reading: [Health Direct](#), [LE](#) and [The Australian](#)

Recently a colleague experienced a heart attack and thanks to the fantastic staff at Fiona Stanley Hospital was out in 3 days, pain free.

Life on the other side of a heart attack has involved new medications, attendance at health and wellbeing seminars and a heart rehabilitation exercise program known as Strength for Life™.

The Hospital encourages its cardiac patients to engage in an exercise program tailored towards improving their total wellbeing while acknowledging that they have recently suffered a heart attack.

For more information about the Strength for Life program

T: 08 9472 0104

E: kairi@cotawa.org.au

W: <https://www.cotawa.org.au/seniors-resources/strength-for-life/>



Strength for Life

‘Keeping your Feet in Top Condition’

Just like fashion changes as the weather gets warmer, so do our feet. As a result, there are a few points to consider, to keep your feet healthy through the change in season.

Some tips on how to take care of your feet

Check the fit. While the weather is cold, we struggle to keep our feet warm and tend to wear thick socks and covered boots or shoes. Whereas during the warmer months, it is time for lighter shoes or sandals. The fit of shoes is so important to prevent trauma; straps on sandals can rub and thongs can leave feet vulnerable to damage from stubbing toes.

Choose a summer shoe that provides some protection for your feet while keeping them cool and comfortable. A shoe with a closed heel counter (heel cup) and a strap across the ankle will prevent feet sliding forward and blisters forming. This will also prevent the clawing of toes, which many people experience when trying to hold on to thongs.



Make sure your toes have space to wriggle in a closed shoe, as this will help prevent corns and tinea. A rounded toe box is a better choice as it allows toes to spread and provides better air flow. Feet can swell on hot days, causing blisters when shoes rub. Plan ahead if you are going to be on your feet for long periods in hot weather by wearing shoes that can be adjusted to accommodate any swelling. Also, if you get the chance, put your feet up to reduce swelling.

As our feet sweat more in summer, air out footwear in between wears to prevent tinea. Also, minimise the amount of time spent with nail polish on as it can conceal a fungal nail infection that can be difficult to treat later.

Keep your feet healthy all year round

Feet are your body's foundation, so keeping them healthy is vital to your overall health. No matter if it is summer or winter, here are key steps to looking after your feet.

Daily

- Carefully wash and dry in between toes to check for and prevent tinea
- Moisturise feet with a good quality foot cream to keep the skin on your feet supple; cracked dry skin is more prone to fungal and bacterial infections
- If you have a condition like diabetes, keep your blood sugar levels under control to ensure that you avoid nerve damage and risk of infection
- Mobilise and massage your feet to keep all the joints moving; this will help you to walk and remain active without pain

Once a month

- Treat your feet to a good soak and use a pumice stone to reduce any hard skin
- Trim nails to avoid trauma to the nails and to adjacent toes; this will also help to prevent ingrown nails - Note, your nails may grow slowly so this can be done when required

If you have difficulty reaching your feet, a podiatrist can help to check for infections and provide advice about footwear. They can also give your feet the pampering they deserve.

For more information call Podiatry Western Australia (Australian Podiatry Association Western Australia)

M: 0410 891 852

W: <https://www.podiatrywa.com.au/aged-care/>



Dementia WA 'Is it okay to make jokes about Dementia?'

We have probably all heard jokes about dementia. But are they funny or are they hurtful?

It is not 'just a joke' Humour can be a fantastic coping mechanism and many people impacted by dementia try to find moments of joy to share with their loved ones.

However, due to a lack of understanding of the condition and the stigma associated with it, many people still make comments about dementia that land for many as tasteless, unkind and misinformed.

It is not 'just a joke'. To tackle stigma and discrimination we need to talk about and challenge these hurtful comments.



Attempts at making 'jokes' about dementia often focus on people with dementia forgetting to do or say something. Ageist jokes also often include dementia themes, as do jokes based on misinformation and misconceptions around the disease.

Dementia is not just being a bit forgetful or 'having a senior moment', it is an incurable, terminal condition. Dementia is the second leading cause of death of Australians and the leading cause of death for women.

What are the repercussions of these jokes and misconceptions?

In a recent Dementia Australia survey, 75% of respondents who identified themselves as at risk of dementia indicated they expect to be treated differently if they are diagnosed. This stigma can prevent people from seeking an early diagnosis and support services.

An early diagnosis enables people with dementia to process their diagnosis, get the information they need to understand their type of dementia, plan for the future, access services and support for themselves and their family, and remain engaged in their communities.

What do we do about this?

We are not the fun police. Many people impacted by dementia use light-hearted jokes and humour or share anecdotes of dementia-related moments in their lives they personally have found amusing.

We strongly support people living with dementia making the decisions about what is ok for them, and what is not.

If you experience ignorant or offensive comments or unkind jokes, you may choose to correct or educate those who make them. We have compiled some tips for how you might go about doing this:

- Remind them that dementia is a terminal illness and ask them to consider how a person living with dementia or their loved one might feel about their joke if they heard it
- Offensive jokes about dementia often rely on stereotypes, myths and misconceptions; let the person who makes the comment know that they can find accurate information about dementia from the Dementia Australia website, or by following Dementia Australia on social media; they could even consider signing up to become a Dementia Friend at www.dementiafriendly.org.au
- Explain how people with dementia already face stigma in many aspects of their life and misinformed comments only serve to increase this stigma and perpetuate misconceptions around the condition

Want to know more about dementia and humour? Check out these articles:

What happens when the joke is about you? Hear from people living with dementia about their sense of humour, what it feels like when people make jokes and how they respond.

Can humour help you live with dementia? Christina, her sister Stephanie, and their mother Kay took a somewhat unconventional approach after Kay was diagnosed with dementia, involving a beautiful blend of adventure, togetherness, love and laughter!

For more information

T: 1800 100 500 National Dementia Helpline

W: <https://www.dementia.org.au/about-us/news-and-stories/news/it-okay-make-jokes-about-dementia>



Department of Mines, Industry Regulation and Safety 'New Regulations to make Funeral Costs clearer'

Funeral pricing will be publicly available to enable easy comparisons. Grieving family and friends will know the total cost before a funeral is held. Unscrupulous sales practices will be stamped out to stop overcharging.

New regulations are now in place that will result in funeral costs being clearer and making it easier for those grieving to make informed decisions at a difficult time.

Funeral companies operating in Western Australia will be legally required to publicly display prices, enabling funeral organisers to access information upfront, compare costs and avoid the need to meet with a representative of the funeral company to obtain this information.



The Funeral Pricing Code of Practice ends unscrupulous sales practices relating to 'bundled packages'.

The pricing and contracts in these packages often resulted in funeral organisers not understanding the total costs involved, with some optional items misrepresented as mandatory. In many previous cases, the final cost of the funeral was unknown until after it was held, leading family and friends of the deceased to believe they were overcharged.

More information on the Funeral Pricing Code of Practice is on the [Consumer Protection website](#). A six-month period will be allowed for companies to put measures in place to comply with the new code, but they are encouraged to comply as soon as possible.

The Code will become mandatory from 1 May 2023.

Consumer confusion over pricing led to the McGowan Government initiating funeral industry reforms and building upon the introduction of a mandatory Prepaid Funerals Code of Practice, which came into effect in WA on 1 March 2021.

This code provides for greater clarity and certainty surrounding prepaid funeral contracts and requires all goods and services to be detailed, prices to be fixed at the time of signing the contract and a 30-day cooling off period.

Payments to prepaid funeral funds need to be managed within secure investments under the name of the client until they are required.

For more information contact Consumer Protection

T: 1300 30 40 54

W: <https://www.commerce.wa.gov.au/publications/funeral-pricing-code-faq>

PROST! 'Exercise for Prostate Cancer'

PROST! aims to create an environment where male health issues are prioritised, recognised and practised with respect, compassion and encouragement.

They are committed to serving men in their quest for better health, through by focusing on enhancing **Muscle, Mateship and Mood**.

Prost! Exercise 4 Prostate Cancer Inc. is the first community-based not-for-profit exercise program of its kind in the world, which features:

- A professional exercise training and support program
- Assistance with continence and erectile function recovery before and after prostate surgery
- Whole of body focus including pelvic floor muscle training, weight resistance work, cardiovascular training, Pilates and Yoga techniques
- Qualified Exercise Physiologists & Physiotherapists at gyms and football clubs in Perth
- A flexible structure, allowing it to operate in any location

Founded by leading men's health physiotherapist [Dr Jo Milios \(PhD\)](#), PROST! aims to educate, inspire and support men in their experiences with prostate cancer.

Muscle

PROST! Has a fully guided, [evidence-based group exercise](#) program which is specifically designed to help improve the outcomes of men preparing for or recovering from prostate cancer.

Their exercises focus on general muscle conditioning as well as pelvic floor muscle strengthening, which is particularly beneficial for recovery before and after treatment.

W: <https://www.prost.com.au/muscle/>



Mateship

The focus on mateship is an important part of what they do at PROST! The supportive and light-hearted environment allows men to develop their own support network and have some fun with others who understand what they are dealing with.

The PROST! Coffee Club and Cycling Group are a great way to stay socially active and make some great mates.

W: <https://www.prost.com.au/mateship/>

Mood

One of the many consequences of any type of cancer is the effect it has on one's mental health and prostate cancer is no different. The type of treatment offered can play a role in this, which is why it is so important to have a support group.

PROST! focuses on helping men develop a positive mood, through a combined focus on muscle (exercise) and mateship.



W: <https://www.prost.com.au/mood/>

For more information

E: email@prost.com.au

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



'A working retirement, choosing to return to work'

You might be enjoying retirement and returning to work wasn't the plan. However, circumstances change, and retirees are going back to work. Here are some tips to consider.

Declining superannuation returns combined with rising inflation and cost of living pressures mean more retirees could soon be returning to work.

Changes to the Work Bonus limit mean you will be able to keep more of your pension over the next year if you do. If you want to go back to work, there is no better time.

Here are some things to consider when job-searching.

Key Points

- Low superannuation and increased cost of living pressures are some of the reasons retirees are going back to work
- Changes to pension income test rules mean there is no better time than now to go back to work
- Tips for going back to work



Deciding whether to go back to work

Consider how much you would like to work, whether that is on a full-time, part-time or casual basis.

If you already have a routine you wish to maintain outside of retirement, you should factor in the regular appointments or activities you need to keep and what hours best suit you.

The intensity and demand of a job are also important. You may want a job that is a little easier or less strenuous. Ask yourself if you have any health and physical limitations that could restrict you.

Additionally, many jobs require a lot of use of technology. Are you, computer literate? Do you lack confidence in handling the technological elements of a job? Perhaps, computer training or re-training in your new field is required.

Old job or new?

Returning to a job or industry you were previously employed in can be a familiar comfort and you can also provide a wealth of industry experience.

But you can also consider going into a job or field that is new to you, which can be an exciting opportunity to discover new skills.

Weighing up the costs

There can be hidden costs when returning to work, such as pension and taxation implications, clothing and transportation expenses. It is important to calculate these additional costs, including

petrol and vehicle maintenance or public transport. Additionally, if you care for another person or an animal, you may need to hire a carer or pet sitter while you are away from home.

Accessing your superannuation fund

When you attempt to access your super once you leave work, your fund will ask you to sign a declaration to indicate you are no longer working and intend to retire permanently to access your superannuation.

But that does not mean you are not allowed to return to work if your circumstances change.

You can continue to receive your [super pension](#) after you return to work, and from 65, you can access your super whether you are retired or not.

When going back to work, you can continue to receive an income from an account-based pension if that is what you choose. But you will need to open a new [accumulation fund account](#), so you receive your employer's compulsory 10% super contribution, plus any extra contributions you wish to make.

Accessing the Age Pension

It is important to be aware of what going back to work will mean for any Centrelink benefits you or your partner may receive, such as the [Age Pension](#).

You are required to let Centrelink know you are receiving additional income within 14 days of going back to work. Going back to work means you will be bringing in more income, which could lead to accumulating more assets like property or a caravan and result in your Age Pension being impacted. These assets and the additional income will be income tested by Centrelink to see if you qualify for the full or part Age Pension payment, as there are limits on how much you can earn.

The Work Bonus incentive

The government has a Work Bonus scheme designed to encourage people to stay in the workforce after reaching the age you are permitted to access the Age Pension. Currently, you need to be 66 years and six months old to access the Age Pension, but as of 1 July 2023, the age will increase to 67. A temporary increase to the pension Work Bonus limit by \$4,000 was announced during the Jobs and Skills Summit and due to expire 30 June 2023.

With the Work Bonus increase, a single pensioner with no savings could earn up to \$17,000 without impacting their pension during this time. A couple with no savings could earn as much as \$32,000 (if both work part-time up to the limits). This includes the additional exemption of \$4,940 (single) and \$8,736 (couples) which applies to income from any source. The legislation is expected to pass the Senate in November 2022 and be available from early December 2022. Anyone working or going back to work during this period will have access to the extra \$4,000 limit to reduce the amount of pension you lose.

For further reading: [Aged Care Guide](#) and NSA research

‘How to choose the perfect Password’

As hackers become better at stealing our information, it is so important to choose passwords that are difficult to guess. Here are some do’s and don’ts to get it right.

Many of us will want to keep things simple and try and stick to the same password for everything.

Let’s face it, remembering different passwords for different accounts can be a bit tricky! But if you do that, your personal information is going to be less secure.

- Choose a passphrase rather than a password
- Make your passphrase as long and as complex as possible
- Include at least ten characters and include upper and lowercase letters, numbers and symbols (: ! ? @ # \$ %); for example, you could replace the letter ‘a’ with @ or an ‘s’ with \$
- Choose a different password for each account and/or device; if hackers break into one machine they will try and use the same password to take control of others
- Remember to update your passwords regularly
- Never give your password to anyone
- Do not respond to Facebook posts asking for the name of your dog, or your mother’s maiden name as these are potential hackers looking for clues to your passwords
- And remember, you should never, ever write your passwords down; you can write clues or reminders that only you could know so they will jog your memory
- You could also use a password manager such as Last Pass or Nord; these keep all your passwords in a secure location and you only need one password or passphrase to access everything



Dementia Australia ‘Eight (8) questions for family members and carers to ask aged care providers’

Making the decision to move to residential aged care can be one of the most difficult decisions families and carers will make. So, what could carers ask Aged Care Providers?

If you are caring for someone living with dementia, there may come a time when you do not feel able to support them in the community and/or in their own home. Making the decision to explore residential care options can be incredibly difficult, both for you and for the person you are supporting.

In this article, Dementia WA looks at the aged care process from the perspective of carers who have had to make the difficult call on behalf of their spouses, who live with dementia and were no longer able to be part of the decision-making.

It is worth noting that having a conversation early on with the person you are caring for can be important in better understanding their wishes and preferences, should the time come. Some people look at local services while they are still able to do so, while others may talk to their families about their preferred location or style of residence. Do not assume a person living with dementia cannot offer an informed, considered opinion and understand that a change of living arrangements can be hard for everyone.

For support for your individual circumstances, please call Dementia WA on 1800 100 500.

Whatever your situation, being prepared and having the information you need to make an informed decision can make the process less stressful.

So, what should carers ask aged care providers?

The questions below are in no particular order of priority. The questions you ask may be slightly different to another person so please call Dementia WA on 1800 100 500 if you would like to discuss your specific circumstances.

1. Is there availability? How does the waiting list work for urgent situations?
2. What level of dementia care education do you require of staff? How often do staff do dementia specific training and skills professional development?

It is important to note there is no compulsory dementia specific training for aged care staff so you should ask as many questions as you can to gauge the level of knowledge of staff. Also, you can suggest the provider or staff contact Dementia WA at any time for education or support.

3. What is the day-to-day like, particularly lifestyle activities and food options?

Also, what happens when activities are not scheduled? How are dietary requirements accommodated?

4. How is the Residential Care Home structured? Should you seek a dementia-specific unit?

Residential aged care can provide varying levels of care and some have dementia-specific units designed specifically for people with dementia.

5. How does it feel? Is it somewhere that feels home like and comfortable?

Remember that first impressions count. Rely upon your intuition and common sense.

6. Can you communicate easily with staff and management? How will management keep you regularly informed and updated?

7. How might care change over time? How will they support you through palliative care?

People with dementia differ in the rate with which their abilities change but because dementia is a progressive condition, abilities will change over time.

8. Is this a good option for you?

You need to judge the situation for yourself and feel comfortable with whichever decision you make. It will be different for each person and depend on what is important for you.

This list is intended to provide a starting point as you consider residential care options. You should expect to add to this list with your own questions, which may also change as care needs change.

You can also check out the Dementia WA 'Helpsheet' on choosing a residential aged care home: https://www.dementia.org.au/sites/default/files/helpsheets/Helpsheet-ResidentialCare02-Choosing-Residential-Aged-Care-Home_english.pdf

No one should have to face dementia alone. That is why Dementia WA is here. They empower people living with dementia, their families and carers to understand dementia and manage their diagnosis on their terms.

For more information

T: 1800 100 500

E: wa.admin@dementia.org.au

W: <https://www.dementia.org.au/about-us/news-and-stories/news/8-questions-families-and-carers-can-ask-aged-care-providers>

National Dementia Helpline

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

T: 1800 100 500

For language assistance call 131 450

E: helpline.nat@dementia.org.au



‘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 'Support group and life skills'

Tuart Place offers a full suite of programs to support your mental health and wellbeing.

Support Groups

Tuart Place holds relaxed, informal support groups every week on Wednesday mornings, 10.30am to 12:00pm.

You do not need to book in, just turn up on a Wednesday morning and stay on for a casual lunch (provided free).

Tuart Place also offer special short courses and one-off sessions on a regular basis, covering topics such as healing childhood pain; coping with anger and stress; dealing with depression; developing self-confidence; assertiveness and communication skills.

If you have any topics you would like to see covered, Tuart Place would love to hear from you.

Life skills and Services

Whether your telephone or tablet is befuddling you, or just need a new haircut, Tuart Place have got you covered. Their skilled volunteers provide numerous services free of charge to participants. Just drop in and see what is on offer.

- Computer and telephone help
- Hair cutting service
- Beauty treatments
- Financial counselling
- Relaxation classes
- Exercise classes



Tuart Place
Growing Strong Together

For more information

T: 08 6140 2380 or 1800 619 795 (Free Call)

E: admin@tuartplace.org

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

Tuart Place is a COTA (WA) Supporter



Age Friendly City of Fremantle 'Seniors Assistance'

Positive Ageing Assistance

The Positive Ageing Assistance fund is a City of Fremantle grant which aims to support older people on a concession living in the City of Fremantle, to assist them maintaining their independence in their own home. For more information, please click [here](#).

Neighbour to Neighbour (N2N) Project

The City of Fremantle has developed Neighbour to Neighbour, a community project to offer support to those who may need one-off or short-term assistance, delivered by local volunteers. For more information, please [click here](#).

Technology Support

Being able to use a computer, laptop or mobile telephone is an important aspect of keeping connected to family, friends and the community and being able to access key government departments like MyAgedCare, Centrelink, Medicare and MyGov.

The City offers 'Tech Help' in the Fremantle Library, Lower Ground Floor, Walyalup Civic Centre. Free and no bookings required, just bring along your charged-up device. Wednesdays only from 9.30 to 11:00am.

Simple Exercises for Seniors

Easy simple exercises for seniors: [Simple Exercises & Strength Workout Programs for Seniors & Elderly Adults \(medicalalertadvice.com\)](#)

Pensioner and Seniors Concessions Rate

Property owners who hold an eligible Pensioner Concession Card, State Concession Card or both a Seniors Card and a Commonwealth Seniors Health Card may be entitled to:

- A State Government rebate of up to 50% off current City rates capped for 2020–21 at \$750 and 50% off the current state government emergency services levy
- Forgo the rebates and defer them plus any unpaid current City rates or emergency services levy; eligibility to defer is where a card holder is entitled to a full rebate; payment of deferral balances is required where there is a change in property ownership or occupation

Property owners that hold a Seniors Card may be entitled to:

- A State Government rebate of up to 25% off current City rates and levies and State Government emergency services levy capped for 2020–21 at \$100 and \$110.25 respectively

Eligibility for a State Government rebate or other benefits is subject to the card holder:

- Owning and occupying the property at 1 July of any rating year
- Fully paying their portion of the rating assessment on or before 30 June of the rating year

- Commencement of an acceptable payment program in clearance of any arrears balances

Applications are accepted over the phone on 1300 659 951 or online on the [Water Corporation website](#).

All rebates are funded by the Government of Western Australia. Visit the [rates page](#) for further information.

Community Safety

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

Safety and Security Rebate for Seniors: if you are a WA Seniors Card member, you can apply to receive the Safety and Security Rebate which allows a claim of up to \$400 per household towards a purchase of eligible home security or safety items. [Click here](#) for more information or call 1800 671 233

Scamnet: Western Australian Government WA - for information on current scams, reporting a scam, types of scams and scamp prevention, [click here](#) for more information or call 1300 304 054

Safe and Found

WA Police in partnership with Medic Alert Australia have launched the Safe & Found initiative to help people at risk of going missing by collecting and storing detailed information that will assist Police in their search. This information will include physical characteristics, habits and behaviours, previous addresses, health issues and more, giving Police, a better picture of the person they are looking for.

A Safe & Found bracelet is included with your membership and is engraved to ensure loved ones are reunited with their families as soon as possible.

Membership is free to those already registered with Medic Alert and for eligible pensioners, the registration fee can be covered by the [City's assistance](#). [Click to join now](#).

More information: visit the [Safe & Found WA](#) website, email equiry@safeandfound.org.au or call 1800 882 222.

For more information

T: 1300 693 736

E: info@fremantle.wa.gov.au

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

Address: 10 Shuffrey St, Fremantle WA 6160

Opening Times: Monday-Friday, 5:30am-8:30pm

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



City of Cockburn 'Support at Home and in the Community'

Cockburn Care

Since 1988, Cockburn Care has been helping elderly and people with disability stay independent, for longer. Cockburn aim to make their City and your home the best place to live in Perth. Their staff are local and dedicated to supporting you to live the life you want, in your own home and stay connected to your community. A range of services are available including cleaning, gardening (Home Care Packages only), personal care, medication assistance, meal preparation, respite for carers and family and activities in the community including shopping

If you are over 65 years of age (over 55 years if you are Aboriginal or Torres Strait Islander) you are eligible to apply for funding for all of our services. All Cockburn services can be purchased privately. Fees are set by the Federal Government and vary across each service program. Seniors can also attend on a private basis with fees available upon request.

Funding for these services is available from two sources:

- [Commonwealth Home Support Program](#)opens in a new window (CHSP) for entry level services; and
- [Home Care Packages](#)opens in a new window (HCP) for more extensive or complex services.

For more information and contact

The referral process is different for each program and the Cockburn Care team can help arrange an assessment with the right agency. To find out what services will work best for you and your family, contact the team on 08 9411 3780 or email cockburncare@cockburn.wa.gov.au

Disability Services

Cockburn Care provides a social club at Jean Willis House in Hamilton Hill for people with disabilities. Services are generally funded by the [National Disability Insurance Scheme](#)opens in a new window (NDIS) program. We charge at the price limit in the NDIS Support Catalogue for all NDIS funded services. Social club attendance can also be self-funded at a rate dependant on support needs.

A range of [social club activities](#) are available.

For more information and contact

Refer to the [NDIS website](#)opens in a new window for your eligibility. For more information about this social club contact the Cockburn team on 08 9411 3780 or email cockburncare@cockburn.wa.gov.au

Social Clubs

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

Kwobarup Aboriginal Club

Kwobarup Aboriginal Club is a place for Aboriginal and Torres Strait Islander elders and people with disability. Meals and transport provided. Kwobarup is a place Aboriginal and Torres Strait Islander People can participate in cultural activities including art, yarnning 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, we invite you to visit and experience Kwobarup – a good place!

For more information and contact

For more information about Cockburn social clubs contact Paul Norlin 08 9411 3780 or email cockburncare@cockburn.wa.gov.au Refer to the [My Aged Care website](#) [opens in a new window](#) for your eligibility. Paul Norlin is happy to advise you on this process.

For further information

T: 08 9411 3444

E: customer@cockburn.wa.gov.au

W: <https://www.cockburn.wa.gov.au/Community-and-Business/Seniors-50/CockburnCare/In-the-Home-and-in-the-Community>

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



Rise Network 'The Arts Hub in Warwick WA'

Let your imagination run wild

The Arts Hub in Warwick is a warm and welcoming centre that celebrates creativity and embraces diversity. We encourage people of all abilities to get involved and have some fun. It is an incredibly supportive centre where everyone has the opportunity to have a go. We welcome all ages from 18+.

Woodwork

Rise has a full woodwork room where you can learn skills in wood burning, sanding, drilling, nailing, varnishing, gluing and measuring. Over time you can learn to work on the bandsaw, lathe and the router.



Art

Learn to work with different paint mediums including acrylics, inks and water colours to create beautiful works on paper and canvas. You can learn new skills in paint pouring, print making, papier Mache' and making collages. It is a fun room where you can express your creative side.

Pottery

In the pottery room you can learn how to use the pottery wheel as you create bowls, mugs, tiles and more. You can also learn various glazing, carving and decorating techniques.



Craft

Create your own one-of-a-kind piece in the craft room. You can learn pattern making, knitting, crochet, embroidery, cross stitch, quilting, hand stitching and weaving. You can also use the sewing and overlocking machines.



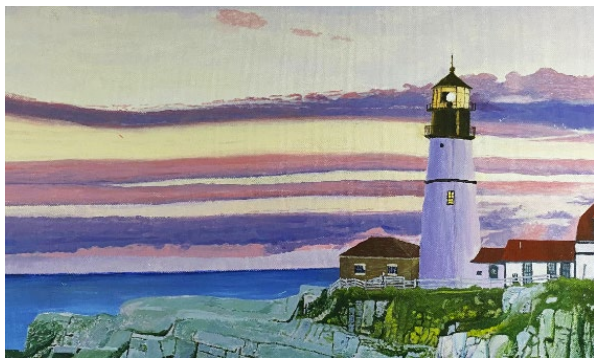
Social Activities

There is always a lot going on at the Hub. Including belly dancing, drama and music therapy. You can join weekly excursions which include a photography and coffee group. There is also a disco every fortnight. Saturday's excursions include visits to local cafes, markets, movies, parks and museums.



Featured Artist Gallery

Explore the latest artworks from the creative people at Rise's Arts Hub. Artists specialise in painting, woodwork, pottery and craft. Many of the pieces are available for purchase.



For more Information about Rise Network

T: 08 6274 3700

E: contact@risenetwork.com.au

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

If you would like to visit the Arts Hub and have a tour please contact Mandy on 0436 686 897 or at amanda.hughes@risenetwork.com.au and Rise can arrange a time.

Rise Network is a COTA (WA) Supporter.



Umbrella Multicultural Community Care ‘Aged Care for all under one umbrella’

The printed edition of the COTA (WA) Interruptions to Daily Guide translated to Polish, Italian and Greek was provided to Umbrella Multicultural Community Care on Wednesday 9 November 2022.



Umbrella Multicultural Community Care Services 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.

Umbrella’s Commonwealth Home Support Program (CHSP) and Home Care Package (HCP) program have been designed to assist older people to live independently in their homes while giving them flexibility and choice in how their care and support is provided. They recognise each client’s specific needs and acknowledge gender, age, religion, cultural interests and background. Umbrella’s leading innovations in the delivery of high quality and responsive services to seniors from multilingual, multifaith, multicultural and sexuality and gender diverse (LGBTI+) backgrounds have resulted in their organisation receiving multiple awards, including the 2021 ACSA Provider of the Year Award and Employee of the Year Award and the 2022 CaLD Community Organisation Award from the Office of Multicultural Interests (OMI).

For more information

T: 08 9275 4411

E: enquiries@umbrellacommunitycare.com.au

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

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



Office of Hannah Beazley MLA 'How architecture can create dignity for all'

If architect and writer John Cary has his way, women will never need to stand in pointlessly long bathroom lines again. Lines like these are representative of a more serious issue, Cary says: the lack of diversity in design that leads to thoughtless, compassionless spaces.

This. This. And more this. Hannah Beazley MLA has often spoken of this issue - lack of representation in design and its impact - among family and friends. The impacts are real as are the lost opportunities for dignity, fulfillment and productivity. Highly recommend checking this out. Was a happy surprise to have this issue recognised and covered by [TED](#).

Architect and writer John Cary says, "Well-designed spaces are not just a matter of taste or a question of aesthetics. They literally shape our ideas about who we are in the world and what we deserve."

Design has a unique ability to dignify and make people feel valued, respected, honored and seen -- but the flip side is also true. Cary calls for architects and designers to expand their ranks and commit to serving the public good, not just the privileged few.

Watch John Cary's full talk to hear more about how more thoughtful design and more diversity in the design world can make the world more beautiful, functional, respectful and equitable: <http://t.ted.com/Hd2oCsN>

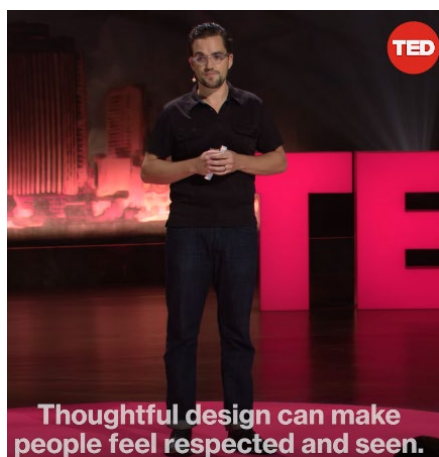
For more information

T: 08 9361 1777

E: hannah.beazley@mp.wa.gov.au

W: <https://www.facebook.com/HannahForVicPark/>


The Office of Hannah Beazley MLA is a COTA (WA) Supporter.



Hannah Beazley MLA

MEMBER FOR VICTORIA PARK

8/660 Albany Highway, Victoria Park WA 6100

 (08) 9361 1777

 Hannah.Beazley@mp.wa.gov.au

 Hannah Beazley MLA



Southcare Inc. 'Caring hands and golden hearts...when you need them most'

Southcare is proud of their long tradition of partnership and service in the community.

We all need a helping hand from time to time. Whether it is to stay independent at home as you age, connect with others in your community, escape immediate crisis or become more financially stable when times are tough... let Southcare's caring hands help.

Southcare can help you

- **Community Care:** We all need a helping hand as we age. It might be a hand with cooking, cleaning, shopping, medication, driving or more specialised health care to help you stay independent and healthy at home. Whatever it is you need, let our caring hands help.
- **Community Support:** Housing. Finances. Relationships. Life can be overwhelming at times. Let us help with confidential advice, practical support, emergency relief and advocacy, including for Aboriginal families, so you can focus on what matters most.
- **Community Connect:** Building connections, capabilities and leadership for you to grow with our Southcarers and within your community.
- **Community Hub:** Let Southcare help with belonging, value and acceptance with others and to us in the community we all call home.

Help Southcare Inc. make a difference every day

The achievements of Southcare would not be possible without the continued commitment of their many volunteers and the generous donations from their supporters which enables them to continue to provide the highest quality care and support to their local community over the last 40+ years.

For more information

T: 08 6117 3028

E: enquiries@southcare.org.au

W: <https://www.southcare.org.au/>

Southcare Inc. is a COTA (WA) Supporter.



Men's Sheds WA

Men's Sheds of WA is the peak body that represents and supports sheds throughout WA.

They exist for the mutual benefit, success and support of member sheds and to facilitate public access to those sheds.

The goal of Men's Sheds of WA is to continue to build the men's sheds movement in WA, ensuring their sustainability. They aim to do this by connecting existing sheds, helping to start new ones, and raising awareness of their many benefits to social, physical and emotional health.

Men's Sheds WA raise awareness of the social and health benefits of Men's Sheds in reducing isolation, loneliness and in empowering local communities.

Men's Sheds WA do not own or manage any of the Men's Sheds, but they champion them for miles around.



For further information

T: 08 6381 5324

E: admin@menssheds.org.au

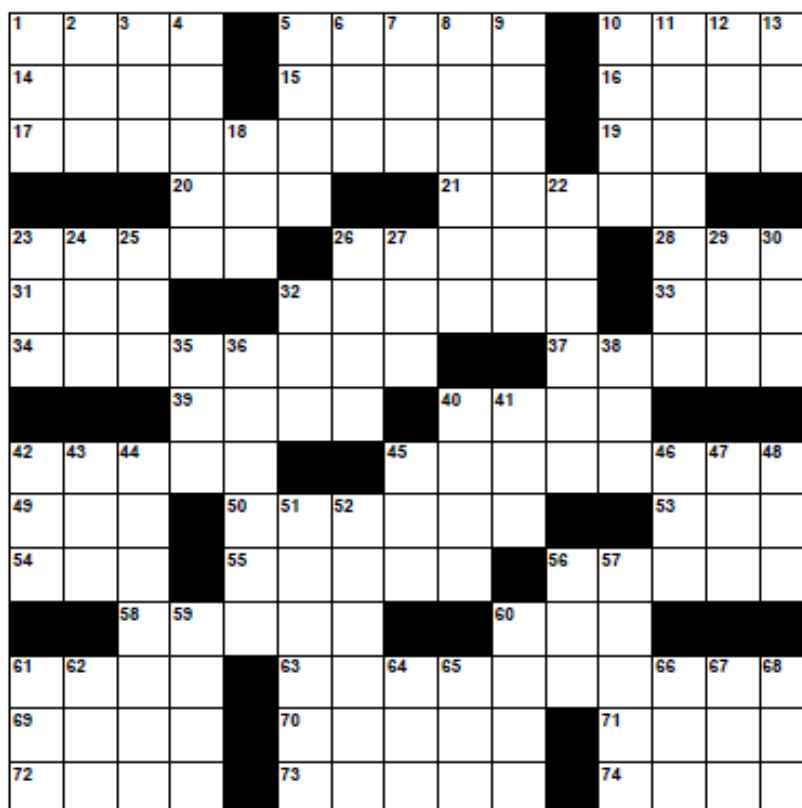
W: <https://menssheds.org.au/>



'CROSSWORD' Puzzle

*Answers to crossword available at the end of newsletter at Page 60.

HAPPY NEW YEAR!



By Jimmy and Evelyn Johnson - www.qets.com

ACROSS

- 1 Fruit in cookies
- 5 Task
- 10 Not us
- 14 Depict
- 15 Tag
- 16 Unit of time equal to 365 days
- 17 Promise to change something in the future
- 19 Standard golf scores
- 20 Seed bread
- 21 Spoke up
- 23 Exchange
- 26 Matador's passes at bull
- 28 South southwest
- 31 French "yes"
- 32 "Mr." in Spanish
- 33 Time period
- 34 Free health insurance
- 37 Top level
- 39 Father ____
- 40 Remake
- 42 New Year's Day
- 45 Furthermore
- 49 To be in debt
- 50 Faze

- 53 Precedes an alias
- 54 Long time
- 55 Fatty vegetable
- 56 Full
- 58 Move feet and body to music
- 60 Mongrel dog
- 61 Fire maker
- 63 Disgrace
- 69 Big hairdo
- 70 Microorganism
- 71 Ventilates
- 72 Thorned flower
- 73 Foe
- 74 Make music vocally

DOWN

- 1 Former president of U.S.
- 2 Wrath
- 3 Petrol
- 4 Hand weapon
- 5 Hint
- 6 Party favor
- 7 Kimono sash
- 8 Resume business again
- 9 Annual storm causing current
- 10 Use a keyboard
- 11 Headphones
- 12 Hearing part
- 13 Married woman
- 18 Caustic substance
- 22 Public procession of people or things
- 23 Turkey
- 24 Regret
- 25 Assist
- 26 Blaze
- 27 Ripen
- 29 __ Lanka
- 30 Football conference
- 32 Surface to air missile
- 35 Possessive pronoun

- 36 Lemon-like fruit
- 38 Also
- 40 Persona
- 41 Bard's before
- 42 Challenger
- 43 The other half of Jima
- 44 Provides
- 45 I want my ____
- 46 Value-added tax
- 47 Stretch to make do
- 48 Really cool
- 51 Room recess
- 52 Men's jewelry
- 56 U-boat
- 57 Tapestry
- 59 Healing plant
- 60 Comfortable
- 61 Distant
- 62 Alien's spaceship
- 64 Before (prefix)
- 65 Strong drink
- 66 Roman three
- 67 Pot
- 68 Monosodium glutamate

Events + Activities

‘Guide to Pole Walking for Seniors’

Pole walking is a low impact form of cardio that can be beneficial for seniors.

Nordic pole walking began in Finland in the early 1900s as a summer training exercise for cross country skiers.

The act of pole walking uses more muscles than regular walking, which can lead to improved strength and stability. Additionally, pole walking can help improve balance and coordination.

Benefits of Nordic Pole Walking

1. Pole walking is a great way for older adults to stay active and enjoy the outdoors. The following are some of the benefits that pole walking can provide:
2. **Increased Cardiovascular Fitness:** Pole walking is a great way to get your heart rate up and improve your cardiovascular fitness. Walking with poles requires more effort compared to regular walking, which means your heart has to work harder. This can lead to improved heart health and increased endurance.
3. **Improved Joint Health:** Walking with poles helps take the pressure off of your joints, especially your knees. This can help to reduce pain in the joints and also slow down the progression of degenerative diseases such as osteoarthritis.
4. **Improved Balance and Coordination:** Using poles while walking helps to improve your balance and coordination. This is especially important for seniors, who are at a higher risk for falls.
5. It is also a great way to meet new people and socialise.

How to Get Started with Pole Walking

Pole walking is a great way for seniors to get some exercise and fresh air. It is easy to get started, just grab your poles and head out the door! Here are a few tips to help you get started:

1. Look for a comfortable pair of shoes. You will be doing a lot of walking, so make sure your shoes are up to the task!



2. Buy or borrow a walking pole. Most sporting goods stores or online retailers sell them. It is important to choose a good pair of poles that are designed for seniors. Adjustable poles are recommended.
3. Start out slow. Pole walking can be strenuous, so it is important to build up your endurance gradually. Walk for 10-15 minutes at first and then increase your time as you feel more comfortable
4. Learn proper technique so that you can develop a rhythm that works best for you. Remember to take graceful, precise steps and keep your arms close to your body.
5. Listen to your body.

And finally, make pole walking a social activity by committing to it with friends or family.

As you become more comfortable with pole walking, you can increase the intensity of your workouts by adding hills or other inclines and increasing your walking speed. Nordic walking is a great way to get fit and have fun at the same time!

The best time of day to pole walk is in the morning or evening, when the sun is not as strong. Walking in the middle of the day can be too hot, and you might get tired more quickly. Walking in the morning or evening also gives you a chance to see other people out and about, which can be motivating.



Act Belong Commit 'Three tricks to make it easier to be active'

Physical activity can be beneficial for hearts, bodies and minds. These three tips may help you be active as you would like to be.

1. Make the most of the morning

If you are an early riser why not make the most of these lighter and brighter mornings and give exercise in the morning a go? Many group exercise classes are held in the morning, but if group exercise isn't your thing why not try out a new walking, running or cycling track. A change of scenery can be an easy way to add variety without adding too much extra planning.

2. Exercise with others

Working out with a friend (or even in group exercise) can make people more motivated to exercise as it also results in a fun social experience! It also has been found people are less likely to cancel if they have a commitment to others. Why not ask someone to join you on a walk or try a new group class.

3. Do something you enjoy

It is really important to do a type of exercise you enjoy. For example, don't swim if you prefer running or don't play a solitary sport if you prefer playing with a team.

For further information

T: 08 9266 1705

W: <https://www.actbelongcommit.org.au/activity-finder/>



‘Connecting with your Library in Western Australia’

Find libraries in your area, including classes, community groups and much more!

Looking for things to do? Your local library has regular activities available, such as scramble clubs, knitting clubs and book clubs. In addition, there are even English conversation classes for those who speak English is a second language. You need never be bored or lonely. Just head down to your local library!

For example, Wanneroo Library offers assistance to trace your family. Have you always wanted to know more about your family history? Their experienced volunteers will assist you with your research. On the other hand, do you need help setting up your email? Need to be shown how to download an eBook? Want to better understand your device? Book a Tech Help session and learn all you need to know.

Similarly, Kenwick Library and Thornlie Library Kenwick Library provides access to many resources and offer various services and programs throughout the year. Join in with a Crafternoon craft club, a book club or a Colour Therapy Club for example.

On the other hand, if you are a budding writer, connect with others of a similar mind through your library.

If you struggle with getting out to your library, let your library come to you! Mobile library trucks are now on the move in Perth. Check if your library also offers a ‘Books on Wheels’ service.

Check it out and escape to a good book today!

To find a library near you contact your Local Council or Community Resource Centre.



Macular Disease Foundation Australia 'Peer Support Groups Perth Western Australia'

Macular Disease Foundation Australia (MDFA) Peer Support for the Macular Disease Community

Living with macular disease can be isolating. MDFA's peer support might be the answer.

You can always seek help from an eye health professional or a counsellor, but sometimes speaking with someone who shares your experience can help you feel less isolated.

MDFA offers peer-to-peer phone calls as well as peer support groups, both face-to-face and online.



All of MDFA's peer support services provide a safe, welcoming and inclusive environment that could help you feel less alone and better understood. Plus, they are a fun social outlet where you can develop friendships.

Our peer support activities provide a way to connect to other people who have experienced many of the same thoughts that you may be having on your journey with macular disease.

With the guidance and support of MDFA staff, attendees discuss their experience of macular disease, provide support for each other and learn from each other.

The meetings are facilitated by people who live with macular disease themselves.

At Home with MDFA

Would you prefer to receive peer support from the comfort of your own home?

Then you might want to join 'At Home with MDFA', an online peer support group that connects Australians living with AMD remotely via Zoom.

Peer-to-peer calls

Sometimes you just need a friendly voice on the other end of the phone. Peer-to-peer telephone calls provide exactly that.

These calls are not a counselling service, but they do give you the opportunity to speak to an MDFA volunteer who has a personal connection to macular disease.

Are you interested in peer support?

Would you like to join a face-to-face peer support group, or start one where you live?

Do you want to sign-up for a peer-to-peer phone call? Or are you interested in joining 'At Home with MDFA'?

For further information

Macular Disease Foundation Australia

T: National Helpline 1800 111 709

W: <https://www.mdfoundation.com.au/news/how-does-peer-support-help-you/>

Information about Perth Western Australia Peer Support Groups

Please find more information about our peer support groups, education sessions and helpline here:
<https://www.mdfoundation.com.au/support-me/support-servicesoverview/>

Please find more information about the volunteering opportunities

Perth North

W: <https://www.volunteer.com.au/volunteering/182379/peer-supportgroup-facilitator-perth-north->

Perth South

W: <https://www.volunteer.com.au/volunteering/182380/peer-supportgroup-facilitator-perth-south->



FREE GRAI Village Events 'LGBTI Elders Games Hub & LGBTI Intergenerational Playgroup 2023'

LGBTI Elders Games Hub

Date February to July 2023

E: Rowan villagehub@grai.com.au



LGBTI ELDERS GAMES HUB
Board Games, Conversation, & Afternoon Tea
2023 (Feb - July)
A Free GRAI Village Hub Event

SOR - Fremantle
Fremantle Library, The LAB,
151 High Street,
Fremantle
(1-3pm)
• Wednesday February 22nd
• Wednesday March 22nd
• Wednesday April 26th
• Wednesday May 24th
• Wednesday June 28th

Perth CBD
Citipace Community Centre,
Upper Level Walkway,
City Railway Station Complex
(1-3pm)
• Thursday February 2nd
• Thursday March 2nd
• Thursday April 6th
• Thursday May 4th
• Thursday June 1st

Perth East - Midland
Old Midland Court House
49 Helena Street, Midland
(9.30 - 11.30am)
• Saturday February 11th
• Saturday March 11th
• Saturday April 8th
• Saturday May 13th
• Saturday June 10th

NOR - Woodvale
Community Vision
Woodvale Social Centre,
5 Trappers Drive, Woodvale
(2-4pm)
• Monday February 13th
• Monday March 13th
• Monday April 17th
• Monday May 8th
• Monday June 12th

Photo credit: Hazel Bradley, The Senior

Email Rowan at villagehub@grai.com.au for more information

GRAI
GLBTI Rights in Ageing Inc.

GRAI VILLAGE HUB

LGBTI Intergenerational Playgroup 2023

Date and Time: February to July 2023 9:30am to 12:30pm

Location: Marloo Room Fremantle Library 151 High Street Fremantle



LGBTI
INTERGENERATIONAL
PLAYGROUP 2023

Bringing together pre-schoolers, parents
and LGBTI seniors for some interactive,
fun play time and connection

Fremantle Library, 151 High St, Fremantle
(Marloo Room)
9:30am - 12:30pm
Thursday February 16th
Thursday March 16th
Thursday April 20th
Thursday May 18th
Thursday June 15th

GRAI
GLBTI Rights in Ageing Inc.

GRAI VILLAGE HUB

Feedback Opportunities

Have your Say 'Let's change aged care together: National Dementia Action Plan'

National Dementia Action Plan

The National Dementia Action Plan is a joint initiative between the Australian Government and state and territory governments. It is a 10 -year plan to put people living with dementia, their families, and carers at the centre of all action on dementia.

The National Dementia Action Plan has a vision where Australians understand dementia – people living with dementia and their carers have the best quality of life possible and no one walks the dementia journey alone.

Consultation on the National Dementia Action Plan

A consultation paper has been developed following feedback from stakeholders including people with lived experience, aged care peak bodies (including Dementia Australia and Carers Australia), clinicians, specialists, academics, researchers and data analysts.

[read a summary of the consultation paper](#) (15 pages)

[read the consultation paper on a page](#)

[read the full consultation paper](#) (70 pages)

Have your say

We want to ensure that the voices of people with lived experience of dementia are reflected in Australia's priorities for action on dementia over the next 10 years, including:

- People living with dementia
- Their carers, families and friends
- People who work in primary care, health, acute or aged care
- Researchers and academics

How to provide feedback

Complete an [online survey](#) (approximately 15 minutes)

Email: dementioplan@health.gov.au

Post your feedback to National Dementia Action Plan, MDP 765, GPO Box 9848, Canberra ACT 2601

T: 1800 565 789 to provide feedback over the telephone, or request a hard copy of the paper and/or survey

What happens next

Public consultation is **open until 31 January 2023**.

All feedback will shape the final National Dementia Action Plan, which will be finalised in 2023.

For more information

[Dementia programs and reform initiatives](#)

W: [The Australian Government of Health and Aged Care website](#)

[Dementia support and resources](#)

W: [Dementia Australia](#)



National Seniors Australia 'Retirement Villages – Are they right for you?'

Share your opinion on downsizing by completing a poll

Retirement villages are big news and heavily promoted. But do they measure up?

The retirement village sector promotes itself as the purveyor of age-friendly communities and a solution to an ageing population, sky-rocketing healthcare demand and even the nation's housing crisis.

The benefits of downsizing into retirement villages for older Australians (and governments) include fewer visits to the GP, shorter hospital stays and safer, healthier, senior communities, as well as the injection of more housing supply into the market.



But this depends on whether seniors want or can downsize their homes. The industry says the annual retirement village development growth reflects market demand and seniors making the move.

Key points

- Industry claims growth in development points to market demand
- National Seniors' Australia research explores complexities, multi-jurisdictional laws, and lack of transparency
- National Seniors Australia are calling for nationally consistent laws governing retirement villages

What do people want when they downsize? Despite all the promotion of retirement villages, there continues to be a negative view of this type of housing.

For further information and to participate in the downsizing poll

W: <https://nationalseniors.com.au/news/featured-news/retirement-villages-are-they-right-for-you>



‘Have your say on Falls Prevention’

Safe Stay in Hospital: Patient Fall Prevention Education Program, a new hospital patient falls prevention education program is currently in development.

If you are aged 65+ and would like to guide the development of the new program, researchers from The University of Western Australia and La Trobe University would value your insight.

The National Dementia Action Plan has a vision where Australians understand dementia – people living with dementia and their carers have the best quality of life possible and no one walks the dementia journey alone.

To submit your Expression of Interest form to participate, go to:

W: <https://redcap.curtin.edu.au/surveys/?s=KPPLPC39TH7JDTHI>



Support Information

‘Comprehensive Guide of Emergency Medical Services’

It’s after-hours and I need to see a doctor. What are my options?

Here is a comprehensive guide of emergency medical services

This article was first published in [The Conversation](#). It was written by Mahima Kalla, Feby Savira, Kara Burns, and Sathana Dushyanthen.

There are times when medical care can’t wait until 9am or first thing Monday. Perhaps your COVID-19 has worsened and you’re becoming short of breath. Or your baby has a fever that’s worrying you. Or your elderly parent’s pain can’t be relieved with over-the-counter medications.

When last asked in 2020, [two-thirds of Australians](#) had accessed after-hours health services in the previous five years. But how do you access health care on weekends and after 5pm in 2022?



Many GP Super Clinics continue to operate beyond business hours, accept walk-ins and provide access to onsite pharmacy services. You can find their locations [here](#), though opening hours and costs vary between clinics.

Search engines such as [HotDoc](#) and [Healthdirect](#) can help you find local health services such as GPs, COVID-19 testing clinics, emergency departments, and allied health services. You can filter search results by ‘open now’, bulkbilling and accessibility requirements such as building access ramps.

The COVID-19 pandemic accelerated investment in virtual care for non-life-threatening emergencies, which can be less stressful for patients and families than attending an emergency department.

Here are some options for in-person and virtual after-hours care.

Nurse Helplines

If you’re not sure whether you need medical care, or if you need basic information or advice, a useful starting point is to call a [free nursing helpline](#) such as [Nurse-on-Call](#) in Victoria, [13HEALTH](#) in Queensland, or [Healthdirect](#) in other states.

In some cases, nurses may offer a [call-back from a GP](#) using phone or video consultation.

Getting a doctor to visit you at home

The [National Home Doctor service](#), which can be booked using telephone ([13 74 25](#)) or its mobile app, provides bulk-billed doctor home visits.

Telehealth consultations can also be booked through this service, though they may incur a fee.

Video consultation with a GP

A range of companies offer GP telehealth consultation after hours, for a fee. It doesn't have to be an emergency and can be used for things like last-minute repeat prescriptions.

Search engines [HotDoc](#) and [Healthdirect](#) can direct you to these services through the "accepts telehealth" or "telehealth capable" options.

Virtual Emergency Departments

Virtual emergency departments in [Victoria](#), [Queensland](#) and [Western Australia](#) allow people in these states to virtually connect with emergency doctors and nurse practitioners for treatment and advice on non-life-threatening emergencies.

In Victoria, the establishment of the [virtual ED program](#) has [decreased wait times](#), with an easy-to-use platform, triage and waiting room. After the consultation, instructions can be emailed, or e-scripts sent to your local pharmacy. This service is currently covered by Medicare with no out-of-pocket costs, though that may change in the future.

[My Emergency Doctor](#) is a private service with a hotline and web-based consultations with expert emergency doctors, for patients across Australia. Typically consultations cost AUD\$250-\$280, however people living in [certain Primary Health Networks](#) can receive free after-hours telehealth consultations through this platform.

Children's Health Services

In South Australia, free paediatric emergency services are available through the Women's and Children's Hospital's [Child and Adolescent Virtual Urgent Care Service](#), though similar services aren't available across the country.

However, on-demand services such as [KidsDocOnCall](#) and [Cub Care](#) provide telehealth paediatric services after-hours to people in all states and territories, for a fee.

Pharmacies

If you need to see a pharmacist or buy medicine after-hours, the [Pharmacy Guild of Australia](#) and [National Home Nurse](#) pharmacy finders might be helpful.

In Victoria, [Supercare Pharmacies](#) are also open 24/7, with nurses available from 6pm to 10pm.

Under the Pharmaceutical Benefits Scheme Continued Dispensing Arrangements, approved pharmacists may supply [eligible medicines](#) to a person in time of immediate need, when the prescribing doctor cannot be contacted, once in a 12-month period.

Medical Chests in Remote Areas

The Royal Flying Doctor service runs a [Medical Chest program](#), to provide emergency and non-emergency, pharmaceutical and non-pharmaceutical treatments for people in remote areas, such as antibiotics, pain relief and first-aid.

Medical chests are provided for communities which are located more than 80 kilometres from professional medical services and maintained by a designated local medical chest custodian.

Mental Health Support

Some mental health supports are available after-hours. Free options include:

- [HealthAbility](#)
- [Beyond Blue](#)
- [Suicide Call Back Service](#)
- [Lifeline \(13 11 14\)](#)
- [Kids Helpline](#)

You can also access paid psychologist services via platforms such as [Virtual Psychologist](#) and [MyMirror](#).

Indigenous Health and Wellbeing

[Yarning SafeNStrong](#) is a free, confidential, culturally suitable counselling service for Aboriginal and Torres Strait Islander people. This service offers support with social and emotional wellbeing, financial wellbeing, medical support including COVID-19 testing, drug and alcohol counselling and rehabilitation services.

Other Indigenous health services include [13YARN](#), [Support Act](#), and [Brother to Brother](#).

For people with communication needs

Access to after-hours care is often dependent on people's ability to communicate over a phone.

The [National Relay Service](#) can assist hearing- or speech-impaired people with changing voice to text or English to AUSLAN.

Non-English speaking people can access interpreter assistance for telehealth via the [National Translating and Interpreting Service](#). This service is typically free of charge, covers 150 languages, and can be accessed after-hours.

Life-Threatening Emergencies

Of course, none of the options above should replace the Triple Zero (000) service for [life-threatening emergencies](#) such as difficulty breathing, unconsciousness and severe bleeding.

For further reading

W: <https://theconversation.com/its-after-hours-and-i-need-to-see-a-doctor-what-are-my-options-190144>



Pets of Older Persons WA (POOPS) 'Pet Welfare Program helps seniors get pets to vet'

After a successful 12-month pilot funded by Demeter Legacy, POOPS has launched a Pet Welfare Program to help its clients access vet care.

This has been made possible with from an Animal Welfare Grant funded by WA Department of Primary Industries and Regional Development.

POOPS - Pets of Older Persons, is a WA not-for-profit organisation which is a 100% volunteer run, self-funded organisation of animal lovers who value and respect community and understand the joys and benefits of helping vulnerable people keep their pets happy and healthy.



This program is offered in addition to the fee-free pet walking and support service provided by the WA charity to pet owners over the age of 65, palliative care patients of any age and people with disabilities who need assistance with caring for their beloved pets and are unable to pay for support.

With the cost of living rising, many people are struggling to meet the costs of caring for their pets, especially those on fixed incomes. Providing regular veterinary care is more onerous for POOPS clients, many who are struggling financially on aged pensions.

The POOPS Pet Welfare Program aims to make it easier for pets to receive routine check-ups, sterilisation and vaccinations along with accessing support for more complex care when needed.

POOPS encourages clients to contribute to costs where they can, but this is not essential. The organisation has successfully used crowdfunding to help dogs and cats in emergency situations where a dog has been attacked or diagnosed with a serious, but treatable illness.

For further information

T: 1300 1100 92

E: admin@poopswa.org.au

W: <https://www.poopswa.org.au/>



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

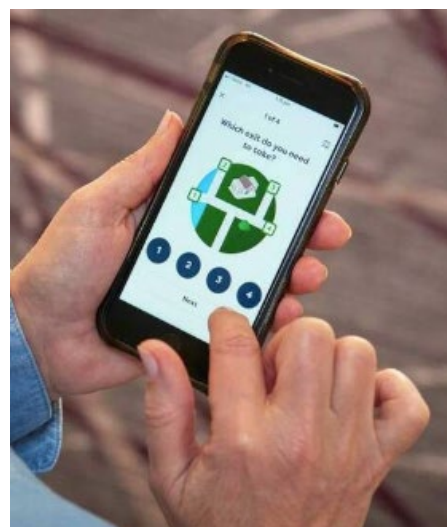
Free app to support brain health and early dementia diagnosis.

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 (A²I²), Deakin University and funded by the Australian Government.



**Digital Literacy Foundation**

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



Visit 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

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



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

WA Health + HealthyWA update: 'Healthy New Year'

The start of a new year is a good time to make positive health and lifestyle changes. Here are some top tips to inspire a healthier you in 2023.

Get moving

- Being active is a great way to help you lead a healthier and happier life. It is important for reducing the risk of major illnesses and increasing your chances of living longer.
- Make activity part of your everyday life, like walking or bike riding to places. Start slowly and safely at the beginning. With time, it will get easier and your body will get stronger. If you have any medical issues, check with your doctor before getting active.

Move stronger

Did you know that inactive adults lose 3% to 8% of their muscle mass each decade? To help keep our muscles and bones strong as we age it's important to include strengthening activities into our week.

The [Live Lighter website](#) has some great beginner tips on muscle strengthening activities.

Stay cool in the heat

Look after yourself as the temperature rises. Drink plenty of fluids and stay inside with a fan or air conditioner on (make sure the A/C setting is on 'cool'). If you have to go outside, go in the early morning or late evening and stay in the shade. Wear light coloured, loose clothing and wear a hat when outdoors. Limit outdoor activities when it is very hot and keep taking any regular medicine, even if you feel unwell because of the heat.

Keep COVID-safe

COVID has not gone away. Protect yourself with regular hand washing, wear a mask in crowded indoor settings and stay up to date with vaccinations. If you do test positive for COVID-19, stay home for at least 5 days and until symptoms have cleared. Talk with your GP about anti-viral treatments if you are at greater risk of serious illness from COVID-19.

Promote healthier kids

Healthy eating grandparents promote healthy eating grandchildren. A WA study found grandparents who had healthy foods at home and minimised unhealthy snack foods, had grandkids who ate more fruit and vegetables and less unhealthy savoury snacks, sweet snacks, and sugary drinks.

Learn how [grandparents can become champions of healthy eating](#).

Boost your wellbeing

Boost your mental health and wellbeing by doing things you enjoy such as listening to music, catching up with friends and family, playing with pets or gardening.

Find what works for you. [Learn more at HealthyWA](#).



Government of Western Australia
Department of Health

Revised 'Star Ratings for Aged Care Homes'

Star Ratings help you compare the quality of aged care homes using the 'Find a provider' tool on the My Aged Care website.

What are Star Ratings?

All aged care homes receive an overall Star Rating and a rating against four sub-categories:

- **Residents' Experience:** aged care residents are interviewed about their overall experience of their aged care home. Residents' Experience makes up 33% of the overall Star Rating.
- **Compliance:** regulatory decisions by the Aged Care Quality and Safety Commission including compliance with the Aged Care Quality Standards. Compliance makes up 30 % of the overall Star Rating.
- **Staffing:** the amount of care received from a registered nurse, enrolled nurse or personal care worker to each resident in an aged care home compared to the average care targets set by the Australian Government. Staffing makes up 22 % of the overall Star Rating.
- **Quality Measures:** information about five crucial areas of care: falls and major injury, unplanned weight loss, pressure injuries, medication management and the use of physical restraint. Quality Measures makes up 15% of the overall Star Rating.



What do the stars mean?

Aged care homes receive Star Ratings between 1 and 5 stars.

- 1 Star: 'significant improvement needed'
- 2 Stars: 'improvement needed'
- 3 Stars: an 'acceptable' quality of care
- 4 Stars: a 'good' quality of care
- 5 Stars: an 'excellent' quality of care

How often are Star Ratings updated?

Star Ratings are based on the most recent available data and are updated at various times:

- **Residents' Experience Rating:** updated annually

- **Compliance Rating:** updated daily
- **Staffing Rating:** updated quarterly
- **Quality Measures Rating:** updated quarterly

The overall Star Rating automatically recalculates when new data is available.

Why do we need Star Ratings?

The Royal Commission into Aged Care Quality and Safety highlighted the need for a simple and transparent way to compare the quality of aged care homes.

Star Ratings are based on measurable information about service quality that is updated as new information is available.

The introduction of Star Ratings is a key milestone in the aged care reforms and will deliver a range of benefits, including:

- Transparency about the quality of care in all aged care homes
- An easy way to compare the quality of aged care homes using the free 'Find a provider' tool on
- The My Aged Care website
- Nationally consistent quality measures to monitor, compare and improve aged care
- Providers will be engaged to continuously improve their Star Ratings, improving the quality of
- Care for older Australians

Where do I find Star Ratings?

Star Ratings are expected to be available on the My Aged Care website in December 2022. Search for aged care homes using the 'Find a provider' tool to see their Star Ratings.

For further information

T: 1800 200 422

W: <https://www.myagedcare.gov.au/find-a-provider>



Australian Government
Department of Health and Aged Care

For translating and interpreting services, call 131 450 and ask for My Aged Care on 1800 200 422.

To use the National Relay Service, visit <https://nrschat.nrscall.gov.au/nrs/internetrelay> or call 1800 555 660.

ANSWERS to the 'CROSSWORD' Puzzle (see Page 38)

Solution:

1	F	2	I	3	G	4	S		5	C	6	H	7	O	8	R	9	E		10	T	11	H	12	E	13	M
14	D	R	A	W		15	L	A	B	E	L		16	Y	E	A	R										
17	R	E	S	O	18	L	U	T	I	O	N		19	P	A	R	S										
				20	R	Y	E			21	P	I	22	P	E	D											
23	T	24	R	25	A	D	E		26	F	27	A	E	N	A		28	S	29	S	30	W					
31	O	U	I					32	S	I	G	N	O	R			33	E	R	A							
34	M	E	D	35	I	36	C	A	R	E			37	A	38	T	T	I	C								
				39	T	I	M	E			40	R	41	E	D	O											
42	F	43	I	44	R	S	T			45	M	O	R	E	O	46	V	47	E	48	R						
49	O	W	E					50	R	51	A	52	T	T	L	E			53	A	K	A					
54	E	O	N					55	O	L	I	V	E			56	S	57	A	T	E	D					
				58	D	59	A	N	C	E			60	C	U	R											
61	F	62	U	E	L			63	O	P	64	P	65	R	O	B	R	66	I	67	U	68	M				
69	A	F	R	O				70	V	I	R	U	S			71	A	I	R	S							
72	R	O	S	E				73	E	N	E	M	Y			74	S	I	N	G							

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Jimmy and Evelyn Johnson

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