



COTA Connections

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

FEBRUARY 2023

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This month's newsletter tackles one of the big issues for seniors: mature age employment. There is an interesting article on what is being referred to as 'The Great Unretirement' as, according to the latest figures, almost half of the recent additions to the labour market are over the age of 55.

Another article, The Australian Seniors Series: 'Ageism in the workplace is still an issue in Australia' delves more deeply in to how the attributes of mature age workers compare to the younger generations and not surprisingly we rate higher than millennials in adaptability, reliability and displaying ideal workplace values. Yet ageism and age discrimination prevail.



According to the Australian Bureau of Statistics, of all age groups, the largest increase in use of the Internet is by people aged 65-74 years (ABS, 2011a). This is highlighted in the article 'Realising the Economic Potential of Senior Australians' and yet what we at COTA (WA) call the Great Digital Divide is alive and well, with grossly insufficient ongoing tuition and support for seniors to use their devices confidently and safely. A survey undertaken by COTA (WA) in 2022 found that 82% of seniors felt that there was not enough support and of course this is verified by the massive increase in scams that are specifically targeting seniors.

On another matter, we all know that health and fitness is absolutely essential if we want to maintain our independence and live a happy and active life. In this edition, COTA (WA) volunteer Alex shares his story and talks about the challenges he sets himself to remain both physically and socially active. Sometimes we just need that extra bit of support to make it to the top, particularly when you are riding a bike uphill...well done Alex.

I have thoroughly enjoyed reading this month's COTA Connections, with lots of interesting and informative content. I hope you enjoy it too.

And if you have something of interest or value that you would like us to share, please contact Dana at: dana@cotawa.org.au.

Christine Allen, CEO

Meet 'Alex Pittendreigh, COTA (WA) Volunteer'

I have had to battle my weight all my life, and while it is reasonable now, I have had to find a number of ways to keep it under control.

In my younger days, I played a lot of sport (indoor cricket, squash, volleyball, tennis and Australian Rules to name a few) and this kept my weight under control. As I have grown older, I have found that I needed to find other ways to keep a modicum of fitness and my weight down.

I also discovered that in moving to the Perth metro area in the mid 1980's that sporting clubs were not as friendly as those in regional Western Australia. As a result, I hired a tread-mobile to keep my weight under control. This worked, but I found it a boring way to maintain my weight. Music helped while I was doing the exercise, but you never interacted with anyone else, and never saw any of the sites. I therefore bought myself a mountain bike and went riding around the suburbs. I also took short walks around the area, but traffic was an issue. The bike was fun, but was hard work on the hills in the area. There had to be a better solution.

Subsequently, I moved back to the country to take care of my mother who was extremely fragile, so we came to the point I became her full-time carer. I very quickly developed a routine where I took care of her, and also continued my work at Council on the Ageing WA.

My mother was a very religious person and while she was attending Sunday services or other religious studies with her friends, I went for longer walks around the neighbourhood. This is a lot safer than in the metropolitan area and I covered a fair bit of territory while getting to know some of the neighbours.

Over time, I wanted to explore further out of town and while it was possible on the mountain bike, distances were hard work. Consequently, I bought a cheap electric bike off eBay and travelled further around the area, having fun, but having some assistance without being overly tired. Contrary to some people's opinion, I found these bikes still resulted in getting a decent amount of exercise.

After a long illness, my mother passed away, and I was back to living by myself. For a while, I was unsure what I would do and where to live. Thankfully, I have decided that I will remain in Pinjarra.



The only issue living in the small town is that there is a lack of public transportation, and so I have had to work out ways of getting around on a long-term basis. To do this, I invested in a more premium electric bike and have passed my original electric bike on to my sister-in-law in Australind. This new bike is absolutely wonderful, very smooth and I still get a lot of exercise and I absolutely love it.

In addition to riding the electric bike, I have found a walking program that I participated in for the last few months. This program has a number of challenges which you can participate in, and as a reward, you receive electronic certificates, badges and very, very cool looking medals. It is a great incentive to continue on with the program. The program is from a company called Pacer, and they have a range of low cost options to participate.

To date, I have completed seven walking challenges over six continents on a virtual basis. One program is Pacer Structure: these challenges that require you to follow along with a virtual tour of the challenge in which you are participating. I found these challenges to be rewarding and you learn quite a bit about various countries and cultures with the information that Pacer provides.

Pacer also offer occasional monthly challenges and I participated in the December 2020 to 'walk as far as you can' challenge. That was the first time I have ever undertaken something like that, and I was extremely happy with where I finished in the challenge. I completed, 372 kilometres for the month of December 2022 and came 55th in the Australian group and 2555th in the overall group. This was out of a total of close to 30,000 people participating in the December 2022 challenge.

I plan to keep doing these challenges and riding my bike further and further out of town around the region.



It is possible to get a reasonable amount of exercise, meet your neighbours and have some fun while learning and it does not have to cost a fortune to do so.

I would recommend anyone who is looking for some form of exercise as weight control to get out on an electric bike. They do not have to cost a fortune to begin with. The bikes provide a low-impact form of exercise and you can cover a fair area to see the different sights around your local neighbourhood while getting your exercise.

Following this, you could then participate in walking exercises as I have done or find some other activities that suits your personality and lifestyle.

In conclusion, I would like to say that buying the electric bike and participating in the walking exercises has not only helped with my weight control, it also got me into the fresh air meeting the neighbours.

Country Women's Association of WA features 'Year-Round Rum Balls'

Rum Balls are year-round favourites!

Recipe provided by Lara and Annemaree Jensen and Family Yoweragabbie Station, Mount Magnet, WA. (Lara Jensen is a member of the Kirkalocka CWA Branch).

Who said Rum Balls are just for Christmas!

Rum Balls are also a fabulous snack or decadent dessert throughout summer because they are refreshingly cold to enjoy as you are slowly being roasted in the middle of the Australian summer! The recipe is super quick and easy to make, and the rum balls are always extremely popular at gatherings of all kinds.

These Rum Balls are included in a recipe book which has been created to raise funds to fight for prominent lights on trains after the Jensen family suffered the tragedy of losing their son and brother when he, and two of his friends, were killed at a Passive Level Rail Crossing after their car collided with a wheat train near Jennacubbine in 2000. An inquest found no one in the car had seen the train approach due the absence of lighting and warning signs.



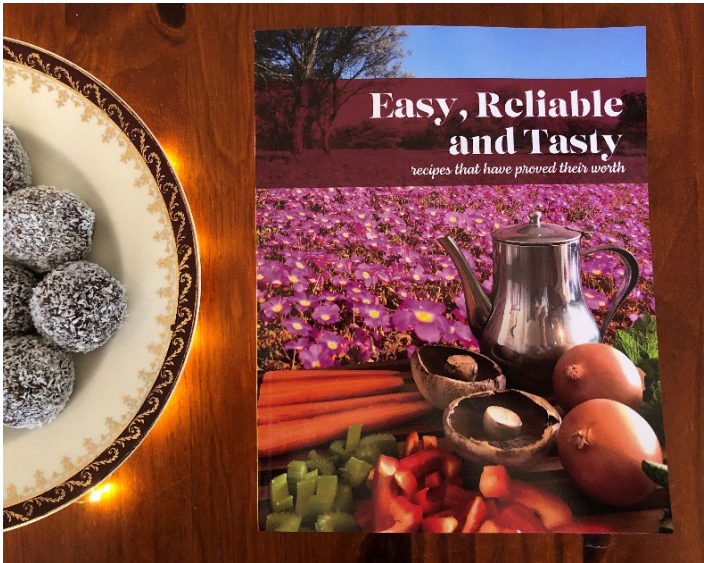
Ingredients

- 1 packet granita biscuits
- 1 tin sweetened condensed milk
- 1/2 cup desiccated coconut
- 1/2 cup cocoa
- 3 teaspoons of vanilla essence
- A good dash of Bundaberg Rum
- Extra cup of desiccated coconut for rolling the rum balls in

Method

1. Crush granita biscuits with a rolling pin in a heavy-duty plastic bag.
2. Combine biscuit crumbs, sweetened condensed milk, coconut, cocoa, vanilla essence and rum.
3. Shape mixture into balls and roll in extra coconut on a tray.
4. Freeze until hard and serve cold.

The Recipe Book: 'Easy, Reliable and Tasty'



Anyone driving in rural or regional Australia knows that semi-trailer trucks are extremely well lit by around 36 lights plus 2 headlights. In contrast, even though trains weigh at least 3,000 tonnes, are on average 1.5 kilometres long, and take over a kilometre to stop, they are still only equipped with just one or two headlights and two small ditch lights that are directed at the track. The Jensen and other affected families, as well as the Country



Women's Association of WA are fighting for legislation to address this double standard and to prevent further fatalities in rural areas across Australia.

The recipe book is titled **Easy, Reliable and Tasty** and is a soft gloss cover recipe book with 233 recipes that span a wide range of savoury and sweet dishes. The recipe book is \$45 which includes postage to anywhere in Australia. If you would like a copy, please send an email to amojensen@gmail.com or call 0439 923 976. You can find them on Facebook at Improve Train Lighting and Passive Level Crossing Safety. **Let's light up your taste buds and trains.**



Country Women's Association of WA

Est. 1924

‘The Great Unretirement’ Accelerates as Jobless Rate Hits Historic Low

Historically low unemployment and more flexible working arrangements since the pandemic have spurred tens of thousands of older people back into the workforce in a trend one economist has dubbed ‘The Great Unretirement’.

New figures show nearly half of labour market additions are 55-plus, as older workers make the most of improved job flexibility and favourable workplace conditions.

The latest labour force figures should encourage over-50s who want to delay their retirement to keep working or return to the workforce and earn more for their retirement.



Demographers are stunned that 40% of the nearly half a million people who entered the labour force over the three years to October 2022 were over the age of 55.

That means that nationally, almost one in five of all workers, or 19.6%, are now aged over 55, up from just 11.4% two decades ago.

KPMG urban economist Terry Rawnsley says the trend of older workers returning to paid work has been accelerated by improved job flexibility and limited travel opportunities over the past few years.

Key Points

- 40% of people who entered the labour force over the last three years are 55-plus
- National Seniors ‘Let Pensioners Work’ campaign to stop penalising pensioners for working wins results
- Pensioners now can earn up to \$11,800 before losing any pension

Mr Rawnsley says the trend was well under way before record-high inflation and cost of living pressures emerged this year. But if those economic pressures continued, he said, there could be an even bigger rise in older people going back to work to make ends meet.

“Our labour market is continuing to go gangbusters,” said Mr Rawnsley. “What we are seeing is a great unretirement, primarily driven by more favourable workplace conditions.”

Val Fell, 93, a member of the Council of Elders, who lives in Wollongong and was recently awarded the Medal of the Order of Australia for her advocacy work, said older people wanting to work faced significant barriers, including employers assuming they were beyond their used-by date.

“As far as employers are concerned, once you get to a certain age, they think they shouldn’t really worry about employing you because you can’t offer very much,” she said.



Val Fell, 93, a member of the Council of Elders, has been postponing her retirement for years. JANIE BARRETT

Although the news is positive for workers, employers are struggling to fill job vacancies and skills gaps. Ian Henschke, chief advocate at National Seniors Australia, warned Australia was facing a workforce crisis ‘never seen before’, with severe shortages of workers, particularly in healthcare and aged care.

He said efforts to boost participation were crucial, including cutting the pension at a punitive rate for more than one day’s paid work a week.

“Australia needs to see a lift in its productivity growth and its participation rates,” Henschke said. “In particular, mature-age participation can play a key role in tipping the balance between the number of future retirees and the number of workers available to support them.”

He said an extra 3 percentage points increase in participation among workers aged 55 and over would result in a \$33 billion boost to the national economy, equivalent to about 1.6% of national income.

Australia’s unemployment rate was 3.4% in November 2022, the lowest in 48 years, with a labour force participation rate measuring the proportion of the working-age population either working or actively looking for a job at 66.8%, the highest on record.

For further reading: [The Age](#)

THE  AGE
INDEPENDENT. ALWAYS.

‘Realising the Economic Potential of Senior Australians’

Let’s celebrate the life experiences and interests of older people!

Choosing to age well. For individuals and society, the choices we make can affect how well we age. Ageing well means planning ahead for life transitions: planning finances and making choices about education, work (both paid and unpaid) and housing. It is about making choices to remain fit and healthy, choosing to be connected with family and friends and being part of the community.

Society needs to remove barriers, embrace all people for their contribution and invest in people throughout their lives. All of us, individuals, the community, government and industry are responsible for making the best choices for our future.



Excerpts below from: the Advisory Panel on the Economic, Potential of Senior Australians: Realising the economic potential of senior Australians - changing face of society

Ageing Well Together: People do not age in isolation. Ageing takes place in the context of family, friends, work colleagues and the community. That is why a supportive and engaging society can promote active and productive ageing. Technology has a role too. Now technology makes it easier for people to keep in touch with family and friends and participate in community activities and employment.

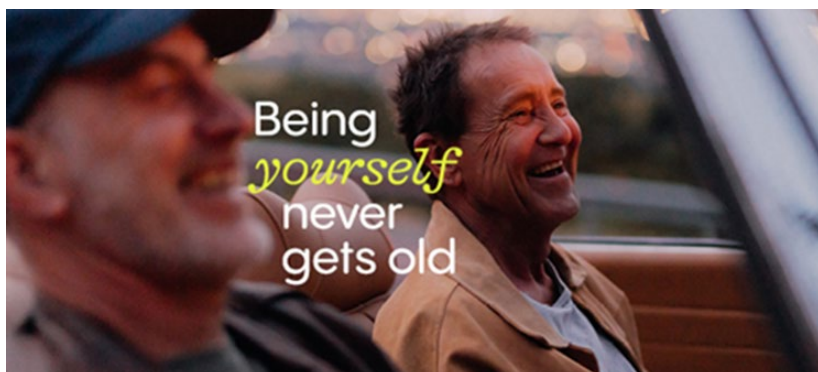
Choosing Paid Work: There are skills shortages in Australia. Older people represent an important source to meet the demands for skills. Many experienced and knowledgeable older workers are still seeking to remain actively engaged in the paid workforce.

For Individuals: For some older people, paid work is a financial necessity. For others, it is a choice. Work allows people to continue their careers, pursue their interests and maintain business and social contacts. Those who decide to keep working in mature age benefit not only from ongoing, regular pay, but also boost their savings and income in retirement.

For Employers: The retention of older workers can have specific benefits for businesses, limiting staff turnover costs, retaining corporate memory and in-depth knowledge of the company’s products, services or processes. Older workers may also be particularly suitable for companies with a customer base that has an older age profile.

For the Economy: The Australian economy is facing a skills shortage. Organisations looking for skilled workers need to realise the potential that older people offer. The skills and knowledge of mature age workers present significant opportunity for Australia's economic growth and prosperity.

Premature Retirement: Premature retirement that is not a worker's choice, results in a loss for the individual and for the economy. In effect, an individual's contribution ceases before their capability diminishes. There are nearly two million older Australians (aged 55 and over) outside the workforce who are willing to work, could be encouraged to work or are unemployed and looking for work.



Technology Opens New Doors: Telecommunications are changing rapidly, transforming our lives. Advances such as mobile phones, electronic notebooks and the internet all allow greater connectedness. Of all age groups, the largest increase in use of the internet is by people aged 65-74 years; further, more than half of Australians aged 55 or more, use the internet at least once a day (ABS, 2011a). As more senior Australians embrace new technology, new doors open and opportunities arise.

An opportunity for Innovative Design: Age-friendly design: Now businesses need to adopt age friendly innovation to take advantage of our changing demography.

Discrimination is Unacceptable: Age discrimination is the 'invisible' discrimination in our society: a discrimination so widely and unconsciously accepted that we are often completely unaware that our actions support it — a discrimination so universally part of our modern culture, that we often accept it without question (Broderick, 2011). Age discrimination denies a person an opportunity because of their age when age is irrelevant to the person's ability to take up that opportunity.

Australian anti-discrimination laws state it is against the law to discriminate on the basis of age. There is no legally defined retirement age

For further reading: https://treasury.gov.au/sites/default/files/2019-03/EPSC_changing_face_of_society.pdf

The Federal Government established the Advisory Panel on the Economic Potential of Senior Australians on 30 March 2011 to examine how Australia can best harness the opportunities that much larger, and more active, communities of older Australians bring. The panel wants to consider how Australia can capitalise on the varied life experiences and intellectual capital of all senior Australians.

Western Australian Symphony Orchestra (WASO) 'Sharing the Joy of Music'

Music intervention, one for the ages. Music therapy can have both emotional and physical benefits for residents in aged care. It contributes to good health and is known to improve mental, social and emotional wellbeing.

WASO taking their music to you. WASO ensembles provide engaging chamber concert performances in our community. We visit Retirement Villages and Aged Care Centres, bringing the joy of music to older adults in the comfort of their own homes. These concerts are free and engaging and offer an opportunity for our musicians to talk about the life of an orchestral musician and the music that inspires them. Since this program began in 2021, WASO has reached over 2500 adults living in supported care in the community.



Music for the Ages Program

WASO's 'Music For The Ages' brings the beauty and emotion of live classical music to older adults in Nursing Homes and Aged Care settings, when they are unable to attend a symphony orchestra concert or rehearsal.

The Music for the Ages program has been specifically designed to reach older adults unable to attend a symphony orchestra concert or rehearsal. Providing engaging chamber ensemble performances in Nursing Homes and Aged Care settings, WASO musicians visit with older adults and share stories about life working in an orchestra and what they like about particular pieces of music they are featuring in their concert. These concerts are much-loved by WASO musicians, who enjoy taking their audiences on a journey of music through the ages.

For more information

Music for the Ages is an essential aspect of the Education and Community Engagement work WASO presents throughout the year. Find out more about this program [here](#).

To register your organisation's interest, please contact [Christina Claire](#)

W: <https://www.waso.com.au/education-community/community/music-for-the-ages/>

Connect: Open Rehearsals & Chamber Concerts

Tailored musical experiences for the disability sector.

WASO's Connect program provides accessible intimate chamber concerts and open rehearsals for adults registered with disability support organisations tailored to individuals who are unable to attend a full symphony orchestra concert due to accessibility requirements. With musicians joining guests for morning tea and a chat after the concert, the events are very popular, with some repeat attendees joining us for several years at every event.



For more information

To register your organisation's interest, contact [Alena Tompkins](#)

T: 08 9326 0088

W: <https://www.waso.com.au/education-community/community/connect/>

First Nations Creative Collaborations

WASO is proud to work with Australia's finest First Nations artists to share powerful cultural content through the development and performance of original compositions and reinterpretations of existing repertoire. These collaborations provide an opportunity for connection for our Orchestra and audiences, unique music education and understanding and community engagement experiences.

As WASO develops their Reconciliation Action Plan and our collaborations evolve, WASO looks forward to building relationships that enable us to listen, learn and create, while reflecting on the rich culture in which we share.

For more information about the WASO First Nations Creative collaborations

W: <https://www.waso.com.au/education-community/community/first-nations-collaboration-engagement/>



‘6 Tips to improve the quality of life for your loved ones’

Enjoying retirement can mean different things to different people, as everyone has their own unique interests and preferences.

How to help an ageing loved one that does not want help.

Many older people initially refuse outside help, even when it's clear they need it, because they're afraid of losing their independence. Here are six tips to help you convince a parent or loved one to accept the help that will improve their quality of life.

Have you ever tried to approach a parent or loved one about getting more help around their home and been rebuffed?



It can be a very tricky conversation to navigate, especially if they say they are fine, or take offence at the suggestion that they need assistance.

Here are six tips to improve the quality of life for your loved ones

1. Choose the right time to chat

Choose a moment when everyone is calm and you are unlikely to be interrupted. Explain that you would like to have a chat about the future so you can understand their wishes and that you will listen openly and respectfully to everything they have to say.

2. Ask the right questions

Your loved one may become defensive if you point out all the ways you feel they have changed and are unable to take care of themselves. A positive starting point is to ask them whether they are finding some activities of daily living more difficult than they used to.

If they say everything is fine, you can gently point out some of your observations. You might say that you noticed it seems more difficult to walk up the stairs or cleaning a big house all by yourself is a big task.

3. Avoid any judgement

While any behavioural changes might seem obvious to you, your loved one might be in denial or having a hard time accepting that they are ageing. Using supportive and non-judgmental language will reduce the risk of them reacting negatively or shutting you out.

Instead of saying, you can't even cook meals for yourself, try it is a lot of effort for you to cook, and I would like to support you by getting you some help.

You can point out that aged care providers are focused on reablement, doing things with your loved one rather than for them, making life that little bit easier.

4. Do your research

Having some information on hand about the different aged care options available will help everyone get a better understanding of the process.

There are four different levels of government-funded [Home Care Packages](#) to help your parent stay in their home for longer. You can check eligibility for government funding by answering a few questions on the [My Aged Care](#) website.

With wait times of three to six months for most government subsidies, it pays to apply before the need is urgent. If your loved one needs immediate care or doesn't meet the eligibility requirements, [private services](#) are also available.

5. Explain the importance of thinking ahead

It might help to explain that getting in-home care early on often leads to better outcomes. When the need for assistance is left too long, a fall or other health event might occur that forces loved ones to go straight into an aged care home. Early intervention may allow your loved one to live comfortably in their home for longer.

6. Enlist outside help

If your loved one is still resistant to getting help, it could be useful to enlist the help of a health or aged care professional. Their General Practitioner will be able to evaluate your loved one's changing needs and make recommendations. Hearing it from a health professional may convince your parent to accept help.

The WA Aged Care Guide 2022-2023 offers easy-to-understand information on the range of Government subsidised care programs available for seniors. In simple terms, the guide explains:

- The types of aged care services you or a loved one may be able to access and who each service is most suitable for
- How to access services, including all the steps and eligibility criteria
- The free assessment process for each service
- What happens after you have been approved for a service



Free online WA Aged Care Guide 2022-2023: <https://issuu.com/dpspublishing/docs/acg-wa-22-23-complete-linked>

‘Beware of fake pet rescue groups’

Leading national animal welfare charity [Companion Animal Network Australia \(Australia CAN\)](#) is warning big-hearted Australians about fake pet rescue groups which it says are breaking hearts and draining bank accounts.

“The majority of pet rescue groups are run ethically by staff and volunteers who are dedicated and work hard to save animal lives,” said Trish Ennis, CEO of Australia CAN, a registered charity representing the companion animal welfare work of member organisations across the country.

“But sadly, there is a rise in scam pet rescue groups targeting people who want to adopt from a shelter or rescue. Scammers are impersonating real animal shelters and rescue groups or posing as people who want to rehome an animal and tricking the public into adopting pets that don’t exist.”

To raise awareness about pet scams, Australia CAN partnered with [Puppy Scam Awareness Australia \(PSAA\)](#), a dedicated organisation that brings awareness about the thousands of pet scamming syndicates who prey on pet shoppers, helps puppy shoppers spot a scammer and assists those who have been scammed. PSAA also works to report and shut down scammers’ online presence and helps victims try and get their money back.

“We are very concerned that pet rescue scams are on the rise,” said PSAA Founder Sandy Trujillo.

“Sadly, many pet lovers are getting pulled into these online scams thinking they are legitimate and often take what scammers say at face value. There are hundreds of these pages on social media and the public are unaware of what the red flags are.”

When pet love is blind

One victim of a pet rescue scam is a 78-year-old who was scammed out of \$2,500 in savings by a fake website called WoodPetsAU (which has now been shut down) – for a six-year-old rescue dog that did not exist.

It was after the money was transferred the money that she got a Facebook message from ‘David’ asking for more funds to cover a broken travel crate, when they realised, they were duped.

How to tell if a pet rescue group is fake

PSAA has found that most Facebook pages titled ‘rehoming and adoption’ are fake.

Genuine Australian pet rescue pages mainly use the word ‘rescue’, not ‘rehoming’ or ‘adoption’ which scammers tend to use. These scam pages always have cute puppy pictures, not older dogs that have been surrendered. That is the main difference.



A photo of the fake 'Milo' that appeared online.

Tips on making sure the rescue group, shelter or pound is not a scam.

- Check if the rescue group is advertising in other places online and do a background check on the organisation and contact person
- With rescue groups, always check the comments and where people commenting are located
- Always speak to someone on the telephone, most Australian rescues have a website, contact and address details on their pages, rescues will encourage you to view the animal in person and fill out application forms to see if you are an appropriate candidate to adopt an animal
- Avoid Facebook pages with the wording 'rehoming' or 'adoption'
- Many genuine rescues are public pages, be wary of closed social media groups

Many scammers have been creating closed groups called for rehoming or adoption. They have discovered these are harder to shut down. They will trick a person into thinking the group is for rescues but will post cute puppies in those groups to make customers want to buy them at very cheap prices.

- Check that the adoption fee is reasonable, scammers may ask high prices for puppies, in particular, under the guise of having 'rescued' them
- Rescue groups / shelters usually have a mix of dogs of different ages, be wary of rescues with lots of purebred puppies and few or no adults/senior pets
- You can check if the rescue group is a genuine non-profit organisation by looking them up on the website of the Australian Charities and Not-for-profits Commission (ACNC) www.acnc.gov.au
- Ask your friends and family about their experience with a particular rescue group and try to support ones that receive positive feedback



Tips to choosing a responsible pet rescue group

The aim of a responsible rescue organisation is to find a loving, forever home for animals in their care so they will want to help you adopt the right pet.

Some tips on choosing a registered, responsible pet rescue charity for those who wish to adopt:

- A responsible rescue group will invite you for a meet-and-greet with the pet at the shelter/pound or foster home
- They will make time to answer all your questions and ask about you, too

- They will offer the option of an adoption trial and provide you with post adoption support to help your rescue pet settle in their new home and if the adoption trial does not work out, the rescue group should take the pet back
- When you meet your prospective rescue pet, the animal must appear in good condition and well looked after by the rescue/shelter/pound
- The rescue group should provide paperwork from a vet clinic proving the animal is microchipped, vaccinated, de-sexed and health checked

For a guaranteed pet to welcome into your family, contact an Australia CAN member in your state <https://australiacan.org.au/who-we-are/>

For more information

- More info on fake charities <https://www.scamwatch.gov.au/types-of-scams/fake-charities>
- How to spot a pet scam <https://australiacan.org.au/pet-projects/puppy-scams/>
- For tips to avoid fake websites and a list of fraudulent websites www.puppyscamawarenessaustralia.com.au
- If you think you are scammed, contact your financial institution right away

For more information www.scamwatch.gov.au



BMC Geriatrics 'For those of us who want to be fit, this news could be life changing'

For those of us who want to be fit but are turned off by the prospect of long and exhausting sessions at the gym, lifting weights and pounding aerobics, this news could be life changing.

Key Points

- Only 6% of over 50s meet current guidelines for muscle resistance training
- Snacking is short bursts of regular exercises
- Breaking down exercise into bite-size activities is more attractive to participants



Researchers say short bursts of regular bodyweight at-home-strength-training is enough for people over 65 to maintain movement and enhance their quality of life. It's called 'exercise snacking' a routine of five different exercises such as:

- Single-leg knee bends
- Sit to stand
- Single-leg quarter squats, all performed continuously for one minute, with a one-minute passive recovery break in-between

The key to successful fitness is to perform the exercise routines at least once per day.

It is well known that as we age, we lose skeletal muscle mass, strength, power and functional capacity. In turn, that can affect independence and the risk of disease and mortality.

Dr Jackson Fyfe of Deakin University wants to break down the traditional barriers to fitness that older Australians face and instil long-lasting healthy habits that keep them mobile into the twilight years. "The benefits of exercise are well known, but despite this just 6% of adults aged 50 and over meet the current guidelines for muscle resistance training," Dr Fyfe said.

What is stopping you exercising?

As you know, there are lots of reasons why people choose not to exercise:

- Cost concerns
- Fear of injury
- Not enough time

- Daunted by the idea of using a gym
- Lack of interest and motivation to exercise

Bite-Size Exercise

Researchers found that breaking down exercise routines to simple bite-size intervals of bodyweight movements that could be done at home meant it was more likely people would stick to their programs. They gained confidence in doing new movements and felt it was having a positive impact on their health.

The research involved 38 men and women aged 65 to 80 who did not already perform regular structured resistance training. They were split into four groups:



- A control group that did not exercise
- A group that exercised for five minutes per day
- Two groups that exercised for five minutes twice a day or three times a day for four weeks

The researchers were surprised to discover a high rate of adherence among the exercise groups, with between 81% and 97% of participants sticking to their routines.

Of the study participants, 82% also flagged they planned to continue exercising once the study was over.

“Four weeks is not long enough to determine if there are physical benefits to exercise snacking sessions, but there are already plenty of related studies that [show minimal-dose resistance training offsets the negative effects of ageing](#) and improves mental health,” Dr Fyfe said.

“Australia has an ageing population and we wanted to show that exercise interventions to assist older people to maintain movement and improve their health and wellbeing do not need to be onerous. So, it’s never too late to start exercising and even small amounts of regular exercise can create positive results.”

The full study, feasibility and acceptability of a remotely delivered, home-based, pragmatic resistance ‘exercise snacking’ intervention in community-dwelling older adults: a pilot randomised controlled trial, published in the journal BMC Geriatrics, can be found [here](#)

COTA (WA) Strength for Life™



Strength for Life™ is an evidence-based progressive strength training and exercise program designed specifically for the over 50's and operating in Western Australia since 2004.

We currently have 5,436 participants and 50 providers throughout Western Australia including 14 located in Regional WA.

Progressive strength training has been shown to have a huge impact on wellbeing and quality of life. We provide safe, fun and personalised sessions in approved facilities by expert trainers!

For more information

T: 08 9472 0104

E: kairi@cotawa.org.au

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



The Australian Seniors Series: 'Ageism in the workplace is still an issue in Australia'

It was the acclaimed psychoanalyst Erik Erikson who took a sobering look at Western society's preoccupation with youth, and said, "Lacking a culturally viable ideal of old age, our civilisation does not really harbour a concept of the whole of life."

He was right. Even in Australia, it is said we have been culturally conditioned to hold negative stereotypes about 'old people' by the time we are as young as six. And like many unjustified preconceptions or prejudices, they can be hard to shake even as we grow older ourselves. Such is the pervading myth of obsolescence amongst over-50s in the modern workplace.



As part of our ongoing national research into uncovering the transformative experiences that Australia's Baby Boomer demographic are currently negotiating, we surveyed 1,000 Australians about employment after the age of 50, particularly around the subjects of perceived ageism in the workplace versus the real, quantifiable value they bring to their job, as well as their relationships with Gen Y co-workers. And the results might both surprise and galvanise.

Are Aussie workplaces becoming ageist?

Consider this: more than one in three people over-50 (35%) have no choice but to apply for new work or embark upon a career change later in life, half of them because they need the money. So, factoring in what we know about Western culture and its tendency to marginalise those who are no longer in the rosy-cheeked flush of youth, this statistic is all the more of a concern. Why? Because, even at a glance, the results of our survey over whether ageism is a factor in attempting to re-enter the workplace are quite disheartening.

Perceived or otherwise, nearly half of all Baby Boomers surveyed (47%) feel age discrimination is behind why they may have been rejected for employment. Not only that, but over a third (36%) talked themselves out of even applying for certain roles because they believed they would not even be in the running. This could also be why 60% of those surveyed admitted re-employment required overcoming certain obstacles, and in fact, over a quarter (27%) described those barriers as 'significant'. For example, nigh on half of over-50s (49%) said finding a new job took them over six months, while one in five (22%) struggled for over three years before landing work.

Even once Baby Boomers do score that elusive gig, the ageism does not necessarily end there. Nearly a third (30%) report experiencing discrimination over their age while at work, for example, 21% of over-50s express annoyance at obvious age-based prejudices over their capability to perform certain tasks or roles.

The reasons most cited for this age discrimination is that Baby Boomers are seen as either overqualified (45%), they somehow lack the right 'company fit' (30%) or that they are not tech-savvy enough (24%). Not only that, but even within such a potentially stultifying work environment, 42% of over-50s feel trapped in their job. Why? Because they have genuine fear that their opportunity to swap careers or to climb the ladder have long since passed them by.

Baby Boomers provide the balance every workplace needs

So that was the bad news. The good news is that, in the real world, Baby Boomers present any potential employer with not only a lot of value but also excellent opportunities to enrich and balance the skill sets of their younger team members. For example, among those surveyed, while only 9.8% saw over-50s as being strong in their technical skills compared to 26.9% for Gen Y employees (a statistic that perhaps is not that surprising), the Seniors definitely won out over the Millennials when



it came to other desirable workplace attributes, i.e. ranking higher in their general people skills, in their ability to collaborate and work within a team, and in their aptitude for innovation and solving problems.

Part of why over-50s might also be regarded as an asset to any contemporary workplace is that

business experts now believe communication and collaboration to be key drivers in any successful business, and sure enough, Baby Boomers predilection for communicating face-to-face as opposed to email, telephone, Skype or chat software is something of a benefit. In fact, when it comes such subject matters as personal issues, performance feedback, difficulties or support issues and even complaints, the split of over-50s who will elect to talk to someone in the flesh over other means of communications ranks in the 80–90 percentile - compared to Gen Ys, who are usually much more content with email and telephone (even for personal issues and problems). This preference for upfront face-to-face communication stands Baby Boomers in good stead.

Seniors rank higher than Millennials in adaptability, reliability and displaying ideal workplace values

Whether it is on account of the fact that the Baby Boomer generation have experienced a succession of major political, cultural, sexual and technological upheavals over their years is hard to say, but a general adaptability is also seen as a virtue of older employees. Not only that, but it's also actually

the Gen Y worker who professes to disliking change in the workplace most: 64% of Millennials ticked the 'I hate any form of change at my job' box most compared to only 56% of over-50s.

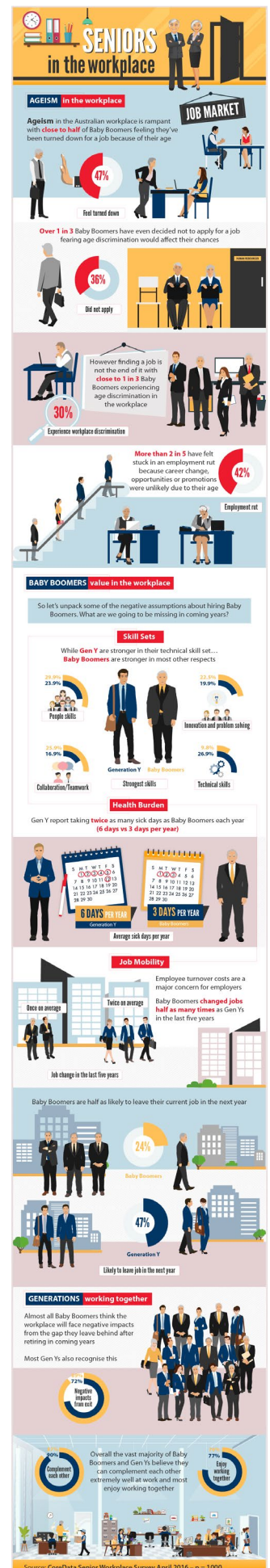
And sure, while it is a general truism that over-50s might be type-cast (either by themselves or others) as being slightly technologically handicapped, 77% of those surveyed admitted to being slower at embracing new tech skills, versus 91% of Millennials who tend to pick them up much faster, Baby Boomers are actually more likely to seek out new training opportunities to address these and other, shortfalls. Whereas only 27% of older workers fessed-up to avoiding learning new skills, slightly more of the younger employees (31%) said they also dodged doing additional training wherever possible.

Another reason to reconsider older employees is a debunking of the myth they are less productive because of health issues. Statistically speaking at least, Baby Boomers are actually three times less likely to use most of their sick leave each year than Gen Ys, and in fact, Millennials throw twice as many sickies compared to Baby Boomers each year (6 days vs 3 days per year).

Job mobility is yet another factor which paints over-50s in a positive light, especially given that continual employee turnover costs are a concern for businesses. The reality is, Baby Boomers are a safer bet when it comes to retention, over a five-year stretch, of those surveyed, Gen Ys changed jobs twice as much as the over-50s (once vs twice on average). What is more, Baby Boomers are half as likely to leave their current job in the next year, only 24% of over-50s think they might move on soon, compared to almost half (47%) of Millennials.

It is also probably no surprise that in the realm of employee values and motivators, the over-50s might be more attractive to prospective employers than Gen Ys. Generally speaking, Baby Boomers are principally motivated by such things as being satisfied by their job (71%), finding their work engaging (57%) and a positive workplace culture (41%). Alternatively, Millennials are more inwardly focused, responding best to such drivers as better pay (52%), an ideal work-life balance (42%) and future career opportunities (42%).

Perhaps most telling of the difference in the two age-groups, depending on how you choose to interpret the words, is that while Baby Boomers are more than twice as likely to cite 'integrity' (i.e. an ideal practised for the



benefit of all) as their key workplace value, Gen Y are more likely to cite 'respect' (something which recognises and benefits them first).

Grey is the new black – it's time Aussie workplaces caught on

The reality is the over-50s demographic among Australian employees is here to stay. And that is a really good thing. Three out of ten Baby Boomers surveyed say they intend to work beyond the age of 65, the majority due to financial need (62%), but also those who simply enjoy working (56%) and others who want to stave off boredom (44%). Unsurprisingly though, a high percentage (i.e. 90% and higher) of over-50s believe the following issues need to be talked about and addressed if the two different generations are to continue working together collaboratively moving forward.

1. First, the older one gets, the harder it is to find a job.
2. Secondly, older employees are clearly undervalued, and that workplaces without the right distribution of senior worker will come to miss the value they can bring – furthermore, a lot of Baby Boomers (89%) believe that the workplace will face negative impacts once they retire.

Optimistically, though, the vast majority of over-50s and Millennials believe they can complement each other extremely well at work (90% vs 87%) and most enjoy working together (77% vs 76%).

So, isn't it high-time we celebrated having the right amount of 'senior-ity' in the room? The figures seem to speak for themselves.

For further information

W: <https://www.seniors.com.au/documents/australian-seniors-in-the-workplace-report.pdf>



‘How to spot signs of heat exhaustion’

Because of our ever-increasing summer temperatures, it is important to look out for signs of heat exhaustion before it turns into heatstroke (which is a medical emergency).

Heat exhaustion happens when someone becomes dehydrated due to fluid loss from the heat and/or excessive physical activity. If you know the signs, you will be able to act and lower the risk of heatstroke.

The most common symptoms to look out for are:

- Headaches
- Body temperature more than 40°C
- Muscle cramps
- Exhaustion
- Nausea and/or vomiting
- Weakness and/or dizzy spells
- Pale, cool, clammy skin at first, becoming flushed and red later
- A rapid, weak pulse



To avoid heatstroke, you should immediately:

- Rest in a cool, shaded place
- Remove excessive clothing and loosen any tight clothing
- Have a cool shower or bath, or apply cool, wet towels to the body
- Loosen tight clothing
- If fully alert, sip water or suck ice chips
- Cool by fanning and moisten skin if possible
- If muscle cramps occur, gently stretch the affected muscles to ease pain
- Seek medical attention immediately if symptoms are severe, get worse or do not improve with treatment, or last longer than an hour

- It should go without saying (but we will say it just in case), never leave children or animals in a parked car when it is hot as tests have shown that temperatures inside a car on a hot day can be as much as 20°C hotter than it is outside

To reduce the risk of experiencing heat exhaustion, remember to:

- Stay hydrated [Easy ways to increase your water intake](#)
- Stay out of the heat as much as possible especially during the hottest part of the day
- Keep your space cool with circulating air [Stay cool at home without air conditioning](#)
- Wear weather-appropriate clothing and protect yourself from sun damage [How to stay sun smart and protect your skin](#)
- Rest often and save strenuous activities for the cooler parts of the day
- Monitor for signs of heat-related illness and act promptly
- Check in on others, especially those who are older, sick, or frail

For helpful information about working in high temperatures, visit: [Safe Work Australia](#)

And not forgetting our fur babies: [5 ways to keep your pets cool in summer](#)



Dementia WA 'Community Sessions'

Dementia Australia is working to educate the public and build dementia-friendly communities across the country.

Dementia WA's Community Sessions are designed to raise awareness of dementia and reduce the stigma and discrimination surrounding it. They also offer sessions focused on brain health which provide strategies to maintain brain health and reduce the risk of dementia, helping people better understand how memory works and when memory changes may need to be investigated.



All sessions are delivered by Dementia Australia's highly experienced facilitators who specialise in the delivery of education and support related to dementia. Dementia WA offers select sessions for public attendance.

If you would like to discuss the option of having one of the sessions delivered within your organisation or workplace, this can be offered at a cost. To enquire about fee for service delivery, email helpline.nat@dementia.org.au

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>



Road Safety Commission WA 'Information to help seniors reduce road safety risk'

For many WA seniors, the ability to drive, cycle or use public transport is vital in maintaining independence. However, people aged 60 years and over accounted for 19 per cent of all people killed or seriously injured on WA roads between 2016 and 2020.

Road Safety Risk

There are many reasons the road safety risk increases for senior road users, whether you are driving or using the roads as a pedestrian.



Medication

- Check warning labels on medication and don't drive if the medicine causes sleepiness, nausea, blurred or double vision, dizziness and shaking
- Check with your doctor or pharmacist if you are not sure about the effects of your medication

Vision

- Whether you are using the roads as a driver or as a pedestrian, vision naturally deteriorates as we age
- Deterioration of eyesight and hearing makes it harder for seniors to judge distances and the speed of traffic
- It is important to wear spectacles if they have been prescribed and to also have regular eye and hearing checks

Flexibility

- Some seniors may experience reduced flexibility and slower reaction time
- These factors can also affect driving ability and your safety as a pedestrian

Renewing your licence

Once you reach the age of 80, you must undergo an annual medical assessment before you can renew your licence.

This is what you need to do:

- Complete a Medical assessment certificate - senior driver's licence renewal declaration
- Undertake a medical examination with your Health Professional to assess your fitness to drive
- Health Professionals concerned about a senior's medical fitness to drive may still recommend a person take a Practical Driving Assessment (PDA)

Mandatory practical driving assessments are no longer required by drivers aged 85 and older, unless recommended by a medical professional.

Here is what you need to do:

- Complete a Medical assessment certificate - senior driver's licence renewal declaration
- Undertake a medical examination with your health professional to assess your fitness to drive
- Complete an annual Practical Driving Assessment (PDA), if recommended by your health professional
- If your licence allows you to drive vehicles such as Light Rigid (LR class) heavy vehicle licences or above, you will need to complete a PDA in a vehicle of the highest class you wish to continue driving before you are able to renew your licence

The Department of Transport has more information on renewing licences for [drivers aged 80-84 years](#) and [drivers aged 85 and over](#).



**ROAD
SAFETY
COMMISSION**

Alternative transport

Public Transport

WA Seniors can travel for free on all Transperth services between 9am and 3:30pm Monday to Friday and all-day Saturday, Sunday and public holidays. All you need is a Seniors, Pensioner or Veterans SmartRider.

Mobility Scooters and Motorised Wheelchairs

Mobility scooters and motorised wheelchairs enable people who have difficulty walking to retain their travel independence. However, these devices are not meant to be used as a replacement for a motor vehicle. Motorised wheelchair and mobility scooter users are classified as pedestrians under current traffic laws.

The Road Traffic Code 2000 stipulates the maximum speed of these devices is 10 km/h. Devices capable of travelling faster than 10 km/h are classed as a vehicle and must be registered.

People can use mobility scooters and motorised wheelchairs on footpaths, shared paths and the sides of roads if there is no footpath.

There are currently no laws prohibiting or governing the use of mobility scooters by people who do not have limited mobility.

For more information contact Road Safety Commission WA

T: 1800 502 328

W: <https://www.wa.gov.au/organisation/road-safety-commission/seniors>



Road Safety Commission WA Campaign: Be a safe road user and help make every journey safe

For the most part, the majority of us are responsible road users, taking care to do the right thing. Unfortunately, however, it is the smaller acts of risk-taking driving behaviour, that we are all guilty of from time to time, which lead to the most crashes on our roads.

And just a small moment of inattention, or a mistake when driving, riding, cycling or walking can result in a serious road incident.

The [‘No one plans a crash – make every journey safe’ campaign](#) uses everyday scenarios of a family and a share house of three young friends. The campaign aims to create the personal connection to understand that crashes can happen to you and your loved ones. It highlights that we all have a part to play to make every journey a safe one. To view the Campaign, visit the [‘No one plans a crash’ page](#).

Support for people impacted by road trauma

Anyone in WA who has been affected by a road crash can contact [Road Trauma Support WA](#) on 1300 004 814 for free information, support and counselling.

For more information contact Road Safety Commission WA – ‘No One Plans to Crash

T: 1800 502 328

W: <https://www.wa.gov.au/organisation/road-safety-commission/no-one-plans-crash>



‘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

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 'Computer and Mobile Telephone Help'

Technology can be helpful...but also incredibly frustrating.

If your telephone, tablet or computer is befuddling you, go and see Tuart Place.

Whatever your skill level (even if you have never turned on a computer before) you can get help at Tuart Place.

Use their computer room or bring in your iPad, Smart Phone or Digital Camera and learn to browse the internet, send emails, scan photos and shop online.



Drop in and work by yourself or ring Tuart Place to book a time to get individual help!

For more information and to make an appointment

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

E: admin@tuartplace.org

W: <https://www.tuartplace.org/services/computer-mobile-phone-help/>

Tuart Place is a COTA (WA) Supporter



Tuart Place
Growing Strong Together

Age Friendly City of Fremantle 'Arts Centre'

Fremantle Arts Centre (FAC)

The Fremantle Arts Centre (FAC) is one of Western Australia's major arts organisations and a much-loved local facility. It offers a rich cultural program of exhibitions, residencies, art courses, music and events.

Housed in a neo-Gothic style building constructed by convicts in 1860 and set in beautiful gardens, FAC is also an important heritage site.

FAC has a cutting-edge exhibition program, showcasing a wide range of contemporary visual art by local, national and international artists. The Fremantle Arts Centre Print Award, Australia's richest and most prestigious printmaking prize, is an annual highlight on the exhibition calendar. FAC also supports practitioners through an in-demand Artists in Residence program.

The Fremantle Arts Centre opened in 1973, with Ian Templeman as Founding Director. Templeman relied on minimal resources and skeleton staff for support and over his 17 years at the helm, developed Fremantle Arts Centre's first programs and services, including Fremantle Arts Centre Press. In 1978, Fremantle Arts Centre received its first annual operating funding from the State Government. That funding continues today.



For more information

T: 08 9432 9555

E: info@fremantle.wa.gov.au

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

Address: 1 Finnerty Street, Fremantle WA 6160

Opening Times: 7 Days 10:00am to 5:00pm

FREE Admission

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



City of Cockburn 'Aboriginal Oral History Project'

The City of Cockburn Aboriginal Oral History Project

The City of Cockburn Aboriginal Oral History Project records and summarises the oral histories of eleven indigenous people with a custodial or cultural connection to the Cockburn district. Most of these interviews were recorded in 2001 and were conducted by Dr. Leonie Stella from Centre for Aboriginal Studies, Curtin University of Technology. The interview with Roma Loo-Kickett, was recorded in 2005 with Uta Eckhardt and Nikki Branniga.



Recorded Interviews (transcripts of interviews available):

Dr. Joan Winch: Recording and transcript of interview in 2001.

Patrick Hume: of Coolbellup was born on June 6, 1926 at Wandering. He came to Fremantle with his parents, from Collie in 1933.

Beth Woods: talks about her work with Aboriginal organisations in the City of Cockburn area, and her employment with the Health Department of Western Australia.

Christine Coyne: talks about growing up in Coolbellup, about her varied work experiences, and recalls various Aboriginal leaders and groups in the Cockburn area.

Jean Lewis: Jean Lewis talks about her many connections to the Cockburn area, including her work as an Aboriginal Liaison Officer for the Southwell Child Development Centre.

Kim Scott: explains how he came to write his novels Benang and True Country, and he talks about his ideas on community participation and explains his reasons for living in Coolbellup.

Marie Taylor (nee Collard): actively involved in the Reconciliation process and supports the 'coming together' of Aboriginal and non-Aboriginal people through shared cultural activities.

Augustine (Aussie) Hart: shares his recollections of being called up to do National Service, avoiding being sent to Korea, and the wide variety of work he has done in the Coolbellup area.

Sooby Abraham: Audio recording and summary of interview in Coolbellup, 2001.

Thomas Ford: a member of various Aboriginal organisations and was involved in a variety of occupations in the Goldfields and the southern suburbs, including Fremantle and Cockburn.

Roma Loo-Kickett: Recording and written summary of an interview in 2005.

For further information

T: 08 9411 3444

T: National relay service: 13 36 77 (ask for 08 9411 3444)

E: history@cockburn.wa.gov.au

W: <https://history.cockburn.wa.gov.au/Aboriginal-Cockburn/Aboriginal-Oral-History-Project>

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



Rise Network 'Aids, Equipment and House Modifications'

With your help, Rise Network can assist in making your home safer and more appropriate for your needs.

Rise Network want you to live safely and confidently in the home you love.

Having a fall and worrying about them in the future is a major fear for many older people living at home (especially for those living alone). There are a number of things that are available to make you and your loved ones feel more confident and keep you on your feet, independent and living at home.



The Rise team can organise:

- Programs designed by professionals to improve your mobility, balance, strength and confidence in your ability to stay on your feet
- Personal alarms to give you peace of mind if you do happen to fall at any time
- Home modifications that can make living at home easier and safer; for example: modifications to the bathroom such as shower hoses, lips removed from shower stalls, doorways widened or to the kitchen such as lowering benches or changing handles can make a huge difference to how easily you can do things for yourself in your own home

If you are interested in discussing possible aids and modifications that can be made to your home, contact Rise Network to discuss your specific needs contact Jemma or Monica on 08 6274 3770 or via email at contact@risenetwork.com.au

Many of these services can be provided under the two types of funding packages offered by the Australian Government so there is no or little cost to you. [You can find out more here.](#)

For more Information about Rise Network

T: 08 6274 3700

E: contact@risenetwork.com.au

W: <https://www.rise.org.au/rise-services/aged-care/equipment>

Rise Network is a COTA (WA) Supporter.



Office of Donna Faragher MLC 'Beaufort Street Community Centre'

Donna Faragher MLC popped into the Beaufort Street Community Centre and was delighted to have supported the Centre in its successful funding application for the centre upgrade through the Australian Business Enterprise Centre. To find out more about the variety of classes on offer at this welcoming centre located opposite Perth College: <https://www.beaufortstcommunitycentre.org.au>

Stash Buster Charity Quilting is free for Centre Members.

Come along to a quilting bee where quilts are made for charity. All skills are welcome. Jobs include, sorting, colour matching, ironing, cutting, machine and hand sewing and many more. Members are encouraged to make quilts from scratch, selecting fabric from the extensive donated stash, choosing a pattern, piecing it and then finally learning to quilt on the 'Sweet Sixteen'.

Where: 715 Beaufort Street, Mount Lawley, WA, 6050 Australia

T: 08 9271 4461

Email: bscc@inet.net.au

W: <https://www.beaufortstcommunitycentre.org.au/course-enrolment/p/a2xulo1cvg7nlkh4mcwrzr18kauksy>

When: 4 sessions: Every second and fourth Wednesday of each month

Time: 10.00am to 12.00noon starts 8 March 2023 and ends 22 March 2023



Umbrella Multicultural Community Care 'At Home Care'

You may have found yourself feeling isolated and estranged from your surroundings, or maybe the circumstances surrounding your everyday have suddenly changed.



If this sounds like you, Umbrella specialises in match making bilingual and highly trained carers with people like you. Maybe, you just need a helping hand, someone to talk to or just someone to drive you to your doctors' appointments. Umbrella's services will keep you living independently in your own home while making your space as comfortable and accommodating as they can. Umbrella Inc. prides itself on building a relationship with every client through the avenues of tailored and devised care for multicultural, multilingual, multifaith and LGBTI+ clients.

I am so happy with your support worker who visits me. Very caring and hardworking person. I am so glad the same person comes every week and I do not have to explain everything all over again.

For more information

T: 08 9275 4411

E: enquiries@umbrellacommunitycare.com.au

W: <https://umbrellacommunitycare.com.au/services/at-home-care/>

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

Office of Hannah Beazley MLA 'Raising the profile of the Motor Neurone Disease Association of WA (MNDWA)'

The Motor Neurone Disease Association of WA (MNDWA) is an organisation that works tirelessly to support those who live with MND, their carers and families.

Hannah Beazley MLA is participating in this year's 'Soar to Support' fundraiser where she will be ziplining down the beautiful [Matagarup Zip+Climb, Perth](#) Bridge! (Despite her fear of heights).

You can do it too for a discounted price! (\$99 instead of \$179 if you join the fundraising effort). Or, if you would rather help in another way, you can simply donate to Hannah Beazley's fundraising page instead: <https://www.mndawa.asn.au/my.../1149/hannah-beazley-mla>

Every dollar raised from the event will go towards specialised care and support services for people living with MND, their carers and families. This includes the MND Advisory Service providing care coordination and emotional support, together with support groups, equipment, patient transport service and specialised funding. A contribution also gets donated to the Motor Neurone Disease Research Institute of Australia to support researchers in finding a cause, effective treatment and cure for MND.



For more information about **Motor Neurone Disease WA 'Soar to Support' Event** go to: <https://www.mndawa.asn.au/events/31/soar-to-support>

Matagarup Bridge Saturday 11 March 2023 4:00pm to 8:00pm

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. 'Opportunity Shop'

Shop at the Op Shop.

The Southcare op shop is of course a place to shop but is also a place to gather for social support as well as a place to help others with donations.

They have a range of pre-loved clothing, shoes, accessories and homewares (crockery, cutlery, towels, linen and household decoration).

The shop is managed by the caring hands of volunteers, just like it was when it first started in 1982.

Want to make a difference? You can when you shop at Southcare's Op Shop because the funds raised help them to continue their essential community support work for residents in the City of South Perth.

The Southcare Op Shop is open every Tuesday, Wednesday and Thursday between 10:00am-2.30pm.

What to donate

Southcare gratefully accept donations of clothing, shoes, accessories and homewares including items that are washed, undamaged, in full working order, something that you would be proud to give to a friend.

Please do not donate items that are electrical, furniture (including mattresses), stained or mouldy, cracked, chipped, ripped or broken, incomplete or have missing pieces or rubbish (best you place in your bin).

Please note items can only be accepted during opening hours and they do not have a donation bin on site.

From time-to-time Southcare put the request to our community to open their hearts and homes with donation drives for specific items due to a high demand by customers in crisis.

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.

Chung Wah Community Care ‘Are you or someone you know looking to reconnect with the community?’

Chung Wah Community Care is dedicated to improving the quality of life for non-English speaking migrants, seniors and people with disability in Western Australia.

In alignment with the vision of Chung Wah Community Care of a better community for all, they try to go beyond a mere client-service relationship. They take care of their own people to make sure no one is forced to be alone and that everyone can be part of the community, to engage and maximise their social participation via different service channels:

- Community Outings
- Volunteers
- Community talks and events
- General Inquiry
- Radio
- On-site paperwork certification
- Assistance in accessing other suitable support services (aged care, funeral, etc.)

For more information or to get help navigating the system

T: 08 9328 3988

E: enquiry@chungwahcac.org.au

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



**CHUNG WAH
COMMUNITY
CARE**
Chung Wah Association Inc
Est. 1909

Men's Sheds WA

Men's Sheds of WA enriching the lives and enhancing the wellbeing and health of local men.

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@mensshedsWA.org.au

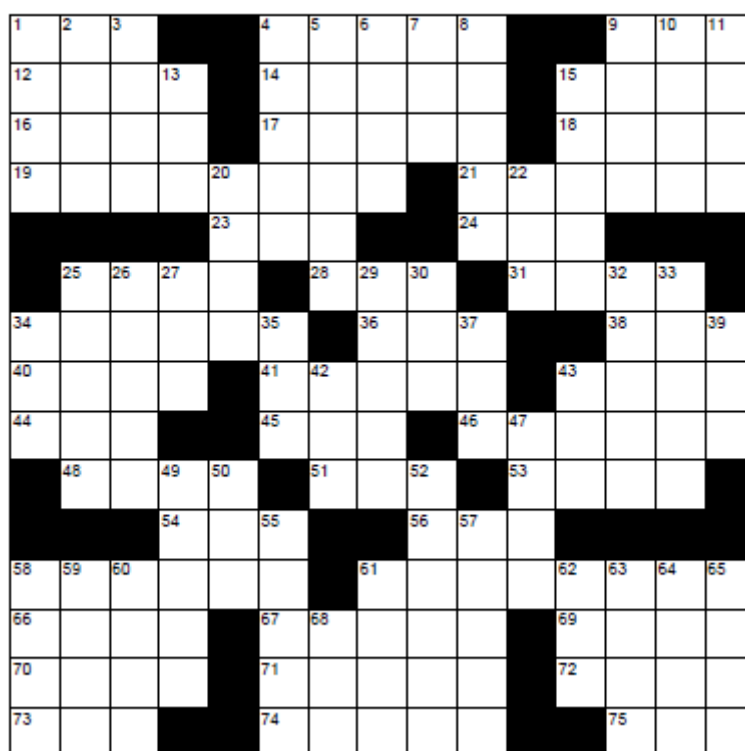
W: <https://mensshedsWA.org.au/>



'CROSSWORD' Puzzle

*Answers to crossword available at the end of newsletter at Page 64.

FEBRUARY



By Jimmy and Evelyn Johnson - www.qets.com

ACROSS

- 1 Cow speak
- 4 One's place
- 9 Winter mo.
- 12 Dog food brand
- 14 Freight
- 15 Nimbus
- 16 Shallow area
- 17 Slender pointed shaft shot from a bow
- 18 Den
- 19 Verifies
- 21 Gave a happy face
- 23 Drink
- 24 Before, poetically
- 25 Tender and passionate affection
- 28 Central daylight time
- 31 Hang-up
- 34 Movie theater
- 36 Clod
- 38 Liberal (abbr.)
- 40 Part
- 41 Roman god of love
- 43 Volcanic rock
- 44 Freudian term
- 45 South southeast

DOWN

- 46 Tenant
- 48 Upon
- 51 Advertisements
- 53 Onto
- 54 Hubbub
- 56 Nervous system
- 58 3.26 light-years
- 61 American game played on rectangular field
- 66 Wild
- 67 Goodness, kindness
- 69 Enact
- 70 Pixies
- 71 Less cooked (as in meat)
- 72 Anchor
- 73 Caviar
- 74 Eat away
- 75 Compass point

DOWN

- 1 Artist Chagall
- 2 Fake butter
- 3 Pierce
- 4 Frighten away
- 5 Macadam
- 6 Goofs
- 7 Past
- 8 Divine water
- 9 Twofold
- 10 Canal
- 11 Greeting _____
- 13 Spoiled
- 15 Extraterrestrial
- 20 Object
- 22 Married woman
- 25 Jargon
- 26 Purple vegetable
- 27 Animal doctor
- 29 Drugged
- 30 Thai
- 32 "Remember the ____"
- 33 Presented
- 34 Remind
- 35 American Cancer Society (abbr.)
- 37 Popular president's initials

- 39 Forbid
- 42 America
- 43 Cut
- 47 Expel
- 49 Jobs
- 50 Poem
- 52 Made a point
- 55 Orange yellow
- 57 "___ Dame"
- 58 Duo
- 59 Bullets
- 60 Strong cord
- 61 Card game
- 62 Metronome marking
- 63 Lotion ingredient
- 64 Country in SE Asia
- 65 Harp
- 68 Serving of corn

Events + Activities

Hillview Hub 'End of Life Care'

You are invited to attend a comprehensive and informative free workshop on 'End of Life Care', including palliative care, addressed by experts in their field.

Death is a natural end to all that is born. Yet, it can be frightening to learn that your illness is terminal or that your loved one is dying and cannot be cured.

If you want to learn about care at the end of life, then register for this free health awareness event, consisting of expert speakers from health, government and community agencies.

Event Details

Date and Time: Saturday 11 February 2023 from 1:00pm to 5:00pm AWST

Location: Hillview Intercultural Community Centre, 1-3, Hill View Pl, Bentley WA 6102

Registration: <https://www.eventbrite.com.au/e/end-of-life-care-tickets-476376283287>

For further information

T: Mr Hiten Shah 0408 000 300 or Mr Abhishek Chouhan 0470 758 214 or Dr Sadhana Bose 0406 541 086

Light refreshments will be served.

END OF LIFE CARE

Death is a natural end to all that is born.
Yet, it can be frightening to learn that your illness is terminal or that your loved one is dying and cannot be cured.

If you want to learn about care at the end of life, then register for this free health awareness event, consisting of expert speakers from health, government and community agencies, on tiny.cc/AgeingWellRegistration

Saturday 11 Feb
1pm - 5pm

A Joint Initiative by

Registration
tiny.cc/AgeingWellRegistration

Venue
Hillview Intercultural Community Centre,
1-3, Hill View Pl, Bentley WA 6102

Expert Speakers
- Dr Simon Towler, Chief Medical Officer, WA
- Dr Alison Parr, Clinical Lead, Palliative Care, DoH
- Ms Sabena Lund, Community Education, PCWA
- HG Muralidharadas, HCA Chaplaincy Subcom

Contact
- Mr Hiten Shah - 0408 000 300
- Mr Abhishek Chouhan - 0470 758 214
- Dr Sadhana Bose - 0406 541 086

Converse and discuss with our expert panelists, over light refreshments.

Sponsored by

Supported By

North Metro TAFE 'Care Community Service'

Care Community is a service set up to help connect you to employment in the Home Care industry.

Join the Care Community today. Anybody can care. And anybody can be a Home Care Worker.

If you are somebody who would like to give back to the community, home care could be for you.

Older people living independently in the community need support. Someone to take them to the shops to pick up their groceries, helping with the weeding, doing some washing up or hanging out their laundry would make a world of difference to people who cannot do it themselves.



If you are interested in helping provide the support someone needs to stay in their own home, Care Community can help you navigate that path. Support work can be done on a casual or part-time basis and does not need to affect your pension entitlements.

The Care Community provides the support necessary to empower carers for this vital and fulfilling work. They can help you navigate the pathway to caring. Many roles currently do not require any formal training to get started. Or free training is available for those that need it.

All you need to do is register with Care Community and they will be in touch with you to connect you with a Home Care Provider.

Care Community are like a matchmaking service for home care, finding the right carer for the right role. They offer a personalised experience to match your skills and experience with an employer that is the best fit for you. You will also receive ongoing support even after employment.

To register to join the program

https://www.northmetrotafe.wa.edu.au/home_care

How you can help

Care Community know that many people of all ages and backgrounds have capacity and an interest in caring. They just do not know where to begin.

For more information contact

T: 08 9207 4226

E: homecare@nmtafe.wa.edu.au

What about my Superannuation and pension entitlements?

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% Superannuation contribution, plus any extra contributions you wish to make.

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 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. 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.

It is best to check with Centrelink to get information and seek independent advice on your specific circumstances before making any decisions.

This Program is a Federal Government-funded consortium comprising North Metropolitan RAFF (Lead Agency), South Metropolitan TAFE, Amana Living and Programmed.



Lifespan 'Seated Dance'

Lifespan Seated Dance are endorsed by Dance for Parkinson's Australia.

The classes are a wonderful way to enjoy dance in a safe and supported space, your chair. This can be useful for people with limited mobility or balance concerns. The classes encourage moving your body and social connection. Good for the body, the brain and the soul!



Lifespan Dance

Join Lifespan Dance for a weekly, creative, joyful dance classes in the safety of your own chair! Seated Dance Classes will be taught by dance artist Paige Gordon and other dance professionals.

Suitable for seniors, people with limited mobility and endorsed by **Dance for Parkinson's Australia**.

Classes - Fremantle. DADAA Main Hall on Mondays' term time. Join Lifespan Seated Dance for class (2:00pm to 3:00 pm) and morning tea afterwards for a chat with your fellow dancers.

Cost: \$15 or \$13 (with the purchase of a 10-Class Card). Payable at the Welcome Desk.

Carers/partners/support workers attend free of charge.



LIFESPAN DANCE

Lifespan Dance operates within the COVID guidelines as issued by WA Government and adheres to DADAA protocol. Proof of vaccination is required upon registration.

For more information and to register your place

E: lifespan.dance@gmail.com

W: https://www.facebook.com/lifespan.dance/?modal=admin_todo_tour

Location: Disability in the Arts Disadvantage in the Arts (DADAA)

92 Adelaide Street, Fremantle WA 6160



City of Fremantle and Fremantle Women's Health Centre 'Adventure Within'

Wisdom Project Australia is hosting a free 8-week group for women over 60 commencing on the 13 February in 2023.

Are you a woman over 60, an adventurer and keen to look at the next stage in your life in a new light? Would you like to meet with friends or some like-minded people? This 8-week discussion program will help you redefine ageing and retirement into something more connected, more fun and more joyful.

Where: Fremantle Women's Health Centre 114 South St, Fremantle WA (public transport or off-street parking available)

Time: Mondays 10:00am to 12.30pm

When: 8 Weeks, starting Monday 13 February 2023

Places are limited.

For more information and to register

T: Gail on 0417 096 407 or Joanne on 0417 955 688

E: wisdomprojectaustralia@iinet.net.au

W: <https://www.fwhc.org.au/wp-content/uploads/2023/01/FINAL.pdf>

Please note: If this group time does not suit and you can get 6-10 people (men and/or women) together, they are happy to discuss running a program at your venue in 2023.

Sponsored by City of Fremantle and Auspiced by Fremantle Women's Health Centre.



Wisdom Project Australia
Adventure Within
Free 8 week group

Are you a woman over 60, an adventurer and keen to look at the next stage in your life in a new light? Would you like to meet with friends or some like-minded people?

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Where: Fremantle Women's Health Centre
114 South St, Fremantle
Public transport or off street parking available

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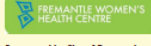
When: 8 Weeks, starting Monday 13th February, 2023

Places are limited. To register

- Call Gail 0417 096 407 or Joanne 0417 955 688
- or email us at wisdomprojectaustralia@iinet.net.au to register and for further information.

Previous participants say: "Great course! A great chance to reflect on life to date before setting out on the next phase. Well organised in a no-pressure, friendly environment." (Monica)

Sharing with respect and without fear some hidden and even forgotten episodes of our lives was a good window to contemplate and analyse my own with a different perspective. Very interesting indeed! (Vivienne)

Sponsored by City of Fremantle and Auspiced by Fremantle Women's Health Centre.

If this group time doesn't suit and you can get 6-10 people (men and/or women) together, we are happy to discuss running a program at your venue in 2023.

‘Three (3) Reasons to Volunteer during Retirement’

There are some surprising benefits of volunteering which you may not have thought of

Volunteering during your retirement can be a great way to get out and meet new people while supporting the causes you believe in and using the skills you have spent so many years building up.

There is far more to volunteering than sausage

sizzles and cake stalls. Volunteering can be the perfect way to put your talents Benefits of volunteering.



1. Volunteering makes you feel less time-poor

Studies have found that volunteering time makes people feel less time-poor than wasting time, spending it on themselves, or even having more free time. So, if you volunteer your time, you will feel like you have more of it!

2. Volunteering is good for your health

Research has also shown that volunteering leads to better health. Volunteers have greater functional ability and lower mortality rates, as well as lower rates of depression later in life than those who do not volunteer. Volunteering can combat depression by creating a solid support system and providing a sense of purpose. Working with pets and other animals has also been shown to improve mood and reduce stress and anxiety. Plus, older volunteers are the most likely to receive physical and mental health benefits from their volunteer activities!

3. Volunteering makes you happier

[Researchers](#) at the London School of Economics discovered that the more people volunteered, the happier they were. Part of the reason for this is that volunteering serves to build empathy, strengthen your social bonds and make you smile, and these factors also [increase the feeling of love](#).

Volunteer Opportunities

Deciding where or how to volunteer is a very personal thing and will come down to your individual interests and skills, but here are a few interesting volunteer opportunities to get you thinking.

1. Australian Business Volunteers (ABV)

If you are a retired businessperson, why not combine the opportunity to use your skills and expertise with some interesting travel? Through Australian Business Volunteers you can help businesses in developing countries in the Pacific and south-east Asia. Your food and accommodation along with a small allowance are generally included, so it is an affordable and interesting way to travel and contribute to communities who need help.

2. Teaching English to adult migrants

If you have teaching skills but are no longer working, or you are simply interested in helping refugees and migrants to settle in Australia, teaching English can be very fulfilling. You do not need to be able to speak another language and support and training are provided.



3. Earthwatch Expeditions

If you are interested in science, the environment and travel, then a volunteer opportunity with Earthwatch may be just the thing for you. It offers the incredible opportunity to work with scientific experts, travel overseas and promote sustainable living.

4. Other Volunteer Organisations

GoVolunteer will help you match your talents and needs to volunteering tasks in your region. Or if volunteering in rural and remote areas appeals to you, check: Conservation Volunteers Australia, Indigenous Community Volunteers or Regional Development programs.

And do not forget to investigate options with other respected charities and non-profit organisations, such as:

- [The Red Cross](#)
- [Landcare](#)
- [UNICEF](#)

For further Reading: <https://seniorcommunity.org/five-benefits-volunteering-retirement/>

Australian Seniors Computer Clubs Association (ASCCA) 'Clubs Forum'

National Peak Body Empowering Australian Seniors through Technology.

The **ASCCA Clubs Forums** will again be coming to you via Zoom throughout 2023. However, there are a few small changes to note.

The monthly forums will be held on the **FIRST** Friday of each month and throughout the year they will begin at 11:00am AWST so that means that the time will only change for those observing Daylight Savings throughout the country.

Summer times for Club Forum: AWST: 11:00am (Perth).

For more information and to Register

W: <https://us06web.zoom.us/meeting/register/tJckcOGsrDsqEtzPu-Agy268bzDKx3uRSQBi>



ASCCA

Australian
Seniors
Computer Clubs
Association

COTA (WA) 'Step by Step Guide to Joining the Strength for Life Program'

Congratulations on taking the first step towards a healthier and more active lifestyle! Soon you will be joining your peers in our welcoming, fully supervised service while completing your own individualised exercise program, meeting new people and having fun at an affordable, capped cost.

To join Strength for Life, follow our step-by-step guide:

1. Book an appointment with your GP to get your [Doctor's Referral Letter](#) completed. Your doctor will help you to decide which Tier of the service is the most suitable for you according to your health history. About our Tier Providers:

- **Tier 1** providers are run by exercise physiologists and physiotherapists for managing participants with chronic health conditions.
- **Tier 2** providers are fitness professionals for people who want to build their strength and keep fit.

Rebates for Tier 1 may be available from Medicare under a care plan at your General Practitioner, or through your private health fund. Contact your GP or fund to ensure that you have coverage prior to commencement.

2. Complete the [Exercise Readiness Assessment](#)

This has been provided in this information pack. This form is to be completed by you, to bring to your initial appointment with you.

3. Contact a Strength for Life provider

Depending on which Tier your doctor refers you to, contact one of our friendly Strength for Life providers to book your initial assessment. Be sure to ask about the costs for your initial assessment and how much each session is. Please refer to the [Strength for Life Provider List](#) which has been provided in this information pack.

4. Attend your Assessment appointment

Bring your completed [Doctor's Referral](#) and [Exercise Readiness Assessment](#) with you to your initial assessment.

Our qualified instructors will use your first session to create an individualised training program for you and answer any further questions you might have. All our instructors are accredited and able to offer you a tailored strength program, encouragement and support in a safe, fun and friendly environment.

All sessions and assessment fees are capped by COTA (WA) to be a low-cost option.

5. Start your Strength for Life sessions

We encourage you to attend 2 to 3 fully supervised classes per week. Strength for Life is progressive training, and your individualised plan will change as your strength increases.

For more information

T: 08 9472 0104

E: kairi@cotawa.org.au

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



Anglicare Australia ‘National Suicide Prevention for Seniors Program’

Would you know what to do if someone you support was experiencing thoughts of suicide?

Anglicare’s Suicide Prevention for Seniors Program equips those who support older people with the knowledge to help prevent suicide.

The free national program includes a general suicide prevention online course followed by a workshop contextualising the training for older people.



The program is funded by the NSW and Australian governments. To be eligible, you need to be working with older people and have internet access.

If you work with older people and would like gatekeeper training in how to help prevent suicide, this program can provide the training you need. This program is run by Anglicare and funded by the Australian and NSW Governments.

Eligibility: This program is suited to aged care workers, retirement living staff, pharmacists, geriatricians, GP practice staff (clinical and non-clinical) and anyone who works closely with older people.

If you are interested, please email Anglicare at suicide.prevention@anglicare.org.au or visit the <https://www.anglicare.org.au/what-we-offer/mental-health/suicide-prevention-for-seniors/>



Feedback Opportunities

‘Project: Understanding the use of activity trackers for health self-management by older adults’

University of Melbourne: Faculty of Engineering and Information Technology School of Computing and Information Systems

This University of Melbourne research aims to understand how older adults use activity trackers (e.g., Apple Watch, Fitbit, Xiaomi, Garmin, Samsung Gear Fit, etc.) to manage their health and how they respond to the information provided by these devices. The findings of this study will contribute to the design of future activity trackers to help older adults manage their health (Ethics Reference Number: 2022-23397-35296-3).

This study involves an initial interview, a 4-week diary study and a follow-up post-diary interview. The participant will receive AUD \$20 gift voucher after the first interview and an additional AUD \$30 gift voucher upon completion of the full study (AUD \$50 total).

People who are over 65 years old and interested in sharing their experiences using fitness or activity trackers in relation to their health and well-being, please visit the following link:

https://melbourneuni.au1.qualtrics.com/jfe/form/SV_3ZQGyabsthDJ2cu

Please feel free to share this survey with your connections who might be interested in taking part in this study.

For more information about this study, please feel free to contact: Elsy Garcia Reyes

E: egarciareyes@student.unimelb.edu.au

Call for Participants: Research study on activity tracking in later life	
What is involved? <ul style="list-style-type: none"><input type="checkbox"/> Participate in an interview in a convenient time and place that suits you and receive AUD 20 gift voucher.<input type="checkbox"/> Fill out a study diary recording relevant experiences using activity trackers for 4 weeks.<input type="checkbox"/> Participate in an interview at the end of the diary.<input type="checkbox"/> Receive AUD 30 gift voucher for completing the diary and participating in the follow-up interview.	 You are eligible to participate if: <ul style="list-style-type: none"><input type="checkbox"/> You are age 65 or over and speak English.<input type="checkbox"/> You are interested to share your experience using activity trackers. <p>If you choose to take part in this research, you will have the opportunity to share your opinions about using technologies to support your health.</p>
<p>This study has been approved by the University's ethics committee (Reference Number 2022-23397-35296-3). If you are interested in taking part in this study, please contact:</p> <p>Elsy Garcia +61 3 83443775 / +61 3 83448964 / egarciareyes@student.unimelb.edu.au</p> 	

COTA Australia 'Cost of Living Survey' Closes Midnight 9 February 2023

COTA Australia invites people (aged 50 years and above) to help inform their forthcoming submission to the Parliament of Australia's Select Committee (select committee) on the Cost of Living.

Late in 2022, a [Select Committee](#) was established to enquire into and report on the **cost-of-living pressures** being faced by Australians and the impacts these are having on their day to day lives.

As the national peak body representing older Australians, COTA Australia are interested in hearing from people aged 50 years and over.

If you are interested in contributing to COTA Australia's submission, COTA Australia invite you to complete the survey which should take 15 minutes.



How will we use this information?

What you say will assist in shaping COTA Australia's submission to the select committee. After the inquiry, the submission will be available on the COTA Australia website: <https://www.cota.org.au/>

How will we safeguard your privacy?

COTA Australia will not share any personally identifying details with any third party be it individuals, groups, organisations and/or government.

To participate in the survey, go to:

[The survey is open for two weeks. It will close at midnight on the 9th February.](#)



Support Information

Parkinson's Disease 'Deep Brain Stimulation for Parkinson's Disease sufferers in WA'

Advances in Deep Brain Stimulation (DBS) are offering a potential step forward for patients with Parkinson's Disease, Essential Tremor and Dystonia throughout Western Australia.

Hollywood Private Hospital Neurologist, Dr Julian Rodrigues and Neurosurgeon A/Prof Steve Lewis are at the forefront of adopting the latest technological innovations such as intraoperative CT (computed tomography), remote brain stimulator programming and directional DBS, now with sensing capability.

DBS requires surgery to implant a device (a neurostimulator) that sends electrical signals to areas of the brain responsible for movement.

Hollywood is the only site in WA using remote programming of DBS, which allows Dr Rodrigues to assess patients over live video and adjust their implanted DBS device for better symptom control.

Treatment can be offered to patients living 20 km away, or over 2000 km away, from the comfort of their own home.

Research has found that the remote programming of DBS can be beneficial, useful and help reduce the issue of distance for access to healthcare.

In 2017, Hollywood was the first hospital in WA to implant a directional DBS lead system which enables stimulation of minute areas of the brain more precisely. The benefits of directional DBS can include reduction in side effects from overstimulation and better symptom control, said Dr Rodrigues. This technology has sensing capabilities to provide insight into circuit functions.

Scientists predict DBS recordings could shape future therapeutics, including the ongoing development of adaptive and intuitive DBS, he said.

Hollywood Director of Medical Services, John Maxwell said it was a priority for the hospital to offer novel technologies to help improve patient outcomes.

For more information see

<http://www.mbsonline.gov.au/internet/mbsonline/publishing.nsf/Content/Factsheet-Deep%20Brain%20Stimulation>



Anaesthetist Simon Zidar, Neurologist Julian Rodrigues and Neurosurgeon Stephen Lewis

Stroke Foundation 'Regional West Australians F.A.S.T learners when it comes to stroke awareness'

A new Stroke Foundation survey has found people living in regional Western Australia are more likely than their metropolitan counterparts to recognise if they or someone they love is having a stroke.

The most recent F.A.S.T National Awareness Survey results found that Western Australia outperforms Perth in all areas of stroke awareness, particularly when recognising the common stroke signs.

The F.A.S.T acronym highlights the three most common signs of stroke: facial droop, the inability to lift both Arms, and slurred Speech. The 'T' stands for time, as a reminder that a stroke requires time-critical emergency treatment.

Unfortunately, regional Australians are 17% more likely to have a stroke than their metropolitan counterparts, and Aboriginal and Torres Strait Islander people are 1.5 times more likely to die from stroke as non-Indigenous Australians.

The Stroke Foundation CEO said, the survey found 33% of regional residents knew none of the signs of stroke, which is a significant improvement on last year, when 40% of regional Western Australians admitted they knew none of the signs. The finding outperforms the city as 42% of Perth residents say they do not know any of the common stroke signs.



More than 80% of strokes display at least one of the F.A.S.T signs of stroke and that is why we need to ensure someone in every home and workplace can recognise those key F.A.S.T signs and call an ambulance as soon as possible.

If you recognise a stroke, you can take the vital first step in getting a person, often a loved one, the emergency medical help they need. This provides the best chance of a good outcome.

Anyone of any age can be impacted by stroke and almost a quarter of all strokes happen to young, working age Australians.

Recognising stroke and getting urgent medical treatment is often the difference between returning to work, sport and community life, or not.

To find out more or to see the F.A.S.T message in languages other than English, visit the [Stroke Foundation website](#)

Service WA 'Emergency WA alerts available on Service WA'

As announced by Minister Stephen Dawson MLC, the McGowan Labour Government will use ServiceWA to send users localised notifications during bushfires in a national first for the state.

As we continue through this bushfire season, it is important we stay vigilant. Even if you do not live in a bushfire risk area, bushfires can cause major traffic disruptions and smoke hazards far beyond the bushfire risk zone.

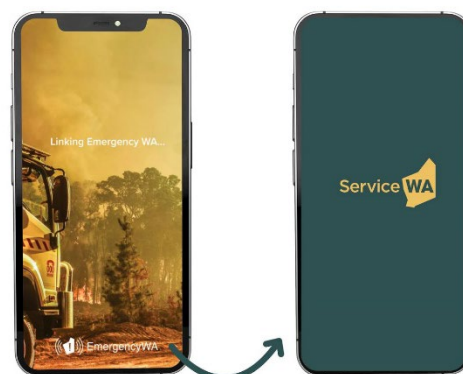
Good, reliable information is critical during times of emergency and this announcement makes it easier than ever for our community to get that information.

'How fireproof is your Bushfire Plan?'

As we continue through the 2022-2023 bushfire season, it is important we acknowledge bushfires are burning for longer and more intensely than we have ever seen before.

T: 13 33 92

E: support@digital.wa.gov.au



**Emergency WA alerts
now on **ServiceWA****



Regardless, if there are no bushfire prone areas in your area/s, bushfires can cause major traffic disruptions, preventing you from returning home, as well as smoke hazards which can impact air quality and cause visibility issues, even when the active bushfire area is kilometres away.

So, how fireproof is your plan? Do not wait until the moment you need it to find out.

To create or update your bushfire plan

W: <https://mybushfireplan.wa.gov.au/>

For alerts and warnings

W: <https://www.emergency.wa.gov.au/>

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->



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'

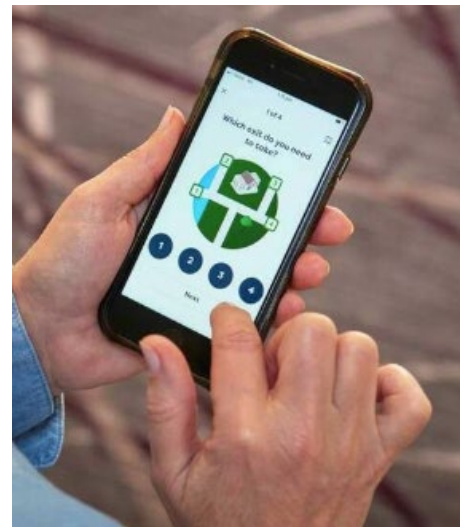
Free app to support brain health and early dementia diagnosis.

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.



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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.

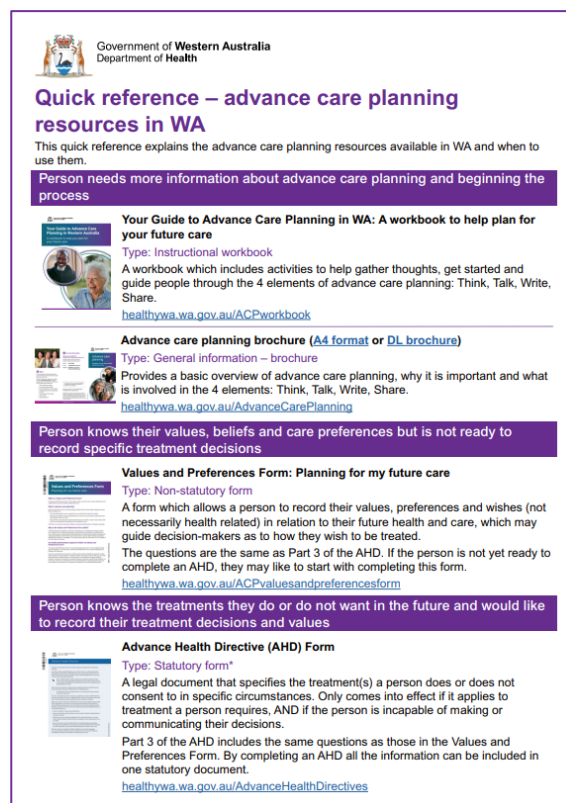
The revised [AHD](#) enables individuals to include their values and preferences, in addition to treatment decisions, combines tick box and free text questions and includes consent to medical research. The [Guide to Making an Advance Health Directive in WA](#) includes an example of a completed AHD and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

ANSWERS to the 'CROSSWORD' Puzzle (see Page 42)

FEBRUARY

Solution:

1	M	2	O	3	O			4	S	5	T	6	E	7	A	8	D			9	D	10	E	11	C
12	A	L	P	13	O			14	C	A	R	G	O					15	A	U	R	A			
16	R	E	E	F				17	A	R	R	O	W					18	L	A	I	R			
19	C	O	N	F			20	I	R	M	S			21	S	22	M	I	L	E	D				
							23	T	E	A				24	E	R	E								
		25	L	26	O	27	V	E		28	C	29	D	30	T		31	S	N	32	A	33	G		
34	C	I	N	E	M			35	A			36	O	A	37	F				38	L	I	39	B	
40	U	N	I	T				41	C	42	U	P	I	D			43	L	A	V	A				
44	E	G	O					45	S	S	E			46	R	47	O	O	M	E	R				
		48	O	N	49	T	50	O		51	A	D	52	S		53	U	P	O	N					
							54	A	D	55	O			56	C	57	N	S							
58	P	59	A	60	R	S	E	C				61	F	O	O	T	62	B	63	A	64	L	65	L	
66	A	M	O	K				67	H	68	E	A	R	T			69	P	L	A	Y				
70	I	M	P	S				71	R	A	R	E	R				72	M	O	O	R				
73	R	O	E					74	E	R	O	D	E				75	E	S	E					

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Jimmy and Evelyn Johnson

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March + April
COTA Connections Newsletter.

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Maximum 250 Words + Photographs or Images

Email: dana@cotawa.org.au

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



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

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

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

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

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P.O. Box 923
Victoria Park WA 6979
Office hours: 9:00am to 4:00pm Monday to Friday

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

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