



COTA Connections

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

MARCH 2023

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

Do you remember the old coke machines where you put your money (I think it was ten cents) in the slot and slid your bottle of coke along the row and through the security barrier? I remember being so impressed with my friend who worked out how to rig the machine to get extra bottles of coke four for one ten cent coin. Reading our page on Nostalgia in this month's newsletter has evoked all sorts of memories from my childhood. I particularly remember walking everywhere, to school (in all types of weather), to my friend's houses, to shopping centres and to think we walked for miles to play a game of netball or softball, then walked home again. I do not ever remember feeling tired afterwards and a drink of water came from the kitchen tap or a hose pipe. Words like 'relax' or 'bored' were not in our vocabulary. What do you remember from your youth that would surprise teenagers today?



Our Chief Policy Officer, Chris Jeffery has developed the fifth seniors guide, this one called 'Let's Make it Legal', which was launched by Minister Don Punch MLA at Parliament House on Tuesday 21 February 2023. This guide follows the At Home Guide, Goodbye Guide, Understanding the Mistreatment of Older People Guide and the Interruptions to Daily Living Guide which are available in hard copy booklet or on our website at <https://www.cotawa.org.au/>. We were fortunate to secure some funds from Lotterywest to translate the guides into other languages and Chris is currently working on a further two seniors guides.

I was so delighted to attend the annual Chung Wah Longevity Lunch in January with more than 200 seniors from the Chinese community, as well as many other cultures in attendance. It's always a feast for the senses with spectacular entertainment, delicious food, dancing, singing and social activity, it's one of the highlights of my year. And how fitting the Chung Wah CEO Theresa Kwok was recently named Australian Seniors of the Year for WA, in the recent Australia Day Honours in recognition of more than thirty years serving the community.

At COTA (WA) we are eagerly awaiting the announcement from Minister Don Punch MLA of the new WA Seniors Strategy 2023-2033 which is expected in the coming months. This follows almost twelve months of broad consultation across Western Australia that will culminate in a strategy and action plan to address the key issues that impact the lives of seniors and we look forward to working closely with the state government on the delivery of this much needed priority. Watch this space.

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

‘Nostalgia: Things younger generations would not recognise’

If you stop and think about the number of things the average 15-year-old has seen become obsolete over their life, you can list a few things.

Items like televisions with a ‘box’ at the back and computers that also come with a ‘box’ under the desk. It got us thinking about the things we knew as adolescents that future generations will never know because some of us still consider TVs with a ‘box’ at the back, new! So, take a walk down memory lane and think of all the things once considered a part of everyday life that kids today will not ever know....

Bench seats across cars: This is where the game ‘corners’ began. People would argue about who sat on the edge and who sat in the middle. It was always going to be a bad time if you were in a cranky mood and got the middle seat! Did you also play ‘corners’?



Televisions with a dial and bunny ears: The television dial was the only way you could work the TV and a lot of people were lucky to have a TV in the first place. There were no remotes and the bunny ear antenna was a feature that came with every TV sold. Did you have a TV in your house? What shows did you watch?

Slide Reel: Slide reels and viewfinders were how we captured moments and enjoyed memories, stories and photographs. Did you have a slide reel?



The traditional glass Coke bottle: It tasted better from a glass...and that is just the truth. The increased manufacturing prices and safety concerns have stopped Coke from being the glass-bottled goodness it once was. Do you think Coke tasted better in a glass too?

Jukebox: It was so much fun getting to put the coin in the jukebox and choosing your favourite song. It was what was used instead of CD players or digital music streaming on websites like Spotify...what was your favourite Jukebox Saturday song?



Transistor Radio: The transistor radio was something so special. If you were lucky enough to have your own, you would sleep with it under your pillow and listen to your favourite songs late at night when your parents were asleep. Everyone carried them everywhere. They were the iPod of that generation.

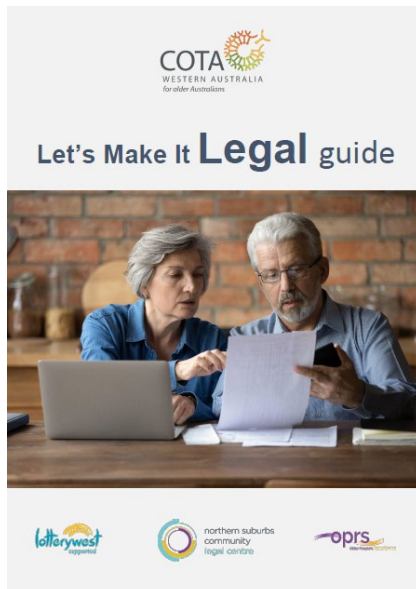
Typewriter: This is something rarely seen in museums all over the world. But, in the early years of the typing pool, it was a part of life every single day. Replaced by the computers and Microsoft Word of today, - you could not rely on a ‘backspace’ button.



A Twin-Tub Washing Machine: Remembering to get it out of one side and put it in the other was a challenge in itself. But they made washing clothes a whole world easier.

The Hon Don Punch MLA launched the COTA (WA) 'Let's Make It Legal' Guide

The Hon Don Punch launched the COTA (WA) 'Let's Make It Legal' Guide on Tuesday 21 February 2023 on the steps of Parliament House.



Who has not been surprised and frustrated, by the legalities of something which seemed, on first encounter, to be straight-forward?

COTA (WA) is pleased to release our latest Guide to help people to untangle the intricacies of many issues which have already, or may confront them, as they continue their life's journey. Prepared in consultation with Older People's Rights Service, it complements our other successful published Guides, including the At Home Guide; The Goodbye Guide; Interruptions to Daily Living Guide, and Understanding the Mistreatment of Older People. Feedback from numerous sources has confirmed the need for this information and that it is significant to older people.

Some of the issues we deal with in this guide include housing and accommodation; loans from an institution, family violence; wills; enduring powers of attorney and guardianship; organ donation, as well as handy reference to legal resources available at low or no cost to older people.

The Guide has been formatted so it can be read in its entirety or just a particular section or issue of interest. Likewise, the online version is also easy to navigate to find a specific issue or topic.



Author and creator of the guides COTA (WA) Chief Policy Officer, Chris Jeffery said; "We believe that that the Guide will help people to navigate more easily some of the legal complexities of life as they grow older."

Hard copies of the Guide are available directly from COTA (WA).

Print and downloadable version can be found on our website:

<https://www.cotawa.org.au/seniors-resources/lets-make-it-legal-guide/>

Country Women's Association of WA features 'Hi-Lite Cake'

Hi-Lite Cake is a hit at home time!

Recipe provided by Bonnie Telfer, Darkan CWA Branch.

There is nothing so yummy than a soft, delicate cake with butter icing that is a favourite of little kids, big kids, grandkids and adults alike.

After school, work or a day out with friends and family, coming home to a sweet treat is something to look forward to when you need a sugar hit!

Darkan CWA Branch has seen plenty of cake stalls in its time and no doubt featured cakes like this one to tempt every local resident or visitor to the Shire of West Arthur. The Darkan CWA Branch began in 1938 and soon will be celebrating its 85th birthday with a recent influx of new members that has revitalised this historic branch. Darkan is situated in the Wheatbelt and is located 213km southeast of Perth via the Albany Highway and is home to almost 1,000 people.

Right: Some of the Members of the Darkan CWA Branch standing proudly outside their CWA Centre.

If you are interested in visiting Darkan, the Branch is celebrating International Women's Day on 8 March 2023 from 5.00 pm to 8.00 pm at the Darkan Sporting Oval. The event will include a welcome glass of bubbly, a light dinner as well as three inspirational speakers.



To book go to: www.trybooking.com/CFJWH or email: cwa@darkan.com.au everyone is welcome!

In the meantime, give this recipe a go and watch for little fingers grabbing that last piece of cake.

Ingredients for Cake

- 2 cups self-raising flour
- 2 cups sugar
- 4 tablespoons custard powder
- 4 eggs
- 250g butter, softened
- 1 cup milk

Ingredients for Icing

- 2 cups soft icing sugar mixture
- ¼ cup boiling water
- 1 tbsp. butter, softened

Method

1. Preheat oven to 180°C. Place the rack in the middle of the oven.
2. Line a cake tin with baking paper.
3. Place all cake ingredients into a mixing bowl.
4. Using electric beaters, beat for 10 minutes, mixture should change to a pale colour.
5. Transfer to cake tin and cook for 45 minutes or until a skewer comes out clean.
6. Let cake cool, then prepare icing.
7. Place all icing ingredients into a mixing bowl and mix. Pour icing over cake and serve.



Country Women's Association of WA

Est. 1924

Chung Wah Community Care '11th Chinese New Year Longevity Lunch'

Celebrating Year of the Rabbit, Chung Wah Community Care held their 11th Chinese New Year Longevity Lunch with all their seniors, their families, community members as well as working partners on Tuesday 31 January 2023.

This event is one of Chung Wah Community Care's most significant and welcomed event to celebrate wellness and longevity among their senior CALD community members.

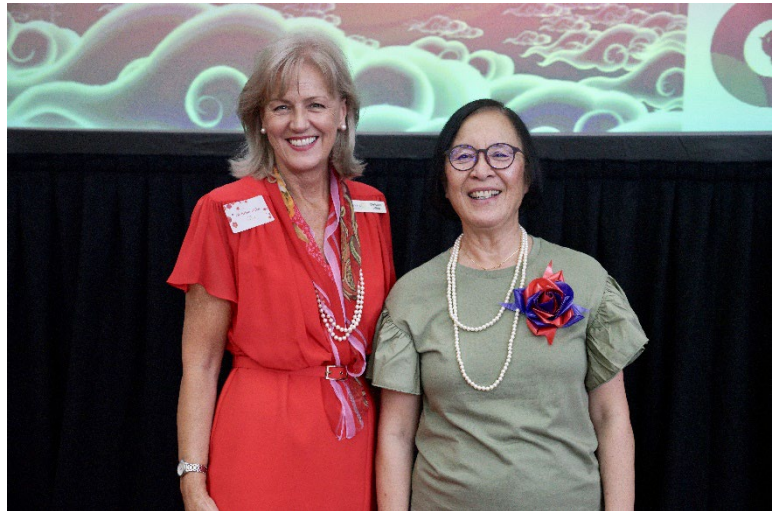


Image: Theresa Kwok, CEO Chung Wah Community Care (right) and Christine Allen, CEO COTA (WA) (left).

All seniors over 90 in the Asian CALD community attended free. This year, they already have over 110 clients under their service who are over 90 years old!

Chung Wah Community Care seniors shared some of their beautiful stories and the means to achieve meaningful quality life at the event.

To learn more about Chung Wah Community Care

T: 08 9328 3988

E: enquiry@chungwahcac.org.au

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



‘Nashos’ recognised on National Servicemen’s Day

Australia acknowledged the contribution of thousands of our countrymen, also known as Nashos, on National Servicemen’s Day 14 February 2023.

Minister for Veterans’ Affairs and Defence Personnel, Matt Keogh said more than 280,000 Australians served in National Service schemes between 1951 and 1972.

“On 14 February we recognised the contributions of Nashos to our armed services and the important role that they played in serving our country in the 1950s, 60s and 70s,” Minister Keogh said.

Nashos served within Australia and some were also deployed to locations including Borneo, Malaysia, Papua New Guinea and Vietnam and the waters off the Korean peninsula.

“The first National Service scheme, from 1951-59 saw men from across the country called up for training in the Royal Australian Navy, the Australian Army and the Royal Australian Air Force. More than 220,000 served during this period, in many cases putting aside their careers and lives to serve their country,” said Mr Keogh.



The second National Service scheme took place from 1965-1972 and saw more than 60,000 young men called up.

“More than 15,300 Nashos served in the Vietnam War, joining regular army units and becoming part of the Australian Army for the duration of the war. Some 200 lost their lives in Vietnam. One hundred Nashos also served in Borneo, with two losing their lives while deployed.”

“Whether their service included deployment overseas, or service within Australia, each and every National Serviceman contributed to the defence of our nation and should be proud of their service,” the Minister said.

All National Servicemen, even if they were not deployed, are entitled to a White Card from the Department of Veterans’ Affairs that includes mental health support.

“The Australian Government is committed to supporting our veterans and families, ensuring they receive all the services they are entitled to,” Minister Keogh said.

We encourage all Australians to remember the service of our Nashos and their role in Australia’s armed forces.

For more information

<https://www.contactairlandandsea.com/2023/02/14/national-servicemens-day-2023/>



‘How to Stay Safe as you Age’

No matter what age you are, it is normal to want to feel safe and secure in your own home. But for seniors, that desire can sometimes be a little stronger.

The average Australian home is the scene of numerous accidents every year, and many involve seniors. Our homes are full of potential dangers that can cause injuries, from trips and falls to cuts and burns. As you get older, it is important to take greater care to ensure you remain safe.



Luckily, there are some simple precautions that can be taken to reduce the risk of being injured at home, such as having good lighting, removing tripping hazards and installing slip-resistant mats and handrails in wet areas.

Safety

Each year, millions of older adults are injured in their own homes. The injuries can involve consumer products and architectural features ranging from doors to footstools to stairs. Injuries can limit activities, be the cause of considerable pain and suffering, may precipitate a decline in general health and can also contribute to health care costs.

Fortunately, you can avoid potential home injuries with preventative measures such as some of these below:

Flooring: Flooring materials, rugs and carpets account for the highest number of in-house accidents for seniors. Falling can have detrimental effects. Falls due to flooring commonly occur when there is a change in surface, such as moving from carpet to tiles. Slight elevation in doorways or rugs can be harmful and lighting plays a role also.



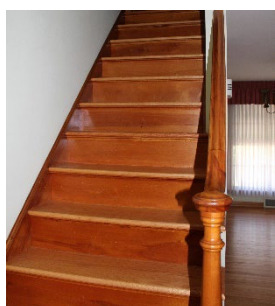
To ensure flooring is safe, regularly check that lighting is sufficient (offering good visibility of any uneven spots), carpeting is wall-to-wall and low pile, carpet edges are tacked down, carpeting is adequately padded, throw rugs are securely attached to the floor, hard floor surfaces are slip-resistant, floor wax (if used, is a non-skid wax), spills are cleaned up straight away and trip hazards are removed.

Doors: People underestimate just how dangerous doors can be. Common door accidents include walking into a glass door, catching a finger or hand, tripping while closing or opening or cutting themselves on broken glass panels.

To ensure door areas are safe, regularly check that sliding glass doors have a visibility decal at eye level, doors are properly installed, doors swing out of traffic areas and away from other open doors, fingers and hands are kept clear of hinges, flexible door stops are attached to the wall, spring doors do not swing closed too quickly, there is a safe area to place items down when opening doors and you are using the handle to push open doors rather than a glass panel.

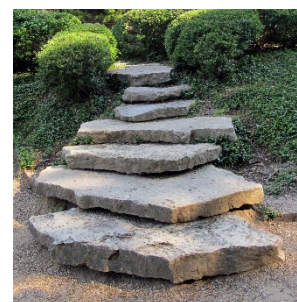


Stairs and steps: Stairs and steps are an obvious hazard to seniors, yet surprisingly, many seniors fail to take stair safety precautions. Just like flooring, steps and stairs cause a huge number of injuries every year and can cause severe injuries. Many of these injuries can result in rapid health decline or even death.



To ensure stairs and steps are safe, regularly check that lighting is sufficient and that all steps can be seen no matter the time of day, there is a light switch at both the bottom and top of the stairs, step size and height are consistent, stairs are free of clutter and debris, stair treads are dry (not

wet or icy), carpeting is securely attached to all steps, carpeting is not torn, worn and slippery, edges of treads are clearly visible and railings are securely attached to the wall and capable of holding your weight.



Bathtubs and showers: Bathtub and shower injuries occur most often when a person slips on a wet tub or shower surface or when a bathmat slips out from under them. Falls can also occur when hands slip while getting in or out of the bath.

To ensure bathtubs and showers are safe, regularly check bathroom lighting is sufficient and that puddles of water are easily visible, water temperature controls are installed and working, non-slip mats are secure, at least one grab bar is in easy reach and sturdy and check the temperature of the water before stepping into the bath or shower.



Windows: Many older adults suffer injuries when windows are difficult to open or risky to clean and glass in windows is among the more common building features involved in accidents on domestic premises.

To ensure windows are safe, regularly check that windows open easily (if not you could consider an electric window-opening device), screens are secure but removable, projecting windows open away from walkways and recreation areas and open windows are shielded with shrubs (to prevent bumping into).



Verandahs: Safe verandah steps are an essential part of living accident-free in your home, not only are verandah falls common, but they can often be the most damaging due to their hard surface.

To ensure verandahs are kept safe, regularly check that verandah steps are level, stable and in good condition, handrails are in good condition (if you do not have hand rails, consider installing some), abrasive strips are installed to each step, lighting is sufficient and that the steps and verandah is clearly illuminated and steps are modified to support a walker if walking requires one.



Preventative measures such as these could reduce home accidents experienced by older adults by as much as 53%, yet 89% of older people admit to having done nothing to prepare their homes for ageing.

Security

House break-ins are one of the most common crimes, and unfortunately older people are often the selected victims. Often these crimes come from opportunity, with the thief gaining entry through an unlocked door or window.

For some, the fear of being victimised is so great that they become isolated in their own home. Too afraid to invite others in and too nervous to answer the door, they become lonely, dejected and detached from the world.



To ensure this does not happen and that your home is secure, you can make it as difficult as possible for a thief to gain entry, install and use key-operated locks on doors and windows, refrain from leaving a spare key outdoors, consider installing an alarm system, install a peephole in your door, make sure alarms are working, reduce temptation by not showcasing your most valuable assets and by engraving or micro-dotting all items of value, keeping cash, valuables and keys out of sight, only listing your initials in the telephone book, refrain from highlighting that you live alone (such as, 'Sorry I cannot get to the phone right now. '), install sensor lights, not give away personal details on social media, not share personal information with strangers, ensure smoke alarms are working and report any suspicious activity straight away.

‘How to Search the Internet like a Pro’

In today's digital age, internet searches have become the go-to method for finding information on virtually any topic. However, with so much information available online, it can be overwhelming to sort through and find what you need.

Here are some basic tips to get you started.

Do not stick to just one search engine. Try out different ones such as Google, Bing and Yahoo to get a range of results.

Always check the credibility of the websites you visit. Look at the author, publisher and date of publication to make sure the information is up to date.

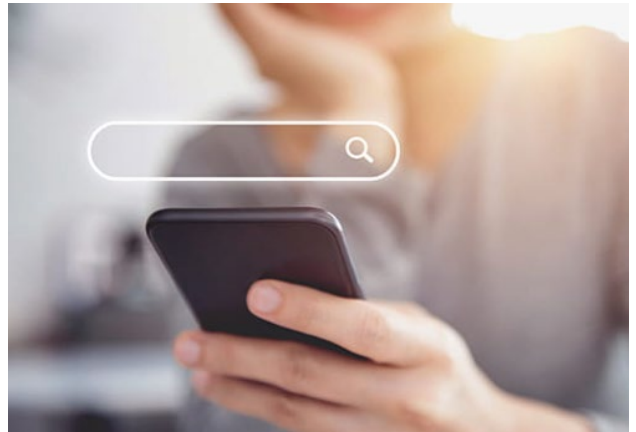
Do not just rely on the first page of results. Dig deeper and explore other pages to get more information and different perspectives.

Keep learning about new search techniques, tools and resources to improve your search skills and get better results.

Here are some simple advanced search techniques:

- Use a tilde (~) to search for synonyms related to your search term. For example: ~maths-tutor to only get maths tutor results, rather than anything to do with ‘maths’ and/or ‘tutor’.
- Use two full stops (..) to search within a range of numbers. For example: Horror movies 1980..1990
- Use the word ‘location’ to search for results in a specific location. For example: restaurants location:Perth
- Use the star symbol (*) as a wildcard search to expand your search results. For example: *football to find anything football-related.
- Use quotation marks (" ") for exact phrases. For example: "how to get rid of aphids". All results will have that search term in it.
- Use ‘related:’ to find similar websites to the one you are looking for. For example: related:abc.com.au
- Use ‘OR’ to search for two or more terms simultaneously. For example: music OR songs will produce results for both terms, not just sites where both are used on the same site.

Remember, the more specific you can be, the better your results can be. By following these tips, you can navigate through the vast sea of information and find what you need. Happy searching!



‘Maximising oral wellness: The importance of good dental health for over 60s’

Very few people enjoy a visit to the dentist, whether it is the high-pitched whir of the dentist drill or the pain that can be felt from an invasive dental procedure there are more than enough reasons to put off booking that appointment.

However, with the [Australian Dental Association](#) recently finding that one in four older Australians have untreated tooth decay, and more than half have gum disease it's crucial that over 60s are making the effort to care for their dental health.

With figures such as these, the importance of oral health and its impact on overall health and wellbeing cannot be understated and given [recent research that highlights the link between gum disease and chronic health conditions such as Alzheimer's, diabetes and heart disease](#), Australians are being encouraged to prioritise their dental health.



Advisory Services Manager, Engagement and Advocacy Executive, Dr Sarah Raphael from the Australian Dental Association NSW Branch stressed that, “Dental health is important throughout the lifespan, from babies to seniors, and for seniors it is crucial to avoid negative health impacts. During the senior years we want to avoid all the negative health impacts that we can to stay healthier and more independent for longer. This is in addition to all the things

mentioned above, being comfortable, pain-free, able to eat well, speak and smile and have dignity,” Raphael said.

How does poor dental health impact over 60s?

Good dental health goes far beyond simply having a dazzling smile free of cavities, oral health plays a major role in overall health and negligence in this area can trigger chronic conditions such as diabetes and Alzheimer's.

How over 60s can maintain good dental health

When it comes to maintaining good oral health in your later years, keep things simple at the bathroom sink. It is the good old basic things like performing oral hygiene twice daily, tooth brushing with fluoride toothpaste, cleaning dentures and leaving them out at night, eating a diet low in added sugar, drinking tap water as the main drink and staying well hydrated (have a water bottle available at all times).

Prevention is always preferred over cure, with regular dentist visits to stay ahead of possible problems. Ensure you have regular preventive dental visits to avoid these consequences. A dental care plan is of utmost importance when somebody is unable to look after themselves.

Your dental practitioner can help with recommending what measures are needed. It may become necessary to start simplifying your dental requirements to ensure that the state of your dentition is manageable as your independence declines.

Simple habits like brushing and flossing properly along with drinking plenty of water with responsible consumption of alcohol and sugary treats can help ensure you will have a healthy smile to show off for many years to come.

Consider chewing on a sugar-free gum for 10-15 minutes after meals as chewing gum makes your mouth produce more saliva.

Along with cleaning your teeth and gums, dentists carry out an oral cancer screening during check-ups to ensure any problems are picked up before they become major issues.

For older Australians, it also pays to look at your diet and discuss with your family, carer, dentist or medical professional whether you might be consuming too much sugar which can lead to tooth decay and other mouth issues.

Remaining vigilant about oral hygiene and maintaining good dental habits, you can help your teeth last a lifetime.



Australian Human Rights Commission 'Elder Abuse Campaign Broadcast'

The Elder Abuse: Shift Your Perspective videos have been converted into TV and radio community service announcements that were broadcast on various metro, regional and remote television and radio networks in Australia.

Encouraging perpetrators of elder abuse to understand the impact of their actions is the focus of this new awareness campaign.

To coincide with the 2022 International Day of Older Persons, the campaign includes a series of videos which prompt perpetrators to consider how their behaviour might be affecting older people in their lives.



The Australian Human Rights Commission hope this new campaign will bring about a shift in perspective among perpetrators and educate all Australians about what elder abuse can look like and where to get support.

To watch the campaign video, go to: <https://www.youtube.com/watch?v=DeK2kaqplTI>

For more information

T: 1300 369 711 Hours are 9:00am-5:00pm AEST/AEDT

T: (02) 9284 9600

W: <https://humanrights.gov.au/elderabuse>



Global Centre of Modern Ageing 'Workforce Engagement and Transitions'

Over the last few years, we have seen an increased push for more inclusive age-friendly workplaces, and a renewed focus on generational differences at work, specifically around how we better engage and retain a multigenerational workforce.

This is increasingly important as we enter a trend of 'un-retirement' where almost 4 out of every 10 new workers are over the age of 55.

However, ageism is still rife in organisations and is a key topic that must be addressed through the push for age-friendly workplaces. Did you know that almost 21% of recent retirees were forced to retire early because their workplaces could not cater for their health or physical needs? (ABS, 2020).



This is despite earlier research that found memory loss and chronic illness progression can be delayed by longer participation in the workforce (Brough, Johnson, Drummon, Pennisi & Timms, 2011).

Research on workforce engagement and transitions continues to highlight the importance of flexibility and consideration of health conditions, alongside understanding of the ageing and increasing caring requirements as our parents and partners age with us (Allen, Alpass, Szabo & Stephens, 2021; Mansour & Tremblay, 2019).

While innovations in the workplace to include those with a chronic condition are emerging, most focus on volunteering rather than paid engagements (Robertson & Evans, 2015). Specifically designed job boards such as olderworkers.com.au and groups such as Professionals with Alzheimer's (PALZ) have emerged to normalise and combat ageism and the challenges associated with chronic illness, yet these groups are largely underutilised and under-represented in workforce innovations.

What is known is that, as the population ages, the available workforce is shrinking despite large workforce shortages and the availability of work across Australia. Thus, the time is now to invest in more innovative, age-friendly, inclusive workforce solutions for the future with the Global Centre of Modern Ageing®

For further information

<https://www.gcma.net.au/latest-news/2023/2/14/an-expert-perspective-associate-professor-katrina-radford-on-workforce-engagement-and-transitions>

‘Smart tips on how you can avoid a power bill blowout’

It is the summer dilemma: you are sweltering while staring longingly at the air-conditioner but the thought of an overpriced electricity bill does not quite let you push the ‘on’ button.

It is not just you. The stress associated with the cost of energy bills was at its highest in November with 29% of Australians [noting that energy bills as their most stressful expense](#).

But the temptation is still there on super-hot days. Thankfully, [old-fashioned skills have enormous potential for saving you money](#), so with the scorching summer heat settling in, here are some energy and money saving tips.

Turn off all unused appliances

It sounds obvious, but one of the simplest ways you can reduce your energy bill is to reduce the total amount of energy you are using.

Any electrical appliance left on standby such as a lamp, television, computer or kitchen appliance will consume electricity. It may not seem like much, but if you leave multiple appliances on standby it adds up. Aim to fully switch off any devices or appliances when not in use.

Swap to renewable energy, go solar

Renewable energy, whether installing it yourself or switching to renewable energy providers is now not only [kinder to the environment but also kinder to the hip pocket](#). Data from the renewable energy switch company Energy IQ revealed Australians have saved more than \$200 on their annual bill when they made the switch to renewable energy.

Consider energy-saving alternatives

While built-in AC is getting cheaper, there are other, less expensive options, such as evaporative coolers (cool the air through the age-old method of evaporating water), ceiling fans and portable air-conditioners.

Then there are the truly low-cost solutions, such as soaking your feet in cold water, placing a bowl of ice cubes in front of a fan as a DIY air-conditioner, hanging a damp sheet in an open window, and turning off all heat-producing appliances such as the dishwasher and clothes dryer.



Dementia WA 'How do you navigate intimacy with dementia?'

How does dementia impact a person's ability and desire for intimacy?

Can people with dementia give consent?

How does dementia impact a person's ability and desire for intimacy?

People with dementia continue to need loving, safe relationships and many people living with dementia enjoy sex and intimacy in their relationships. As dementia is a progressive condition, the way you and your partner choose to share intimacy may change over time. Changes in a person's brain can directly affect intimacy including decreasing or increasing a person's libido, inability to understand cues or the inability to respond to them appropriately.



How do you maintain intimacy in a relationship?

It is important to remember that the need for closeness and connection does not disappear with dementia but may require new and different expression. There are many ways for couples to maintain and engage in intimacy. You could try creating a date night without any pressure or expectation, cooking a meal together or enjoying a favourite food, watching a movie or listening to music together with a cuddle on the couch or sharing a sunrise or sunset while holding hands. As is true with many aspects of dementia, it can be helpful to try and accept the changes and live in the present moment with each other.

Do people living with dementia have the capacity to give consent?

A diagnosis of dementia does not necessarily mean that a person lacks the capacity to give consent, but their ability to give consent may change over time or even day to day. A person with dementia may be able to consent to some things but not others. For example, they may not be able to consent to financial decisions but may be able to consent to intimacy. If there is some doubt about capacity, it is advisable to seek the advice of a medical specialist. If necessary, an assessment may be required to determine the person's capacity to make informed decisions. Each state and territory has different laws and, in some cases, different terminology about decision-making capacity.

What happens if the partner of a person living with dementia wants to start a new relationship?

As the caring load increases, partners can feel that their relationship has changed significantly and that it is no longer an equal partnership. Deciding to start a new relationship is a personal choice and a consideration that can sometimes happen when the person living with dementia moves into

residential care. In many situations where this occurs, the new relationship developed out of a need for comfort and companionship that they were no longer able to receive. Often partners do not abandon their loved one and continue to visit and support the person living with dementia.

There is the potential to feel a sense of guilt or that the partner is cheating on the person living with dementia. However, continuing to support the person living with dementia in care, alongside developing a relationship to meet the partner's own needs for comfort and intimacy, can be a positive way to maintain wellbeing for both the person living with dementia and their partner.

What happens if the partner wants to end their relationship with a person living with dementia?

This consideration does arise for some partners as taking on the role of carer is a very demanding one both physically and emotionally. Some partners may feel they do not have the health, physical or emotional resources to care for a person living with dementia for an uncertain period. There may also be historical factors in the relationship that partners consider when deciding to become a carer or stay in a relationship.

Identifying and acknowledging the partner's own limits is a very wise approach and supports the wellbeing of both the partner and the person living with dementia. Engaging family, friends or professionals in a support network and leaving a relationship is not failing but can be an essential approach for some couples in navigating complexities that can arise after a diagnosis of dementia.

How do you manage inappropriate sexual behaviours?

As a result of dementia, some people may display what is viewed by others as inappropriate sexual behaviours. It is important to remember that any strange or uncharacteristic behaviour is caused by the condition and they may no longer know what to do with sexual desire or how to appropriately exercise the desire.

It is important to consider all the possible reasons for the inappropriate behaviours. This could include needing to go to the toilet, discomfort, boredom or mistaking someone for their partner.

You can also find ways to include different forms of touch in the everyday routine so that the person gets some physical contact. Massage, holding hands and embracing are ways of continuing to provide loving touch.

For more information available 24 hours a day, seven days a week, 365 days a year

T: 1800 100 500 National Dementia Helpline

W: <https://www.dementia.org.au/about-us/news-and-stories/news/how-do-you-navigate-intimacy-dementia>



‘Beat the rising cost of living and still enjoy retirement’

The recent price hikes have impacted everyone, but they have been extra tough on those trying to get by on a pension or retirement savings.

Here are five great tips to help take the pressure off if your budget is feeling stretched.

1. Shop around

Inflation is hitting everything, from the price of lettuce to the cost of electricity, but it does not mean there are not some good bargains to be had by shopping around. You just need to take the time to look.

If your grocery bill has exploded, then think twice before you put any item in your trolley. Look for low-cost produce that is in season, cheaper generic brands, or even change your shopping preference to a low-cost supermarket.

No matter what you are buying, investigate the market online and compare prices, particularly for big-ticket items such as insurance or travel. Sometimes just making a few small changes to your insurance cover or when you plan to travel, will save you big dollars.

Better still, if you find a better price offered by a competing company, do not hesitate to go back to your existing supplier and ask them to improve it. And always ask for a seniors discount. Seniors cards are not means tested and are available to anyone over age 60.

2. Boost your income

With the jobless rate at record lows, there are employment opportunities everywhere and companies are more open to taking on older staff these days, particularly for part-time roles, than they have ever been in the past.

Do not wait to be asked. If you have a favourite neighbourhood café or gardening shop that you think you would like to work in, stop by when they are quiet and have a chat. More than just earning some extra dollars, it is a chance to get involved with your local community.

To help you along, the Federal Government has just increased the Work Bonus Scheme, or the amount you can earn without impacting on your pension entitlements, by \$4,000 to \$11,700 a year. This is an added reason to pick up that part-time job.

While this increase is temporary, more and more people are hoping it will become a permanent change and help older Australians back into the workforce.



3. Develop a 'side-hustle'

A side hustle is what the youngsters call your own part-time business. It just sounds more hip. This can be anything from picking up some lawn mowing rounds in your neighbourhood to writing local history and selling it at the next farmer's market.

Only your imagination will limit what you might be able to do and the most important thing to remember about a side hustle is to find something you enjoy doing, and then try to make some money from it.

Retirement is the perfect time to do those things you have always wanted to do but never had the time to do. Let your passions go wild. Start out small. Perhaps start by offering a free service and then build it into a money-making opportunity.

4. Wait for better times

Do not be overwhelmed by doom and gloom. It is easy during periods of increasing interest rates and economic slowdowns to think things will never get better, but when we think about it, we all know that times will get easier.

So, in the meantime, have a picnic in a local park rather than going out for lunch. Swap houses with a friend interstate rather than travelling overseas. There are endless ways to save money. Times will improve and that is when you can start stepping out again.



‘Achieving Healthy Ageing’

Good health not only helps you to enjoy a good quality of life, but also helps to reduce your demands for health and aged care services as you get older.

For this reason, improving the health of the ageing population is a national priority in Australia. And one area of special interest is the adoption of a healthy lifestyle, which helps to prevent disease and functional decline, as well as promote a longer, happier, more active life.

Benefits of Healthy Ageing

Aches and pains are typical in older adults and it stands to reason that as we age, our bodies feel more twinges. It also makes sense that our weight increases as we become less active. The good news is, there is plenty we can do about these age-related ailments.

By starting your day with a healthy attitude, by exercising, eating well, maintaining strong relationships and pursuing education, you can effectively help prevent common issues associated with ageing.



This includes issues such as increased weight, fatigue, reduced muscle mass, reduced coordination and balance, cardiovascular and respiratory problems, reduced bone strength, increased blood pressure, mood swings, anxiety and depression and increased risk of disease.

Healthy ageing allows you to maintain brain function, active lifestyle, social relationships, healthy weight and general wellbeing.

How to Age Healthily

Healthy ageing is a combination of activities and behaviours specifically done to benefit your overall health. These include:

Physical Exercise

The human body responds to exercise no matter how old it is, meaning it is never too late to get fit. But many older people believe that exercise is no longer appropriate.

The reality is exercise has never been more appropriate than for people of this age group. About half of all declines associated with ageing are the result of a lack in physical activity and no other activity will benefit you more than exercise. As a guide, you should aim to get 30 minutes of exercise every day, which will not only keep your body active, but will deliver an oxygen boost to the brain to keep the brain in optimal health.

The best way to achieve the recommended exercise time is to look for activities you find interesting. Ideas include walking, swimming, cycling and weight training also offers a huge range of benefits. Not only can weight training help counteract age-related muscle loss, but weight-bearing exercise is

also one of the most effective remedies against osteoporosis. If exercise is something you do not particularly enjoy, try performing it in three 10-minute blocks.

Diet

Good nutrition helps to keep your body and brain in optimal condition, increasing mental acuteness and resistance to illness and disease. It offers higher energy levels, faster recuperation times and assists with better management of chronic health problems.

Your diet will consist of a variety of colourful fruits and vegetables, as well as whole grains and lean protein. Protein is essential for proper muscle growth and maintenance.

Mental Stimulation

Try cultivating a new hobby, playing ‘thinking’ games like Chess, Scrabble and Trivial Pursuit, reading newspapers, magazines and books, doing crossword puzzles and brain teasers, watching ‘question and answer’ game shows, meditation and learning a new language.

Sleep

For older adults, a good night’s sleep is especially important because it helps improve concentration and memory formation, allows your body to repair any cell damage that occurred during the day, and refreshes your immune system.

Insufficient sleep could increase risk of cardiovascular disease, diabetes, weight problems and breast cancer in women. Older adults should aim to get seven and a half to nine hours sleep per night.

As we get older, we never forget to insure our homes, cars and even our health, so why not take the extra step and insure your life as well?

References

1. [Australian Dietary Guidelines Summary](#) [PDF] Eat for Health
2. [Study on preventing memory loss in seniors seeks participants](#) Stanford Medicine
3. Older Adults and the Importance of Social Interaction University of Rochester Medical Center’s Health Encyclopedia
4. [Sleep Tips for Older Adults](#) + <https://www.helpguide.org/>



‘Questions to consider if you are thinking of moving house’

Retirement...the land of dreams for most workers, in which every day is yours to do as you please.

We advocate very strongly for a choice of living arrangements that most positively influences our wellbeing. But how do we best achieve this? It is all in our priorities.

Living arrangements have a huge impact on the quality of our lives, especially for older generations who spend increasing time in and around their homes as they age. In contemplating our future, it is essential to identify and understand personal priorities, and what may be needed for a later life in which we boom rather than just survive.

It is not something that comes instinctively to many of us but putting ourselves and our needs first becomes increasingly important

as we age. This is not just our essential priorities but, just as importantly, those things that increase our enjoyment of and engagement with life, personal passions that make our lives worth living and bring purpose to our lives.

We need to put life-enhancing priorities at the top of our list of considerations when making critical decisions, with the main one being where we choose to live. It is about selecting a home in which we can prosper and celebrate the good fortune of our increased longevity, rather than merely getting by.

So, what are some of the determinants of a home in which we will be most likely to boom in later life?

- 1. Accessibility is one of the biggest:** Be it access to support and health services or to preferred activities and passions, hobbies and volunteering. It also incorporates in-home accessibility where mobility, ease of passage and comfort need to be established and maintained.
- 2. Flexibility and openness is needed when considering all facets of accessibility:** There must be openness to look at all options and flexibility to enable changes and modifications where necessary or beneficial. Whether it is adapting the current home to better suit changing physical needs or considering a move to a more suitable abode or area, it is about putting the many options on the table and choosing according to what best matches a person's needs and priorities.



3. Transportation options must also be considered: Will you be driving yourself around or using public transport or have other people give you a lift? It is important to consider too whether this is likely to change in the foreseeable future. Some people may have their driver's licence currently, but there is a possibility of not being able to drive at some stage in the near future. What options will be available then?

4. This also raises the issue of resource availability in the local area: Does the area have the community and other relevant services that can meet personal priorities? If you have a love of books and enjoy visiting the library, is this an option for locally? Are the necessary health services accessible? Is the local area's topography conducive to walking, exercising and the health benefits this provides? What else is important to you and is it available in the local area? These are all vital considerations and questions to ask yourself for a healthy and happy later life.



5. Another possibility when it comes to living arrangements is the option of inter-generational living: This has been shown to build strong relationships across generations which can be wonderfully enriching for both older and younger family members. There is an important caveat needed, however, which is that it must be each party's choice to live in this way together. It is especially important to ensure the older person is in full choice of it and all parties are embarking on a healthy and mutual agreement from the outset. What remains the same is the need for planning, agreement and clarity from the beginning. Financial expectations should also be clear from the start. When this living arrangement works well, the upside can be extremely positive for all involved.



‘Summer Safety for Seniors’

It is summertime and the living is easy, but along with warmer temperatures and abundant sunshine, summer brings some special health considerations for seniors.

Older adults are at risk for [heat-related health problems](#) for a variety of reasons, including chronic health conditions like heart disease or COPD, as well as age-related physical changes and the side effects of certain medications.

Taking proper precautions may help ensure a safe summer experience, so we are sharing tips to help older adults enjoy the warmer months:

Stay Cool

As we age, our bodies lose the ability to manage temperature changes efficiently, leading to conditions such as heat exhaustion and the severe condition heat stroke, a medical emergency in which the body loses its ability to regulate temperature, resulting in high core temperature, confusion, rapid pulse and difficulty breathing. Many communities have cooling centres for those whose homes lack air conditioning and libraries, movie theatres and shopping malls provide welcome cool spaces as well.



Stay in Touch

For homebound seniors, having a trusted neighbour, family member or friend who checks in regularly can be an important safety measure in the summer. For those who enjoy working in a garden or taking a daily walk, having someone who knows your routine is vital. Keeping emergency telephone numbers handy and sharing this information with a friend or neighbour can help in the event of a heat-related health emergency as well.

Stay Hydrated

Since bodies naturally lose the ability to conserve fluids, it is vital for seniors to stay hydrated, especially in the summer months and when exerting themselves. Being mindful of fluid intake can help prevent hyperthermia and since some medications can exacerbate dehydration, making hydration a habit will help keep you healthier. Setting an alarm or a reminder to drink water can help to establish a routine.

Stay Smart

Be sure to wear appropriate clothing and protective gear when engaging in outdoor activities. Sunscreen, a hat, sunglasses and loose-fitting, light-coloured clothing are all important accessories when walking, gardening or simply spending time outdoors. Outdoor activities are a great way to stay active and stay healthy; however, be sure to dress for the weather and consider getting that outdoor exercise early in the morning or later in the evening when temperatures drop a bit and the sun is not quite as strong.

Road Safety Commission WA 'Visitors to Regional WA'

There are many things you need to be aware of before you drive in the city or around the outback in WA.

Western Australia is a vast State with contrasting road conditions from the south of the State to the north. Make sure you plan your journey and educate yourself on the distances, conditions and weather in the areas to which you will be travelling, so you can enjoy a safe and trouble-free drive in WA.



If you are planning a long road trip, make sure you check-out the [fatigue](#) information.

Choose the right vehicle

A conventional SUV, sedan or hatchback is suitable if you are travelling on sealed and well-maintained roads, such as the Perth metropolitan area and major towns and highways. A four-wheel drive (4WD) vehicle is the best option if you plan to visit regional or remote areas.

Be aware of animals on the road

Australian wildlife roam roadsides around WA and sometimes stray onto the road. Animals such as kangaroos, cattle, camels and emus are unpredictable, so drive slowly and do not try to swerve around an animal.

Animals under the control of people, such as horse riders and carriage drivers, may also be on or near the road. For a guide on how the road rules apply to horse riders or carriage drivers, check-out the fact sheet: [Road rules for horse riders and animal-drawn vehicles](#).

Gravel and sand roads

Some roads outside urban areas and towns have gravel edges or consist of red dirt and small stones. Gravel can act like ball-bearings under car tyres, while sand tracks often form pockets like snow drifts, so drive to the conditions. Be aware that gravel and dirt roads also create dust clouds of dust that impede visibility and loose stones can strike your windscreen.

Low visibility

Drivers can encounter bushfire smoke, fog and torrential rain while driving in WA, all of which reduce visibility. In these conditions, slow down, switch on your headlights, use your windscreen wipers, allow extra braking distance and do not attempt to cross flooded roads.

Towing

If you are going to tow a caravan, trailer or boat, be sure you know the legal load limit for your vehicle and make sure your load is well secured. Heavy or poorly secured loads can cause rollovers and accidents.

Consult the [Give a Caravan](#) pre-travel checklists and the [main towing page](#) to make your journey a safe one.

Driving on the left

If you are not used to driving on the left, tape a note on your dashboard to remind you to keep left and take extra care when approaching an intersection or making turns.

On multi-lane roads you may only drive in the right-hand lane if you are overtaking, the left lane is a special purpose lane (bus, cycle) or you are avoiding an obstruction (PDA).

Overtaking

There are risks when overtaking other vehicles, so only overtake when it is safe to do so and you have a clear view of the road ahead. If you are not sure, wait.

You must not cross single continuous dividing lines or continuous dividing lines on your side of broken lines or double continuous dividing lines, to overtake another vehicle. You must not exceed the speed limit to overtake.

WA is home to some of the largest trucks in the world known as 'road trains' (they can be up to 60m long), so be aware that it may take some time to overtake one. See the [overtaking](#) page for more information.

For more information

T: 1800 502 328

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



Do not go gentle into that good night '7 ways to age successfully'

Director of the Global Ageing Network and positive ageing advocate, Marcus Riley shares his tips for living your best life in your 60s, 70s and beyond.

Ageing is one of humanity's greatest triumphs, yet the perception of 'getting older' sadly often remains one of great negativity. There is a choice for all of us: we can either accept that old age means to fade away, deteriorate and wither on the vine, or we can seize the opportunity to make the most of our later years and revel in joy, passion and greater wisdom.

Tips for successful ageing. Remember, we hold the keys to our future.

- 1. Say yes:** Say yes and say it more than you ever have before! Every time we do something new, we grow, so grasp opportunities when they come along and do not be afraid to fail. When presented with a choice, we can choose for that to be positive or negative, and taking that small positive change can make a big difference.
- 2. Participate and stay connected:** By getting involved in your community or with your family you are going to find fulfilment in those relationships. It is no secret that most people rate moments of connection with people and shared enjoyment as their most important life experiences, so it is really important to be present and participate.
- 3. Be proactive:** Positive people are proactive, not reactive, so it is up to you to take charge. We can be proactive by understanding what threatens our successful ageing and take pre-emptive action.
- 4. Dodge the negative:** The decision not to be negative comes largely from within ourselves. Choose not to spend time with people who foster negativity, the grumpy, gossiping, critical people who, wittingly or unwittingly, reduce us to their own miserable level.
- 5. Be adaptable:** Our plans must be adaptable and something we are constantly reviewing and renewing, because our circumstances and personal priorities inevitably change. Update or adjust plans to remain conducive to your best life.
- 6. Pursue your passions and keep learning:** With more time on your hands in retirement, you now have the opportunity to revel in passions of your choosing, whether it is good books, films, music, art or gardening. Prioritise time on the activities you enjoy and with people who are important to you and make you feel good.
- 7. Sustain your physical and mental health:** Keep illness at bay by eating well, exercising daily and having regular medical checks-ups. Become more actively involved in managing your own wellbeing with the help of the many new health and fitness wearables and other simple devices that are now available.



You can find more tips in Marcus' book, [*Booming – A Life-changing Philosophy for Ageing Well*](#)

Global Centre for Modern Ageing 'Resolution for Ageing Well in 2023'

The recent price hikes have impacted everyone, but they have been extra tough on those trying to get by on a pension or retirement savings.

Some of us set unrealistic goals, find ourselves derailed by unforeseen life events, or cannot see the clear benefits of sticking to our resolutions.

Reforming our habits can prove exceedingly difficult. To sustain motivation, experts suggest setting realistic goals, making incremental changes, and celebrating small wins.

Ageing well is a shared aspiration of many, and can inspire resolutions for healthier, happier and more active living in 2023 and beyond.

Inspired by the [Blue Zones](#), being regions around the world where people live the longest, and healthiest lives, in this issue of Connect we present eight stellar resolutions for longevity.

Embrace an active daily routine, moving naturally throughout the day. Unstructured physical activities, such as walking, cycling and gardening can yield greater positive impact than structured workouts.

Nurture strong social connections, making special effort to connect with loved ones and friends. 'Blue Zones' residents typically report a strong sense of purpose and belonging, strengthened by their social connections in the wider community.

Choose whole, unprocessed foods including plenty of fruits, vegetables, whole grains and legumes in your diet. People living in the Blue Zones eat primarily plant-based diets, including moderate servings of fish, nuts and minimal servings of lean meats and dairy.

Do not sweat the small stuff. Develop a daily practice to manage your stress. Meditation, yoga, and tai chi are all excellent ways to unwind, relaxing both the mind and body.

Exercise your grey matter. Challenge your brain with stimulating activities, such as reading and puzzles. Better yet, make 2023 the year you learn a new skill. Learning new skills can help to maintain cognitive function, boost memory and reduce the risk of age-related cognitive decline.

Hit the hay. Aim for between 7 and 9 hours of sleep each night. 'Blue Zones' residents understand the importance of sleep to maintaining optimal health and prioritise adequate sleep.

Ditch unhealthy habits, such as smoking and excessive alcohol consumption. Both have well-documented, negative effects on health. 'Blue Zones' residents have low rates of smoking and excessive drinking.

Get in the driver's seat. Preventive screenings, regular check-ups and doctor's appointments can help to detect incipient health problems early and ensure they can be treated effectively.

For further information

<https://www.gcma.net.au/latest-news/2023/2/14/resolutions-for-ageing-well-in-2023>



‘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

MindSpot Clinic

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

We are delighted to Welcome 'MindSpot Clinic' as a COTA (WA) Supporter

MindSpot is a clinical mental health service. They deliver psychological services via telephone and online to adults across Australia. All MindSpot services are free and confidential.

Who is MindSpot?

They employ and train mental health professionals to deliver care and are part of MQ Health, Macquarie University and are funded by the Australian Government.

What does MindSpot do?

MindSpot supports people to learn about their mental wellbeing and learn how to manage their symptoms. They aim to teach people key psychological skills to help them become more resilient. Most people using MindSpot are troubled by depression, anxiety and stress. MindSpot also support people with distress due to chronic health conditions.

Things to know

MindSpot understands that recovery from depression and anxiety can be really hard. They commit to doing everything they can to support you to recover. They believe everyone has a right to excellent mental health care, regardless of location or social status.

MindSpot believe that recovery often involves making change. Rather than just talking, their treatments teach core psychological skills that help people recover.

To ensure you get the best outcomes, MindSpot will ask you each week to answer questions about your symptoms and recovery. These will help them to monitor your safety and recovery and help to give you the best service that they can.

For further information and support

T: 1800 61 44 34

E: contact@mindspot.org.au

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

Please note: MindSpot is not a crisis service. If you are feeling suicidal or in danger, please call 000, or visit the **Urgent Help Page** for more resources at <https://www.mindspot.org.au/urgent-help/>

MindSpot is a COTA (WA) Supporter.



Tuart Place 'Support Group and Life Skills'

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

Support Groups

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

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



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

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

Life Skills and Services

Whether your mobile telephone or tablet is befuddling you or just need a new haircut, Tuart Place have got you covered. Their skilled volunteers provide numerous services free of charge to participants, just drop in and see what's on offer, such as computer and mobile telephone help, hair cutting service, beauty treatments, financial counselling, relaxation classes and exercise classes.

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

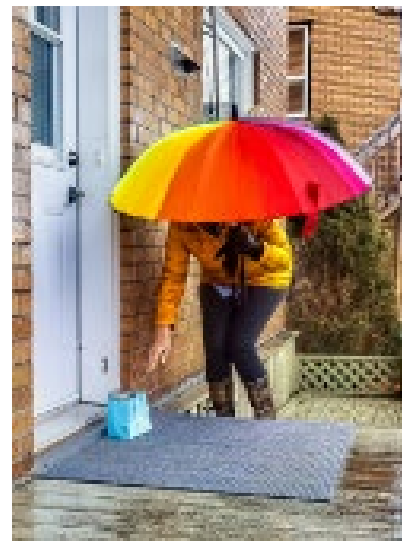
Age Friendly City of Fremantle 'Neighbour to Neighbour'

Neighbour to Neighbour (N2N) 2023: Support, Connect and Inform

The City of Fremantle's Neighbour to Neighbour program links local volunteers with residents in need. Whenever you need a helping hand, they are here to connect volunteers with their neighbours.

The incredible City of Fremantle volunteers can help with:

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



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

For more information

T: 08 9432 9555

E: N2N@fremantle.wa.gov.au

W: <https://www.fremantle.wa.gov.au/about-neighbour-neighbour-n2n-2022>

Volunteer: If you would like to become a N2N Volunteer please email N2N@fremantle.wa.gov.au or call 1300 693 736, and the City's Volunteer Officer will arrange a chat over the telephone or in person, to discuss what is involved.

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



City of Cockburn 'Activities and Groups'

Walking Groups

Heart Foundation Walking is Australia's largest network of free community-based walking groups coordinated locally by the City of Cockburn.

Heart Foundation Walking Groups makes regular physical activity enjoyable and easy. Walking groups walk at various times and distances. If you are interested in participating, please contact email healthycockburn@cockburn.wa.gov.au or visit the [Heart Foundation Walking webpageopens in a new window](#) for more information.

W: <https://www.cockburn.wa.gov.au/Community-and-Business/Health-and-Wellbeing/Heart-Foundation-Walking-Groups>

Kicking Goals for Life

The City of Cockburn have partnered with Cockburn Healthy Lifestyle Service to bring you a new men's weight loss, social soccer program called Kicking Goals for Life. The program aims to help overweight and obese men 18+ to lose weight, get fit, stay healthy and be socially active. With the assistance of a qualified Lifestyle Coach, players can work on achieving their health and fitness goals.



All men who wish to lose weight are encouraged to participate, regardless of fitness level and previous soccer experience. Depending on numbers registered there will be between four to six teams in the league, playing 40 minute games between 6:00pm and 8:00pm Tuesday evenings.

Cost: \$10 per week Note: cleated shoes essential. In addition, players can also have access to a number of other free or low cost programs through the Cockburn Healthy Lifestyle Service.

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

For further information

T: 08 9411 3444

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

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

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

Rise Network 'Passion, Pride and Purpose'

"There isn't another place like it," says Sandra, the Coordinator of Rise's Arts Hub in Warwick.

The old building behind Warwick Hall has served as a vital hub for a community of artists, staff and volunteers. When Sandra started running the hub, 5 years ago, there were 70 artists now there are 120 and a long waiting list of people wanting to join. It is open to people with an intellectual disability, a mental health challenge or another obstacle that they negotiate every day. "There's no judgement on people who come through the door," says Sandra.



Every morning Sandra and the team prepare the studio. Canvases and tables are moved into position as paintbrushes clink the sides of a glass. Volunteers in the kitchen are chopping vegetables and making sandwiches.

By 9:00am vans begin pulling up outside and wheelchairs and walkers are lifted out. Sandra warmly welcomes people as the hub begins to fill. Some have been coming almost daily for many years, others come less frequently, or maybe just once, but all are welcome.

By 10:00am everyone is working together. Sandra has implemented an open-door policy. Artists move between the pottery, craft and painting room as they choose. They often drop into the office if they want to catch up with a team member or need some advice with something that is happening at home. Sometimes it is an artist who is having a challenging day and Sandra needs to provide some extra support and encouragement. The open-door policy means there is no 'us or them' atmosphere, just a group of people supporting each other. It also means artists do not feel they are interrupting something by knocking on a door.

Sandra has created an energy and camaraderie that binds an eclectic group of artists, volunteers and support staff from all walks of life. "Be kind to everybody and accept everybody as they are" says Sandra. Some of the artists do not verbalise or speak but they find their most powerful voice through art.

The volunteers are just as diverse. There are engineering students, retired tradespeople and business workers as well as home makers.

Ethan who also works at the hub says that "Sandra positively influences and guides her team while demonstrating courage, empathy and inclusion. She continues to reassure, support and bring clarity to staff and volunteers, never losing sight of seeing our community live their best life as independently as possible."

"Sometimes people can hold those with disability back," says Sandra. She gives an example of a staff member ironing an apron for an artist as they were concerned, they would burn themselves. However, Sandra encouraged them to teach the artist how to safely iron it themselves. The artist was so proud to do it herself that she asked Sandra to take a photo to show her mum.

Sandra says that sometimes the hub can get quite noisy and this can be challenging for some people. “Somebody with schizophrenia wants to do painting and if it is loud in the room, they may not be able to concentrate. We also have people with anxiety, who do not always want to be in a big group. We decided to create a quiet room on Fridays. One lady had not left her house for 18 months but came to the hub. I showed her the quiet room and now she comes in every week which is massive,” says Sandra.



Sandra’s constantly sought for guidance to solve problems on the fly. The tools in the woodwork room need repair or the kitchens low on stock for the lunch run. “There is a lot to running the centre and I could not run it without the volunteers and team. Everybody has a can-do attitude and there is nothing I would ask a team member that I would not do myself,” says Sandra.

The record of success that Sandra has achieved is phenomenal. The Arts Hub had 64 entries into the prestigious As We Are Art Awards last year. This was the most entries for any art centre. However, it is the individual stories that truly highlight Sandra’s achievements. Sandra has supported many artists to grow and challenge our assumptions of what is possible.

Clients like Clive Collender who has been attending the hub for many years. Clive cannot hear or speak, and his eyesight is probably down to 1-2% but he is still able to draw with a magnifying glass. He has paintings on display in galleries in Canada and won a merit award at last year’s As We Are Awards.

Tony White is another successful artist from the hub. Sandra has supported Tony to build a small business selling his artwork. Tony hands out business cards to visitors and sells his artwork at community markets and online.

For other attendees at the hub, it is less about the art and more about being part of the community and connecting with friends.

By creating a culture where everybody feels welcome, listened to and supported, many once isolated members of our community have found passion, pride and purpose.

For more Information about Rise Network

T: 08 6274 3700

E: contact@risenetwork.com.au

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

Rise Network is a COTA (WA) Supporter.

Rise 
celebrating people

Umbrella Multicultural Community Care ‘Who do they care for?’

Who does Umbrella care for?

Umbrella Inc. is a multi-award-winning, not for profit organisation that delivers Commonwealth Home Support Program (CHSP), Home Care Packages (HCP) and Community Visitors Scheme (CVS) to over 800 clients from 67 different countries including seniors from LGBTI backgrounds and we are also part of the Aged Care System Navigator Trials. We recognise each client’s specific needs and acknowledge gender, age, religious, interest and cultural background. We match support staff with each client so a client can receive high-quality care from the same staff member every time.



English

At Umbrella, their clients and staff speak dozens of different languages. Nevertheless, the one language that everyone understands is English.

Umbrella runs culturally specific groups where a language other than English is spoken. However, for the main events and outings, English conversations are the norm. In fact, Umbrella’s second biggest client group are the English-speaking seniors as they enjoy the multicultural flavor with lots of dance, food, music and laughter.

“My Mother of ninety years old who has dementia joined Umbrella 3 years ago and was quiet and shy in the beginning. Since has never looked back the difference it makes to her week and in turn her family is phenomenal! Her short-term memory is poor but these outings are one of the few things she always remembers! Mum always returns in a very upbeat mood and the beautiful, animated look on her face after a trip is priceless. The staff are so helpful, caring and treat Mum as though it is their own Mum. I have nothing but heartfelt thanks for Robert & The Umbrella Team.”

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.



Southcare Inc. 'Helping people regain their independence'

Life can be overwhelming at times and putting your hand up for help can be daunting.

Southcare's caring hands are here to help hold yours and get you back on track with confidential one-on-one advice, practical support, emergency relief and advocacy, including for Aboriginal families, so you can focus on what matters most.

Aboriginal Family Support

Let Southcare's Aboriginal Family Support Officer help you with support and advice.

For more information regarding the range of health care, referral services and support services we offer Aboriginal and Torres Strait Islander People in our local community, reach out to Southcare on 08 6117 3050.



Emergency Relief

Let Southcare's emergency relief service help you with immediate support.

Emergency relief is available free of charge to residents of the City of South Perth. Visit the Southcare team between 10:00am to 1:00pm Tuesday, Wednesday or Thursday for a confidential appointment and let our caring hands help you.

Financial Counselling

Let Southcare's free and confidential financial counselling service help you manage during difficult times. Free financial advice is available to anyone who needs help and is given in confidence by our trained and accredited Financial Counsellor. Your service will be caring, non-judgmental, discreet and private.

Need help with budgeting, bills, debt recovery or housing? How about a hand to negotiate, advocate or appeal on your behalf? Southcare can do that too. Just ask the team for a confidential appointment to get started.

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.

Volunteering WA (VWA) 'Volunteer with VWA'

Volunteering gives you the opportunity to become an active member of your community, while helping others and yourself. People volunteer for many different reasons.

Some do it to meet new people, learn new skills, add to their CV, help other people, make good use of their spare time, take on new challenges, or use their skills and experience in a positive way.

Things you should know

Learn about why volunteering is important, what volunteering is and the types of volunteering available.

Finding your Volunteer role

Find a volunteer position based on the skills you have and the causes you are passionate about.

Volunteer Stories

Read some volunteer stories that may inspire you to start your own volunteering journey.

Corporate Volunteering

Volunteering WA provide a customised brokerage service to companies wishing to contribute to the community through volunteering.

For more information

T: 08 9482 4333

W: <https://www.volunteeringwa.org.au/volunteer>

Volunteering WA is a COTA (WA) Supporter.



Act Belong Commit 'Keeping Mentally Healthy in Retirement'

Retirement is an exciting chapter in your life.



There is more time to do the things you enjoy, spend time with family and friends, explore different hobbies and set yourself new and meaningful challenges.

In saying that, any life change that you go through can be unsettling and bring about uncertainty which may impact your mental wellbeing.

Follow these simple steps to look after your mental health for a fulfilling retirement. When you Act Belong Commit, it feels really good.

How can I become more active and connect with others?

Check out the Act Belong Commit activities, events and groups in your local area by visiting:

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

Visit your library or your local Council offices for ideas and activities near you.

Go to <https://www.meetup.com/en-AU/topics/over-50/au/perth/> to connect with people in your area, in person or online, who share your interests.

For more Information

T: 08 9266 1705

W: <https://www.actbelongcommit.org.au/wp-content/uploads/2021/12/act-belong-commit-retirees-brochure.pdf>

Act Belong Commit is a COTA (WA) Supporter.



Chung Wah Community Care ‘Volunteers’

At Chung Wah Community Care they treat everyone like a family member, including their clients, staff and volunteers. They respect everyone’s life and culture, and do their very best to listen to every voice and understand every need. They believe that working together is the best way for each individual to achieve their dream.



Knowledge, experience and skill make a good volunteer. A heart with the right attitude and willingness to help makes a **great volunteer**.

You do not need to be an expert to be a CAC volunteer. Each and every one of their volunteers is a valued and important asset to CAC. Regardless of whether you can only contribute a few hours or if you are there every day, they treasure your effort and time.

Chung Wah Community Care volunteers come from a range of trades and professions. Many volunteers are retirees, some are college and university students. Their volunteers come from culturally and linguistically diverse backgrounds and some can speak a second or even a third language.

Volunteer Opportunities

- Entertainment Performer
- Community Event Helper (e.g. gift wrapping, mailing, stalls assistant, materials distribution)
- Interest Class Teacher
- Group Facilitator (e.g. social support group, day centre afternoon sessions)
- Media Contributor (e.g. writer, designer, photographer, radio broadcaster)
- Driver
- Kitchen Helper
- Other

For more information

T: 08 9328 3988

E: volunteers@chungwahcac.org.au

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

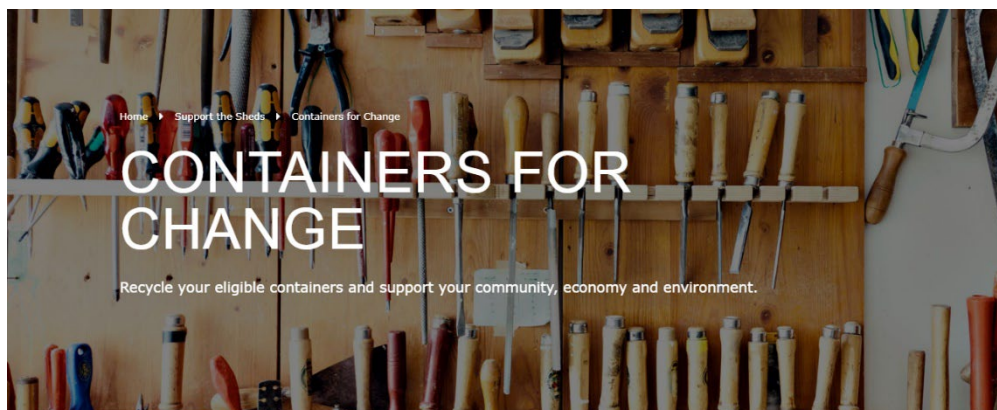


**CHUNG WAH
COMMUNITY
CARE**
Chung Wah Association Inc
Est. 1909

Men's Sheds WA 'Donate your refund to a Men's Shed'

Containers For Change.

Containers for Change is a state-wide recycling scheme where you can collect a 10-cent refund per eligible container that you return to a Containers for Change drop off centre.



What can be recycled?

Most empty 150-millilitre to 3-litre beverage containers are eligible for the refund. That includes aluminium cans, glass bottles, plastic bottles, and even some liquid paperboard drink cartons.

Visit the Containers for Change website for a full list of eligible containers
<https://www.containersforchange.com.au/wa/>

Donate your refund to a Men's Shed

You can donate your cash refund directly to one of the Men's Sheds participating in the Scheme by using their Scheme ID.

Recycle your containers at a Shed

These Sheds are official Containers for Change 'Bag Drop' points where you can drop off your eligible containers.

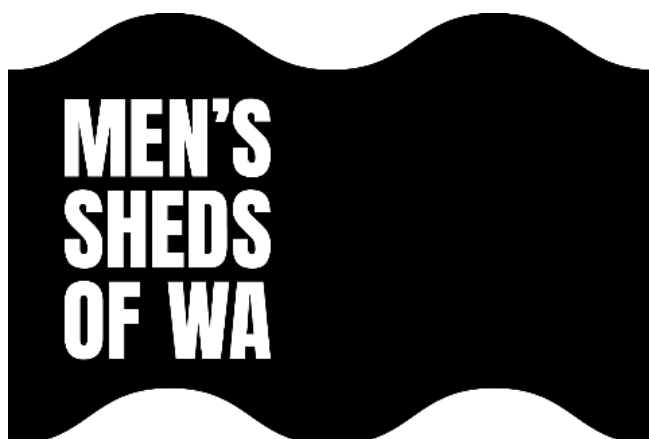
For further information

T: 08 6381 5324

E: admin@mensshedswa.org.au

W: <https://mensshedswa.org.au/support-the-sheds/containers-for-change/>

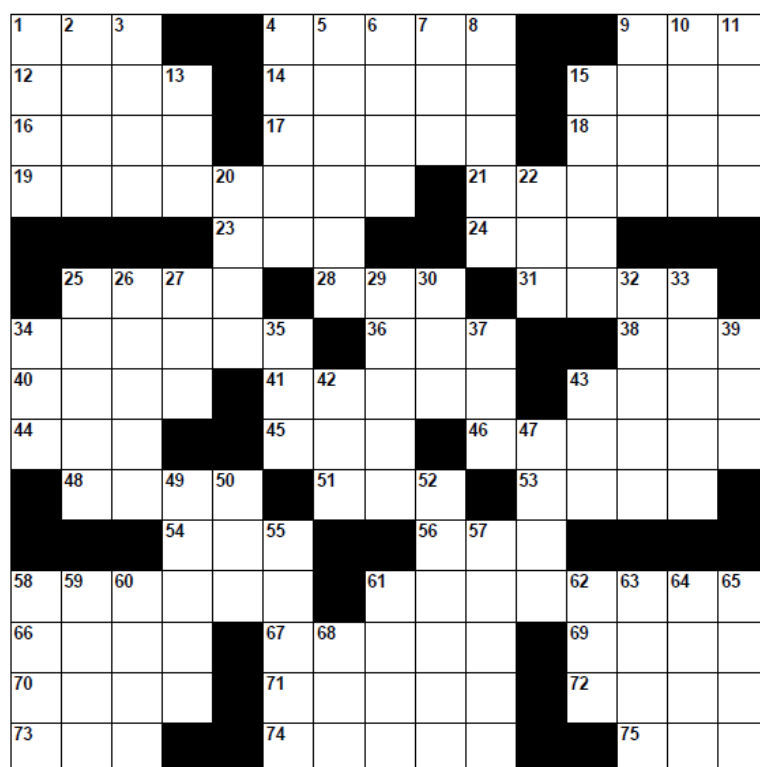
W: <https://mensshedswa.org.au/>



'CROSSWORD' Puzzle

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

MARCH



By Jimmy and Evelyn Johnson - www.qets.com

ACROSS

- 1 Against
- 4 Accumulate
- 9 Internal Revenue Service
- 12 Put down
- 14 Author of "The Inferno"
- 15 White flakes of ice that fall from the sky
- 16 Volcano
- 17 Architect Frank __ Wright
- 18 Continent
- 19 From Ghana
- 21 Softly
- 23 South by west
- 24 Munch
- 25 Pixies
- 28 Infirm
- 31 Drops of water that fall from the sky
- 34 Depletes
- 36 Roman three
- 38 Pouch
- 40 Light covered frame that is flown in the air at end of long string
- 41 Deep brown
- 43 Skid

44 Mountain Time

- 45 Purchase
- 46 Assumes the prayer position
- 48 Natural fiber
- 51 Telegraphic signal
- 53 Deeds
- 54 Creative work
- 56 Halloween mo.
- 58 Bathroom wall fixture
- 61 High-topped waterproof overshoes
- 66 Little Mermaid's love
- 67 Adult insect
- 69 Dr. Jekyll and Mr. __
- 70 Butterfly's cousin
- 71 Mock
- 72 Dueling sword
- 73 Single
- 74 Smooth
- 75 Terminate

DOWN

- 1 Horse fly
- 2 Vow
- 3 One of Columbus' ships
- 4 Speak without preparation
- 5 African country
- 6 After awhile
- 7 Eye infection
- 8 Grassy marsh plant
- 9 Institution (abbr.)
- 10 Churn
- 11 Swag
- 13 Newsmen Rather
- 15 Present bringer
- 20 Association (abbr.)
- 22 Serving of corn
- 25 Of or having to do with Ireland
- 26 Flat
- 27 Pastry
- 29 African country
- 30 Tell a tall tale
- 32 Small island
- 33 Nabs
- 34 10 meters (abbr. for dekameter)
- 35 Underwater boat

- 37 Annoy
- 39 Hertz
- 42 Wet earth turned soft and sticky
- 43 Part of a min.
- 47 World organization
- 49 Third month of the year
- 50 Not against
- 52 Sandwich
- 55 Prunes
- 57 Device for measuring and showing time
- 58 Business note
- 59 Cast metal
- 60 Ritual
- 61 Match
- 62 That girl
- 63 Hoopla
- 64 Adam's garden
- 65 Germ
- 68 Cubic centimeter

Events + Activities

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/>



Royal Life Saving WA 'Claremont Aquatic Centre - Aqua Skills 55+'

In many emergency situations, a friend, family member or neighbour will be the first person on the scene. If this were you, could you provide lifesaving assistance until emergency help arrives?

Having the skills and confidence to respond in an emergency could mean the difference between life and death. Like with any skill, resuscitation skills can be forgotten if not practised regularly so update your CPR skills by completing a refresher course every 12 months.

Royal Life Saving WA runs Aqua Skills 55+, a water safety and lifesaving skills initiative

for people aged over 55 years. The course is structured as four-day refresher (run one day a week for four weeks). It is suitable for people of all skill levels, so whether you fear the water, are an everyday swimmer or only dip your toe in occasionally - this is for you!



This practical program will provide you with the skills to deal with emergency situations, personal survival techniques and a thorough understanding of water safety knowledge to reduce the likelihood of drowning. It is a great way to meet new people, learn new skills and have fun!

The program is currently FREE for individuals over 55 years.

Event Details

Date and Time: Starting, Tuesday 2 March 2023 from 2:30pm to 4:30pm (dry session/resuscitation)

Location: Claremont Aquatic Centre, 12 Davies Rd, Claremont WA 6010

For further information

T: 08 9285 4343

Registration W: <https://royallifesavingwa.com.au/programs/make-the-right-call/aqua-skills>



ROYAL LIFE SAVING
WESTERN AUSTRALIA

‘International Women’s Day 2023’

International Women’s Day (IWD) is on Wednesday 8 March 2023.

IWD is a chance for us to celebrate women’s achievements and to highlight the work that still needs to be done to achieve gender equality in Western Australia.

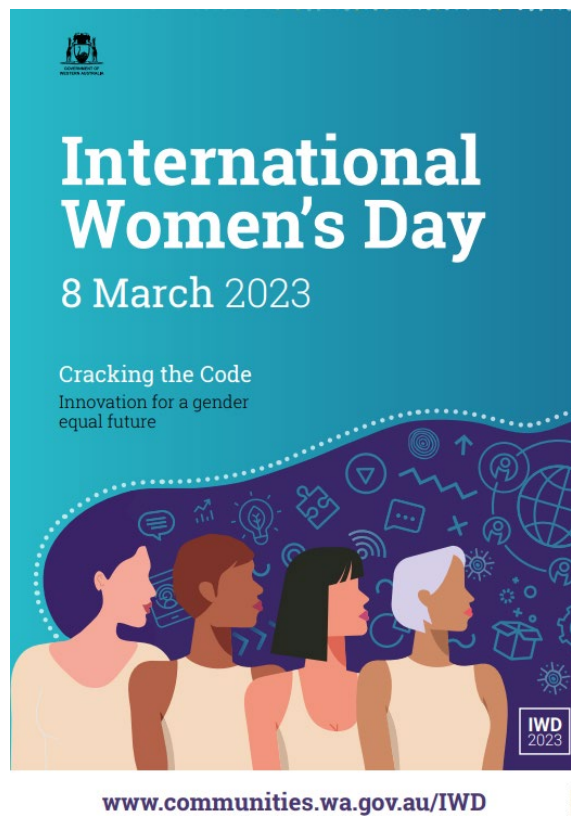
The Department of Communities will be promoting the messages of International Women’s Day in the week leading up to 8 March 2023 and celebrating the theme #CrackingTheCode: Innovation for a gender equal future.

The theme emphasises the importance of bold, transformative ideas, inclusive technologies, and accessible education in combating discrimination and marginalisation of women around the world.

To find out how you can be involved in International Women’s Day please access the Department of Communities webpage at International Women's Day:

<https://www.wa.gov.au/organisation/departments-of-communities/international-womens-day>

This website includes a range of resources to help organisations and individuals to spread the message through their own networks and communities.



**Government of Western Australia
Department of Communities**

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



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) Strength for Life™ Welcomes New Provider ‘Rejuven8 Health and Fitness’

COTA (WA) Strength for Life™ welcomes newest SFL Provider ‘Rejuven8 Health and Fitness Clinic’ based in Wanneroo.

The clinic is owned and managed by Barb, who has a Master of Exercise Science and a Grad Certificate in Exercise Medicine Oncology.

Barb has been in the industry since 1999. Initially she studied in the area of exercise science as she was a keen sports woman and was interested in learning more about the science behind sport and exercise.

Working with older Australians, Barb loves the intergenerational relationships that are built. She can see great improvements in older adults quicker than she can see in younger ages. Barb is a people person who shows lots of empathy and loves inspiring people to do be their very best.



Rejuven8 Health in Fitness is based in Wanneroo and offers Tier 1 and Tier 2 sessions.

The Strength for Life (SFL) program is a progressive strength training program that has shown to have a huge impact on wellbeing and quality of life. Rejuven8 Health and Fitness provides safe, fun and personalised sessions in their approved facility. SFL is specifically for the over 50's in which clients require a GP referral to participate. Staying fit and active will improve your balance, cardiovascular fitness, muscle strength and wellbeing. Tailored exercise plans will help manage chronic conditions designed by their exercise physiologist. Get Stronger...Stay Active...Make Friends!

For more information

T: 0415 921 588

Location: 3/8 Villanova St, Wanneroo WA 6065

W: <https://r8hfc.com.au/>



COTA (WA) Strength for Life™ ‘Murray Aquatic and Leisure Centre, Pinjarra’

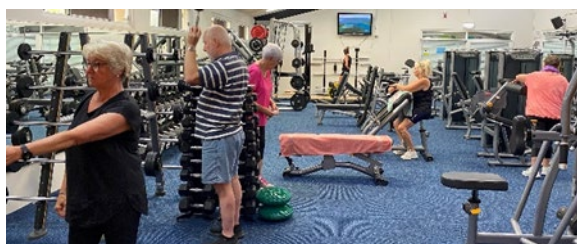
The Murray Aquatic and Leisure Centre, Pinjarra has been running the Strength for Life™ Program for many years with trainers who are passionate about exercise for seniors.

SFL participants spoke about how the program has benefited them all. Individualised plans meant they were getting the exercise that they needed specifically for them, rather than just following in a group.

The participants all spoke highly of their instructors and praised them for the hard work that they do to ensure that they are doing the exercise correctly and that they are progressing in building their strength.



Feedback from participants



“A great program which helps a lot of people with a wide variety of health issues.”

“I have benefited hugely. It is the best program for seniors.”

“Met many new friends and the Personal Trainers are friendly and helpful.”

“My husband and I both attend. He in particular benefits from the social coffee mornings.”

The social aspect for the participants is a big plus, as participants all meet for tea and coffee provided by the centre after exercising.



For more information

T: 08 9531 2000

Location: 16 Camp Rd, Pinjarra WA 6208

W: <https://www.themalc.com.au/Fitness/Seniors-Fitness>



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

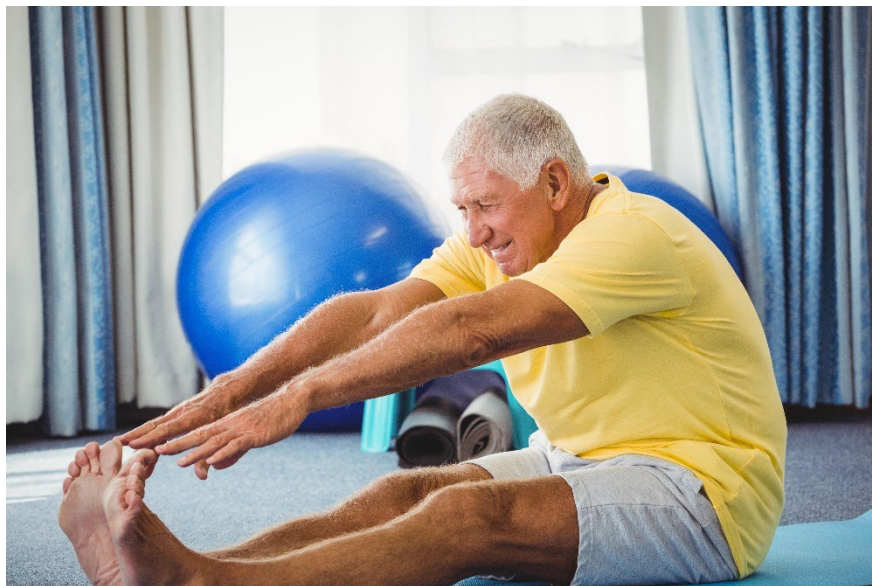
We encourage you to attend 2 to 3 fully supervised classes per week. Strength for Life is progressive training, and your individualised plan will change as your strength increases.

For more information

T: 08 9472 0104

E: kairi@cotawa.org.au

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



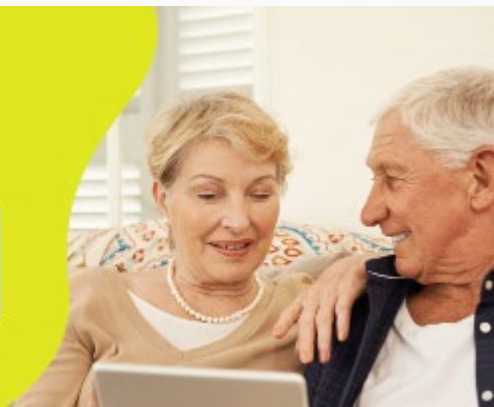
Feedback Opportunities



Dementia Australia is conducting a survey and as a valued member of the community, they would appreciate your participation.

**Tell us what you think about
Dementia Australia**

Complete the survey for the
chance to **win a \$300 gift voucher**



The survey is open from now until midnight 1 March 2023. As a token of their appreciation for completing the survey, you can enter a prize draw for the chance to win a \$300 gift voucher.

[Start the survey](#)

Use this link to complete the survey: <https://reflectionsresearch.limesurvey.net>

Disclaimer: This email is published to provide news, updates and relevant information regarding our activities. Dementia Australia takes no responsibility for inaccuracies or errors and will not be held responsible for any actions that may arise from the use of information provided.

For further information and enquiries please contact:

National Dementia Helpline: 1800 100 500

Find Dementia Australia online: <https://www.dementia.org.au/>

Companion Animal Network Australia ‘Pet Friendly Aged Care Survey’

Companion Animal Network Australia aims to improve older adults’ assisted living and prevent their pets from being surrendered.

Help support older people and their pets in the [Pet Friendly Aged Care Survey](#)

Australia has one of the highest rates of pet ownership in the world, enjoying the many physical and mental health benefits.

Yet, there is a painful absence of government support for older adults pet owners in in-home care, resulting in their much-loved animals being surrendered to shelters across the country, according to national animal welfare charity [Companion Animal Network Australia \(Australia CAN\)](#).

Australia CAN invites the public and stakeholders to complete a [Pet Friendly Aged Care Survey](#) to help preserve the bond between people and their beloved pets by keeping them together for as long as it provides the best health outcome for the animal and their owner.



The results of Australia CAN’s Pet Friendly Aged Care Survey aim to provide Federal Government decision-makers with valuable information about what older pet owners need and want in the new national In-Home Aged Care Program.

Please help to make pet care assistance/pet support possible by completing the quick survey on [in-home pet support](#) and share the survey widely with your pet-related networks and encourage them to help, too.

Australia CAN offers free resources, including pet-related policies, guidelines and documents, for aged care providers, support agencies and organisations to manage and care for pets in aged care settings.

Australia CAN represents the companion animal welfare work of [member organisations](#) across the country. The charity also celebrates the human-animal bond and promotes responsible pet ownership through national campaigns, partnerships and initiatives, such as the [Rent with Pets](#) program.



Support Information

Carers WA 'In-Person Peer Support Group'

New In-Person Peer Support Group

This month Carers WA is launching a new [In-Person Peer Support Group](#) at Hillview Multicultural Centre in Bentley.

The In-Person Peer Support (IPPS) program provides an opportunity for carers to share their experience of being an unpaid carer, learn from others and develop a supportive network.

In-person support groups can provide a sense of empowerment, understanding and reduce feelings of social isolation.

Within these sessions, carers are encouraged to proactively develop self-care skills, build capacity and share their experiences in a safe and supportive environment.

Eligibility: Must be registered with Carers WA.

Venues: Across the metropolitan area including Melville, Mirrabooka, Joondalup, Thornlie, Parmelia and Bentley. Online also available. There are support groups running across multiple locations in Perth. To find out more, [click here](#)

Duration: Sessions are delivered over a period of weeks. The duration of the sessions is flexible and able to be tailored to the carers needs.

This program is free to attend. Refreshments of tea/coffee will also be provided.

For further information telephone: 1300 227 377



**In-Person Peer
Support Groups**



Office of Multicultural Interests (OMI) 'Read Write Now'

Are literacy or numeracy skills holding you back? Do you want to improve your reading, writing, maths or basic computer skills?

The Read Write Now program offers free one-on-one help from trained volunteer tutors who teach according to individual circumstances and needs. Adult learners will meet with a tutor for about an hour and a half each week in a public venue or online. Tutors work closely with students on setting and achieving their study goals. Individualised study sessions are a faster track to success by:

- Improving reading, writing, maths, computer and study skills
- Assisting with resume writing and job applications
- Providing study support
- Supporting disadvantaged learners and students with learning difficulties



The Read Write Now program is for adults aged 18 years and over. Adults from overseas need to be permanent residents of Australia with reasonable spoken English. Migrants with low level of English will be recommended to contact the Adult Migrant English Program.

For further information

Interested adult learners only need to call 1800 018 802 or fill in the student application form which can be found on our website <https://www.read-write-now.org/>



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.



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->



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.

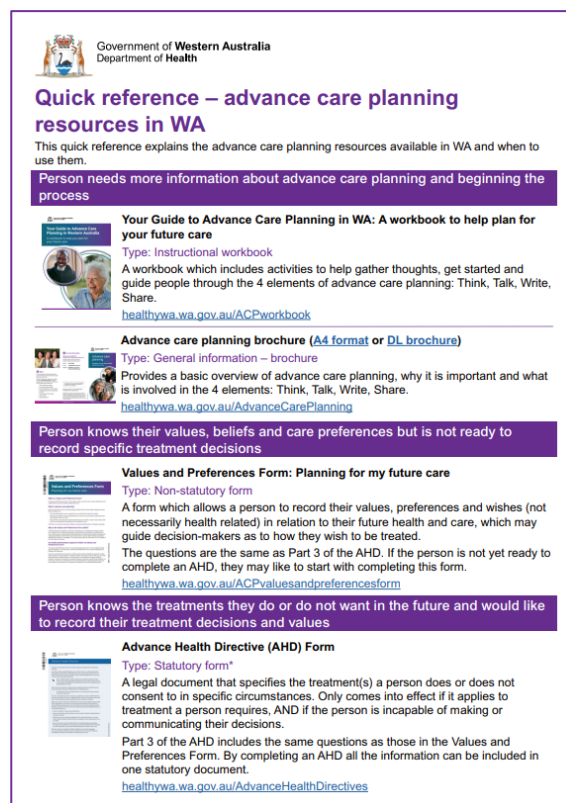
The revised [AHD](#) enables individuals to include their values and preferences, in addition to treatment decisions, combines tick box and free text questions and includes consent to medical research. The [Guide to Making an Advance Health Directive in WA](#) includes an example of a completed AHD and 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 44)

MARCH

Solution:

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

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Jimmy and Evelyn Johnson

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



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

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

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