



COTA Connections

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

APRIL 2023

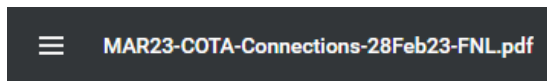
w: www.cotawa.org.au | t: (08) 9472 0104

There is so much to think about as we get older. At a time when we just want to enjoy life without the inconvenience of filling in forms and legal documents or having difficult conversations with family or loved ones, we also have to consider our living environment, do we want (or need) to downsize, do we plan to retire to the country, live by the ocean or move interstate to be with family? What housing options are available and are they affordable?

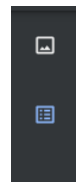
Older people and their families have told us for a long time now, how difficult it is to find relevant information about all the options available to them. The information is available, but it's so difficult to find it because it's spread out over many different sources. Consequently, in our submission to the WA Seniors Strategy, COTA WA has called for the introduction of Seniors Housing Navigators to support seniors through this process. In our submission we envisage navigators to be available by phone and in person to offer free and impartial information to people seeking to understand the housing options available to them.

The need for such a service is increasing, as reports suggest that there are a number of seniors who still have a mortgage when they reach retirement age, a situation almost unimaginable even ten years ago. Also of great concern is the growing number of older renters without secure tenure who are finding themselves in a vulnerable and stressful situation. There are increasing numbers of older single females in this situation who are being placed under extreme housing stress. We have included some relevant articles in this month's edition including an update from Minister John Carey, Minister for Housing.

As usual, our newsletter is packed with a vast range of interesting articles, information and tips which puts us in a dilemma about what to leave in our take out. For those of you who prefer a shorter read we have included some brief instructions on how to scan the list of articles, events and support services. If you want to view the summary list:



Click on the three bars in the top left hand corner of your screen;



Click on the bottom icon and then Click on the individual topics to go directly to that page. Let us know if you think this is helpful.

And finally, what does a Sri Lankan, two Americans, a New Zealander, a South African, a Singaporean, an English woman and two Australians have in common? We are all part of the COTA (WA) team which includes our volunteers. We span multiple generations, ranging in age from 30 to 93 and represent diverse perspectives and opinions within our workplace. Needless to say, our conversations are always lively and interesting, and all of us agree that the diversity in age and background is of tremendous benefit to all of us.

I hope you enjoy reading this newsletter and, as always, we would love to receive any feedback you can offer about it, including constructive ideas for improvement.

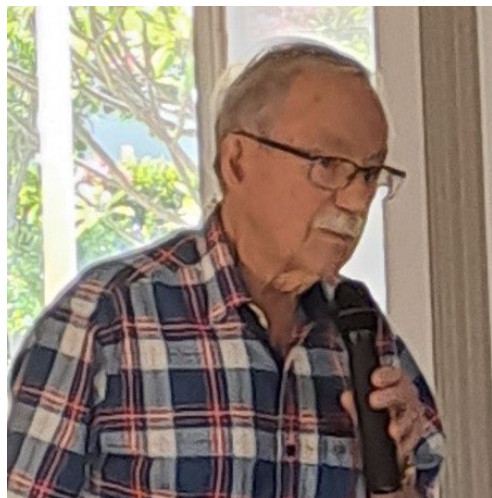
And if you have something of interest or value that you would like us to share, please contact Dana at: dana@cotawa.org.au.



Christine Allen, CEO

COTA (WA): 'Out and About'

COTA (WA) Ambassador, Emeritus Professor Bob Ziegler 'Guest Speaker on 'Healthy Ageing'



Nikki Dhawan, Manager, Retirement Living at Meath Care said, "We were very honoured to have COTA (WA) Ambassador, Emeritus Professor Bob Ziegler speak on the topic of 'Healthy Ageing'."

Professor Bob held information sessions at the Meath Care Retirement Villages in Como, Kingsley and Trigg and shared his recipe for a long and healthy life.

He talked about the importance of exercising and building muscle mass. He also encouraged our residents to eat a nutritious and balanced diet and select food products with natural sugar and no added sugar. He also advised on keeping your list of medication handy so you can be assisted during a medical emergency.

The tips by Professor Bob were shared to benefit Meath Care residents and assist them in living a happy and healthy life.



COTA (WA) Strength for Life™ (SFL™) ‘Expos’

COTA (WA) supported the following expos.

‘City of Cockburn Over 55’s Ageing Well’

On Wednesday 22 March 2023, we attended the ‘City of Cockburn’s Over 55’s Ageing Well’ Event held at the Cockburn Seniors Centre. The event was a success with many people attending this wonderful event.



‘City of Cockburn Over 55’s Ageing Well’

On Wednesday 29 March 2023, we attended the Seniors Recreation Council ‘Have A Go Day, a Live Light Event’ in Rockingham at the Mike Barnett Sports Centre. It was fantastic to get out into the community and talk about COTA (WA).



WA Health + HealthyWA update: 'Do not look directly at sun during eclipse'

WA Department of Health advises people not to look directly at the sun during the solar eclipse on 20 April 2023 due to the risk of permanent eye damage.

A partial eclipse will be visible across most of Western Australia on 20 April 2023. Exmouth and the North West Cape will experience a total solar eclipse lasting just over one minute, which will see the moon cover the entire sun.

Department of Health advises that looking directly at the sun with a naked eye during a solar eclipse can cause permanent loss of vision. Even a momentary glance at the sun can cause serious eye damage very quickly and there is generally no pain or warning signs.

Children and teenagers are most at risk and should be supervised during the eclipse to ensure they do not look directly at the sun.

The only way to guarantee that you do not get eye damage is by viewing the eclipse indirectly, such as using a [pinhole viewer](#) or watching a live stream on TV or online.

Eclipse glasses are not recommended.

The Department of Health does not recommend viewing the eclipse directly, including using solar eclipse glasses because:

- Their quality cannot be guaranteed
- They may not block enough light
- There may be scratches, cracks or pin hole defects
- They frequently do not fit the face well and light can reach the eyes from the gaps

If you choose to use solar eclipse glasses, despite the risks, check the glasses meet ISO-12312-2020 certification and see information about how to use the glasses at [HealthyWA](#).

[Learn more about solar eclipse eye safety at HealthyWA](#) and [watch the videos](#) featuring Lions Eye Institute ophthalmologist Dr Hessom Razavi.



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



Country Women's Association of WA features 'Bruschetta In A Jar'

Use up the abundance of fruit ripening this season!

Recipe provided by Alyson Cooper, Nyabing CWA Branch.

Nyabing CWA Branch has been a regular contributor to recipes in various publications over the years. Formed in 1933 in the Great Southern Region, members will be celebrating their 90th anniversary of services to the community in October this year.

Their focus is intergenerational get-togethers in the district and supporting Early Childhood Education by maintaining the playgroup and day care group in their town and keeping it affordable for all parents. Just recently, a 'Wee Little Library' was installed in the front of their building with a 'take one and leave one' instruction for adults and children alike.

While everyone is immersed in their books, consider this wonderful recipe below. Preserving foods is a CWA tradition and Nyabing Branch members relish the many tomato recipes available to use up the abundance of fruit ripening this season. They have already made all the tomato chutney and relish recipes in the iconic CWA Cookery Book and Household Hints so now have tried this one from the Healthy Canning website: <https://www.healthycanning.com/bruschetta-in-a-jar> Give it a go. You can then enjoy your efforts for the next few weeks or months.



Ingredients for Cake

- 1.5 kg unpeeled firm ripe tomato's washed and chopped (Plum or Roma are best as they keep their shape)
- 5 cloves garlic, minced
- 250 ml white wine
- 250 ml white wine vinegar
- 125 ml water
- 2 tablespoons white sugar
- 2 tablespoons dried basil
- 2 tablespoons dried oregano
- 2 tablespoons balsamic vinegar



Please note: This recipe does not call for salt but could be added to your taste to the mixture. Better still, sprinkle crunchy sea salt on your ready to eat toasted bread rubbed with garlic and added bruschetta.

Method

1. Wash tomatoes, core and chop into 3cm pieces. Set aside.
2. Combine everything else into a large pot. Bring to boil and simmer for 5 minutes.
3. Pack tomatoes into jars leaving a 2 cm headspace.
4. Ladle the simmered sauce into the jars.
5. De-bubble the mixture (tapping the jars gently on countertop), wipe jar lip and add lid.
6. Process in a water bath. (I place recycled jars with pop top lids into a large boiler. Top up with water and bring to fast boil).
7. Once boiling, I turn down to a slow, rolling bubble and cook for 20-30 minutes.
8. Serve with crusty bread, sliced cheese and a drizzle of olive oil.



Country Women's Association of WA

Est. 1924

Technology for Ageing & Disability WA ‘Explore The World With MyndVR’

Imagine standing in front of your childhood home, the park you played in with friends, visiting your old school or the town where you grew up.

With MyndExplorer, they can take you there.

TADWA, in partnership with MyndVR delivers a truly immersive experience through their Virtual Reality headsets. MyndVR enables users to interact with the outside world in genuinely innovative ways that promote engagement, wellness and above all positive outcomes.

MyndExplorer is the latest addition to the TADWA content library. An interactive map application powered by Google Maps, MyndExplorer allows users to virtually visit almost any location on the globe.



Other content includes themed immersive videos including travel, pets, nature, music, the arts, learning and adventure. Swim with dolphins, or even sharks! Relax with guided meditation on the beach, watch and listen as an orchestra plays beautiful music. Tour the sights of Paris, drive in a race car or watch a litter of puppies frolic on the lawn.

Coming soon, MyndGames and MyndFit will incorporate body movements to promote coordination and physical movement in a range of fun and engaging activities.

MyndVR’s brand new HTC VIVE Flow headsets offer the lightest-weight and most visually stunning immersive VR glasses in conjunction with the most advanced portfolio of original and licensed therapeutic VR content.

In many cases, TADWA can assist you to access MyndVR through your NDIS plan, or Home Care Package and their therapy team can work with you to understand your goals and incorporate Virtual Reality into your plan.

For more information about TADWA and MyndVR

T: 1300 663 243

Email: myndvr.support@tadwa.org.au

W: <https://tadwa.org.au/tadwa-signs-exclusive-distributorship-agreement-with-myndvr/>



Older Australians are caught in pincer grip of rising rents and dwindling incomes

Michael Fotheringham from the Australian Housing and Urban Research Institute said the private rental market is no place for people on an aged pension. He said retirement policies are framed around the expectation property ownership.

"But for a growing number of Australians reaching retirement they still have an outstanding mortgage or they're still renting. With interest rates and cost of living increases we're seeing rent rises all across the country. For particularly older Australians who are on fixed incomes those rent increases are very, very hard to cope with," Dr Fotheringham said.

Australia's vacancy rates fell to record low of 1.2% over the June quarter according to CoreLogic, compared to 2.2% for the same period last year.

The report said demand for rentals is only like to intensify as overseas migration increases.

Anglicare's Rental Affordability Snapshot 2022 surveyed 45,992 rental listings across the country, finding only 975 were affordable for a couple or single person on the age pension.

Dr Fotheringham said more social and affordable housing is needed for older Australians who rent.

"We have an enormous shortfall in this country we need to be building hundreds of thousands more dwellings in that space. The challenge we have though now is the supply chain for material goods needed to build housing is constrained and workforce issues as well. It's going to be a long road to dig our way out of this," he said.

He said a national plan on housing and homelessness is needed as well as a rethink of housing policy settings.

"Housing as an investment tool has outpaced the use of housing as shelter. We need to recalibrate, we need to actually better balance the needs of tenants with those of landlords," Dr Fotheringham said.

Not-for-profit organisation Wintringham has over 1,000 housing units for older Australians on low incomes.

"The demand way outweighs the supply there's just really long waiting lists all throughout nationally there is for affordable housing and social housing," Dee Healey, General Manager Homelessness and Client Support Services, said.

Census figures on homelessness won't be released until next year, but Australian Bureau of Statistic figures show the number of homeless people over 55 has increased over the past three censuses, with 12,461 in 2006, 14,581 in 2011 and 18,625 in 2016.

The number of older homeless women has increased by 31% to 6,866 people in 2016.

"Women over 55 are now the fastest growing group of people experiencing homelessness. They have limited superannuation it just takes a life event, a divorce, or the death of a partner, domestic

violence and we see these women are falling into homelessness. Homelessness Australia are calling for 25,000 new social housing units to be built nationally." Ms Healey said.

Ms Healey is calling for an increase in Centrelink payments and joins a call for a national plan for housing and homelessness.

To read the full ABC TV Article

<https://www.abc.net.au/news/2022-08-19/80-year-old-turns-to-caravan-living-to-escape-rent-rises/101347592>



Hon John Carey MLA Minister for Housing; Lands; Homelessness; Local Government

‘Nearly \$58 million in grants for community housing across Western Australia’

Media Statement Released Tuesday, 25 January 2022

Key Points

- A total \$57,531,017 in grants provided to 47 community housing organisations
- Grants will be used to refurbish hundreds of community housing properties
- Funding has been allocated through the McGowan Government's Social Housing Economic Recovery Package
- Refurbishment works will upgrade existing homes and extend their useful life



The McGowan Government has allocated a total of \$57,531,017 in grant funding for 47 community housing providers to undertake 805 refurbishment projects of dwellings across Western Australia.

The grants will enable improvements to social housing across 11 metropolitan and regional areas, particularly for those most at risk of being unable to secure suitable housing.

These include people with disability, young people who experience homelessness, seniors, and women and children escaping domestic violence.

In total, there were 54 projects (with a total of \$5.27 million of funding approved) which were for dwellings exclusively servicing Aboriginal people and a further 312 projects (with a total of \$21.47 million of funding approved) for tenancy cohorts which include Aboriginal people.

The refurbishment grants will be used to upgrade existing homes and extend their useful life.

All refurbishment projects need to be completed by December 2024.

The grants have been provided through the Department of Communities' Social Housing Economic Recovery Package (SHERP) which is a \$319 million housing stimulus package that the Government announced in June 2020.

The SHERP Grants Program will provide new and upgraded community housing for hundreds of WA's most vulnerable people and includes specific funding for remote Aboriginal communities.

A second round of SHERP grants focused on the delivery of new housing is currently being finalised by the Department of Communities.

The grant funding is part of \$2.1 billion in investment being made in social housing by the McGowan Government in this term of Parliament.

To read this Media Statement

<https://www.mediastatements.wa.gov.au/Pages/McGowan/2022/01/Nearly-58-million-dollars-in-grants-for-community-housing-across-Western-Australia.aspx>

‘Paws For Thought: Why Pet Therapy Is Good For Seniors’

Interacting with pets can have huge benefits for older Australians. Here’s why.

Many older Australian residents are living alone and feel isolated, which can lead to a decrease in quality of life. Pet therapy offers a unique solution that can help bring comfort, joy and companionship to older individuals who may otherwise be lonely.

Read on to explore everything about pet therapy, including the numerous physical and mental health benefits it can offer to seniors, taking a closer look at this therapeutic practice.



The Origins of Pet Therapy

The concept of pet therapy has been around since the mid-20th century and continues to grow in popularity around the world. Pet therapy, also known as animal-assisted therapy, involves guided animal interactions and is an increasingly popular form of holistic treatment.

The therapy allows you to interact with animals in a safe and nurturing environment, which has numerous positive effects, from decreasing stress levels and reducing feelings of anxiousness to boosting self-esteem and overall morale. As the furry four-legged team builds relationships with you, it can provide a sense of companionship that fills the void of isolation seniors often experience.

Many retirement homes and nursing facilities offer programs in which residents can interact with pets on site or participate in visits from special animal therapy teams. This allows you to enjoy the health benefits of pet therapy while eliminating the responsibility of pet ownership.

Why pet therapy is so good for us

In Australia, seniors everywhere are turning to pet therapy to reap a number of mental and physical health benefits. Research has shown that older people who interact with animals experience decreased levels of stress and depression, improved immunity, lower blood pressure, increased ability to complete daily activities, improved communication abilities as well as enhanced quality of life. One of the main reasons for the latter could be attributed to the socialisation aspect, you not only connect with a therapy pet, but often form relationships with others through animals.

While long-term care is important for older people, initiatives such as pet therapy can greatly contribute to the physical, mental and emotional well-being of those living in Australia’s care facilities. Because seniors need care plans that cover all components of their physical and mental wellbeing, introducing them to pet therapy is an effective way to ensure they live healthier lives with assistance from companions that ease both pain and stress.

Three Essential Health Factors

Pet therapy can bring you an array of physical benefits that have far-reaching implications for your overall health and wellbeing.

- 1. Lower blood pressure:** Keeping healthy blood pressure levels is both an achievable goal and an important means of protecting overall health. High blood pressure affects older people differently than younger people, so it is important to take extra steps to have it under control.
- 2. Improved cardiovascular health:** Heart disease is the number one cause of death worldwide. But there is much you can do to improve your heart health. According to the Australian Heart Foundation, regular physical activity is essential.
- 3. Increased strength, mobility and balance:** As we age, strength, mobility and balance can be affected, so we need to be aware that there are options available to decrease this decline and stay healthy longer. Strength-training exercises can help you improve your balance while regular aerobic activity increases mobility; both are critical requirements for older people who want to remain active and independent members of their community.

The Next Steps

If you are a senior living in Australia looking for pet therapy to help improve your physical and mental wellbeing, contact your doctor or carer today to learn more about the different options available.

Pet therapy is an excellent way to reduce stress, ease pain and enjoy a healthier quality of life.

To Read the Full Article

<https://australiancarersguide.com.au/paws-for-thought-why-pet-therapy-is-good-for-seniors/>



‘Personal Alarms For Seniors’

Buying a Personal Alarm?

Almost all personal alarms are sold online, or through small businesses specialising in aged care. However, you may find that nursing homes, hospitals and senior community groups have partnerships with brands.

Prices range from \$140 up to almost \$500, which may not include the price of the SIM card or optional subscription service. However, you might be able to get a personal alarm from the government, if you meet assessment requirements. The

Commonwealth Home Support Program provides government support for individuals who need access to services and financial assistance required for independent living as they age.

The National Disability Insurance Scheme (NDIS) can also provide funding, while veterans might be able to receive support through their own government programs. Community services and even manufacturers may offer financial support and solutions as well, though this varies and tends to exist on a case-by-case basis. Check with your health fund, too.

Which Type is Best?

This depends on a number of physical and mental health factors, so please understand that this advice is a broad starting point. **It is best to consult with your GP first.**

If you are in a good physical and mental state but want a personal alarm for peace of mind, then a pendant or touchscreen watch will be fine. A model with GPS is also worth looking into if you are often out and about by yourself, as this will allow your location to be pin-pointed if something happens. Just understand that a touchscreen watch can take time to learn, particularly if you have not used a smartwatch before.

If you have limited dexterity due to conditions such as arthritis or vision impairment, go for a pendant type with a large SOS button. Small touchscreens can be hard to see and navigate, which could be life-threatening in an emergency. If you have limited mobility, movement difficulties or fall risks (which include seizures) consider models with good-quality fall detection. This can activate an alarm if you are unable to do it yourself or if you lose consciousness. However, most fall detectors will not activate if a person slumps (for example, out of a wheelchair) or falls slowly. They are only designed to auto-activate from a sudden, rapid drop. Mental health and memory-related symptoms can present other complications, particularly if you do not have physical limitations. In this case, it is best to consider the places that you regularly go. Then you can consider an alarm that will provide alerts if they leave these areas.

Monitored Alarms

The other main type of personal alarm on the market is a monitored alarm, which connects to a 24/7 emergency response centre. If help is required, the user presses the button on the device and a trained professional answers the call within a few minutes.



The main advantages of a full-response alarm service are: fast response time, which is crucial during an emergency; two-way communication with the response centre; response centres can quickly assess the seriousness of the situation to determine whether relatives or emergency services need to be contacted and can share the emergency information and your medical history with Triple Zero, who can then prioritise the call.

Important Safety Features to Look For

Battery Life: A longer battery life is useful if you forget to charge it overnight. Ideally, a personal alarm should have an active (in-use) battery life of 24 hours, or enough to get you through a day at the very least.

Charging Cradle or Magnetic Dock: Putting your personal alarm in a charging cradle is much easier than fiddling with a cable, especially if you have limited dexterity. That said, some models have magnetic connectors that make it easier to plug the cable in.



Fall Detection: This sends an alert when the device falls rapidly. This is useful for someone with a fall risk.

Geo-Fencing: You might want your family or carer to be alerted when you go outside of your known areas. Geo-fencing works by setting up a virtual fence. When you and the device cross this virtual fence, it sends an alert to a contact.

GPS Location: This is designed to track the user while they are carrying the device. But the effectiveness of GPS location can be reduced by tall buildings, dense developments and being inside buildings. Some let you track movement in an app while others will provide GPS co-ordinates via text. You can set the frequency of these alerts, usually in five or 10-minute blocks (ping frequency).

Non-Movement Alarm: This alerts a contact if the device does not detect movement for a specified length of time.

Number of Contacts: Look for an alarm that accepts more than one contact. The more contacts you have, the better. The alarm will automatically cycle through names until someone answers.

Ping Frequency: This refers to GPS monitoring and most models fall into one of three categories: frequent alerts, occasional alerts and alerts when the device leaves a geo-fenced boundary. A good quality alarm will let you pick one of these options. Greater ping frequency consumes battery power at faster rate, which could render the alarm useless by the end of the day.

Water and Dust Resistance: An ingress protection (IP) rating is the best way to identify whether a personal alarm is dust and water-resistant. The first digit applies to particulate protection (dirt, dust, etc.) and the second to moisture protection. Generally speaking, higher numbers equal a greater level of protection. Look for an alarm with a rating of IP66 or IP67, although the former is not waterproof and cannot be worn in the bath or shower or when swimming.

To Read the Full Article

<https://australiancarersguide.com.au/personal-alarms-for-seniors-a-guide/>

Perth WA Airport ‘Handy Airport Travel Tips for Domestic Passengers’

The ultimate list of travel hacks to navigate Perth Airport with ease.

Whether you are a seasoned traveller or fly occasionally, making your way around the airport can be challenging. Finding your feet between building upgrades, unfamiliar processes, security screening and multiple transport options before finally boarding can feel daunting at times. Navigate Perth Airport like a pro, by using these practical airport travel tips for a stress-free domestic flight.

- Meet the carry-on luggage allowance
- Pack across suitcases
- Check what is safe to carry on board
- Carry a multi-plug adapter and portable battery charger
- Keep eyes and skin hydrated
- Find the correct terminal
- Parking at the airport
- Get to and from Perth Airport by train
- Sail through security
- Take advantage of the airport facilities and support services
- Maximise your free time



Most importantly, be kind. Air travel can be overwhelming for everyone, your fellow travellers also want to reach their destinations safely and on time and airport and airline staff work hard to ensure a smooth trip. Keep this in mind and be patient when interacting with others to make the experience more enjoyable.

Be kind to yourself too, do not let a small hiccup or delay spoil your entire trip.

Fly stress-free all year round with Perth Airport

For more information

[Handy Airport Travel Tips for Domestic Passengers'](#)

Perth Airport 

‘What to do if your keys are lost or stolen’

Along with our wallets and mobile phones, keys are one of the most important things we carry with us every day. But what happens if you lose them, or they have been stolen?

If you discover that your house keys are lost (or suspect they have been stolen) it is natural to have a bit of a panic. There is never a great time to lose your keys and the thought that a stranger may have access to your home is distressing.

First, make a note of which keys are missing. Was it a single front door key or every key to your home?

Contact your insurance company

Your policy may include services to get you into your house and change your locks.

For stolen keys, notify the police.

Often, insurance companies will require you to provide a police report if you file a theft claim.

Change your locks

You can have the entire lockset changed, which means a new lock with a new key.

However, some locks can be rekeyed. This allows old locks to be retrofitted to work with a new key, meaning any old keys will not work. This can be more cost-effective. If your particular locks cannot be rekeyed, then have the whole lockset changed.

Always use an experienced, registered and licensed locksmith who will be able to advise on your best option.

Losing your car keys does not have to be expensive!

In Australia, car keys are among the most common lost items and it can be expensive having them replaced at the dealership. But there is a cheaper way.

You might think that the most important part of your car is the engine, but if you think about it, it is the key. If you lose the key/transponder to get into and start your car, you are not going anywhere.

If this happens to you, your first thought might be to call your car’s dealership in a mad panic, but it may be better to call your local locksmith.



Auto locksmiths offer a cost-effective alternative to a car dealership to cut and recode modern car keys for most models. They come to you, which means you avoid the hassle of travelling to a dealership without a car, which is a major issue if you have lost all your keys.

Your locksmith is a true expert. When it comes to dealerships, car keys are just a tiny part of what they do. Locksmiths spend all day, every day sorting out key dilemmas.

Do you have a spare car key? If you do, great. If not, you should get one! New and used cars usually come with two keys. If both keys are lost, your car's computer system will need to be reset, which can be a major catastrophe.

Enjoy a lighter keyring and have your locks keyed 'alike'

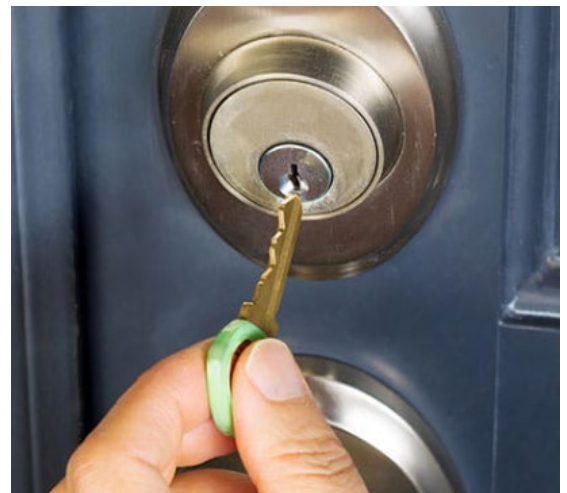
Is that bunch of keys in your pocket or handbag weighing you down? Do you spend time trying to find the right key for the right lock in your home? Here is how you can solve the problem.

What does 'keyed alike' mean?

When a group of locks are keyed alike together, it means that one key can open any of the locks. For example, you would only need one key for both your front and back door, garage side door and sliding door.

Benefits include a lighter keyring, no more trying three other keys before you find the correct one for the lock, not fumbling around in the dark when you arrive home from a night out, trying to get into your house.

You can save money because you only need to buy one key for each household member, even if you have 5 locks. If you lose your key, you only need to get one key replaced.



By having all of your locks keyed alike, you can remove all these hassles and simply use one key. Contact your local locksmith who will be able to advise if your existing locks can be keyed alike and what you can do if they cannot.

To Read the Full Article

<https://www.littleaussie.com.au/post/what-to-do-if-your-house-keys-are-lost>

‘Top tips on adding comfort to your caravanning experience’

Caravans are a popular choice for those wanting to travel around Australia and take quick trips on short notice.

Caravans (or motorhomes) offer a great number of benefits, including portable and free accommodation, self-sufficiency, flexibility and variability.

However, there are a few things you can do to get the most out of the experience and be prepared for whatever comes up.

Tips for making a caravan more comfortable

Plan Ahead

Whether you are travelling for three months or for three nights, planning ahead will make life on the road much easier. Depending on the season, campsites can book up fairly quickly, so before you arrive in a new town, be sure you have somewhere to stay.

Plan your time wisely too and remember to factor in the time it takes to really explore.



Pack Light and Stay Organised

If you are travelling for an extended period, it is important to stay organised and pack lightly. While motorhomes offer an abundance of clever storage options, you can quickly find yourself short on space as you collect souvenirs along the way. Look for smart ways to minimise the amount of room you take up, such as keep similar items together, keeping frequently used items nearby, choose one spot for dirty or wet gear and keep a waterproof bin near the door for shoes, stow top-heavy items with care, have a ready supply of resealable plastic bags, Tupperware containers and garbage bags, remove dry items from bulky boxes and store in smaller, sealable containers, make use of all spaces (such as under the bed) and utilise over-the-door hooks

Plush Touches

It is amazing how luxurious you can make your caravan feel with just a few small additions. A large doona, fluffy pillows, a throw rug and some cushions for the sofa is all it takes to make your space feel a little more homely and personal.

Games

The beauty of caravanning is in its quietness, but sometimes all that quiet can get a bit tiresome. To break up the extended periods of tranquillity, be sure to pack some cards, board games, puzzles, adult colouring books or crosswords.

Awning

If your caravan fits an awning it allows you to set up a table and chairs outside, extending on your space to enjoy the outdoors.

Flip or Pop-Up Table

Pop-up and flip tables will make eating dinner, playing cards or planning from the laptop easier on your back and they can be tucked away when not in use. You will also want to bring along some foldable chairs to ensure you can set up wherever you go.



Reduce Movement

If things tend to slide around when you are on the move, find solutions to keep things in place. Stick strips of Velcro to objects to hold them all together, or staple strips of elastic or garter in your bathroom wall for your toiletries.

Reminder Flags

You can create a checklist of all the critical details required before heading back on the road, such as checking tyre pressure, securing any trailers or loads, and making sure all compartment doors are sealed shut.

Doormat

A doormat is a must if you are in and out of your caravan all day, keeping the dirt and dust out. Just ensure to keep it clean and out of wet weather to stop it from adding more mess and clutter to your motorhome.

Condiment Jars

If you need to leave valuables in your caravan, find ways to hide them somewhere it is doubtful a thief would look. Condiment jars are a good one, as you would not think to rummage around something labelled 'ketchup'.

Make a DIY Washing Machine

If your caravan is not fitted with a washing machine, make your own using a large bucket and lid. Fill the bucket with water, add your clothing, pour in some detergent and use a plunger to mix and lather your items. This is a great portable way to wash clothing and save space in your caravan.

Portable Clothesline

A portable or foldable clothesline is a must if you plan on washing while you are away. You can also install an indoor clothesline for hanging personal or valuable items safely indoors. All you need is a sturdy wire (or rope) and a reliable knot.

‘Six Great reasons to join a Community Garden’

Do you love gardening? Or do you fancy giving it a go, but do not know where to start? Maybe you are looking for a hobby where you can connect with your local community?

Not only is gardening a relaxing and satisfying hobby, but joining a community garden comes with a host of benefits for both you and your community. Community gardens provide an opportunity for people who do not have the space, to grow their own food.



They help people to reconnect with nature.

Gardening is a great way to get some exercise and fresh air, which can have a positive impact on both your physical and mental health. It is a great way to relieve stress and boost your mood.

Community gardens are a great way to get together with like-minded individuals in your local area. You will have the opportunity to learn from others, share your knowledge and build lasting relationships.

One of the most obvious benefits of joining a community garden is the access to fresh, healthy produce. Not only is it cost-effective, but it is also a great way to ensure you are eating locally and sustainably.

Joining a community garden provides an opportunity to learn about gardening, sustainability and environmental issues. They help to promote sustainable practices, reduce carbon emissions and provide habitat for local wildlife.

And did you know that gardening as a family has some great health benefits?

Why gardening makes the family healthier

There is nothing nicer than grabbing a cuppa or a glass of wine and sitting among a beautiful garden. Whether you are growing fruit and veggies, flowers or succulents, getting your hands dirty in the garden has a whole range of health benefits for both you and your family.

Stay fit and active

Gardening contributes towards your weekly exercise, depending on the size of your garden and what you are doing. Mowing the lawn, weeding, and planting can be quite strenuous and you get to enjoy the benefits when your garden looks lovely. Gardening also provides light exercise such as pulling out a few weeds or planting for those who want to take it slowly.

Kids are picky eaters

Sometimes kids think you are trying to poison them when veggies appear on their plates, but if they grow their own, the difference is amazing. They cannot wait to try the results of all their hard work, usually straight from the plant.

Growing your own fruit, vegetables and herbs will encourage the whole family to eat seasonally and appreciate fresh produce.

Relax and smell the roses

Although you are being physically active when gardening, it is a great way to relax your mind. Get the whole family involved and have a break from screens and 'must do' lists.

Simple tasks like watering, planting, potting, fertilising and dead-heading flowers help us to focus rather than being distracted.

Indoor plants count as well

Gardening does not have to be an outdoor activity. You can grow indoor plants that will look lovely and improve air quality. Research has shown that indoor plants can boost concentration and focus. You can also grow your own herbs indoors, so they are on hand when cooking.

If you have not got the space but would love to do some gardening, join a local community garden. You will be getting your gardening fix and making some new friends and connections at the same time.

To find a community garden near you, visit:

<https://communitygarden.org.au/service-category/wa/>



‘Medication packs make managing your medication easy’

Do you ever struggle with remembering to take your medication or keeping track of all your vitamins? If you do, we have got some great news: A medication pack can help.

What exactly is a medication pack?

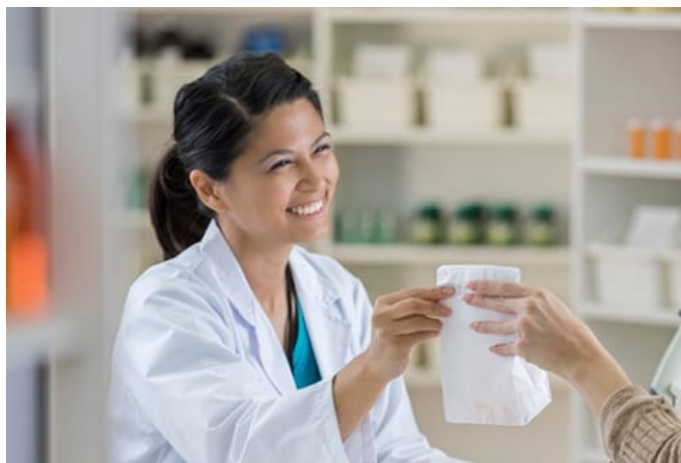
It is like a fancy blister pack that holds all your regular medication, usually for a week, fortnight or a month. Every little blister is labelled with the medication's name, dosage and when you need to take it. It is a simple and safe way to keep track of everything without juggling a load of pill bottles and packets.

Who can use a medication pack?

Anyone! They are especially helpful for older or disabled people who may struggle with memory or dexterity issues when it comes to taking medication. But, contrary to popular belief, they are not the only people to find them useful!

They are used by a wide range of people, including school children on regular medication, travellers and health enthusiasts taking multiple supplements, and they are also great for busy people who need their pills on the go.

The good news is that medication packs are available at most pharmacies and some even offer a service where they'll deliver it straight to your door.



Benefits:

- Prevents accidental overuse or misuse
- Keeps your medications secure
- Easy to administer your medication
- Easy to take wherever you go
- Saves you both time and energy

If you are interested in getting a medication pack for yourself or a loved one, be sure to speak to your pharmacist to see if it is the right choice for you. It could make a big difference in helping you stay organised and on track with your medication.

For more information Sources:

[Webstercare](#)

[MediMate](#)

'Treatment for recurrent melanoma to be subsidised'

Australians with recurrent melanoma now have a new treatment option subsidised by the Pharmaceutical Benefits Scheme (PBS).

The PBS listings of Opdivo® (nivolumab) and Yervoy® (ipilimumab) will be expanded to be used in combination to treat Stage III or IV malignant melanoma in patients who experience a recurrence of melanoma while receiving or within six months of completing adjuvant PD-1 inhibitor monotherapy.

Eligible patients will now pay a maximum of \$30 per script for this vital therapy.



Melanoma is a serious form of skin cancer that if not found early, can likely spread to other parts of the body. Australia has one of the highest rates of melanoma in the world with one Australian diagnosed with melanoma every 30 minutes.

While 90% of melanomas can be successfully removed if diagnosed early, there may be recurrence in the skin or elsewhere in the body.

The expanded PBS listing is expected to benefit an average of 110 patients a year who would otherwise pay around \$10,200 for a course of treatment.

“Almost 17,000 Australians are expected to be diagnosed with melanoma this year. For those Australians who unfortunately have the shock news of melanoma reoccurrence the expansion of these PBS listings will give them new hope and will save lives”, said Federal Minister for Health and Aged Care Mark Butler.

Professor Georgina Long AO, Co-Medical Director of Melanoma Institute Australia (MIA) said melanoma was a serious form of skin cancer that if not found early, can likely spread to other parts of the body. This PBS listing means subsidised treatment is now available for high-risk melanoma patients whose disease recurs after having adjuvant anti-PD-1 therapy. This is a significant milestone for not only these patients and their families, but also for clinicians around the country who now have more options for patients”, said Professor Long.

Australia has one of the highest rates of melanoma in the world with one Australian diagnosed with melanoma every 30 minutes and subsidised access to this treatment will undoubtedly save lives.

For more information about the Melanoma Institute Australia WA

Location: 80 Railway Street, Cottesloe WA 6011

T: 08 9322 1908

Email: wa@melanoma.org.au

W: <https://melanoma.org.au/about-us/melanoma-wa/>



‘Hiking for beginners: top tips from the National Seniors’

Hiking no longer has to mean lugging a heavy pack through remote bush.

There are so many options including short walks, day walks and multi-day walks where all you carry is a light day pack while your guides keep you safe, cook, tend to quality accommodation.

But how do you start, especially if you are new to hiking and wonder whether you are fit enough? The enjoyment of walking and the health benefits may just get you on the way.

The list of benefits for ageing adults is long: from cardiovascular health, reduced arthritis symptoms, and improved bone density, to better memory, less depression and stronger muscles.



If you are new to hiking, or have not hiked in a while, the best way to start is slow and low. Find a nice path in the bush that has little-to-no elevation. If that agrees with you and you want more of a challenge, look for a hiking trail with slightly higher elevations.

Key Points

- There are many group and guided options that make hiking easy and fun for older people
- The health and wellness benefits of hiking are well known through research
- Preparation is important: read the following tips for beginners

Hiking trails are often rated by other hikers or for more organised trails, by the park in which the trail is situated. Before you lace up your boots, do your research and fully understand the type of trail you want to hike.

Physical Benefits: Builds stronger muscles and bones, improves balance, improves health, decreases the risk of respiratory problems and burns calories.

What to wear

This will depend on the weather but always consider wearing (or packing) sunblock, insect repellent, a hat, breathable clothing and hiking shoes that match the type of trail you will hike. Socks are very important, so be sure they are breathable and not made of cotton, which can cause blisters.

Consider Carrying: A hip pack, which is like a bum bag, to hold a water bottle, ID and a snack, a day pack, which is a smaller backpack for a quick outing and a backpack if you are on a long hike and need to carry more.

Mental Benefits: Boosts mood, improves mental health, reduces stress, calms anxiety, lowers risk of depression and improves sensory perception.

Consider using walking sticks

Walking sticks (or trekking poles) can be bought in most outdoors store or online. They can help keep you stable and upright, offer less strain on your knees and engage your arms when hiking uphill. They have been known to save many hikers from stumbling on a root. If you purchase walking sticks, make sure you learn how to use them and set them up prior to your first hike.

Bring water and snacks

Water is essential for every hike. Pack more water than you think you will need but try not to over pack since you will need to carry everything, including taking your rubbish out with you. Packing snacks or enjoying lunch mid-hike is a wonderful way to take a break and enjoy your surroundings.

Pack a first-aid kit

You can purchase a pre-made kit or make one yourself. Think about what you would need on the trail and then add it to the kit. Often people will pack adhesive bandages, blister treatment, pain-relief and allergy medications, a pair of tweezers for a potential splinter, bug spray, antiseptic wipes and an antibiotic ointment such as bacitracin.

Share your Plans

Before you hit the trails, be sure to let someone know where you are going and when you expect to be home. While texting a friend before a hike may sound silly to a grown adult, we all have the potential to get lost on a trail, experience unexpected bad weather or take a fall.

Join a Hiking Group

Some hikers love walking solo while beginners may prefer joining other walkers. In that case, research walking groups in your area, there are even seniors groups. You will be surprised how many there are and how useful walking with others can be to learn more about the joys and challenges of hiking.

The **Over 55's Walking Association** offer a wide range of walks in Perth and surrounds from March to November each year. The walks occur every Tuesday at 10:00am, at a variety of locations that are chosen for their surfaces, interest, availability or parking and provision of toilets.

The Association also hold a number of social events throughout the year. Memberships are available for \$10 a year.

For more information visit

Over55 Walking Association Incorporated

W: www.over55walkingassociation.org.au or contact Di Jeffrey on 08 9358 4071.

Relational Benefits: Builds community, lessens isolation, strengthens relationships and decreases loneliness

For further reading: [Medical Guardian](#)

National Seniors
AUSTRALIA

Deafness Forum Australia 'Hearing Loss for Older Australians'

Hearing loss is a widespread disability among older people.

73% of Australians aged over 70 have a mild to severe hearing loss. This percentage rises as age increases. As many as 85% of people in 'nursing homes' are typically hearing impaired.



A mild to moderate hearing loss can interfere

with easy and assured conversation, especially in background noise, such as in community areas of aged care facilities [ACFs].

It is believed that one in three older people who need hearing aids have them and that only about a quarter of those who need an aid use one.

Many older people who would benefit from hearing aids wait 6 to 10 years before seeking them. People need motivation to seek and then persevere in the use of aids. Gentle encouragement by carers can help. Also, the willingness of carers to assist hearing impaired people in managing their hearing aids is critical for older people who quite commonly have reduced finger and arm dexterity or reduced vision.

If a person is reluctant to get hearing aids, or is unlikely to persevere with them, they may be encouraged to use an 'assistive listening device' if only to watch TV, listen to the radio or music and to use a suitable phone to keep in touch with family and friends.

Hearing impairment, if not attended to, can lead to serious consequences. Frustration and embarrassment arising from hearing difficulties can lead to social withdrawal and thus to isolation and loneliness. This can worsen depression and dementia. Recent research also suggests a physiological link between untreated hearing loss and Alzheimer's disease in older people. Ability to enjoy TV, radio, music, etc. may provide some relief.

Hearing impairment is a 'hidden' disability. Hearing impairment is invisible although there are behavioural indicators. People will often try to hide hearing impairment due to a perceived stigma attaching to it. Hearing loss is not well understood in the general community.

The fact sheet below was created for public information by Deafness Forum of Australia. It is the national advocacy body for Deaf and Hearing Impaired Australians. It represents all interests and viewpoints including those people who have a chronic disorder of the ear and those who are Deafblind.

For more information

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

[Read more about Fact sheet: Hearing loss is a widespread disability amongst older people](#)

Support in Western Australia for people with deafness or are hard of hearing

Deafness Council of Western Australia

The Deafness Council of Western Australia facilitates the work of deaf and hard of hearing people and agencies. The Council encourages relevant research and represents the needs and interests of deaf and hard-of-hearing people to decision makers.

T: 0488 588 863

E: contact@deafnesscouncilwa.org.au

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



Access Plus WA Deaf Inc.

Access Plus WA Deaf Inc., located in Wembley, is a not-for-profit organisation and registered charity. Their aim is to support the community to alleviate communication barriers.

With over one hundred years of history advocating for and supporting the Deaf and Hard of Hearing community in Western Australia, Access Plus WA Deaf Inc. (formerly known as the WA Deaf Society) continues to inspire countless West Australians to learn Auslan (Australian Sign Language) and work to make our shared community more accessible while fostering a community of communication.

T: 08 9441 2677 (Audio call) or 0434 599 813 (Video call)

E: enquiry@accessplus.org.au

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



Better Hearing Australia WA

Better Hearing Australia WA, located in Floreat, aims to support all people in the community with hearing loss, from hard of hearing to profoundly deaf. Because they understand that hearing loss can be socially isolating, they encourage individuals with all levels of hearing to engage in social experiences through a supportive environment and fun activities.

T: 0455 224 292

E: info@betterhearingwa.org

W: <https://betterhearingwa.org/>



Western Australia Deaf Recreation Association Inc. (committees and/or branch/affiliate of Deaf Sports Australia)

Western Australia Deaf Recreation Association, located at Lake Monger Recreation Club, meets on a weekly basis and provides opportunities for and encourage deaf and hard of hearing people in sports and recreation. The WA Deaf Recreation Association aims to fulfil the social, recreational and sporting needs of the Deaf community of WA. The clubs operating within the Association include Darts, Golf, Eight Ball Pool, Poker, and Women's Group, Seniors, Crafts, other indoor sport and other events.



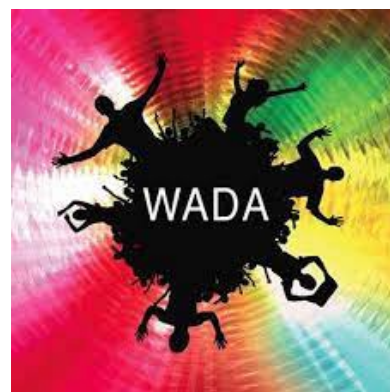
Facebook: <https://www.facebook.com/wadeafrecreation>

E: wa@deafsports.org.au

W: <https://deafsports.org.au/wa/>

West Australian Deaf Arts (WADA)

West Australian Deaf Arts (WADA) is an exciting initiative where Deaf, Hard of Hearing and Hearing people come together to explore the Arts. WADA aims to share and pass on an understanding of Deaf culture to the Hearing world and we encourage people with no Arts background or experience, and those that have experience in the Arts and would like to share and grow their passion, to join us. WADA is a fantastic opportunity to explore your creativity and imagination in a supportive and inclusive environment.



WADA can be contacted via Better Hearing Australia WA

T: 0455 224 292

E: info@betterhearingwa.org

W: <https://betterhearingwa.org/wada/>

Lions Hearing Clinic WA (Ear Science Institute Australia)

Lions Hearing Clinic is part of Ear Science Institute Australia and WA's own independent medical research institute and dedicated to ear and hearing care. Your hearing impacts your perception of the world around you. Hearing loss can isolate you from conversations and make it difficult to do the things in life that you enjoy.



T: 1800 054 667

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

Road Safety Commission WA ‘New or used vehicle buyers’

In the market for a new or used car, truck or motorcycle? Here are some of the key safety features to look out for.

When you are in the market for a new or used vehicle look for the stars. Vehicles with a five-star rating are the safest and most effective at protecting occupants in a crash.

The [Australasian New Car Assessment Program](#) (ANCAP) tests new vehicles in crash labs to assign a star safety rating, while the [used car safety ratings](#) are calculated using real world crash data.

Regional and remote drivers should consult [A Consumer Guide to Safer Vehicles](#) to find a vehicle suitable to the environment.

Cars with higher star ratings do not necessarily cost more. In fact, many reasonably priced makes and models score well in safety ratings.

Tyre Maintenance

Your tyres are the only contact between the road and your vehicle and it is essential they are maintained appropriately. Follow these tips for safe driving:

- It is essential that your tyres are appropriately inflated as your vehicle will not steer, stop or respond in an emergency as expected if they are under-inflated
- Check the recommended inflation pressure for your tyre size
- It is best to check your tyre pressure when the tyres are cold
- Consider increasing your tyre pressure before embarking on long highway trips or when carrying or towing increased loads but consult your tyre dealer for the relevant advice
- Ensure your tyre tread is more than 1.5mm, if not it is time to replace your tyres as any less tread and the tyres are unsafe
- Check your tyres regularly for uneven wear or bald spots. Irregular wear is unsafe and can result in issues with the suspension and steering
- Irregular wear can also be expensive as it wastes tyres and increases fuel consumption



Safety Features

The average age of registered vehicles in WA is around 11 years, which is older than the national average of around 10 years.

Older vehicles (pre-2002) make up 20% of registered vehicles but are involved in 36% of fatalities.

If every vehicle on our roads was replaced with the safest vehicle of the same age, it would be possible to reduce fatal and serious injuries by 40%.

That represents \$2 billion savings to the Australian community every year through reduced trauma costs.

The key safety features you should be looking for when purchasing a new car, truck or motorcycle include:

- **Lane Departure Warnings:** Lane departure warning is designed to help you avoid crashes due to drifting or departing your lane. The system detects lane markers and alerts you when a tire touches a lane marker. The warning is usually a flashing indicator and/or it beeps from the corresponding side. In some systems, the steering wheel or driver's seat vibrates gently. Generally, lane departure warning systems will not alert you when your turn signal is on.

Some vehicles are equipped with lane keeping assist, which is a more advanced version of lane departure warning. If the system detects a potential lane departure and you do not respond in time, lane keeping assist will gently steer you back into the lane.

- **Electronic Stability Control (ESC):** Electronic Stability Control (ESC) is an active safety system that reduces the risk of a driver losing control of the vehicle and helps reduce the chances of single vehicle or off-path crashes.

ESC builds upon features such as Anti-lock Braking Systems

(ABS) and traction control to stabilise the vehicle when it deviates from the driver's steered direction.



International research shows that single vehicle crashes can be reduced by 35% in passenger vehicles and 67% in four-wheel drive and sports utility vehicles fitted with ESC.

ESC is also known by different names by different manufacturers:

- Holden, Audi, Chrysler, Mercedes, Saab, Volkswagen: Electronic Stability Program (ESP)
- Ford, BMW, Jaguar, Land Rover: Dynamic Stability Control (DSC)
- Toyota, Lexus: Stability/Swerve Control (VSC)

- Mitsubishi: Active Stability Control (ASC)
- Volvo: Dynamic Stability and Traction Control (DSTC)
- Honda: Stability Assist (VSA)
- Subaru, Nissan: Vehicle Dynamic Control (VDC)
- **Anti-Lock Braking System (ABS):** An Anti-lock Braking System (ABS) is a system which prevents the wheels from locking while braking.

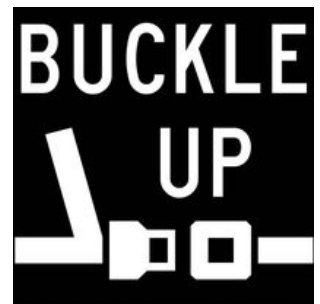
An ABS allows the driver to maintain steering control under heavy braking by preventing a skid and allowing the wheel to continue to forward roll and create lateral control, as directed by driver steering inputs.

- **Emergency Brake Assist (EBA):** Emergency Brake Assist is a safety system in motor vehicles designed to ensure maximum braking power is used in an emergency stop situation. By interpreting the speed and force with which the brake pedal is pushed, the system detects if the driver is trying to execute an emergency stop. If the brake pedal is not fully applied, the system overrides and fully applies the brakes until the Anti-lock Braking System (ABS) takes over to stop the wheels locking up.

The system will not reduce the stopping distance of the car, but it will make sure that the car is stopped in the shortest distance that it potentially could by compensating for any hesitancy in applying the brakes hard in an emergency situation.

Brake Assist is based on the ABS technology of a vehicle and will not be found on a vehicle without ABS. It should not change how drivers respond to an emergency – you should still brake as hard as possible.

- **Seatbelt Reminder System:** A seatbelt reminder system is a system alerting the driver by means of sound and visual indications when a seatbelt should be worn. The target is to remind people that they have not fastened their belt. Some seatbelt reminder systems will not allow a vehicle to start until the belt is connected.



- **Active Head Restraints:** Head restraints limit the backward movement of the head during a rear-impact crash, reducing the chance of neck injury commonly referred to as whiplash. Head restraints meeting specific size and strength requirements are required at front seats, but not in rear seats. The newest type of head restraint is an active head restraint. During a rear-end crash, active head restraints automatically move forward to close the gap between the occupant's head and the head restraint.
- **Side and Curtain Airbags:** Side and curtain airbags protect occupants in a side impact crash. Curtain airbags drop down from the top of the side window, creating a cushion between the occupant and the side of the car and typically protect the head and shoulders. Side airbags usually activate from the door panel, protecting the occupant's torso.

For further reading

Used Car Safety Ratings 2022: <https://www.wa.gov.au/system/files/2023-01/UCSR2022-WebOptimised.pdf>

A Consumer Guide to Safer Vehicles: <https://www.wa.gov.au/system/files/2021-07/consumer-guide-safer-vehicles.pdf>

Safe Vehicles Safety Topic Information Sheet: <https://www.wa.gov.au/system/files/2021-08/Safe-Vehicles-INFO-SHEET.pdf>

Safe Vehicles Safety Topic FAQs: <https://www.wa.gov.au/system/files/2021-08/Safe-Vehicles-FAQ.pdf>

For more information

T: 1800 502 328

W: <https://www.wa.gov.au/organisation/road-safety-commission/new-or-used-vehicle-buyers>



‘Farewell, Marlene Robins’

Farewell to a Great Advocate for COTA (WA).

Marlene Robins (died Saturday 11 March 2023)

Many readers of COTA Connections will have encountered Marlene Robins at some stage of her long and varied career with COTA (WA), either as a staff member or volunteer. She worked on many projects for the organisation, devising and delivering the workshops and seminars in diverse areas including *Beyond Maturity Blues* and *Cybercrime Forums*, in addition to which she played a key role for many years in the annual Seniors Week and Seniors Awards.

Marlene was unique: she was outspoken, forthright and definite in her opinions. These traits, however, were underpinned by a great sense of fairness and equity, and a wonderful sense of humour. She could turn her hand to almost anything and was the sort of person you could trust to get the job done.

Marlene was not a quiet person: she made her presence felt, but in doing so, her genuineness and her commitment to COTA (WA) and to the cause in which she was involved, shone through. She earned the regard and respect of all who worked with her.

Marlene will be long remembered for her personal attributes and for her significant contribution to COTA (WA).



‘Farewell, Marlene’ from Council on the Ageing Western Australia

‘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

Carers WA

Act Belong Commit

Ansell Strategic

City of Fremantle

City of Cockburn

MindSpot GP

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 ‘Carers WA’ as a COTA (WA) Supporter

Carers WA is the peak body that represents the needs and interests of carers in Western Australia.

They work to achieve an improved quality of life for family carers in our state.

Carers WA is a non-profit, community based organisation and registered charity dedicated to improving the lives of the estimated 230,000 unpaid family carers living in Western Australia. Part of the National Network of Carers Associations, they are the peak body recognised by both State and Federal governments as the voice of family carers.

Carers WA’s role is to work in active partnership with carers, persons with care and support needs, health professionals, service providers, government and the wider community to achieve an improved quality of life for carers.

Carers WA embraces diversity in all its forms, for a more inclusive organisation and community.

They are committed to understanding, embracing and celebrating the rich and multi-dimensional experiences that shape our lives and aim to ensure that everyone who engages with the organisation feels welcome and included.

Things to know

In their work with carers, they actively address the discrimination, racism and intolerance experienced by particular groups in society. Carers WA acknowledge groups that may experience this can include:

- Aboriginal and Torres Strait Islander people
- Culturally and Linguistically Diverse communities
- People with disabilities or a mental health challenges
- Those discriminated against on the basis of gender, sexual orientation or intersex status
- Young or older aged people
- Homeless people
- Those who have experienced long term unemployment
- People who have been imprisoned

Carers WA aim to provide a nurturing environment that welcomes engagement and values contribution from people of every nationality, race, culture, gender, sexual orientation, religious belief, social background, ability, family status, marital status, age or political opinion.

For further information and support

T: 1300 227 377 **Carers WA General Line**

T: 1800 422 737 **Carer Gateway Services**

E: info@carerswa.asn.au

W: <https://www.carerswa.asn.au/about-us/>

Carers WA is a COTA (WA) Supporter.



MindSpot GP ‘Accessible Mental Health Support for Western Australians’

Stress, fear and sadness are normal feelings that we all experience at some point. But when these feelings are constant and do not go away, they become a problem and can have a serious impact on our daily life, and that is when we might need some professional support.

In recent years, there has been a rise in demand for mental health services, including among mature aged Australians. MindSpot GP is helping to meet this need across Western Australia.

MindSpot’s free, online and telephone-based mental health service supports older people experiencing mild to moderate anxiety, depression, chronic pain, chronic health conditions, OCD, PTSD and substance use.



Why MindSpot GP? MindSpot GP believes that all Australians should be able to freely access reliable and effective mental health support, when and where you need it. That is why MindSpot GP is:

- **Free:** Funded by the Australian Government and WA Primary Health Alliance, MindSpot GP services are free to use.
- **Effective:** On average, people see a 50% reduction in their symptoms following treatment, and over 95% would recommend us to a friend. All MindSpot GP treatments have been clinically trialled and proven effective by Australian-led research.
- **Convenient:** Life can get busy, which is why you can access MindSpot GP services, including therapist support, online or by telephone at a time and place that suits you.
- **Fast:** You can start an assessment as soon as they have received your referral. Results are available instantly, and you can schedule a call with a therapist to discuss treatment options.
- **Qualified Therapists:** MindSpot GP provides you with access to experienced psychologists and mental health professionals.

How to Get Started

Accessing support through MindSpot GP is simple:

1. **Ask your GP for a referral:** Talk to your GP or Health Professional about accessing treatment through MindSpot GP.
2. **Complete an assessment:** To better understand how we can help you, MindSpot will ask you to complete a simple assessment. It involves answering questions about your physical and emotional symptoms, and how these are impacting your life.
3. **Access treatment that is right for you:** Speak to a MindSpot GP therapist about your assessment results, and treatment options. You can then start a treatment that is right for you.

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 *'care finder service'*

Tuart place is a community orientated, participant led, 'one stop shop' agency with a strong track record of delivering safe, trusted services to Care Leavers.

Margaret Fisher has recently joined the staff at Tuart Place to deliver the new **care finder program**, following the success of the aged care navigation trial. Margaret has an extensive

background in the aged care sector. She can help you find aged care services and other community supports. She provides a free, independent and confidential service to older people, who face difficulties accessing services without intensive support from a care finder. Support can be delivered in person, over the telephone or via email.



Supported by

**WA Primary
Health Alliance**

phn

PERTH NORTH, PERTH SOUTH,
COUNTRY WA

An Australian Government Initiative

Margaret can assist you with:

- Information about the aged care system and services
- Registering on the My Aged Care website
- Comparing service providers, supports and facilities
- Trouble shooting and three-way conference calls to My Aged Care and service providers to ensure you get the best service
- Ongoing contact to check your services are working well for you



For more information

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

E: admin@tuartplace.org

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

Tuart Place is a COTA (WA) Supporter



Tuart Place
Growing Strong Together



Age Friendly City of Fremantle 'The Meeting Place'

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

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

What's on at The Meeting Place?

The Meeting Place has joined forces with the wider City of Fremantle community to bring you a new program. 'What's On' is packed full of fun and exciting courses, workshops and talks at various locations throughout the City.

City of Fremantle residents will have Fre-oh! delivered straight to your letterbox. Otherwise, the [program can be downloaded](#) or [viewed online](#). [Enrolments are open for the January-March 2023 term](#).

Please note: Programs are booking out quickly. You can [read our enrolment information and refund policy online](#) or request it to be sent to you.

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

For more information

T: 08 9432 9676

E: meetingplace@fremantle.wa.gov.au

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

Join the Meeting Place mailing list

To stay up to date with the latest events at The Meeting Place, [join our newsletter mailing list](#).

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



City of Cockburn 'Falls Prevention Information Session'

In Australia, about 1 in 3 people over 65 years living in the community, fall each year.

Falls are the leading cause of injury related hospitalisation for people over 65 years and the second most common cause of community injury.

The good news is falls are preventable. It is easier to prevent a fall than recover following a fall.



So consider attending the information session and let's talk 'Falls Prevention'.

Event Details

Venue: Cockburn Seniors Centre

Date + Time: Thursday 13 April 2023 from 9:30am to 10:30am

Location: 9 Coleville Crescent, Cockburn WA 6163

For more information and to Register contact the Cockburn Seniors Centre

T: 08 9411 3877

E: csc@cockburn.wa.gov.au

W: <https://www.cockburn.wa.gov.au/City-and-Council/Events-and-News/Events-and-Workshops/Falls-Prevention-by-Dr-Chris>

For further information about the City of Cockburn

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 'Gardening and Home Maintenance'

Live a great life as part of the Rise community.

We provide gardening and maintenance support to clients across Perth. Our friendly gardening team love maintaining beautiful, healthy gardens. Including mowing, weeding and pruning. We can also help with basic indoor and outdoor home maintenance.



Rise | Gardening and Home Maintenance

Gardens and home maintenance are often harder to keep on top of as you get older. To make sure you feel comfortable, safe and proud of your home, Rise provides a range of gardening and home maintenance services provided by friendly and trained gardeners.

Their gardening team can keep your garden looking tidy and well-kept as well as assisting with basic indoor and outdoor home maintenance in the Eastern, Northern and Southern suburbs. The gardening team will work to provide you with services that best fit what you want, but can include:

- Mowing lawns
- Edging
- Pruning
- Weeding
- Repotting and replanting
- Changing light globes
- Fitting battery-operated smoke alarms
- Cleaning cobwebs
- Window cleaning (exterior windows only)
- Garden clean ups



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

T: 08 6274 3700

E: contact@risenetwork.com.au

W: <https://www.rise.org.au/rise-services/aged-care/gardening-home-maintenance>

Rise Network is a COTA (WA) Supporter.

Umbrella Multicultural Community Care ‘Multicultural Library and Seniors’ Community Hub’

The Library is an innovative and exciting project at our Belmont office and is the first of its kind in Perth.

It has a focus on providing a safe and supportive space for seniors, including seniors from multicultural, multilingual, multi-faith, gender and sexuality diverse backgrounds and their carers to enjoy more than 3000 books in over 30 different languages and to access information about the aged care system in their own language. This project would not have been possible without the support of the City of Belmont.



Opening Hours

The Library is located at Umbrella’s Belmont office at 39 Abernethy Road, Belmont WA.

Monday and Thursday: 9.30am-12.30pm and Tuesday: First Tuesday of every month from 9:30am-12:30pm

The library is run by experienced librarians and volunteers.

Available Languages

Currently, the library has books and media in English, Polish, Spanish, Italian, Czech, German, Dutch, French, Slovak, Hungarian, Danish, Thai, Chinese, Japanese, Tamil, Vietnamese, Serbian, Hindi, Serbian, Macedonian, Swedish, Portuguese, Croatian, Indonesian, Russian, Maltese, Ukrainian, Hebrew, Malay languages and the collection is still growing.

Seniors living outside the City of Belmont may also use the library during opening hours, but do not have borrowing rights.

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. 'Giving back is as easy as 1 - 2 - 3'

Good things come in threes and right here it's these three JP's.

Southcare's Board Chair Veronica Lawrance, Deputy Chair William Marshall and CEO Dr Nicky Howe use their caring hands to give back as a Justice of the Peace (JP) and between them have more than 45 years' experience helping the community.

Southcare has a giving culture, and it goes without saying the people within it do too, so it's natural for us all to want to give in other ways as a helper, Nicky said.



Justices of the Peace are authorised to deliver a range of official administrative duties in the community, including issuing search warrants, witnessing affidavits, statutory declarations and certifying documents. They complete rigorous training and security checks and are appointed by the Governor.

Meeting different people in this role is one of the highlights and knowing that you are helping them with their personal affairs and furthering their own journey is wonderful, Veronica said.

The demand has always been strong for this service and particularly during the peak of COVID-19, the request for help was the largest I have experienced, William said.

What this voluntary role reaffirms is the diversity we all live within, and the unique situations we all need to navigate through our lives, Nicky said.

Nicky offers her JP services at the Bull Creek library every Monday from 4.30pm to 6.30pm and Bill and Veronica operate from their own homes in Willetton and South Perth, respectively.

Find them by searching their surname at: <https://www.wa.gov.au/service/justice/civil-law/find-justice-of-the-peace-your-area>

For more information about Southcare Inc.

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) 'National Volunteer Week | 15-21 May 2023'

Celebrated across the country in May each year, National Volunteer Week is Australia's largest celebration of volunteers and we were thankful to see hundreds (if not thousands) of organisations and community groups coming together to recognise and celebrate volunteering in Western Australia.

National Volunteer Week | Monday 15 - Sunday 21 May 2023 | #NVW2023



View the [National Volunteer Week page](#) for information on:

- Grants to support organisations and community groups celebrate volunteers during the week
- Downloadable certificates, logos, and messaging
- Ideas on how you can connect, communicate and celebrate volunteering
- Details on the WA Volunteer of the Year Awards (Gala Dinner held during NVW)

Tag **@VolunteeringWA** and use the **#NVW2023** to share your volunteer stories and celebrations.

For more information

T: 08 9482 4333

W: <https://www.volunteeringwa.org.au/event/7965/2023-national-volunteer-week>

Volunteering WA is a COTA (WA) Supporter.



Act Belong Commit 'Mindful May'

Act Belong Commit is encouraging everyone to participate in mindfulness this May.

We have all heard about 'mindfulness' but what is it and what are the benefits of mindful activities for our mental wellbeing?

Mindfulness is more than taking a break from our daily routine. It can be defined as a moment-to-moment awareness of one's experience



without judgment, and tuning in to the present moment. It can be promoted by certain practices and activities for example, paying attention to colours of a sunset or through yoga.

Some of the potential benefits of regular mindfulness practice are:

- Reduced rumination and fewer depressive symptoms
- Stress reduction
- Decreased anxiety
- Boost to working memory.
- Improved ability to focus attention and suppress distracting information
- Greater cognitive flexibility. People who practice mindfulness meditation appear to develop the skill of self-observation

You will find more detail on the benefits of mindfulness in this article on the [American Psychological Association- link will open in a new window](#) website.

For more Information

T: 08 9266 1705

W: <https://www.actbelongcommit.org.au/programs-initiatives/mindful-may/>

Act Belong Commit is a COTA (WA) Supporter.



Office of Donna Faragher MLC 'The Icon Cancer Centre'

Based in Midland WA, the Icon Cancer Centre provides patients living in the East Metropolitan Region and inner Wheatbelt towns with access to comprehensive specialist cancer treatment closer to home.



Donna Faragher visited the Centre with Senator Linda Reynolds during Ovarian Cancer Awareness Month to hear more about the important work being undertaken. Using a multidisciplinary approach, the Centre's experienced medical specialists work closely with nursing and allied health teams, including a prostate cancer specialist nurse and nurse practitioners, to support patients, their families and carers.

During their visit they were informed that the Centre hosts the only linear accelerator (radiation therapy treatment machine) in the Eastern region. It also has the capacity to deliver more than



12,000 chemotherapy or haematology treatments and 18,000 radiation therapy treatments annually. Through its 15-chair private day hospital unit, patients are able to receive chemotherapy, immunotherapy and haematological treatments supplied by the Centre's own oncology pharmacy.

Located: 6 Centennial Place, Midland WA 6056

T: 08 6317 3400

Email: admin.midland@icon.team

W: https://iconcancercentre.com.au/centre/midland/?UTM_source=GMB_listing&UTM_medium=organic

With continued population growth across the East Metropolitan Region, the need for quality healthcare facilities is incredibly important. Thank you to the team at the Icon Cancer Centre for all you do to support members of our community diagnosed with this terrible disease.

To contact the Office of Donna Faragher MLC

T: 08 9379 0840

E: faragher.eastmetro@mp.wa.gov.au

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

The Office of Donna Faragher MLC is a COTA (WA) Supporter.



Office of Hannah Beazley MLA ‘Make Renting Fair meets with MPs’

Representatives from the Make Renting Fair coalition, including MercyCare, Vinnies WA, Anglicare WA, Western Australian Council of Social Service and Circle Green Community Legal headed to Parliament House to meet members of parliament and discuss the importance of proposed reforms to make renting fairer.



MRF coalition with: Lara Dalton MLA: Geraldton (Host), Simon Millman MLA: Mt Lawley, Stuart Aubrey MLA: Scarborough, Meredith Hammat MLA: Mirrabooka, Ali Kent MLA: Kalgoorlie, Jodie Hanns MLA: Collie Preston, Robyn Clarke MLA: Murray-Wellington, Hannah Beazley MLA: Victoria Park

Hosted by Lara Dalton MLA, Member for Geraldton, the briefings discussed the Residential Tenancies Act (RTA) legislation which governs the WA rental system and highlighted how overdue changes will bring WA up to speed with other States that have already made reforms. It has been over 30 years since the RTA first came into operation in Western Australia.

‘No Reason’

The ‘Make Renting Fair’ campaign is pushing for amendments to remove ‘no reason’ evictions which are fundamental to improving security of tenure, along with allowing pets and minor modifications and limiting rent increases to once a year which form the first tranche of reforms currently on the table.

Housing Insecurity

The briefings come amid a series of stories about the impact of no grounds evictions with new data from the [Make Renting Fair Renters’ Survey](#) revealing tenants were too scared to request repairs or maintenance. *The West Australian* [spoke to Alice Pennycott](#), a tenancy lawyer at [Circle Green Community Legal](#) who said the threat of no grounds evictions had prompted some renters to accept severe mould, rats and flea infestations as well as properties with patchy hot water systems, extreme temperatures or as little as one working power point.

A review of the RTA was finalised in 2020 by the Department of Mines, Industry Regulation and Safety and the WA Government is nearing a decision on what changes will be made to the tenancy law reforms.

For more information

T: 08 9361 1777 E: hannah.beazley@mp.wa.gov.au W: <https://www.facebook.com/HannahForVicPark/>

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

Hannah Beazley MLA

MEMBER FOR VICTORIA PARK

8/660 Albany Highway, Victoria Park WA 6100

(08) 9361 1777

Hannah.Beazley@mp.wa.gov.au

[Hannah Beazley MLA](#)



Chung Wah Community Care 'Community Outings'

Community group outings are organised to help clients experience and appreciate Australian history and culture. The group outings also serve to assist socially isolated individuals to help them build a sense of belonging in the community.

This program provides a true sense of community. You are invited to explore the hidden beauty of Western Australia, try out cultural cuisines and develop positive social interactions with people like you.



If you love adventures or simply wish to meet new people, this is the perfect platform for you. Chung Wah CAC trips

will provide you with unique and memorable experiences which encourage physical activity and health, while promoting your emotional as well as spiritual wellness.

Chung Wah CAC prepares all necessary arrangements to ensure that the needs of everyone at every level of participation are met. Their staff and volunteers will be with you throughout the trips and ready to provide assistance if needed.

Chung Wah CAC plans an exciting new outing every three months, and all are welcome to join.

Further information about our latest events can be found on our Facebook/WeChat.

For more information

T: 08 9328 3988

E: enquiry@chungwahcac.org.au

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

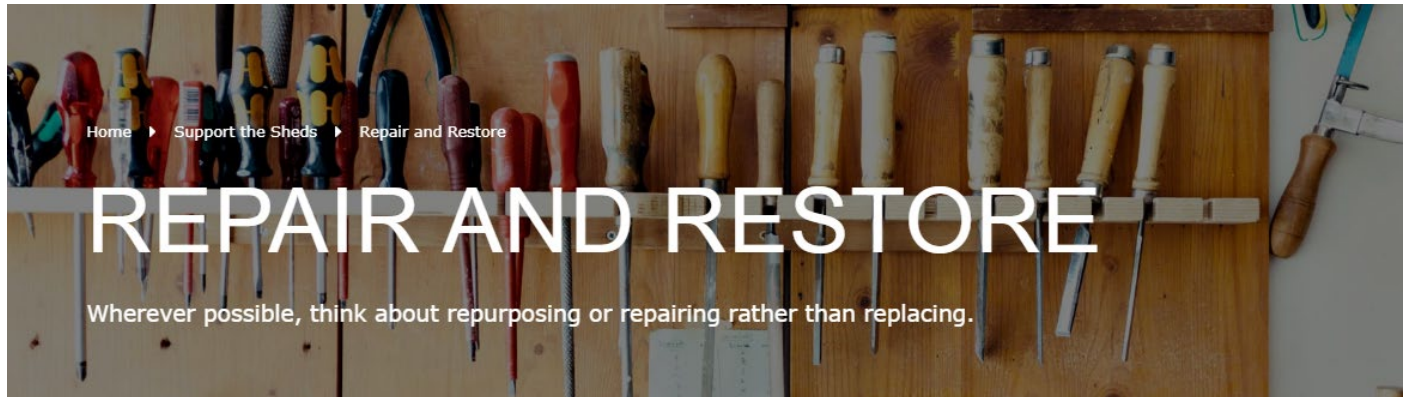


CHUNG WAH
COMMUNITY
CARE
Chung Wah Association Inc
Est. 1909

Men's Sheds WA 'If it's broken, a Shed can likely fix it'

Repair and Restore

It is nice to know that you can get your household items (especially furniture) repaired or restored. Many Men's Sheds have members who are willing and able to repair that wobbly wheel on your shopping cart or refinish that coffee table.



Sheds are a great place to get some help for those odd jobs where you do not have the skills or the right tool but the job is not big enough for a tradesman. They will often take on these odd jobs in exchange for some baked goods or a donation to the Shed.

So next time, before you throw it away, ask your local Shed if they can perhaps fix it or if it is something they might be able to repurpose into something else.

Repair Cafés

If your local Men's Shed cannot help you fix it, why not try your local Repair Café?

Repair Cafés are free meet-ups where volunteers offer their time, tools and skills to help repair anything from clothes, bicycles, electrical appliances, furniture and more.

Find your closest Repair Café by clicking on the link.

For further information

T: 08 6381 5324

E: admin@mensshedswa.org.au

W: <https://mensshedswa.org.au/support-the-sheds/repair-and-restore/>

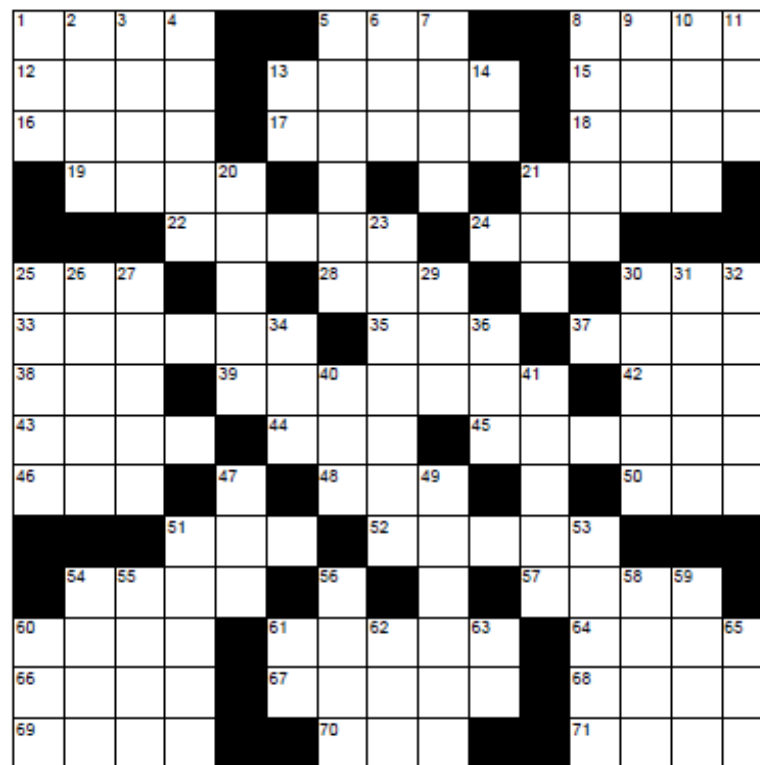
W: <https://mensshedswa.org.au/>



'CROSSWORD' Puzzle

*Answers to crossword available at the end of newsletter at Page 92.

APRIL



By Jimmy and Evelyn Johnson - www.qets.com

ACROSS

- 1 Group of nations
- 5 Small
- 8 Curtsey's
- 12 Elegant
- 13 Break out of egg
- 15 Wading bird
- 16 African nation
- 17 Western state
- 18 What you do for the judge
- 19 Treat with contempt
- 21 Stair
- 22 Kangaroo bear
- 24 Car speed
- 25 Kimono sash
- 28 Wing
- 30 Metric weight unit
- 33 Cloth hat that is fastened with ribbons
- 35 Scientist's office
- 37 France & Germany river
- 38 Epoch
- 39 Admit (2 wds.)
- 42 Killed in action
- 43 Mail
- 44 Milk maker
- 45 Looms

DOWN

- 46 Bard's before
- 48 Ruby
- 50 Distress call
- 51 Fall mo.
- 52 More often than weekly
- 54 Cuts off "in the bud"
- 57 Holler
- 60 Secure
- 61 Crick
- 64 Electron, for example
- 66 Negative (prefix)
- 67 Pallid
- 68 Canal
- 69 Fossile fuel
- 70 Scriptural your
- 71 Structure used by a bird to lay eggs and rear young

DOWN

- 1 Tempo
- 2 Soil
- 3 Capital of Norway
- 4 Newly hatched bird
- 5 Swaying walk
- 6 Airport abbr.
- 7 Resound
- 8 Act or fact of being born
- 9 Off-Broadway award
- 10 Bunch of hay
- 11 Compass point
- 13 Hello
- 14 Santa's laugh
- 20 Divided nation
- 21 Observe secretly
- 23 Accepted
- 25 Heavy-set
- 26 Hole maker
- 27 Sappy
- 29 Rule
- 30 Forces
- 31 El Qahira
- 32 Lawn plant
- 34 Tender loving care
- 36 Whit
- 40 Record

- 41 Stately
- 47 Large vehicle
- 49 Boggy
- 51 Fourth month of the year
- 53 Asian country
- 54 Taboo
- 55 Small particle
- 56 Quarrel
- 58 Decoy
- 59 Superman's Ms. Lane
- 60 McDonald's "Big ___"
- 61 Compass point
- 62 Tree
- 63 Possessive pronoun
- 65 Tulle

Events + Activities

City of Melville: South of the River Forum 'Ageing and Sleep'

You may have noticed your sleep patterns have changed with age, but should you be concerned?

This forum will look at sleep as you get older. Age-Friendly Melville will look at how much we need, why we need it and what factors contribute to not getting enough.

Morning Tea is provided

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

Join the City of Melville at this FREE forum

Date: Monday 17 April 2023

Time: 10.00am to 12:00pm

Venue: City of Melville Civic Centre

Location: Conference Room, 10 Almondbury Road, Booragoon WA 6153

Book your place at:

<https://www.melvillecity.com.au/things-to-do/events/whats-on/south-of-the-river-forum-ageing-and-sleep>

For inquiries call: 08 9364 0666 or 1300 635 845



Ageing and Sleep

You may have noticed your sleep patterns have changed with age, but should you be concerned?

This forum will look at sleep as you get older. We will look at how much we need, why we need it and what factors contribute to not getting enough.

Morning Tea is provided.

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

Join us at the FREE forum

Date: Monday, 17 April 2023
Time: 10.00am to 12noon

Venue: City of Melville Civic Centre,
Conference Room, 10 Almondbury Rd,
Booragoon

Book your place at
[melvillecity.com.au/afmevents](https://www.melvillecity.com.au/afmevents)

For inquiries call 1300 635 845
or 9364 0666



City of
Melville

'ALLELUJAH' In Cinemas 6 April 2023

Movie out in cinemas 6 April 2023: ALLELUJAH, starring Jennifer Saunders and Judi Dench.

ALLELUJAH is a warm, humorous and deeply moving story about surviving old age. When the geriatric ward in a small Yorkshire hospital is threatened with closure, the hospital decides to fight back. ALLELUJAH celebrates the spirit of the older patients while paying tribute to the deep humanity of the medical staff battling with limited resources and ever-growing demand.

[Allelujah](#) (click to watch trailer)

Starring Jennifer Saunders, Bally Gill, Russell Tovey, David Bradley, Derek Jacobi and Judi Dench.

Directed by Richard Eyre, Written by Heidi Thomas.

Based on the play by Alan Bennett.



Shelter WA Online 'Renting with Confidence Workshop'

About the Free Workshop

Understanding our rights when renting can be challenging for most people. This workshop will answer some of the common questions that people have when renting their home. The workshop is an opportunity for you to share your ideas and experiences with other participants, so that together we can become more confident renters.



Please let Shelter WA know if there is anything they can do to support your participation. You are welcome to come along with a friend or support person.

Online workshops are provided virtually via ZOOM. Shelter WA can help you to use Zoom.

Is this workshop for me?

This workshop is for people who are currently renting.

Information is provided about private rentals, community and public housing (Housing Authority), including information for people who experience any kind of disability that impacts on their rental situation including people who are ageing or have mobility restrictions and people living with health, neurological or mental health challenges. Tenant fact sheets are also provided in other languages and formats.

Everyone who is renting is welcome in this workshop.

Online Workshop Details

Date + Time: Tuesday 4 April 2023 from 10:15am to 1:00pm

To Register and Secure Your Free Tickets

<https://www.shelterwa.org.au/our-work/advocacy/housing-for-people-living-with-a-disability/building-tenancy-skills/workshops/>

For further information

T: Aimee on 0456 162 897

E: renting@shelterwa.org.au

Southcare 'Caring Hands Day'

1 in 4 people aged over 65 live alone. Many do not have any contact with anyone day-to-day.

Reach out and make someone's day on 6 April 2023, 'Caring Hands Day' and help stop loneliness and isolation among our seniors.

The power to change lives is in your hands. Connection with others help reduce elder abuse and mental, emotional and physical decline. Loneliness and social isolation have been linked to mental illness, emotional distress and suicide; hypertension and high blood pressure; poor sleep and immune function; the development of dementia and premature death.

One simple act of kindness can change everything.

What will you do this Caring Hands Day? Almost 40% of older people need help getting out and about or doing things around the home.

Reach out to an older person in your life; relative, neighbour, someone you have not met yet, to say hello, do something for or with them. The smallest gesture can make a huge difference.



So, what will you do?

Pick up the telephone: Check in and say hello to your parents, grandparents, an elderly neighbour or any loved one. Talk, listen, connect and care.

Help around the home: Go shopping for someone. Cook a meal. Do housework. Mow a lawn. Change a lightbulb. It may only be a little thing, but it can put a big smile on someone's face.

Connect out of home: Discover a new cafe, go on a day trip, catch a movie, visit an art gallery...escape the four walls that many stay in every day.

Do something together: Go for a walk, go fishing, do some gardening, learn a new hobby and find out what they enjoy and share your time with them.

Pay it forward: Make someone's day! Buy them flowers, pay for their shopping, shout them a cuppa or fill their tank (and see how it fills yours too!).

Do an act of giving: Give your time and expertise to a local charity to make a difference to someone.

Share your act of kindness: Inspire others and help start the conversation by sharing your act of kindness on your socials using [#caringhandsday](https://www.caringhandsday.org.au).

The power is in your hands.

For more information

T: 08 6117 3028

W: <https://www.southcare.org.au/community-connect/caring-hands-day/>



Seniors Recreation Council of WA and City of Belmont: 'LiveLighter Seniors Activity and Information Day 2023'

This event is for the over 45's and will provide recreational activities and information to Seniors, everyone is welcome.

Join the Seniors Recreation Council for a day of fun activities and useful information. There will be carpet bowls, mini golf, Xbox Kinect, seated hockey, quoits, and pole walking, and stall holders providing information on housing, healthcare, seniors activity groups, travel and more.



FREE event including refreshments and lunch.

Event details

Date and Time: Wednesday 3 May 2023 from 10:00am to 1:30pm

Location: Belmont Oasis Leisure Centre, Progress Way Belmont WA 6104

To Register: Eventbrite <https://Seniorsactivityinformationday.eventbrite.com.au>

For further information call 08 9477 7149



**Seniors Recreation Council of WA**
Healthy Ageing Through Activity

2023
LiveLighter Seniors Activity/Information Day
(Over 45 yrs.)

When:.....Wednesday 3rd May
Where:.....Belmont Oasis, Progress Way, Belmont
Time:.....10am till 1.30pm



This event will provide recreational **ACTIVITIES** and information to Seniors, everyone is welcome.

FREE event including refreshments & lunch
Participants will enjoy activities such as;
Carpet Bowls, Mini Golf, X box Kinect, Seated Hockey, Quoits, Pole Walking and other activities

STATIC DISPLAY REGISTRATIONS NOW OPEN
BOOKINGS ARE ESSENTIAL

For further information or to register your attendance contact:
Dawn Yates Seniors Recreation Council of WA **9492 9773**
Email: dawn.yates@srcwa.asn.au



Seniors Recreation Council of WA and Vincent Community Centre: 'LiveLighter Seniors Activity and Information Day 2023'

This event is for the over 45's and will provide recreational activities and information to seniors, everyone is welcome.

Participants will enjoy activities such as: Carpet Bowls, Mini Golf, X Box Kinect, Seated Hockey, Quoits, Pole Walking and more.



FREE event including refreshments and lunch.

Event details

Date and Time: Monday 15 May 2023 from 10:00am to 1:30pm

Location: Belmont Oasis, Progress Way, Belmont WA

For further information or to Register your attendance

T: 08 9492 9773

E: dawn.yates@srcwa.asn.au



COMMUNITY CENTRE



CITY OF VINCENT

**Seniors Recreation Council of WA**
Healthy Ageing Through Activity

2023
LiveLighter Seniors Activity/Information Day
(Over 45 yrs.)

When:.....**Monday 15th May**
Where:**Vincent Community Centre,**
.....**99 Loftus St., Leederville**
Time:.....**10am till 1.30pm**



This event will provide recreational
ACTIVITIES and information to
seniors, everyone is welcome.

FREE event including refreshments & lunch
Participants will enjoy activities such as;
Carpet Bowls, Mini Golf, X box Kinect,
Seated Hockey, Quoits, Pole Walking
and other activities

STATIC DISPLAY REGISTRATIONS NOW OPEN
BOOKINGS ARE ESSENTIAL

For further information or to register your attendance contact:
Dawn Yates Seniors Recreation Council of WA **9492 9773**
Email: dawn.yates@srcwa.asn.au



Volunteering WA 'WA Volunteer of the Year Awards | 18 May 2023'



Connecting and Celebrating Western Australia's Incredible Volunteers

Wave Your Appreciation

VWA invites everyone to put their hand up and thank all the volunteers around Western Australia by waving a special smile of appreciation to say thanks to our fellow volunteers for the enormous contribution they make each and every day.

The WA Volunteer of the Year Awards are presented by Volunteering WA and recognise and celebrate the outstanding contribution of Western Australian volunteers, volunteer involving organisations, corporate volunteering programs, and volunteer managers at work within our community.

Event Details WA Volunteer of the Year Awards 2023

Date: Thursday 18 May 2023

Time: 6:30pm Welcome reception for 7:00pm start of Awards ceremony 10:30pm-11:59pm
Celebrate the achievements of the sector

Location: Grand Ballroom, Crown Perth, Great Eastern Highway, Burswood WA 6100

To Book Tickets

<https://events.humanitix.com/wa-volunteer-of-the-year-awards-2023>

For more information

T: 08 9482 4333

W: <https://awards.volunteeringwa.org.au/>



City of Belmont 'Upcoming Events'

The City of Belmont strives to create an age-friendly community to help seniors enjoy an active role in their community and feel respected, valued and engaged.

The City of Belmont works closely with partners to offer a range of programs and services for seniors, including social activities and opportunities to meet people with similar interests, information forums and the celebration of key dates such as Seniors Week.

Taking Control of your own Hereafter

Date + Time: Thursday 20 April 2023 9:30am-1:00pm

T: 08 9477 7149

Location: Main Hall, Forster Park Community Centre, 130 Keane Street Cloverdale WA 6105



Get the peace of mind that comes from knowing your affairs are in order. Join Jennifer Willcox for this half-day seminar on end-of-life planning that covers wills, memoirs, housing, finance and more.

FREE Event: Morning tea and a light lunch will be provided.

To Register: Eventbrite: <https://takingcontrolofyourownhereafter.eventbrite.com.au>

Dementia: Creating Connections through Conversation

Date + Time: 11 May 2023 6:00pm-8:00pm

T: 08 9477 7149

Location: Function Room, City of Belmont Civic Centre 215 Wright Street Cloverdale, WA 6105



Renowned speaker Michael Verde is back by popular demand with a powerful talk on the emotional needs of people living with dementia. Tickets are free but you will want to get in quick as last year's talk sold out and this talk is for one night only.

FREE Event

To Register: <https://dementiacreatingconnections.eventbrite.com.au>

Stay Sharp Seniors!



Dates and Time: Tuesdays, weekly from 9 May 2023 to 27 June 2023 (8 weeks) 10:00am-12:30pm

T: 08 9477 7149

Location: Forster Park Community Centre Main Hall 130 Keane Street Cloverdale, WA 6105

This 8-week series of gentle exercises and stimulating talks for seniors will help you stay physically and mentally fit. Guest speakers include forensic specialists, brain trainers and more.

Cost: Free for the City of Belmont Residents, \$40 (for 8 weeks) non-residents if spaces available.

To Register: Eventbrite <https://staysharpseniors.eventbrite.com.au>

BELMONT
CITY OF OPPORTUNITY



City of Belmont 'Dementia without Loneliness'

Relationships and interpersonal skills are crucial when caring for people experiencing dementia.



Join Michael Verde from Memory Bridge Foundation and Trish Halverson from Attitudinal Healing for a four-week masterclass on developing compassionate, supportive relationships with people experiencing dementia.

Event details

Dates: Tuesday 30 May 2023 and Tuesday 6 June 2023 + Tuesday 13 June 2023 + Tuesday 20 June 2023

Time: 9:00am-12.30pm

Location: Event Space, Belmont Hub 213 Wright Street Cloverdale, WA 6105

For more information call 08 9477 7149

This workshop series is for those **professionally or personally** caring for people with dementia.

You can participate in face-to-face sessions or join online.

FREE Event

To Register: Eventbrite: <https://dementiawithoutloneliness.eventbrite.com.au>

BELMONT
CITY OF OPPORTUNITY



City of Armadale 'Water safety and home security community talks'

With the support of City of Armadale, Culture Care WA are running another round of workshops covering the topics of home security and water safety.

Resources provided by E-Safety Commissioner will also be shared at the event.

Event Details

Date: Monday 3 April 2023

Session 1: Time: 10:00am Home security talk by WA Police

Session 2: Time: 11:30am: Water safety talk by Royal Life Saving WA

Location: Piara Waters Pavillion, 350 Wright Road Piara Waters WA

Cost: Free

Morning tea and lunch will be provided.

To Register

<https://docs.google.com/forms/d/e/1FAIpQLScFQwYEDCEu5E1dYDUSKwqCZ5BBbjPHN8F9JlYoPH1f4WRnmg/viewform>

Registration priority will be given to the residents living within the City of Armadale.



Dementia WA 'Blokes in the Caring Role'

Blokes in the Caring Role program by Dementia Australia. Suitable for: Men caring for a person living with dementia.

This program gives men the chance to meet others who are caring for a person living with dementia, and to learn together what to expect. It takes a practical approach to developing strategies and identifying support options.



Topics covered include managing changes in behaviour and abilities, communication for and with people living with dementia, grief and loss, the impact on relationships, self-care and avenues of support such as family, friends and community services.

This program is presented in small group sessions where you will have opportunity to share your experiences and listen to and support others.

Suitable for: Men caring for a person living with dementia. This program is not intended as professional education for workers in the health or aged care sectors.

Event Details: Dates + Times: Please note this program runs over 4 sessions

First Session: Thursday 27 April 2023, from 9:30am to 12:30pm

Second Session: Thursday 4 May 2023, from 9:30am to 12:30pm

Third Session: Thursday 11 May 2023, from 9:30am to 12:30pm

Final Session: Thursday 18 May 2023, from 9:30am to 12:30pm

Location: Tuart Hill, WA

Dementia Australia's facilitators have specialist dementia knowledge, skills and experience. This program is delivered interactively, you will be encouraged to share your experiences alongside other participants giving you an opportunity to develop new support networks.

For Event Related Enquiries please contact the East Perth office on 08 9225 4094.

The venue and address information will be provided upon confirmation of eligibility for the program and registration with Dementia Australia. You will be contacted via the telephone number you registered with for a brief chat prior to the program commencing.

To Register

[Dementia WA Blokes in the Caring Role - Tuart Hill WA](#)

Dementia Australia offers a range of education programs and sessions designed to support people living with dementia.

Their education sessions and programs are designed in response to the specific needs of all forms of dementia including Alzheimer's disease, vascular dementia, Lewy body disease, frontotemporal dementia and younger onset dementia. The education programs focus on skills that support maintaining the independence and general wellbeing of people living with dementia in its various stages. All sessions are delivered by Dementia Australia's highly experienced facilitators who specialise in the delivery of education and support to people living with dementia.



To view Dementia Australia's range of education programs and sessions

W: <https://www.dementia.org.au/education/people-living-dementia>

For more information about Dementia Australia WA

If you live with dementia or are in a relationship with a person that does, Dementia WA are here to help. Call any time as Dementia WA are available 24 hours a day, seven days a week and 365 days a year.

T: 1800 100 500

E: helpline@dementia.org.au

W: <https://www.dementia.org.au/contact-us/wa>



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/>



Strength for Life

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

‘Top Activities for Seniors in Perth’

With spectacular beaches, a temperate climate and a vibrant inner city, seniors in Perth are spoilt for choice when it comes to recreation and activities.

If you are a senior who is planning to get more involved in your community or simply want to explore more of Perth, here are some great ideas to get you started.

Enjoy the local parks and botanical gardens

Known as a parkland oasis, Perth is home to many beautiful green spaces, reserves, and gardens perfect for a slow day out or a picnic with friends.

Join a computer club

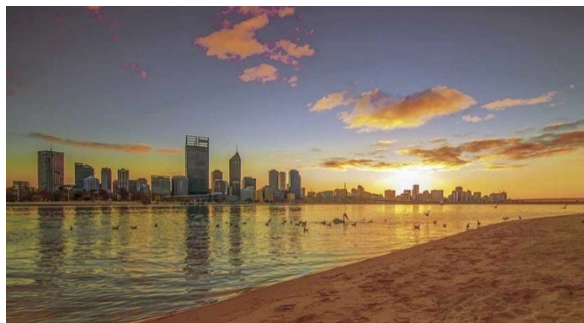
According to the Australians Seniors Computer Club Association there are 34 computer clubs in Western Australia. If you have always wanted to upgrade your computer and internet skills, why not join one of these clubs and make friends with other seniors.

Explore the city’s diverse precincts

Perth is filled with diverse suburbs and hubs, each with their own unique atmosphere and attractions.

Spend a day in the seaside port of Fremantle

Fremantle Harbour is just 30 minutes from the city centre. This atmospheric port is home to attractions such as the Arts Centre and the Old Courthouse.



Immerse yourself in the arts at the Cultural Centre

Perth’s Cultural Centre is home to the Western Australian Museum, the Art Gallery of Western Australia, the Library and Information Service of Western Australia, the Perth Institute of Contemporary Arts and The Blue Room Theatre. There are plenty of exhibitions, performing arts, and galleries to immerse yourself in and getting there is easy thanks to the close-by Perth Central Train Station.

Contribute to wildlife, plant, and scientific studies: If you enjoy bird watching or spotting wildlife you can contribute to large-scale studies through various programs.

Go sailing

Perth is a great city for sailing, so if you have always wanted to try your hand at it maybe this is the right time to start.



Take a day trip: If you like to get away for short trips every now and again, Perth has numerous sightseeing destinations in its surrounds. Join a day-trip tour or organise your own with friends for an exciting day out.

Rottnest Island: Just 19 kilometres from Perth and accessible by ferry or private boat, Rottnest Island seems a world away with its famously cute quokka, stunning beaches, coral reefs and amazing scenery.

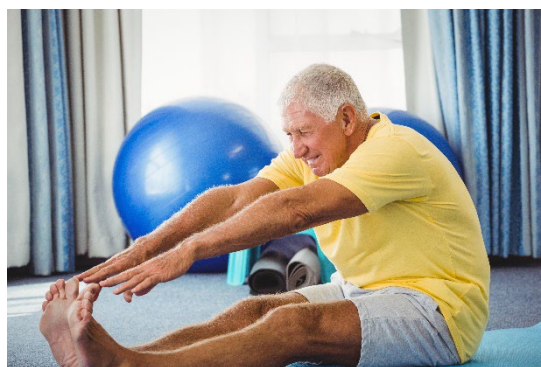
Swan Valley Vineyards: Home to more than 40 vineyards, Swan Valley is just 25 minutes from Perth. Cycle through the vineyards, join an upriver cruise, have a sneaky glass of wine and enjoy the scenery.



The Mandurah Estuary and Peel Inlet: The Mandurah Estuary and Peel Inlet are just an hour's drive from Perth and their 155 square kilometres of waterways are a popular playground for boating and wildlife watching. You can hire a boat or join a cruise to see dolphins and watch birds before heading back to land for some delicious seafood, including river prawns and blue swimmer crabs.

Join a local leisure activity centre

Joining a club introduces you to a whole new world of regular local activities and a new social group with other seniors. Many of Perth's suburbs and regions are home to senior and/or leisure activity centres and RSL Clubs that offer a range of activities for members. These include crafts, movies, exercise sessions, lunches, games and excursions. Excursions can include trips to markets, wineries, restaurants and plant nurseries.



Join a community organisation and volunteer

If you would like to contribute to your local community, why not check out what is going on around you and [start volunteering](#). From community care to local environmental initiatives, to fundraising and sports, there are many opportunities for volunteering in your local area. Volunteering is an excellent opportunity to stay active and engaged while giving back to your community.



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

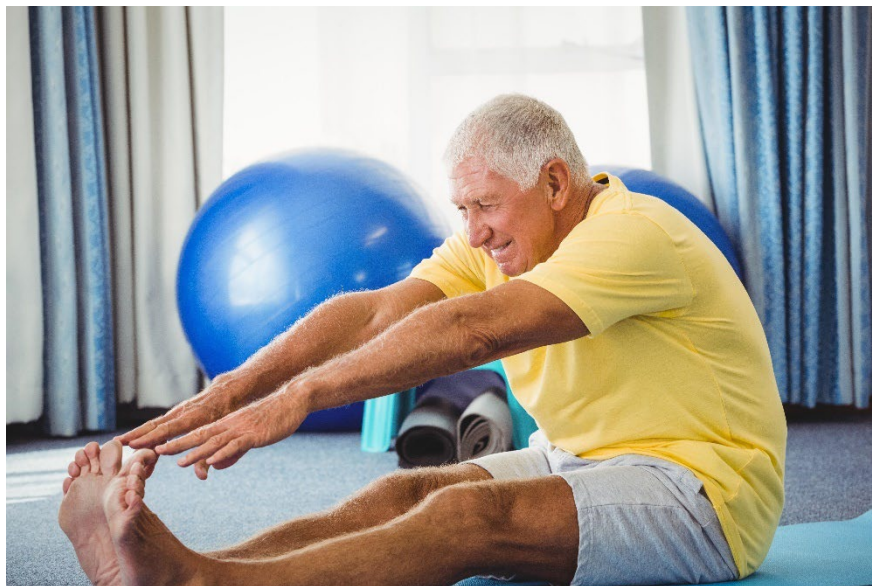
We encourage you to attend 2 to 3 fully supervised classes per week. Strength for Life is progressive training, and your individualised plan will change as your strength increases.

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

The Australian Institute of Family Studies and the National Ageing Research Institute (NARI) 'Elder Abuse Survey closing 7 April 2023'

The Australian Institute of Family Studies and the National Ageing Research Institute (NARI) invite your feedback on elder abuse.

The Australian Institute of Family Studies and the National Ageing Research Institute (NARI) invite your feedback on elder abuse to help shape future planning and prevention. The community survey will inform an [evaluation of Australia's first National Plan to Respond to the Abuse of Older Australians](#) (Elder Abuse) 2019-2023 and help drive responses to reduce and prevent the abuse of older Australians.

To read Project Information Sheet: https://aifs.gov.au/sites/default/files/2023-03/Project-Information-Sheet_National-Plan-Elder-Abuse.pdf

You can complete the [online survey](#) up until 7 April 2023. Anyone over the age of 18 is encouraged to participate. Your anonymous feedback will assist in understanding:

- What people know about elder abuse
- What support services and info they are aware of
- Ways to improve awareness and responses to prevent elder abuse



Australian Government
Australian Institute of
Family Studies



NARI NATIONAL
AGEING
RESEARCH
INSTITUTE

Bringing research to life

Caitlin Collins MLA 'Help End Dog Stealing'

Dog stealing is becoming an increasingly common occurrence and under current law, pet dogs are treated like any other property item such as a TV, bike or bag.

The loss of a pet is like losing a member of the family.

Ms Collins is calling for dog stealing to be made a separate offence to deter crooks and give police stronger laws to prosecute those caught stealing family dogs.

To show your support for stronger laws to deter dog stealing in Western Australia, add your name to the [petition, via the link](#) below:

https://walabor.org.au/Stop-Dog-Stealing/?mc_cid=aed9403169&mc_eid=a9dc6da94f

Puppies and dogs are more than a piece of property. They cannot be treated the same as a stolen TV or a stolen piece of jewellery.

For more information

T: 08 9402 0070

E: Caitlin.Collins@mp.wa.gov.au

P: PO Box 1091 Hillarys 6923



Support Information

Carers WA 'Carer Wellness at Home'

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

The Carers WA Carer Wellness at Home Program provides in-home support specifically to carers.

Carers WA can provide you with:

- Emotional support
- Information about services available to support you
- Help with completing forms (e.g. ACROD, Taxi Voucher Scheme)
- Referral to relevant local carer support services
- The opportunity to access Carer Wellbeing events and training

For carers to access the Carer Wellness at Home Program, the person they care for must be:

- 65 years or over (for Aboriginal and Torres Strait Islanders 50 years or over)
- Receiving Commonwealth Home Support Program (CHSP)
- Not receiving a Home Care Package (carer is eligible for this program if the care recipient has been approved for a package or on the national queue, as long as they are not actually receiving the package)

Referrals

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



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

[Click here to access the Carer Wellness at Home Referral Form.](#)

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

Please contact **1300 227 377** if you experience any issues or submit general referrals can be submitted through the [Carers WA Referral Form](#).

Carers WA is a COTA (WA) Supporter

ACCC Scamwatch ‘Fake Charities’

Scammers impersonate genuine charities and ask for donations or contact you claiming to collect money after natural disasters or major events.

How this scam works

Fake charities try to take advantage of your generosity and compassion for others in need. Scammers will steal your money by posing as a genuine charity. Not only do these scams cost you money, they also divert much needed donations away from legitimate charities and causes.

Fake charity approaches occur all year round and often take the form of a response to real disasters or emergencies, such as floods, cyclones, earthquakes and bushfires.



Scammers will pose as either agents of legitimate well-known charities or create their own charity name. This can include charities that conduct medical research or support disease sufferers and their families. They may also pose as individuals needing donations for health or other reasons.

Scammers may also play on your emotions by claiming to help children who are ill.

Fake charities operate in a number of different ways. You may be approached on the street or at your front door by people collecting money. Scammers may also set up fake websites which look similar to those operated by real charities. Some scammers will call or email you requesting a donation.

Warning Signs

You have never heard of the charity before, or it is well-known but you suspect the website, email or letter may be fake. A fake website may look almost identical to a legitimate charity site, changing only the details of where to send donations.

The person collecting donations on behalf of the charity does not have any identification. Remember, even if they do have identification, it could be forged or meaningless.

You are put under pressure or made to feel guilty or selfish if you do not want to donate.

You are asked to provide a cash donation as they do not accept cheques or they want the cheque to be made out to them rather than to the charity.

You are not given a receipt. Or, they give you a receipt that does not have the charity's details on it.

Protect yourself

Approach charity organisations directly to make a donation or offer support.

Check the organisation's name and look them up. Check the website address to make sure it is the same as what you searched for.

Legitimate charities are registered, you check an organisation's credentials on the [Australian Charities and Not-for-Profits Commission](https://www.acnc.gov.au/) (ACNC) website to see if they are a genuine charity.

Never send money or give personal information, credit card details or online account details to anyone you do not know or trust.

If you are approached by a street collector, ask to see their identification. If you have any doubts about who they are, do not pay.

If you are approached in person, ask the collector for details about the charity such as its full name, address and how the proceeds will be used. If they become defensive and cannot answer your questions, close the door.

Avoid any arrangement with a stranger that asks for up-front payment via money order, wire transfer, international funds transfer, pre-loaded card or electronic currency, like Bitcoin. It is rare to recover money sent this way.

For more information

If you have a concern about a registered charity, you can contact the ACNC

T: 13 2262

E: advice@acnc.gov.au

W: <https://www.scamwatch.gov.au/types-of-scams/fake-charities>



Palliative Care Volunteering 'A Crucial Piece of the Jigsaw Program'

Event Details

Date + Time: Tuesday 4 April 2023 from 9:00am to 3:00pm

Location: Mount Lawley Golf Club, 1 Walter Road West Inglewood WA

Who it's for?

- Existing or potential volunteers interested in contributing to a strategic conversation about palliative care volunteering
- Volunteer coordinators and managers operating in any health, aged care, Local Government or community service setting
- Organisations currently providing or exploring the delivery of palliative care services and supports that may include palliative care volunteering



Objectives of the day

- Encourage greater understanding of palliative care as an approach providing a wide range of services and support to those with a life-limiting illness, guided by the unwell person's values and priorities - palliative care ideally begins with a planning process, involves services and supports to maximise the quality of life of the unwell person and concludes with bereavement support for family and friends
- Encourage diverse representation, including regional and rural WA, First Nation Peoples, culturally diverse communities, the LGBTIQ community and people with a disability
- Promote a partnership approach to the development of palliative care volunteering in WA evidenced by the leadership of the two peak bodies, Volunteering WA and Palliative Care WA
- Partner with and hear the achievements and challenges of other States and Territories in Australia supporting the development of palliative care volunteering
- Share a range of established and emerging opportunities for palliative care volunteering
- Establish a steering group to develop a strategic plan, informed by forum discussions, to progress palliative care volunteering in WA

To Register

Book your place by visiting [Eventbrite HERE](#)

For more information

T: 1300 551 704

W: <https://palliativecarewa.asn.au/events/>



PalliativeCare
WESTERN AUSTRALIA

‘Computer Classes for Seniors’

Now, more than ever before, computer use among seniors is going up daily. In fact, nowadays, roughly 67% of seniors are using the internet.

However, while a lot of seniors are beginning to use computers and technology more, many older adults struggle to know how to use their devices properly and efficiently.

Luckily, there is now a massive range of online and in-person computer classes that make it possible for even the most inexperienced technology users to understand the basics of technology. With the help of these computer classes, seniors can understand computing basics, mobile apps, software programs, how to type and everything in between.

If you or your loved one needs a little more help when it comes to navigating all that computers offer in this new digital age.

Many [libraries](#) around Perth WA now host informative computing classes suited to many different levels of technical skills. The online classes listed below make it easier for those who can't leave their homes or prefer not to, to learn new computer skills.



Create Tech Savvy Seniors with Computer Classes: The Benefits of Computer Lessons for Seniors

Nowadays, the whole world is connected via technology. This means that those not using technology will fall behind very quickly. Technology makes things a lot easier for seniors which is why it is so important for seniors to learn how to use phones, computers, and even iPads.

When seniors are able to learn how to use apps such as Skype, Facetime, Messenger and even Facebook, they can stay connected with only the click of a button. This makes socialising and staying up to date much easier than ever before. It also allows seniors to play games and access puzzles for entertainment.

Computer classes can also help seniors remain active and feel a little less isolated. Technology is great for making daily tasks such as paying bills, grocery shopping and staying up to date with the news much easier. Instead of having to leave the house, you can take care of plenty of different tasks online from the comfort of your home. In addition to all of this, computers make it far easier for seniors to attend to their medical needs.

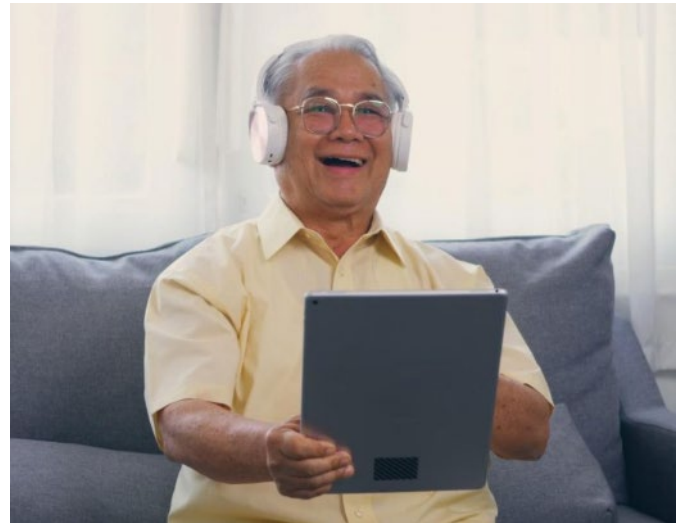
Instead of having to organise a range of things to head out to the doctor's office, seniors can easily schedule virtual visits to get care from the comfort of their homes. Knowing how to use technology can make life a whole lot easier for seniors.

In-person Support

Rockingham Autumn Centre

[The City of Rockingham Autumn Centre](#) is proud to offer a great learning environment for seniors (over 50) who want to learn more about computers while meeting other seniors. This centre also offers spaces to people with disabilities over the age of 18 accompanied by a carer.

Membership fees are only \$36 per annum alongside a bi-annual fee from January of \$18. A visitor's fee can also be paid for casual attendance which is \$8. There is an entire dedicated technology room with computers and WIFI available for members to use.



Manning Senior Citizens Centre

[The Manning Senior Citizens Centre](#) offers a range of different activities and focuses on the health and well-being of all seniors. It is the perfect place to learn about technology while interacting with other seniors and making new friends. There are plenty of services, events and activities for people aged 55 and over. There are regular iPad classes held here and technology classes to help seniors understand more of this new age of technology.

South Perth Senior Citizens Club

[The South Perth Senior Citizens Centre](#) is proud to bring a range of recreational, social and cultural activities to the South Perth area. This spot allows you to immerse yourself in informative and educational technology classes while creating new friendships. Everyone over the age of 55 is welcome to join in and learn together. This spot is the ideal place to learn more about computers and enhance your computer skills.

Melville Digital Hub

This spot is very popular for those looking to gain more of an understanding when it comes to computers and technology as a whole. [The Melville Digital Hub](#) provides excellent and informative technology training for seniors to learn more about tablets, computers, iPads and smartphones.

Technology Tea for Seniors

If you or someone you know really need to learn about technology, you need to check out [Technology Tea for Seniors](#)! This gives you the opportunity to have all of your immediate technology questions answered in the FabLab at the Falcon eLibrary and Community Centre. You can speak to the tech-savvy staff at the library and learn while you enjoy some delicious morning tea.



Whether you are an expert, beginner or intermediate, you can learn so much here. Information here covers everything from computers, tablets, laptops and smartphones to apps, online magazines and even audiobooks! Just make sure you bring your own devices in so you can be taught how to use your individual device.

You can learn how to develop new skills, use Google, find apps that suit your needs, discover how to use technology in daily life and do anything else you may find useful. Bookings are essential for these classes.

TRY Computing

[TRY Computing](#) is a very helpful not-for-profit organisation that is run solely by volunteer computer tutors. These tutors offer informative lessons on smartphones, computers and tablets. All of the classes are very easy-going, friendly and informative.

They only run for an hour and a half to ensure that you can learn without too much pressure. It only costs \$3.00 to participate. Bookings are absolutely essential for these classes.

You can learn to upgrade your skills and classes can even be tailored to your individual needs which is incredibly helpful. You can bring your own laptop or tablet or use the desktop computers provided.

Keystrokes – City of Joondalup

[Keystrokes](#) Technology Training is a one-on-one training session that covers all of the common beginner technology topics, as well as your choice of topics. Available at Woodvale, Joondalup and Whitfords Library.

There is also a Net.Uni program available at the Joondalup Library which is an informative beginner training class that is specifically for Android and iPad technology.

The training is a joint initiative between ECU Enactus and the City of Joondalup Libraries. For more information or to make a booking, you will need to contact 08 9400 4740.

Technology Buddies – Armadale Library

If you are in need of some technological help or you know someone who is, [Technology Buddies](#) is the place for you. Allow the students from Dale Christian School to assist you with all of your technology needs. Whether you have questions about your iPad, laptop, digital camera, mobile phone, tablet or any other piece of technology, the tech savvy youngsters here can help.

Bookings are essential if you plan to participate.

Online Support

Goodwill Community Foundation, INC

[GCF Global](#) is a great online learning platform that offers over 2,000 interesting lessons on over 180 topics. This online classroom offers classes on how to use emails, Microsoft Office programs, social media, and image editing programs and how you can begin a new career. However, this is only a tiny percentage of what is offered.

You can easily understand these things due to the use of animations, graphics, plain English, step-by-step instructions and more in the

classes. This makes it the ideal platform for senior learning. If you are looking for a simple, straightforward and easily understandable place to learn about computers and technology, this is the ideal online learning platform.



Meganga

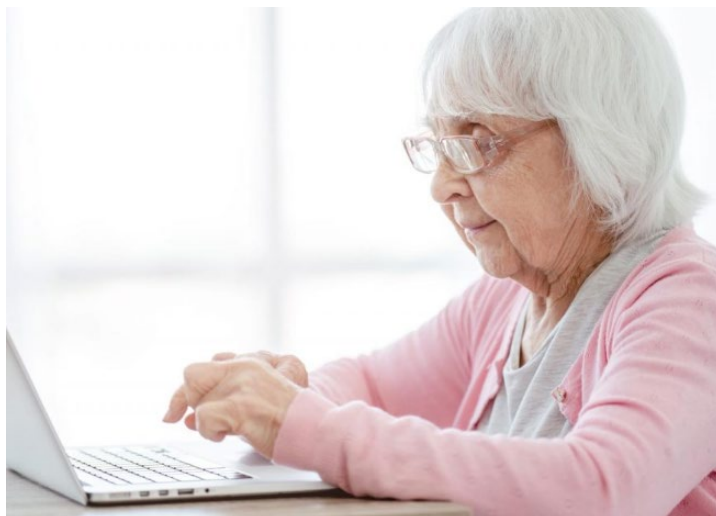
Free, simple and informative. [Meganga](#) is a super informative video-based learning tool that offers easy-to-understand computer training for beginners and seniors alike. People can easily watch the simple yet informative videos on tech-related topics and take notes as they learn.

Users will learn about the parts of a computer, how to troubleshoot common issues and navigating the desktop with ease. Other video classes will also teach you how to use social media, edit photos, surf the web, use cloud storage and set-up an email account. Meganga has been around for a long time and has taught many people how to use computers and technology in an interesting yet simple way.

TechBoomers

The founder of [TechBoomers](#) found that there was a very big gap in the market for helping seniors learn how to navigate the web. This is why he then went out and created his very own website aimed at helping seniors use web interfaces and understand the basic points of how to use computers and technology.

This awesome website offers up plenty of tutorials that are very easy to follow. These tutorials teach users how to use sites such as Instagram, Facebook, Skype, YouTube, eBay, Amazon, TripAdvisor, Airbnb and so much more. This online computer and technology class provider will teach seniors and beginners alike how to use technology and make the most of it at the same time.



YouTube

If you already have a basic understanding of how to use a computer, [YouTube](#) will be your best online friend. In fact, YouTube is a very underused and invaluable resource that can help people understand how to use new programs or gain a better understanding of advanced computer skills. This site has so much available for those who are willing to learn.

You can learn how to use certain features and how you can improve specific computer skills due to the large number of videos on offer. While not all videos are specifically catered towards seniors, you can take your time searching the platform to find specific videos geared towards seniors. This resource has a massive range of tutorials when it comes to advanced computer skills and different programs.

It is a great source for both advanced and intermediate users.

Whether it is your very first time using a computer, or you just want to advance your skills, there are plenty of computer classes both in-person and online that will suit your needs. Technology offers up many things that will make your life so much easier. When you learn how to use computers, you can access programs and apps that help you stay safe, access medical care and stay up to date with your friends, family and current event.

Technology is a great way to stay connected and up-to-date at all times.

For More Information

<https://seniorocity.com.au/computer-classes-for-seniors/>

Office of Multicultural Interests (OMI) 'Inspire Me Digital Literacy Course for Employability Skills'

Do you come from a refugee or migrant background? Did you arrive in Australia in the last five years? This course is for you.

The Inspire Me Course teaches you to:

- Use the computer
- Create Word documents and resums
- Get email and internet knowledge
- Explore career pathways
- Job search

All lesson material is provided and you can learn at your own pace.



Course Details

When: Every Monday, 24 April 2023 to 26 June 2023

Where: Mandurah Library, 331 Pinjarra Road, Mandurah

Time: 10:00am to 2:00pm

Cost: Free for eligible clients

To Register: <https://inspireme.org.au/>

For further information contact Teresa Zemek

T: 08 9336 8282

M: 0409 417 466

E: teresa.z@multiculturalfutures.org.au



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.



TADWA 'How to Access Services'

Getting access to the right services can sometimes be challenging. At TADWA, their aim is to make it as easy as possible to get the services you need.

TADWA provides services to older people and people living with disability. To make it easier for our customers, we have created two teams of Relationship Managers; one specialising in Active Ageing and the other specialising in Disability services.

Active Ageing

The Active Ageing team works closely with the Commonwealth Government's My Aged Care scheme and other organisations, receiving referrals for Home Modifications and Goods, Equipment and Assistive Technologies.

You can contact My Aged Care on 1800 200 422 or visit the My Aged Care website at www.myagedcare.gov.au to arrange an assessment of your needs and make a referral to TADWA.

If you have a Home Care Package you can ask your Service Coordinator about using some of your package funds to access TADWA services.



Disability Funding

You can use your funding through the National Disability Insurance Scheme (NDIS) or funding through the Western Australian government to access TADWA services.

Funding equipment, technology or home modifications through the NDIS can be a bit complex, but our team can assist you to make the process as smooth as possible.

TADWA have prepared some information about accessing some of the most common services, such as Complex Home Modifications, Information Technology and Recreational Equipment (including bikes and trikes).

Whether you know what service you are interested in, or just want to have a chat about what is possible, TADWA are happy to explore the options with you.

To contact TADWA

T: 08 9379 7400

Email: enquiries@tadwa.org.au

W: <https://tadwa.org.au/resources/how-to-access-services/>



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->



National Seniors latest research report ‘What’s your community done for you lately?’

National Seniors Australia’s latest research report outlines older Australians’ 15 wishes for improving their communities, like more buses and less ‘ghosting’.

Key Points

National Seniors’ latest research report about communities and quality of life is based on a survey of thousands of Australians aged 50 and over.

- A large 80% of respondents believe community participation is important for quality of life
- 54% of those surveyed agreed their community provides older people a good quality of life, but 33% were unsure and the rest disagreed
- About 1500 respondents suggested improvements to their communities that would enhance their quality of life
- A special report detailing a 15-item wish list for improving local communities has been produced for local councils
- A partial eclipse will be visible across most of Western Australia on 20 April 2023. Exmouth and the North West Cape will experience a total solar eclipse lasting just over one minute, which will see the moon cover the entire sun



New research from National Seniors shows many older Australians are satisfied with the quality of life their community provides, but others want big changes.

The new report, titled Older Australians, Community and Quality of Life, is based on responses to four questions about community in the **2022 National Seniors Social Survey**.

Thousands of Australians aged 50 and over participated, sharing what community means to them and how it could do better. The survey asked if respondents believed participating actively in the community can improve a person’s quality of life, and a staggering 80% agreed.

Many said community participation enhances physical and mental activity, emotional wellbeing, and a sense of purpose and belonging. They value social connection, relationships and ‘giving back’.

15 ways to improve communities for older people

The survey asked what needs to change in their community to improve their quality of life.

More than 20% of respondents said nothing needs to change, but 1,458 people made suggestion for improvement.

Among other things, older Australians want more public transport, local medical services, accessible activities, active communication and affordable housing. They want less crime, less poorly planned development and less ageism. They also want more transparent local government and greater consultation of older residents in local government decisions.



They are also concerned that they are being shut out from communication or ‘ghosted’.

A 73-year-old spoke for many when they said, “Stop ghosting older persons, like their ideas are stupid and do not fit with current society ideals.”

We distilled all the suggestions into a wish list of 15 themes. Some wishes mirror the World Health Organization’s eight domains of age-friendly environments, affirming their universal importance, but others are unique.

To read the Full Report

<https://nationalseniors.com.au/research/social-connectedness-communities/older-australians-community-and-quality-of-life>

Please more information

T: 1300 765 050

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

National Seniors

AUSTRALIA

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.

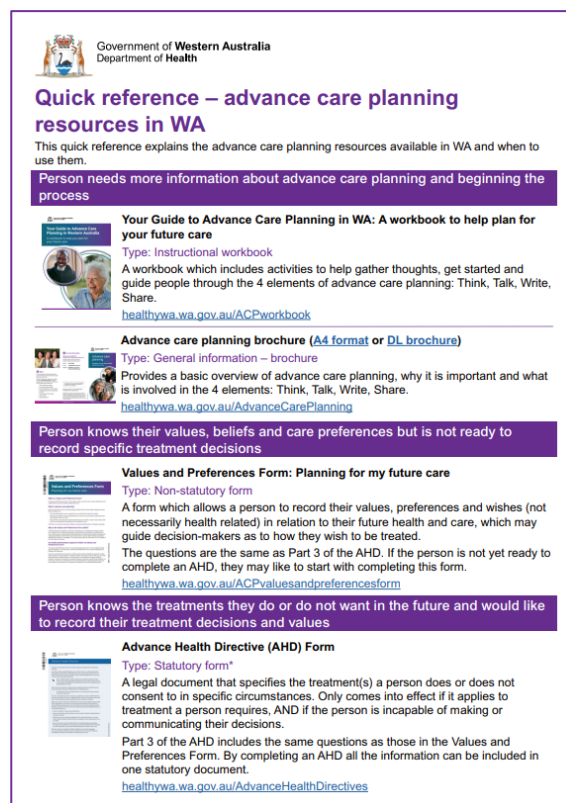
The revised [AHD](#) enables individuals to include their values and preferences, in addition to treatment decisions, combines tick box and free text questions and includes consent to medical research. The [Guide to Making an Advance Health Directive in WA](#) includes an example of a completed AHD and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

Jean Hailes 'For Women's Health' Factsheets Translated into 10 Languages

Staying well as you age

To enjoy life in older age, it is important for you to care for the health of your mind and body. There are many things you can do for your mental health that will help you feel good.

This English fact sheet on 'Staying well as you age' and translated into 10 languages, provide tips for better mental health and information about support available for the challenges we face as we age.



To access the Fact Sheets

English: https://www.jeanhailes.org.au/uploads/Fact_sheets/Staying-well-as-you-age-Fact-sheet-Plain-English.pdf

Arabic: https://www.jeanhailes.org.au/uploads/Fact_sheets/Staying-well-as-you-age-Arabic.pdf

Simplified Chinese: https://www.jeanhailes.org.au/uploads/Fact_sheets/Staying-well-as-you-age-Simplified-Chinese.pdf

Traditional Chinese: https://www.jeanhailes.org.au/uploads/Fact_sheets/Staying-well-as-you-age-Traditional-Chinese.pdf

Croatian: https://www.jeanhailes.org.au/uploads/Fact_sheets/Staying-well-as-you-age-Croatian.pdf

Greek: https://www.jeanhailes.org.au/uploads/Fact_sheets/Staying-well-as-you-age-Greek.pdf

Italian: https://www.jeanhailes.org.au/uploads/Fact_sheets/Staying-well-as-you-age-Italian.pdf

Korean: https://www.jeanhailes.org.au/uploads/Fact_sheets/Staying-well-as-you-age-Korean.pdf

Macedonian: https://www.jeanhailes.org.au/uploads/Fact_sheets/Staying-well-as-you-age-Macedonian.pdf

Spanish: https://www.jeanhailes.org.au/uploads/Fact_sheets/Staying-well-as-you-age-Spanish.pdf

Vietnamese: https://www.jeanhailes.org.au/uploads/Fact_sheets/Staying-well-as-you-age-Vietnamese.pdf

For more information

W: <https://www.jeanhailes.org.au/contact>



ANSWERS to the 'CROSSWORD' Puzzle (see Page 50)

APRIL

Solution:

1	B	2	L	3	O	4	C			5	W	6	E	7	E			8	B	9	O	10	W	11	S
12	P	O	S	H				13	H	A	T	C	H					15	I	B	I	S			
16	M	A	L	I				17	I	D	A	H	O					18	R	I	S	E			
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25	O	26	B	27	I			R			28	E	L	29	L		Y			30	M	31	C	32	G
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38	E	R	A			39	A	L	L	O	W	I	N			42	K	I	A						
43	S	E	N	D				44	C	O	W			45	T	O	W	E	R	S					
46	E	R	E			47	B			48	G	E	49	M		B			50	S	O	S			
						51	A	U	G			52	D	A	I	L	53	Y							
		54	N	55	I	P	S			56	S			R		57	Y	E	58	L	59	L			
60	M	O	O	R				61	S	P	A	S	63	M				64	M	U	O	65	N		
66	A	N	T	I				67	W	A	S	H	Y					68	E	R	I	E			
69	C	O	A	L						70	T	H	Y					71	N	E	S	T			

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Jimmy and Evelyn Johnson

WIN ONE OF FOUR \$100 VOUCHERS

TELL US YOUR STORY



Would you like your story to feature in COTA Connections?

Share your story about:

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

One story will be selected as the feature article for the
May + June
COTA Connections Newsletter.

Want to share your story?

Maximum 250 Words + Photographs or Images

Email: dana@cotawa.org.au

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



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

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

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

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

Council on the Ageing Western Australia
P.O. Box 923
Victoria Park WA 6979
Office hours: 9:00am to 4:00pm Monday to Friday

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

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

Share events and updates with our 3000+ subscribers

Email: admin@cotawa.org.au