



COTA Connections

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

MAY 2023

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

On Wednesday 19 April 2023, the Hon Don Punch MLA, Minister for Seniors and Ageing announced and launched the first ever Seniors Strategy for Western Australia. This is significant news that COTA (WA), as your seniors peak body, has been advocating for for many years and we congratulate Minister Punch and the State Government for their commitment to recognising seniors as a priority through this strategy.

This ten year strategy (2023 -2033) is complemented by the first five-year (2023-2027) Action Plan outlining how the Strategy will be implemented. The details of the allocation of the \$2 million in funding for the first action plan will be released in the May 2023 budget, which will enable COTA (WA) to analyse what it means for older Western Australians and how, specifically, the Strategy, Action Plan and associated funding will improve the lives of seniors. We will share this with you in the next edition of COTA Connections.

ANZAC Day has just passed and I hope you were able to take some time to reflect on what this means to you. For the first time in three years, there were no capacity limits at the Kings Park Dawn Service with an estimated 25,000 people in attendance. And this year marked some significant milestones. It was 108 years ago that ANZAC spirit was born in Gallipoli, 70 years since the Korean War armistice and 50 years since the end of Australia's involvement in the Vietnam War.

The meaning of ANZAC Day was summed up beautifully by our Patron, His Excellency the Honourable Chris Dawson AC APM, Governor of Western Australia during his Commemorative Service Address "The services that are held by Australian and New Zealand people over the world are not about glorifying war, but about a commitment by our nations to never forget the sacrifice of our people who fought for our freedoms and for our way of life. But ANZAC Day is not just about the past. It is also about the present and the future. It is about our duty, our national shared obligation to carry on the legacy of all our ANZACs."

In the event that something happens to you, is someone aware of your wishes, whether it is in regard to medical intervention, caring for a pet, closing down bank or other accounts, locating key items such as your will or other legal documents. The most popular of all of our COTA (WA) seniors guides is 'The Goodbye Guide'. This is a checklist, together with information and explanations, where necessary, that helps you (and your family or carer) to understand what you need to consider when getting your affairs in order. I know from personal experience that it is a topic that many people do not want to think about, but this Guide does the thinking for you and will get you on your way. You can get a hard copy directly from COTA (WA) or you can download a copy from our website. Its also available in other languages.

To view or download 'The Goodbye Guide' go to: <https://www.cotawa.org.au/seniors-resources/https-www-cotawa-org-au-wp-content-uploads-2022-04-updated-cotawa-the-goodbye-guide-18aug21-fnl-7apr22-pdf/>

Many of you would have had some dealings over the last two years with our volunteer in the policy area, Vern Ferdinands. Although we are very sorry to lose Vern's services, given so unselfishly, we are pleased that he has secured a placement with the Mental Health Commission and wish him well in his new role

Enjoy another jam packed edition of COTA Connections and thanks again to those of you who send us articles of interest and value to older people. Keep them coming.

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

‘Djeran: Autumn (April - May)’

In the months following the blistering heat of Bunuru, the earth begins to cool. It is the season of Djeran when plants and animals are now reaching adulthood.

It is the time of red flowers and flying ants. And off the coast, the salmon are running.

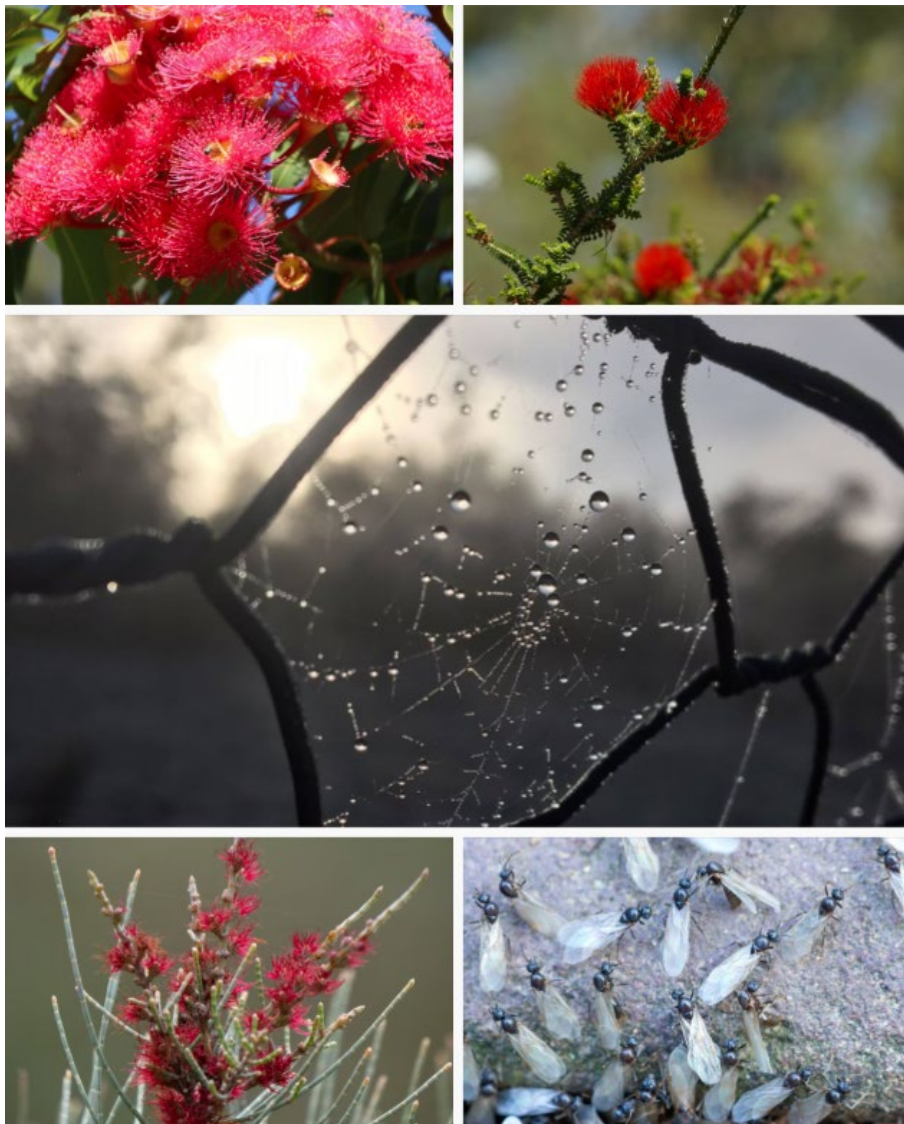
Aunty Kerry-Ann said each of these indicators also had a relationship with one another that the Noongar people used as a guide.

“When the red flowers came out, those fish were ready, they were nice and fat,” she said.

Aunty Kerry-Ann said Djeran was all about “getting ready” by preparing shelters and food before the cold and wet weather arrives.

For more information about how to recognise the seasons on Noongar country, and how they are changing.

W: https://www.abc.net.au/news/2023-03-31/indigenous-australian-seasons-guided-by-nature/100919396?mc_cid=ccb071595b&mc_eid=74e5b74acd



The Hon Don Punch MLA launched 'An Age-friendly WA: State Seniors Strategy 2023–2033'

The McGowan Government launched 'An Age-friendly WA: State Seniors Strategy 2023-2033' on Wednesday 19 April 2023. This Western Australia's first Seniors Strategy, with \$2 million to be included in the 2023-2024 State Budget to support the plan.



An Age-friendly WA: State Seniors Strategy 2023–2033 (the Strategy) is a 10 year whole of government strategy providing guidance to government and to the community, so that Western Australian seniors feel valued, safe and empowered to lead happy and fulfilling lives in age-friendly communities'.

The 10-year strategy to support older Western Australians will guide community actions that are responsive to older people's wants, needs and aspirations to make WA a place where seniors can live their best lives.

Extensive consultation occurred in developing the Strategy to ensure the views of seniors and pre-seniors were heard. More than 2,600 people including older people and pre-seniors, community services providers, peak bodies, state government agencies, local government agencies and other key stakeholders participated in the consultation through face-to-face and online consultation sessions, a hardcopy and online survey, phone interviews and submissions.

The Strategy will guide whole of community actions and provide guidance to Government and the community, so that 'Western Australian seniors feel valued, safe, and empowered to lead happy and fulfilling lives in age-friendly communities.' The Strategy has a strong focus to ensure that Seniors in WA have the opportunity to:

- Thrive physically, mentally and spiritually
- Live in safe and age-friendly communities
- Stay connected and engaged
- Have views that are heard

Supported by



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

The full Media Statement: [Media Statement Launch of An Age-friendly WA: State Seniors Strategy 2023–2033](#) _

An Age-Friendly WA State Seniors Strategy 2023-2033: [An Age-friendly WA: State Seniors Strategy 2023–2033](#) _

The Strategy is accompanied by the first five-year **Action Plan (2023-2027)** that sets out a range of actions including a comprehensive campaign to tackle ageism in WA.

The WA State Seniors Strategy 2023-2033 Action Plan (2023-2027): [Action Plan: An Age-friendly WA: State Seniors Strategy 2023–2033](#) _

‘Vietnam Veterans Commemorative Medal launched by PM’

The Prime Minister and Minister for Veterans’ Affairs launched a commemorative medallion to honour those who served in the Vietnam War.

Prime Minister, Anthony Albanese said the medallion was a small but meaningful way to honour the service of Vietnam veterans and to recognise the sacrifice of those who never returned home and that of their families.

“This was a war that was at times contentious at home, and for some veterans their service not recognised as it should have been,” said Minister for Veterans’ Affairs, Matt Keogh.



“To each and every one of our Vietnam veterans: We honour you. We thank you.”

To acknowledge the 50th anniversary of the end of Australia’s involvement in the Vietnam War, the Department of Veterans’ Affairs will produce a Commemorative Medallion and Certificate of Commemoration. The medallion and certificate will be made available to every living veteran, widows of veterans and other family members of veterans of the Vietnam War. Please note that only one medallion is available per Vietnam War veteran.

The obverse design will feature the Commonwealth Coat of Arms with ‘Vietnam War’ inscribed at the top and ‘Australia Remembers’ at the bottom. The medallion reverse design will feature words of thanks at the bottom with the years 1962-73 inscribed at the top to represent the years in which Australia was involved in the Vietnam War. The medallion also features a UH-1 Iroquois ‘Huey’ Helicopter, a depiction of HMAS Sydney (III) ‘Vung Tau Ferry’ and an Australian soldier holding an SLR.

The medallion will be presented in a display case and will include a card that explains the design and contains a brief expression of thanks.

The design of the commemorative certificate will complement the medallion. The design includes the Commonwealth Coat of Arms, ‘Australia Remembers’ wording and includes the signature of both the Governor-General and the Prime Minister.

The certificate will be contained within its own folder that will allow for independent display, framing and mounting.

For more details on the commemorative medallion, including how to apply or for more information about the other commemorative events planned, visit the DVA website:

<https://www.dva.gov.au/recognition/commemorations/commemorative-services/commemorative-services-australia/50th-anniversary>

'October 19 to be recognised as War Widows Day in WA'

The Prime Minister and Minister for Veterans' Affairs launched a commemorative medallion to honour those who served in the Vietnam War.

The McGowan Government formally recognised 19 October as War Widows Day, the birth date of the founder of the War Widows' Guild, Mrs Jessie Mary Vasey CBE OBE (1897-1966).

This Day is to recognise the sacrifice of war widows and widowers and raise awareness of Australian War Widows Inc. The Western Australian branch of the Guild was established in 1946.

Western Australia will join Queensland, South Australia and New South Wales in formally recognising 19 October as War Widows Day.

19 October is the birth date of War Widows' Guild founder, Jessie Vasey, the date has become a symbol for the sacrifice that war widows and widowers have endured as a result of their partners' service. Now known as Australian War Widows Inc., the War Widows' Guild was first established by Mrs Vasey in 1945 in Victoria. Mrs Vasey's husband, Major General George Vasey was killed en-route to New Guinea during World War II.



The majority of financial members of the Western Australian branch of Australian War Widows Inc. are now aged between 80 and 100. The War Widows' Guild, now Australian War Widows Inc., has a long history of advocacy and lobbying work, having been consulted by governments on all matters concerning war widows, including accrued recreation leave, pensions and health care.

Comments attributed to Premier Mark McGowan:

"It is with a great deal of pride that I announce that Western Australia will now formally recognise 19 October as War Widows Day. On this day, we encourage everyone in the State to reflect on the sacrifice borne by widows and widowers, whose loved ones gave their lives for our country. It will also be an opportunity to raise awareness of Australian War Widows WA Inc. in Western Australia and the network of resources and support available to war widows across the State."

Comments attributed to Veterans Issues Minister Paul Papalia:

"War widows have sacrificed for the nation, losing their loved ones who never made it home. We are proud to be able to continue the State Government's long legacy of supporting the initiatives championed by the War Widows' Guild and now Australian War Widows Inc."



Australian War Widows (WA) Inc.

Contact Person: Jenny Knight

T: 08 9371 7470

E: warwidowswa@bigpond.com

Country Women's Association of WA features 'Stroggin Slice'

Use high energy ingredients of your choice to create a Trail Mix to keep you going whatever you are doing!

Recipe provided by Ronice Tanner, Lancelin Districts CWA Branch.

If you are a hiker or just enjoy a gentle walk, you may have heard of the term 'Scroggin' which is an acronym for **S**: Sultanas or seeds; **C**: Currents, chocolate or coconut; **R**: Raisins; **O**: Oats and other yummy things; **G**: grains; **G**: Goodies **I**: Imagination; **N**: Nuts.

It is basically a loose bag of Trail Mix loaded with healthy and high energy ingredients of your choice, designed to keep you going whatever you are doing. In Ronice's recipe for Stroggin, the T most likely stands for Trail Mix twirled together with butter and milk and made into a delicious slice which you can enjoy at home or on the go.

Apart from being a great slice maker, Ronice is the Secretary of the newly formed Lancelin Districts CWA Branch which opened in January this year. Members are excited to be part of the Country Women's Association of WA and welcome visitors to join in their meetings and find out what they do for their community. Meetings are held on the second Tuesday of each month alternating between the Seaview Park Hall and the CRC Meeting Room at 11.00am. Lunch follows at 12pm with everyone bringing something to share. Perhaps you may like to try this slice and bring it along! For more information, please email: ronice10@bigpond.com

Ingredients for Slice

- 1 packet biscuits (Nice or Granita, Ronice prefers Granita)
- 450 grams of butter (melted)
- 1 x 400 gram tin of Nestle Milk
- 1 cup muesli or rolled oats
- 1 cup sultanas
- 1 cup raisins
- 1 cup dried apricots (chopped)
- 1 cup pumpkin seeds
- 1 cup walnuts (chopped) or cranberries
- 1 cup sunflower seeds
- 1 cup shredded coconut
- 1 cup chocolate bits



Please note: Ronice usually uses trail mix without nuts to replace raisins and chocolate bits. There is white chocolate in the trail mix. Ronice finds this un-iced slice sweet enough.

Method

Mix together

1. 1 packet biscuits (Nice or Granita, Ronice prefers Granita).
2. 450 grams of butter (melted).
3. 1 x 400 gram tin of Nestle Milk.

Then add the following ingredients and mix thoroughly. Pour in an oblong dish and place in fridge.

4. 1 cup muesli or rolled oats.
5. 1 cup sultanas.
6. 1 cup raisins.
7. 1 cup dried apricots (chopped).
8. 1 cup pumpkin seeds.
9. 1 cup walnuts (chopped) or cranberries.
10. 1 cup sunflower seeds.
11. 1 cup shredded coconut.
12. 1 cup chocolate bits.



For those who want a real sweet sugary fix, ice as follows:

Mix together

- 1/2 cup cream cheese
- 4 tablespoons melted butter
- 2 cups icing sugar
- Spread on slice and top with pumpkin seeds and chopped apricots



Country Women's Association of WA

Est. 1924

Technology for Ageing & Disability WA 'Freedom Wheels Program'

TADWA's [Freedom Wheels](#) program provides customised bikes and trikes that meet the individual needs of a person.

Every person deserves the chance to ride a bike. You are unique, so is your Freedom Wheels bike.

This program was established to help people build their confidence and independence and to encourage them to have fun and stay healthy and active through bike riding. TADWA believes that every person deserves the chance to ride a bike.

TADWA supports every person each step of the way.



Step 1: Firstly, the process begins with an individual bike assessment by a TADWA Occupational Therapist together with their experienced bicycle technician. This assessment identifies the physical and cognitive needs of the rider with consideration of the environment and the goals of the individual and their family.

Step 2: The next step involves the TADWA Occupational Therapists prescribing the ideal customised bike and they are also able to assist with appropriate funding options and applications (some charges may apply for the development and submission of funding applications). Once funding is approved, the TADWA technical team builds the bike and the bike is reviewed and delivered upon completion.

The Freedom Wheels service provides customised bikes that meet the individual needs of the person. Freedom Wheels builds confidence, independence and improvement in health through bike riding.

Freedom Wheels bikes and trikes are customised with removable and adjustable supports for people with disabilities. This allows for alterations as the person grows, gains confidence and skill. It also allows for easy transport and storage. Supports may include stabilising wheels, postural supports, foot/pedal supports, carer assist for steering and braking supports.

For more information about TADWA

T: 08 9379 7400

Email: enquiries@tadwa.org.au

W: <https://tadwa.org.au/our-services/recreation-and-mobility-services/freedom-wheels/>

For more information about Freedom Wheels

T: 1300 663 243

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



‘Building Neighbourly Connections’

Sometimes as people age, they may find it harder to stay in touch with friends and it can be easy to feel isolated and lonely.

Being part of an inclusive, welcoming community removes many of the barriers to building and maintaining lasting friendships and a genuine sense of belonging.

Living in a retirement living community can help build great social connections.



You know your neighbours

It is easier to stay in touch with people who live nearby.

Everyday there are opportunities for social interaction such as a chat by the letterbox, a cup of tea with your neighbour, or a wave as you go for a walk.

You are surrounded by like-minded people

Retirement communities are designed to bring people at the same stage of life together.

Everyone is unique, but when you are living among people of a similar age, there's a good chance you will find plenty in common.

Common spaces create opportunities

Having facilities that all residents can share, like a community centre or outdoor entertaining area, are a central place where people can meet.

Plus, there is often groups and activities happening; gardening, exercise, card games or happy hour get-togethers.

There might be a misperception that residents ‘live in each other’s pockets’, but because retirement living is independent living, you can be involved as much or as little as you like.

You will never feel pressured to get involved, but the opportunities to connect are always there if you want. Whether you prefer to fill your days with neighbours, spend them relaxing in the privacy of your home, or pursuing interests and social experiences outside the village, the choice is entirely yours.

For more information on retirement living go to Consumer Protection

T: 1300 30 40 54

E: consumer@dmirs.wa.gov.au

W: <https://www.commerce.wa.gov.au/consumer-protection/retirement-villages>



Government of Western Australia
Department of Commerce
Consumer Protection

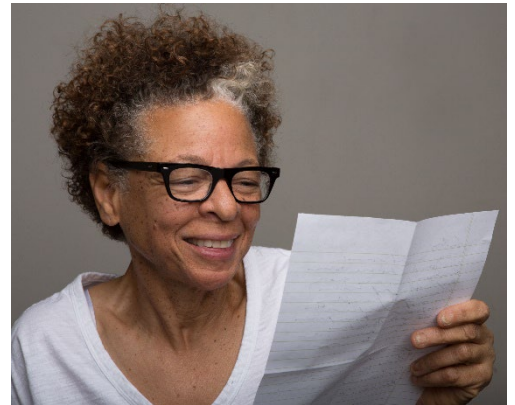
‘Key factors to consider when deciding if a ‘DIY Will’ kit is right for you’

Wills and estate planning are essential components of managing your assets and ensuring that your wishes are carried out after your passing.

While many people prefer to hire a lawyer to draft their wills, do-it-yourself (DIY) options are becoming increasingly popular. However, it is crucial to weigh the pros and cons of creating a DIY will before making a decision.

Deciding whether a DIY will is right for you depends on various factors, including the complexity of your estate, your understanding of estate planning laws and your comfort level with legal documents.

In an effort to help you determine whether a DIY will is the right choice for your unique circumstances, and what is involved in drafting a DIY will, the pros and cons as well as key considerations the following information may be helpful.



What do you need to consider?

Deciding whether a DIY Will is right for you requires careful consideration of several factors:

- Understand the legal requirements for creating a valid will in your jurisdiction
- Evaluate the complexity of your estate and potential for disputes among beneficiaries
- Consider your comfort level with legal and financial matters
- Assess your willingness to spend the time and effort required to create a thorough and accurate document
- Weigh the potential cost savings of a DIY will against the benefits of seeking professional legal advice
- Make an informed decision based on your individual needs and circumstances

Estate planning can be an overwhelming process, but a vital part of ensuring your loved ones are provided for and protected after you have gone.

The biggest piece of advice is to know exactly what the requirements are when considering your options. While DIY wills are highly accessible, many people get tripped up on the wording and do not fully understand what needs to be actioned. A lack of understanding here can ultimately leave more challenges than benefits for your loved ones once you have passed.

It is suggested that everyone to seek some level of credible legal support to ensure your wishes will be met and the process is completely adhered to, leaving little room for error.

Ultimately, making an informed decision about whether to create a DIY will requires careful reflection and a thorough understanding of your individual needs and circumstances.

The pros and cons of a ‘DIY Will’

While a DIY Will can be a cost-effective solution and may work well for those with simple estates, it is important to weigh the pros and cons before deciding if it is the right choice for you.

On one hand, a DIY Will allows you to save money and maintain control over the drafting process. On the other hand, without professional guidance, there is a higher risk of mistakes, which can result in unintended consequences and disputes among beneficiaries.

Additionally, DIY Wills may not address complex estate planning issues or comply with all legal requirements, making it crucial to carefully evaluate your individual circumstances before deciding whether a DIY will is right for you.

While creating a DIY Will may seem like a cost-effective and convenient option, there are both benefits and negatives to consider.”

Benefits of a ‘DIY Will’

Cost savings: The primary benefit of a DIY Will is that it is generally less expensive than hiring a lawyer to create a will. This can be particularly helpful for individuals who have a simple estate and do not require complex legal advice.

Convenience: Creating a DIY Will can be completed at any time that is convenient for you.

Control: When you create a DIY Will, you have complete control over the document and its contents. You can customise your will to your specific needs and preferences.

Negatives of a ‘DIY Will’

Legal complexity: While some estates are relatively simple, others can be quite complex, particularly if you have a significant amount of assets or if you have dependents or beneficiaries with special needs. In such cases, a DIY Will may not adequately address all of the legal complexities involved.

Errors and omissions: A DIY Will may contain errors or omissions that can invalidate the document or result in unintended consequences. For example, failing to properly identify beneficiaries or failing to use the correct legal language can lead to confusion and disputes later down the track.

Lack of professional guidance: When you create a DIY Will, you are not receiving the guidance and advice of a legal professional. This can lead to uncertainty and anxiety about whether your Will is legally valid and will achieve your desired outcome.

Medical incapacity: DIY Will kits may not include planning for Guardianship or Power of Attorney if you are medically incapacitated prior to death. This is an area that lawyers can give additional counsel on and help you decide how to plan for.

While DIY Will kits are cheaper, they often end up costing your loved ones time and money in the future if they do not exactly meet will requirements.



The steps required to put together a DIY Will

If you have decided that creating a DIY Will is the right choice for you, it is important to understand the steps involved in drafting a valid and legally binding document.

Drafting a DIY Will can be a complex process and it is important to take the necessary steps to ensure that your final document is legally binding and accurately reflects your wishes. The following steps can help guide you through the process:

- Start by identifying the beneficiaries and assets you wish to include in your Will
- Choose an executor who will be responsible for carrying out the provisions of your Will
- Determine how you want your assets to be distributed and specify any conditions or requirements
- Include any additional instructions or requests, such as funeral arrangements or charitable donations
- Ensure that your Will meets the legal requirements for validity, such as having it in writing, signed by you and witnessed by two independent witnesses
- Store your Will in a safe and accessible location and inform your executor and loved ones of its whereabouts

When it comes to putting together a DIY Will, there are options to start this process online or at some retail outlets (Australia Post).

However, we suggest speaking to a lawyer at some stage in the process to understand the process and what you require.

It is always advisable to seek legal advice to ensure that your Will is comprehensive and legally sound. Additionally, if your estate is particularly complex, or if you have concerns about potential challenges to your Will, professional legal assistance is strongly recommended.

If you are considering a DIY Will kit, it is important to weigh the benefits and drawbacks carefully before making a decision. While a DIY Will kit may be a cost-effective and convenient option for some, it may not provide the same level of legal protection as a professionally drafted Will.

Additionally, factors such as the complexity of your estate and your own comfort level with legal documents should also be taken into account. Ultimately, it is up to you to determine what is best for your individual situation and to seek professional legal advice if you are unsure.

With careful consideration and preparation, you can create a Will that provides peace of mind for you and your loved ones.

For more information about this topic and more, visit the COTA (WA) website and view the Let's Make It Legal Guide

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



‘Work Opportunities for the Over 50s’

The Australian Bureau of Statistics predicts that the number of people aged over 65 years will double to 6.8 million by 2040, leaving Australia with a shortage of younger workers to support the increasing demand for government spending on age pensions, aged care and health services for an ageing population.

As a result, the government is looking at ways to promote self-sufficiency in retirement by encouraging people to continue to work for as long as possible, way beyond 65 years. As Australia faces the ageing population, the reality is that people will need to work longer and workplaces will also have to adapt to employees who have chronic health conditions while making the workplace more accessible to people suffering from common ailments such as arthritis, back problems and diabetes. It is interesting to note these ‘common ailments’ are now being experienced by a much younger cohort.



As a result, the government is looking at ways to promote self-sufficiency in retirement by encouraging people to continue to work for as long as possible, way beyond 65 years. As Australia faces the ageing population, the reality is that people will need to work longer and workplaces will also have to adapt to employees who have chronic health conditions while making the workplace more accessible to people suffering from common ailments such as arthritis, back problems and diabetes. It is interesting to note these ‘common ailments’ are now being experienced by a much younger cohort.

What does this mean for you?

With any luck, the focus surrounding the need to push seniors into increased working years will mean less discrimination in the workplace. Already there is an Age Discrimination Act in place, which protects you against discrimination in many areas of public life, including:

- Employment
- Education
- Accommodation
- Services

The Age Discrimination Act was amended in 2011 to create an office for an Age Discrimination Commissioner within the Australian Human Rights Commission. This is the first time such a position has been created at the federal level and represents a positive step forward in ensuring that age discrimination is on an equal footing with other areas of prejudice.

As well as this, the Australian Government is assisting older Australians in working longer by:

Offering a work bonus

The Work Bonus provides an incentive for pensioners over Age Pension age to participate in the workforce, should they choose to do so, by allowing them to keep more of their pension when they have earnings from working. Under the Work Bonus, the first \$250 of fortnightly employment income is not assessed as income under the pension income test. Any unused amount of the fortnightly \$250 Work Bonus will accumulate to a maximum amount of \$6,500.

The amount accumulated (in the form of an income bank) can be used to offset future employment income that would otherwise be assessable under the pension income test. All unused amounts are carried forward, regardless of years.

Increasing income test thresholds

The UPPER income thresholds for the Age Pension income test increased again on 20 September 2015, which means more Australians are now eligible for a PART Age Pension. A single person can earn just over \$49,000 a year and still receive a PART Age Pension, while a couple can earn roughly \$75,400 a year before they lose their small PART Age Pension.

More information

The Australian Government offers wide range of information for those looking to work. This information includes:

- [The Australian Taxation Office](#): Information for seniors and retirees on tax concessions
- [Treasury](#): Advisory Panel on the Economic Potential of Senior Australians
- [Australian Human Rights Commission](#): Information about age discrimination and what to do if you experience it
- [Department of Employment](#): Information about policies and programs designed to help Australians find and keep employment

6 ways to help yourself

If you are keen to remain in the workforce, or you are thinking about re-entering it, there are a number of things you can do to help yourself. This includes:

1. Practising lifelong learning

Lifelong learning can enhance your knowledge of today's world, and will not only provide better quality of life, but will create better opportunities within the workforce. Employers are continually looking for well-balanced people with transferable skills, and able to demonstrate that you are adaptable and willing to learn.

Specialised schools, such as the Wesley School for Seniors, offers people over the age of 55 the opportunity to extend their skills and keep active through a variety of leisure, lifestyle and educational courses.



2. Knowing what resources are available

There are some great Australian resources designed to support job seekers including:

BeNext: An online mature age job and career centre supporting job seekers and people wanting to be connected and engaged in work.

AARP: A non-profit, nonpartisan organisation that helps people turn their goals and dreams into real possibilities. Online services include expert advice for a reimagined retirement, advice on tackling an intergenerational office and tips for becoming a mentor.

Your Life Choices: Offering tools and advice to 'simplify retirement' and senior years employment by helping you to understand your rights and options while enjoying life.

Work Force 50: A career site for boomers, seniors and experienced workers. Offering information for those considering a career change or job transition.

SEEK: A diverse group of companies that have a unified purpose to help people live more fulfilling and productive working lives.

3. Looking hard at your credentials

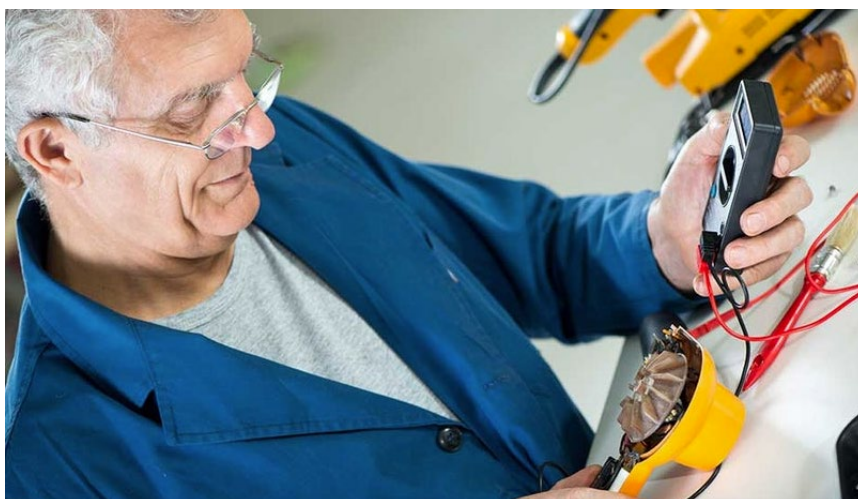
Your credentials do not just have to be what you have written down on paper. Your credentials include being a parent, a homeowner, a handyman, an advice giver, a good listener, a history buff, an antique collector and an organiser. Tap into these, and you might just find they are an advantage when looking for work.

4. Doing your research

Hop online and do some research into the companies with good reputations for hiring the over 50s and you will soon find there is a whole host to choose from.

5. Visiting Centrelink

If you would like face-to-face help in finding employment, visit your nearest Centrelink office. Centrelink can provide you with access to various job networks and can guide you through the Age Pension and any other offerings you might be entitled to.



6. Starting your own business

It could be consultancy work, assisting in the home, cleaning, gardening or offering a trade's service. Starting your own business in your senior years puts you in control and allows you to be flexible, although you should also be aware of the risks and do some research before diving in. Good business start-up ideas include:

- Personal concierge: Limited only by your imagination you can run errands, offer escorted transportation, deliver shopping or offer domestic duties. Anything that makes other's lives easier.
- Baby/Adult sitting: Acting like a surrogate grandparent to children who do not have family close by is a service that many parents are looking for. But not restricted to children, you can also offer to sit in on older adults, allowing caregivers the opportunity to run errands carefree.
- Tech training: If you have recently learned how to master technology, show others how to use.

Enjoyable employment for seniors is out there, you just have to be creative and know where to look.



Will the budget address poverty?

A report from the new Interim Economic Inclusion Advisory Committee calls for increased government payments, but is the government listening?

The Federal Government released the first report from the Interim Economic Inclusion Advisory Committee. The committee was established as part of a deal with ACT Senator David Pocock to pass the government's industrial relations legislation in November 2022.

The report contains no fewer than 37 recommendations to promote economic inclusion and reduce poverty.

Increase Government Payments

The first and most prominent of these recommendations was to increase the base rates for the JobSeeker Payment and other related working payments, something that people struggling to find and retain employment in later life would likely welcome. Lobby groups such as ACOSS and the ACTU have been arguing for the JobSeeker rate to increase by \$26.50 per day to \$76 a day.

Based on the response of the government in the days after the announcement, it appears any change in the upcoming budget is unlikely, due to competing pressures.

Key Points

A report of the Interim Economic Inclusion Advisory Committee made 37 recommendations to promote economic inclusion and alleviate poverty.

It suggested raising Commonwealth Rent Assistance – a policy recommendation supported by National Seniors in its budget submission.

Policies to reduce the concentration of disadvantage in geographic areas and to remove barriers to economic inclusion among families with children were also floated.

The second recommendation, to increase Commonwealth Rent Assistance (CRA), may be more likely given this measure is targeted at those doing it tougher and because its impact would be delivered more broadly. Currently, 1.29 million people receive CRA with 24.1% of these being people living on the Age Pension, 22.6% receiving JobSeeker and 20.7% on a disability payment. National Seniors Australia has long supported an increase to CRA in the face of upwardly spiralling rental costs.

The recommendation is one of 12 made to government in National Seniors' [federal budget submission](#).

An increase to the maximum rate of CRA of \$30 per week would cost about \$1.5 billion and provide some immediate relief to those struggling to put a roof over their heads.



Let People Work

Other recommendations from the report philosophically align with National Seniors' own policy agenda.

Last year, the National Seniors Australia [Let Pensioners Work](#) policy, which is designed to reduce barriers to workforce participation among older people to fill crippling workforce vacancies, was expanded to include other government payment recipients. This is outlined in detail in this [submission](#) to the Employment White Paper consultation.

It was argued that income test taper rates need to be revised to make the transition to work more rewarding, taking away the disincentive that exists when payments drop sharply. Doing so for all payment recipients is important because this will help to boost income and savings in later life, given the direct relationship between workforce participation and retirement income.

The Interim Economic Inclusion Advisory Committee report echoed this in its rejection of punitive barriers to workforce participation in childcare subsidy rules.

Helping and encouraging people to enter the workforce and find secure jobs is one of the best ways to tackle poverty.

The committee argued that restricting access to early childhood education and care for people on low incomes is counterproductive, arguing that children in these circumstances benefit the most from participating in these activities.



Safe Driving for Older Adults

While many older adults value the independence of driving, changes that happen with age may alter a person's ability to drive safely.

You may notice driving becoming more difficult over time for yourself or for your loved ones. Changes in health, including medical conditions or injuries, also may impact a person's driving skills. Learn more about the different factors that can affect driving as you age and signs of when it may be time to stop driving.



What can change driving ability with age?

Common health conditions and medication side effects may influence your driving skills.

Stiff joints and muscles: As you age, your joints may get stiff and your muscles may weaken. Arthritis might affect your ability to drive. These changes can make it harder to turn your head to look back, turn the steering wheel quickly or brake safely. If pain, stiffness or arthritis seem to get in the way of your driving, talk with your doctor.

Trouble seeing: Your eyesight can change as you get older. It might be harder to see people, things and movement outside your direct line of sight. It may also take longer to read street or traffic signs or even recognize familiar places. At night, you may have trouble seeing things clearly. Glare from oncoming headlights or streetlights can be a problem. Depending on the time of day, the sun might become blinding.

Trouble hearing: As you grow older, your hearing can change, making it harder to notice horns, sirens or even noises coming from your own car. These sounds warn you when you may need to pull over or get out of the way or when there is a possible mechanical issue with your vehicle.

Medications: Some medicines can make you feel drowsy, lightheaded or less alert than usual, which can make driving unsafe. Ask your doctor or pharmacist if any of your health problems or medications might make it unsafe for you to drive.

Slower reaction time and reflexes: As you get older, your reflexes might get slower and you might not react as quickly as you could in the past. Stiff joints or weak muscles also can make it harder to move quickly. Loss of feeling or tingling in your fingers and feet can make it difficult to steer or use the foot pedals.

Some medical conditions make it unsafe to drive. The uncontrollable movements and loss of coordination and balance due to Parkinson's disease make it unsafe to drive. Similarly, many of the loss of control of limbs or other movement limitations following a stroke can mean it is no longer safe to drive.

Dementia and driving

In the early stages of Alzheimer's disease or other types of dementia, some people are able to keep driving. As memory and decision-making skills get worse, they may need to stop driving.

People with dementia often do not know they are having driving problems. Family and friends need to monitor the person's driving ability and act as soon as they observe a potential problem, such as forgetting how to find familiar places like the grocery store or even their home.

Tips for older adults to drive safely

Maybe you already know that driving at night or in rainy weather is a problem for you. Some older drivers also have problems with certain routes or driving on busy highways. Consider these tips to help you make safe choices about driving:

Talk with your doctor: If you have any concerns about your health and driving, see your doctor. Do not risk hurting yourself or others.

Be physically active: This will help you keep and even improve your strength and flexibility, which may help your driving abilities.

Consider your car: If possible, drive a car with automatic transmission, power steering, power brakes and large mirrors.

Take care of your eyes and ears: Always wear your glasses or contact lenses if you need them to see clearly. If you use hearing aids, be sure to wear them while driving.



Avoid driving certain times of day: Cut back on or stop driving at night if you have trouble seeing in the dark. Try to avoid driving during sunrise and sunset, when the sun can be directly in your line of vision.

Check in with yourself: Do not drive if you feel lightheaded or drowsy. Be sure to check any warnings on your medications. Try to avoid driving when you are stressed or tired.

Do not crowd: Leave ample space between your car and the car in front of you and start braking early when you need to stop.

Plan your timing: Avoid heavy traffic areas or rush-hour driving when you can.

Plan your route: Drive on streets you know and find a way to go that requires few or no left turns. Choose a route that avoids highways or other high-speed roadways. If you must drive on a fast-moving highway, drive in the right-hand lane, where traffic moves more slowly.

When in doubt, do not go out: Bad weather, such as rain, ice or snow can make it hard for anyone to drive. Try to wait until the weather is better or use buses, taxis, ridesharing services or other alternatives.

Wear seat belts: Always wear your seat belt and make sure your passengers wear theirs, too.

Limit distractions: Eating, adjusting the radio or chatting can all be distracting. If you use your mobile telephone while driving (for navigation, for example), use it hands-free and use voice activation when possible. Never type on your mobile while driving.

Use window defrosters: These will help keep windows and windshields clear.

How to check and improve your driving skills

Are you concerned that your driving skills are declining or could be improved? Consider the following:

Have your driving skills checked by a driving rehabilitation specialist, occupational therapist or other trained professional.

Ask your family and friends for feedback about your driving, including any concerns.



Take a driver safety course. Some car insurance companies may even lower your bill when you complete this type of class.

Signs you should no longer be driving

Are you worried about your driving or the driving of someone else? It can be hard to recognise or admit when it is no longer safe to drive. If it is another person's driving skills, ask them to consider doing a self-assessment of their driving. If it is not possible to directly observe the person's driving, watch for these signs:

Multiple vehicle crashes, near misses or new dents or scrapes on the car; two or more traffic tickets or warnings within the last two years; increases in car insurance premiums because of driving issues; comments from neighbours or friends about erratic, unsafe or aggressive driving; anxiety about driving at night; health issues that might affect driving, including problems with vision, hearing and movement; complaints about the speed, sudden lane changes or actions of other drivers; recommendations from a doctor to modify driving habits or quit driving entirely

Having 'the talk' about driving

Talking with someone about their driving is often difficult. For many older adults, 'giving up the keys' means a loss of freedom of choice and movement. Many people are afraid of being dependent upon someone else for getting around. They worry about losing the ability to run errands, attend appointments and participate in activities that they did on their own for decades. They may be concerned about becoming socially isolated and missing out.

Is it time to give up driving?

We all age differently, and for this reason, there is not one recommended age to quit driving. So how does one know when to stop? To help decide, ask yourself:

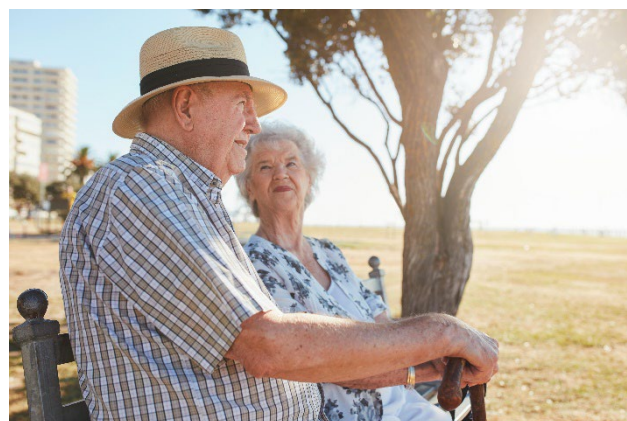
- Do other drivers often honk at me?
- Have I had some accidents even if just 'fender benders'?

- Am I having trouble seeing road signs, exits or lane lines?
- Am I still flexible enough to turn my head to check mirrors and blind spots comfortably?
- Have physical conditions or medications slowed my reaction time?
- Do I get lost frequently, even on familiar roads?
- Do cars or pedestrians seem to appear out of nowhere?
- Am I often distracted while driving?
- Have family, friends or my doctor said they're worried about my driving?
- Am I driving less these days because I am not as sure about my driving as I used to be?
- Do I have trouble staying in my lane?
- Do I have trouble moving my foot between the gas and the brake pedals, or do I sometimes confuse the two?
- Have I been pulled over by a police officer about my driving?

If you answered 'yes' to any of these questions, it may be time to talk with your doctor or family members about your driving, or to consider a driving assessment.

How will you get around?

Are you worried you will not be able to do the things you want and need to do if you stop driving? Many people have this concern, but there may be more ways to get around than you think. For example, some areas provide free or low-cost bus, subway, rideshare and taxi services for older people. Some communities offer a carpool service or scheduled trips to the grocery store, mall or doctor's offices.



If you have a smartphone or a computer, you could consider using mobile apps available for services like meal, grocery or prescription deliveries. Most of these are paid services but may have free or lower-cost options for some older adults.

You can also think about using a car or ridesharing service. While these may sound pricey, remember that owning a car can be expensive. If you no longer need to make car payments or pay for insurance, maintenance, gas, oil, tolls and other related expenses, then you may be able to afford other transportation or to buy gas for friends and family members who provide rides.

For more information

T: 1800 502 328

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



‘Thank you for being a friend’

We all know the adage, a friend in need is a friend indeed. However, not many of us may have thought it could be life-saving.

Australian research suggests that making friends in mid-life helps protect us against chronic health conditions in older age. Conversely, having unsatisfying social relationships can be as much of a risk factor for disease as obesity, physical inactivity or alcohol intake.



As part of the [Australian Longitudinal Study on Women’s Health](#), researchers from the University of Queensland tracked more than 7,600 Australian women aged between 45 and 50 for two decades.

Every three years, the women filled out a questionnaire, rating their levels of satisfaction with a range of relationships, including partners, family, friends, work colleagues and other social connections.

The women were also monitored for the 11 conditions: diabetes, hypertension, heart disease, stroke, chronic obstructive pulmonary disease (COPD), asthma, osteoporosis, arthritis, cancer, depression and anxiety. Fifty-eight% of the women who had no chronic conditions when the study started, went on to develop multiple chronic conditions over the 20-year period.

Middle-aged women with the least satisfactory relationships were more than twice as likely to develop multiple chronic conditions as those who were very satisfied with their relationships.

Key Points are that women were asked about relationships with partners, friends and colleagues. Those with the lowest relationship scores had the highest odds of having multiple chronic diseases. The study ran from 1996 to 2016.

Good partner effects

The researchers speculated that a partner can encourage you to have your health checks more often. Some studies suggest that people who are lonely are less likely to engage with their doctors.

So, if you are satisfied with your relationship with your friends and your partner, you tend to be more likely to take preventive health action. You do exercise together or have healthy foods together and that company can improve the quality of life.

The study was not a green light for people with strong relationships to start eating badly or to stop exercising. Despite the clear link between human connections in middle-age and disease risk later in life, the researchers were unable to conclude that bad relationships caused health problems by age 70.

We all benefit

Although the Australian study was conducted among women, there is a growing body of research suggesting good relationships result in better health outcomes for everybody. For example, a [study](#) by Columbia and Michigan State universities found that people with stronger social relationships adopt healthier behaviours. Friendship may also play a role in staving off Alzheimer’s disease by providing mental stimulation.

For related reading: [UQ News](#), [ABC](#)

'The unexpected costs to budget for when selling your home'

Are you considering selling your home and transitioning into a more suitable retirement living arrangement?

Selling your home can be a very profitable affair, especially if you have had the same property for most of your life, however, it can also be a daunting endeavour.



Beware of these hidden costs associated with selling your home. Source: Getty

It is important to be aware of the various costs associated with selling a home, including some unexpected expenses.

Preparing your home for a sale can add to the already extensive list of things to consider during a move, which can be overwhelming. To prevent unnecessary stress and avoid any financial surprises, here is list of some of the commonly overlooked costs.

Evaluating your home

1. Before deciding whether to sell or keep your home, it is advisable to take into account all the factors that influence your decision. While some of these factors can be controlled, others cannot.
2. How much is your home worth? Depending on whether your home's appraisal falls below or exceeds your expectations, you might feel more or less inclined to sell from a financial standpoint.
3. What is your remaining mortgage balance? Should you decide to sell your home, you will need to use the sale proceeds to pay off any remaining mortgage balance. However, if you have already fully paid off your mortgage, you will be left with a higher amount of after-tax funds.
4. How is the real estate market performing? It is important to note that the impact of monetary policy on the housing market is not just limited to the long term, but can also be felt in the shorter term. You should keep yourself informed about the RBA's interest rate control measures and how they are affecting the overall housing market. This knowledge can help you make an informed decision on whether it would be beneficial to hold onto your property for some time before selling it in the future.
5. What is the condition of your home? In some cases, real estate markets can be so heated that buyers are willing to purchase properties regardless of their condition. Nevertheless, your home is likely to generate greater interest and more favourable offers if it is in move-in-ready condition. As you contemplate whether to sell your home or not, think about how much work you would be willing to invest in it prior to putting it up for sale.

6. What is your timeline for selling your home? Your decision to sell your home may be influenced by a variety of factors, including emotional attachments to the memories you've created within its walls, or financial considerations related to your retirement. The timeline for selling your home should reflect both the emotional and financial aspects of when you feel ready to move on.

Do not overlook these key expenses

When it comes to selling a home, real estate agents frequently emphasise the significance of a property's curb appeal, which is essentially the initial impression it creates on potential buyers. As a prospective seller, it is crucial to take an objective look at the exterior of your home. Is the paint in good condition? Have the bushes been trimmed? Has the garden been properly tended to?



Before putting a price on your house, look into your home's current selling price. Source: Getty

If your home falls short in any of these aspects, it may be necessary to invest some time and possibly money in improving them. This can enhance the overall appeal of your property and make it more attractive to potential buyers.

On top of your home's curb appeal, here are a few other key aspects you should consider allocating some cash towards:

Repairs and remodels

When you are selling your home (especially if it is an old one), chances are there are many things that need to be repaired or replaced. Perhaps the toilet needs to be revamped or the kitchen cabinets need to be changed. However, it is easy to get carried away with repairs. Remember, you are finally getting around to all of those things you have been meaning to get done over the years.

The list could include light switches, dimmers, painting and re-grouting and while they might sound small, it is these little things that can easily turn into thousands of dollars, especially if you are hiring a professional to do them for you. Be sure to focus attention on the repairs that have a major visual impact and would affect the property value. For example, a new kitchen would excite buyers more than new room carpets.

Marketing and advertisement

Selling your property through a real estate agent will incur fees, but be aware that the total selling costs need to also include marketing costs. Think costs for a signboard, internet, flyer ads, professional photographs, as well as copywriting and floor plan drawings, and let us not forget advertising costs. This can easily add up to around \$5,000. Thankfully, these costs are usually taken out of the final sale price, so you will not need to find the money upfront.

Styling and staging

Styling is another important factor in selling your home and acts as a great opportunity to refresh, downsize and throw things out. Whether you do it yourself or get a professional stylist in to boost the sale price potential, this one is going to cost you. You will need to allow time to sort your belongings and once this is done, you might need to hire a skip for rubbish or a trailer for trips to the tip. If you do not want to throw things out, then you will need packing boxes, a storage facility, and possibly someone to move things for you.

At the end of the day, the more prepared you are, the smoother the process and the fewer expenses you will incur. It all comes down to clear thinking and a few calculations, to make sure the cost of selling is not eating too far into your well-earned capital.

The key to successfully selling your home

If you are planning to sell your home soon or in the near future, you should be prepared to encounter unforeseen expenses that come with the process. So, it is crucial to budget for these expenses.

However, it is worth noting that these costs are necessary investments that can increase the chances of a successful sale in the long run. By allocating the appropriate funds towards these expenses, you may improve your chances of transitioning your home from 'for sale' to 'sold'.



Remember a little extra expense into beautifying your home could greatly impact your home's sale. Source: Gettv

‘Make your fixed income go further as a senior: Tips’

Are you considering selling your home and transitioning into a more suitable retirement living arrangement?

When you are living on a fixed retirement income, it is important to budget carefully and keep unnecessary expenses to a minimum. Living within your means is an absolute priority for seniors wanting a stress-free retirement, and that takes careful planning when it comes to bills and luxury purchases.

Older Australians may be wealthy in terms of health, employment and education, but in terms of income security and financial safety, many older Australians are worried.

The key to alleviating this worry is to educate yourself early on with measures for when you retire. Whether you are buying or selling a home, choosing a superfund or deciding when to retire, a little knowledge can mean the difference between financial security and financially struggling later in life. Early education helps you to make more informed decisions about various financial products and the levels of risk you might face as a retiree. What can you do to better yourself financially now and reduce the risk of money-related stress later on?



Budgeting and saving tips for seniors

1. Know what you have coming in

Knowing exactly how much money you have coming in each month will let you set an accurate budget to make sure that your mandatory expenses are met. Never base a budget on a rough estimate, because even a few dollars here and there can make a big difference in the long run.

2. Pay for necessities first

Before making any nonessential purchases, be sure that your mandatory bills are up-to-date. The first bills you should pay each month include your rent/mortgage repayments, prescription refills, utilities, food and insurance.

3. Be realistic

Only list the things you know you have to pay will make you feel good about your finances on paper, but it is important to be realistic. When working out your budget, always count in a few mandatory extras such as a car service, tire change or roof repair.

4. Take advantage of senior discounts

Senior discounts are there for a reason, so do not forget to use them! Carry with you a proof of age card and you will find you can save on a huge number of things, from public transport and dining out to museum entries and cinema tickets.



SENIORS CARD

WA Seniors Card for your Seniors Card discount: <https://seniorscard.wa.gov.au/>

5. Utilise your skills

Instead of paying for a cab to get to the shops, ask your neighbour or a friend to give you a lift in exchange for some sewing or mending.

6. Shop smartly

Buying according to what is in season can save you money, as can buying according to what is on special. Before you hit the grocery store, check the weekly specials and base your meal plans around items that are half price or heavily discounted.

7. Take out the little things

Life is about simple pleasures, but those simple pleasures add up pretty fast when they become a daily occurrence. Ask yourself, do I really need that latte from the cafe or can I have an instant coffee at home?

8. List your splurges

Stop those feelings of deprivation by making note of your little splurges. Alternatively, you could make a list at the beginning of the month of splurges you would not mind making and then choose just one or two. If you keep denying yourself you will become worn down, so treat yourself while still staying within your limitations.

9. Make sure you are getting everything you are entitled to

In addition to the Age Pension, you may be able to qualify for other payments such as a carer's allowance. If you are unsure about what you should be receiving, be sure to visit the Human Services' Older Australians webpage at: <https://www.servicesaustralia.gov.au/ageing> or call 13 23 00.

Even if you do not receive the Age Pension, you may still be eligible for other benefits such as travel concessions, cheaper medicines and reduced council and water rates.

10. Choose smaller trips instead of one large one

As tempting as it is to spend a big chunk of your money on a six-month holiday to mark the end of your working life, consider budgeting for 20 × one-week holidays instead. This ensures you get a holiday every six months for the next ten years.

11. Consider downsizing

If the kids have flown the coop and are settled with their own families now, consider downsizing to a smaller home.

12. Declutter

If you cannot quite bring yourself to sell the family home, you can at least get rid of the things you no longer need.



13. Downscale your pleasures

If you are a season pass ticket holder for the Australian Ballet, consider choosing just two shows a year instead or switching your season's pass for a more local, less exclusive company. If it is rugby league that is more your style, instead of paying big to watch the State of Origin live, watch the game at your local pub or invite a few friends over.

14. Avoid major shopping centres

If you need to get a few things from the supermarket, do not go to the supermarkets located in the heart of the big shopping centre. You will be tempted to browse which leads to impulse buys, which then leads to poorer finances.



15. Quit your vices

There is never a better time to quit expensive and bad habits than now. Prices of cigarettes are only going to go up, so by quitting smoking, you will be doing yourself a favour not only on the health front, but also in terms of the money you will save.

16. Realise the importance of the little things

Many simple changes in the home and to your lifestyle can add up to big savings over time. While some things may be an initial investment, they are well worth it over time. Little changes include:

- Switching branded products for generic brands
- Taking a bottle of tap water with you when you go out instead of buying bottled
- Moving your account to one with higher interest or less fees
- Turning off appliances when they are not in use and turning off lights when leaving the room
- Making big batches of food to freeze
- Going to the library instead of buying books
- Installing CFLs or LEDs instead of incandescent bulbs
- Regulating the temperature in your home with a timed thermostat

17. Make your own gifts

Birthdays and Christmas can be costly times, so instead of hitting the shops, tap into your creative side, and make use of your free time.



City of Karratha 'Karratha Honours Community Stalwart'

A Karratha stalwart and integral community member for 30 years has been named Honorary Freeman for his years of service to the Western Australian town.

John Lally arrived in Dampier in 1987 and quickly became an active member of the Dampier and Karratha community.

During his time in Karratha, Mr Lally was a strong advocate for establishing a youth shed in Karratha, the City Centre Revitalisation Project, the Pilbara underground power project and the development of the Karratha Leisureplex.

He spent time as the Chief Executive of the Karratha and Districts Chamber of Commerce and Industry, Commodore of the Hampton Harbour Boat and Sailing Club. He also served as a City of Karratha Councillor for 10 years until 2017.

Mr Lally received the Medal of the Order of Australia in 2018 for his service to the local government and the community of Karratha.

Although now based in Mandurah, Council says Mr Lally continues to advocate for Karratha and the Pilbara through his role as Deputy Chair of the Regional Development Australia (Pilbara) Committee.

A passion for education led him to start up a camp school in Dampier which allowed children to learn kayaking, sailing and fishing through an experiential learning process.

He also set up a naval cadet unit and a centre for whale research, which has grown to become a State-wide institute. His association with the camp school extended for approximately 20 years.

Karratha Deputy Mayor, Kelly Nunn said he was privileged to bestow the title of Honorary Freeman to Mr Lally. "Mr Lally was a stalwart of our community who dedicated years to improving services on offer for youth and businesses in our City," Mayor Nunn said.

"He was instrumental in bringing the Pilbara chambers of commerce together into a regional group and was the driving force behind establishing the New Pilbara Conference in 2016 to promote emerging investment opportunities in the region."

The City of Karratha Mayor said Mr Lally's influence can be felt around Karratha and Dampier.

"During his time in Karratha, Mr Lally was integral to the town's development and a long-time advocate for our region," he said.



‘Dementia increase adds to need for greater palliative care investment’

New data from the Australian Institute of Health and Welfare (AIHW) has revealed that dementia has overtaken coronary heart disease as the leading cause of disease burden among older Australians.

Palliative Care Australia (PCA), CEO, Camilla Rowland said the need for greater investment in quality end-of-life care is needed now more than ever. With dementia now the biggest health issue facing Australians over 65 years,” said Ms Rowland.

We need to better integrate dementia care and palliative care so that the 400,000 Australians currently living with dementia can make the most of life, and for a lot of those people, that will mean many years of quality living and relationships.

KPMG report that demand will increase by 50% in the coming decade and double by 2050.



As people and families living with dementia seek more out of life, demand for palliative care will grow further. Palliative care must be available from the time of diagnosis. It is so important that people who are diagnosed with dementia are immediately supported with holistic, person-centred care and connections to medical teams, allied health professionals and social workers to assist them and their loved ones navigate their next steps.”

PCA’s submission as part of the recent consultation and supporting the development of a National Dementia Action Plan, highlights the need for palliative care to be made available to people early in their journey, not just in the final weeks or days of life.

The Aged Care Royal Commission made 12 recommendations that palliative care and dementia care be embedded in aged care. Health professionals and those employed in aged care need to be supported in this with appropriate and timely training.

Palliative Care Australia’s May 2023 Budget Submission presents the actions and investment needed to train existing and new staff and increase access to palliative care.

The number of Australians living with dementia is expected to double by 2058, dementia is the biggest health issue of the 21st century, now is the time for greater investment in palliative care.

Palliative Care Australia look forward to continuing their work with Dementia Australia so that more Australians have access to the care and support they deserve.

For more information go to the Australian Institute of Health and Welfare (AIHW) website

<https://www.aihw.gov.au/reports-data/health-conditions-disability-deaths/dementia/overview>

‘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

Carers WA 'Carers in Employment Program'

Carers have so many valuable and transferrable skills that they can bring to a workplace. However, starting a job after time away, balancing work and a caring role or supporting an employee who is a carer can sometimes be a challenge. The Carers in Employment Program offers support for carers to enter or re-enter employment and assists employers to create carer friendly workplaces.



Be Job Ready

This program supports carers to identify skills from their caring role that are transferrable to the workplace, equipping them to 'be job ready'. It is delivered in a supportive small group environment over 10 sessions (2 hours per week) covering key job-related skills and techniques. There is also an opportunity to job seek with other carers. Participants leave with realistic information and practical skills that can be used to apply for, secure and maintain employment.

Carers Connect to Education + Employment

This program provides one-to-one career guidance and individualised goal planning. A Career Counsellor works closely with each participant to assist them to enrol in accredited training and apply for work. Financial assistance can also be made available. Carers aged 16 - 67 years that have an interest to work within Aged Care, Community Service, Disability, Healthcare, Mental Health or other industries with skills shortages are eligible.

Young Carer Planning + Employment Support

This program is for carers under the age of 25. It offers a one-stop-shop for all your career planning, job searching and training information needs. The carers WA Career Planning & Employment Support Officer is a qualified Career Advisor and Coach. They can help you to identify your passions, strengths and skill sets to build a plan to achieve your education and career goals.

Program for Employers

Carer Friendly Employers

This program works with organisations to create carer friendly workplaces. Supporting employees who are carers can result in increased engagement and productivity, as well as attraction and retention of staff. Carers WA has specific support services, resources and opportunities available to tailor a consultation session that fits your organisation. Formal recognition can also be achieved through the national Carers + Employers accreditation program.

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/carers-in-employment-program/>

Carers WA is a COTA (WA) Supporter.

MindSpot GP 'The Big Five'

Activities that improve our mental health every day.

You might have heard of the saying 'an apple a day keeps the doctor away', but what are we doing each day to look after our mental health?

Studies have shown that people who do certain activities regularly tend to have better mental health than those who do not do these things. MindSpot has been conducting research to identify the five types of activities we can do daily to improve and maintain our psychological health. This research has proven that doing these activities regularly can help us to thrive and bounce back from challenges that come our way.



The Big Five are five groups of activities that cover a range of actions we can include in our routines.

Meaningful activities

- Actions which give us a sense of accomplishment or satisfaction
- Can be small things; listening to music, watching a favourite show

Healthy thinking

- Having realistic thoughts about ourselves, the world and the future.
- Keeping perspective
- Treating ourselves with kindness and respect, even in the difficult times

Goals and plans

- Having a goal or a plan can not only keep us motivated and energised, it also gives us something to look forward to
- Stops us from dwelling on past problems

Healthy routines

- The routines and tasks we do automatically, like going to sleep and waking up at the same time which set us up for the day

Social connections

- Staying connected to our family, friends or tribe
- Regular contact with people we love and value helps us to feel validated, part of a community and reminds us we belong

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

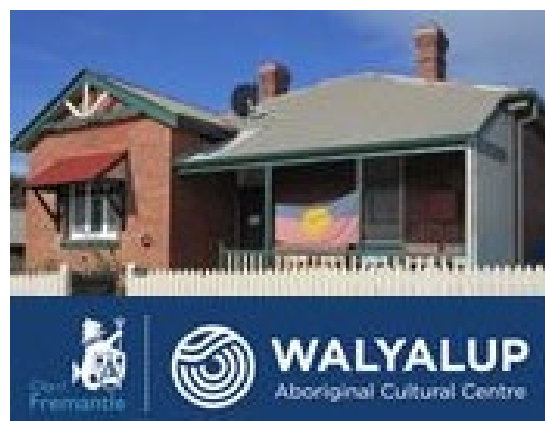


Age Friendly City of Fremantle 'Walyalup Aboriginal Cultural Centre'

Explore what's on offer at the Walyalup Aboriginal Cultural Centre, including arts, crafts and language classes to learn about Nyoongar culture.

The Walyalup Aboriginal Cultural Centre (WACC) showcases local Aboriginal art, culture and history through various exhibitions, workshops, film screenings and music and tours throughout the year.

Opening hours are from Wednesday to Friday 10:00am to 3:00pm.



Programs coincide with the six Nyoongar seasons

Kambarang: October/November. The wildflower season and birth of many birds.

Birak: December/January. Nyoongars family groups moving together on the coast.

Bunuru: February/March. The hot season, camped on the coast, fishing and gathering coastal delicacies.

Djeran: April/May. The fat season, salmon schooling and couples paired up. View latest program.

Makuru: June/July. Nyoongars go back inland, fertility seasons and swans.

Djiba: August/September. Grass season and time to harvest root vegetables.



For more information

T: 08 9430 7906

Location: Walyalup Aboriginal Cultural Centre 12 Captains Lane, Fremantle WA 6160

E: wacc@fremantle.wa.gov.au

W: <https://www.fremantle.wa.gov.au/arts-culture/walyalup-program>

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



City of Cockburn 'Wise Women Workshops'

Wise Women Workshops are free monthly sessions for women over the age of 45.

It is held on the last Tuesday of the month from 5:30 to 7:30pm at the Cockburn Health and Community Facility.

It involves presentations and discussions on a variety of topics such as well-being, mindfulness, heart health and assertive communication.



Event Details

Venue: Cockburn Health and Community Facility

Date + Time: The last Tuesday of the month from 5:30 to 7:30pm

Location: 11 Wentworth Parade, Success WA 6164

For more information and contact

T: 08 9411 3444

E: customer@cockburn.wa.gov.au

W: <https://www.cockburn.wa.gov.au/City-and-Council/Events-and-News/Events-and-Workshops/Cockburn-Support-Services/Wise-Women-Workshops>

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 'Employment Buddy Program'

Are you a person with disability looking for a rewarding career?

Rise recognises people with disability have the skills, knowledge and lived experience to help us create a better work place. Call us to find out about current opportunities.

They are working with partner organisations to offer young people with disability the opportunity to develop skills and work experience so that they can get a better understanding of their chosen career path.



Rise and several other non-profit organisations have committed to increasing the number of people with disability employed within their respective organisations. Employing people with disability attracts new skills and brings a wealth of creativity and innovation in all aspects of the business.

Rise are now collaborating with people who have disability. They are part of a co-design/co-production Steering Group who advise and guide the implementation of this initiative to increase employment opportunities.

The group advises Rise and other organisations on the issues facing people with disabilities when looking for work, e.g. going through interviews, workplace environment, resources, transport and any other issues that are challenges to employment, as well as solutions to those challenges.

Listen to members of the committee talk about their passion for supporting people to find a job.

Disability Employment Opportunities

Are you a person with disability looking for a rewarding career? Rise recognises people with disability have the skills, knowledge and lived experience to help us create a better work place. Call: 08 6274 3700 or email: culture@risenetwork.com.au to discuss their current job vacancies.



For more Information about the Rise Network Employment Buddy Program

T: 08 6274 3700

E: contact@risenetwork.com.au

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

Rise Network is a COTA (WA) Supporter.

Umbrella Multicultural Community Care 'Multicultural Village Hub'

Connect, Learn and Share

What is the Multicultural Village Hub?

Building a strong, supportive and social multicultural community of people 55+ connected to the City of Belmont and City of Bayswater who meet, share skills and experience and enjoy a wide range of events and activities.



The Hub program is community-led, so Umbrella work directly with the community to organise and run the program. This approach empowers the community by recognising that everyone has valuable skills and knowledge that can help build a strong, connected and supportive community.

Benefits of joining the Hub

- Connection and belonging to your local community through group activities such as cultural, health and wellness programs, recreational and educational activities
- Confidence and empowerment to share your knowledge, skills and interest and recognise your value to the community
- Support through access to a community peer support network and information about local community services and programs

Who is it for?

The Multicultural Village Hub is for people from diverse backgrounds aged 55 years or over (50 years and over for Aboriginal and Torres Strait Islander) connected to the Cities of Belmont and Bayswater.

For more information

T: 08 9275 4411

E: villagehub@umbrellacommunitycare.com.au

F: <https://www.facebook.com/umbrellamulticulturalvillagehub/>

W: <https://umbrellacommunitycare.com.au/multicultural-village-hub/>

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



Southcare Inc. 'Private Services'

Let Southcare Inc. tailor a package to suit the way you like to live.

Private Services are not subsidised by the government and can be used to help you if you are not eligible for government funded services or while you wait for a package to be allocated or to top-up a government care package if you want more services.

As always, this service is completely customised to suit the way you like to live.

Southcare's caring hands can do a little or a lot, it is your choice.

How does it work?

With private home care services, you skip the assessment process and pay Southcare directly which means you can access high quality care much faster.

Services can be used for housekeeping, garden maintenance, tailored shopping trips, personal drivers to appointments and individual post-hospital care to help you get back on your feet.



Customers with private services have typically been assessed through My Aged Care and:

- Are not found to be eligible for Australian Government-subsidised aged care services
- Are found to be eligible but are waiting for funded services to become available

How much does it cost?

Southcare's fee structure is simple and transparent with no exit fees, putting you in total control. The amount spent depends on how much and how often you use Southcare and the products you need.

Southcare Inc. offers flexible service times and costs include wages, travel time, mileage, training and development and other administration costs.

What in-home care or support do you need the most?

Reach out for a free consultation on what best suits you in line with your approved care needs to help you stay healthy and independent in your own home.

If you currently receive services from another provider, Southcare are happy to provide a free comparison to ensure you are getting the best care and value for money.

For more information about Southcare Inc.

T: 08 6117 3028

E: enquiries@southcare.org.au

W: <https://www.southcare.org.au/community-care/private-services/>

Southcare Inc. is a COTA (WA) Supporter.



VWA 'Who is Volunteering Western Australia?'

Volunteering WA is the peak body for volunteering in Western Australia, working across community, government, corporate and education organisations to build capacity of volunteer involving organisations and support volunteering.

Volunteering WA empowers people and communities to enrich Western Australia through engaging, leading and advancing volunteering across the state.

VWA proudly represent thousands of organisations who utilise volunteers, 750 volunteer involving member organisations and over 523,000 volunteers throughout WA.



Volunteering WA supports innovation in knowledge and practice in Western Australian volunteering through research and innovation.

For more information if you are ready to step into Volunteering

W: <https://www.volunteeringwa.org.au/resources/faqs-for-volunteers>

For more information

T: 08 9482 4333

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

Volunteering WA is a COTA (WA) Supporter.



Act Belong Commit 'Aboriginal Program'

Act Belong Commit uses tailored branding and messaging to specifically address the social and emotional wellbeing of Aboriginal people with an emphasis on interactions with family, involvement in community activities and connections to country and culture.

Pilbara Capacity Building and Standing Strong Together Program

Mentally Healthy WA is currently working with partner organisations, including peak Aboriginal community-controlled organisations, to deliver the Act Belong Commit campaign in the Pilbara region of Western Australia to encourage communities to protect and promote their own mental health and wellbeing and engage with community organisations to promote participation.

Funded by the Australian Government, the project includes resuming the Standing Strong Together program model for Aboriginal people which emphasises the dependency of social and emotional wellbeing on interactions with family, involvement in community activities and connections to country and culture.

Act Do something.

Keep mentally, socially, spiritually, physically and culturally active.

Belong Do something with someone.

Build and maintain a strong Aboriginal identity by keeping connected to family and language groups, and by getting together with others at cultural events and visits to Country.

Commit Do something meaningful.

Commit to caring for Country, to teaching the young ones about culture and language or re-learning culture and language yourself, support family and community, take part in cultural ceremonies and express culture in art, song, music, dance or stories.

This project follows the successful implementation of the [pilot Standing Strong Together Aboriginal project \(2014 – 2018\)](#) in the town of Roebourne, the traditional country of the Ngarluma People. It also draws from learnings of the successful [Pilbara Capacity Building Program \(2014-2018\)](#) which was designed to build social and emotional wellbeing in select regional communities in Western Australia, focusing on the towns of Karratha and Onslow.

The program applies Act Belong Commit's Aboriginal branding and messaging (below) originally developed in the Pilbara and later accepted by the wider community as being relevant to the social and emotional wellbeing of Aboriginal people.

For more Information

T: 08 9266 1705

W: <https://www.actbelongcommit.org.au/programs-initiatives/aboriginal-program/>

Act Belong Commit is a COTA (WA) Supporter.



Office of Donna Faragher MLC 'The Icon Cancer Centre'

Bethesda Health Care has opened the first private mental health facility south of the river to provide essential patient-centred care and support.

The Clinic has a focus on trauma recovery programs for defence personnel and veterans and, in a WA first, a dedicated women's only ward. Pleased to attend the official opening and to catch up with RSLWA CEO, Vince Connelly and former Premier and Bethesda Board Member, Hon Colin Barnett.



For more information about Bethesda Health Care

Located: 25 Queenslea Drive, Claremont WA

T: 08 9340 6300

Email: info@bethesda.org.au

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

Bethesda clinic is the first private mental health clinic south of the river in Cockburn Central.

The clinic provides the option of private treatment in our southern suburbs for those experiencing mental ill health, complementing services being delivered through our public health system.

The 75-bed clinic will have a dedicated women's only mental health ward and a special focus on veterans and serving Australian Defence Force members.

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’

Hannah Beazley MLA celebrated International Guide Dog Day, as a day to celebrate the important role Guide Dogs play in supporting people all around the world to achieve their goals and live independently.

They know the life-changing difference Guide Dogs make, and that is why they were proud to have delivered on their election commitment and supported @guidedogswa with \$5 million to establish their local breeding program, based in Victoria Park WA.

The puppies bred through this program go on to be guide dogs, autism assistance dogs, therapy dogs, companion dogs or facility dogs.



Hannah Beazley MLA acknowledges the great work of Guide Dogs, handlers and volunteers throughout WA.

For more information about Guide Dogs WA

T: 08 9311 8202

E: info@guidedogswa.com.au

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

For more information about the Office of Hannah Beazley MLA

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



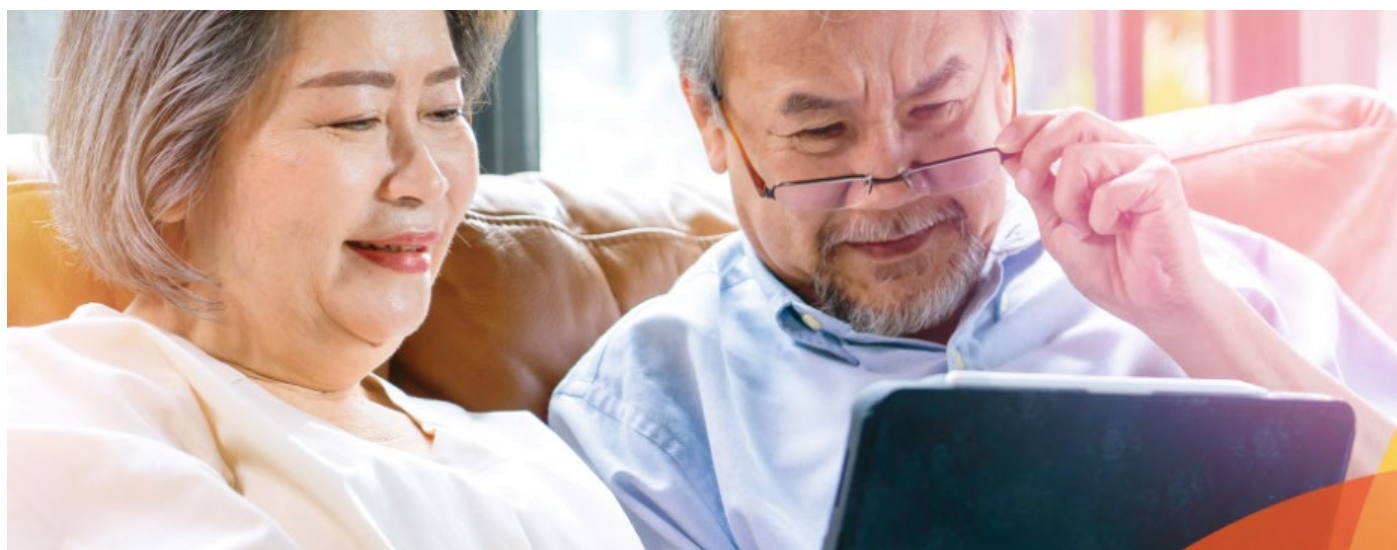
Hannah Beazley MLA



Chung Wah Community Care 'Living Stronger In Your Everyday Community'

Chung Wah Community Care offer a range of disability and aged care support services across Perth Western Australia while encouraging diversity and accessibility for all. Find out more about our values, achievements, and goals in our quarterly newsletter 'Living Stronger'.

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.



Chung Wah Community Care Newsletter, 'Living Stronger' is available in English, Chinese and Vietnamese.

For more information

T: 08 9328 3988

E: enquiry@chungwahcac.org.au

W: <https://chungwahcc.org.au/en/our-community/living-stronger-magazine>



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

Men's Sheds WA 'Support the Sheds'

Make a positive impact and support Men's health in Western Australia

There are heaps of ways you can support men's wellbeing and health in Western Australia by supporting the Men's Shed movement.

Men's Sheds give men a sense of belonging and give back to the community at the same time.



Donate: Help your local Men's Shed support the wellbeing and health of men in the community.

Corporate Partnerships: Partnering with Men's Sheds of WA is a great way to give back to the community.

Tool or Resource Donations: Your local Men's Shed can always use good working equipment and other donated items that support their projects and community work.

Corporate Partnerships: Partnering with Men's Sheds of WA is a great way to give back to the community.

Repair and Restore: Wherever possible, we encourage people to think about repurposing rather than replacing.

Join a Shed: Joining a Shed is a great way to join get involved and give back to your local community.

Containers for Change: Recycle your eligible containers and support your community, economy and environment.

Bicycles and Sheds: Give your old bicycles a new life by donating them to your local Men's Shed.

Bequest: Sheds provide opportunities for improved wellbeing and health for men and support local communities.

For further information

T: 08 6381 5324

E: admin@mensshedswa.org.au

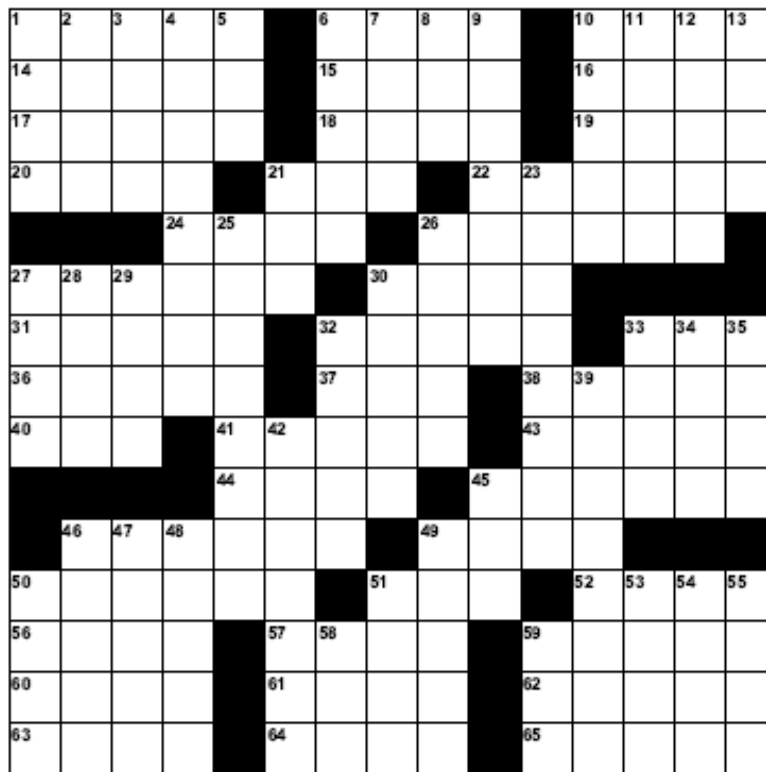
W: <https://mensshedswa.org.au/support-the-sheds/>

**MEN'S
SHEDS
OF WA**

'CROSSWORD' Puzzle

*Answers to crossword available at the end of newsletter at Page 84.

MAY



By Jimmy and Evelyn Johnson - www.qets.com

ACROSS

- 1 Herbage suitable for grazing animals
- 6 A wager (2 wds.)
- 10 Unfreeze
- 14 Scoundrel
- 15 Brand of coffee alternative
- 16 Small particle
- 17 Tight at the top, flaring at the bottom (2 wds.)
- 18 "Mister" (German)
- 19 Cut of beef
- 20 Not women's
- 21 Peanut butter brand
- 22 Spot on the ground where rain gathers
- 24 Tinted
- 26 Scorn
- 27 Recruit
- 30 Surrender
- 31 Cowboy John
- 32 Moses' brother
- 33 Compass point
- 36 Goofed
- 37 Chest bone
- 38 Young fish
- 40 Grain

DOWN

- 41 Towel cloth
- 43 Book by Homer
- 44 Asian nation
- 45 Short
- 46 Money magazine
- 49 Quick
- 50 Female parent
- 51 Head motion
- 52 Talk about, with "over"
- 56 Pretentious
- 57 City in Yemen
- 59 Mexican holiday "____ de Mayo"
- 60 Prow
- 61 Want
- 62 Frame
- 63 Dry
- 64 Points
- 65 Snips

DOWN

- 1 Metric weight unit
- 2 Position
- 3 Against
- 4 Sun's light
- 5 Encounter
- 6 Plant louse
- 7 Steak
- 8 Make a mistake
- 9 Sub's weapon
- 10 Typographic character
- 11 Head coverings
- 12 Tipped
- 13 Decrease
- 21 Air commuter's transportation
- 23 Dinner tools
- 25 Was (3 wds.)
- 26 Horse race
- 27 Water pitcher
- 28 Not one
- 29 Harp
- 30 Hiker's trail marker
- 32 Tapestry
- 33 Little Mermaid's love
- 34 Douse
- 35 Swirl

DOWN

- 39 Cloth maker
- 42 Birthstone that means love and success
- 45 Not good
- 46 Skill
- 47 Swimming mammal
- 48 Sounds alike
- 49 Types of letters
- 50 Volume
- 51 Place where birds lay their eggs
- 53 Negative (prefix)
- 54 Water film
- 55 Jumps
- 58 Twosome
- 59 Time zone

Events + Activities

RSPCA WA 'Million Paws Walk'

Give Animals in WA a New 'Leash' On Life

The Million Paws Walk is your chance to help RSPCA WA rescue, rehabilitate and rehome thousands of animals across WA. Funds raised go toward the fight against animal cruelty and the many animals in our care that need medical attention, love and a second chance at life.



The RSPCA have missed getting together with animal lovers for Perth's biggest dog walk over the last three years, but now they are back, celebrating 25 years of Million Paws Walk WA with the biggest and best event ever. You do not even need a dog to attend and there is something for everyone whether your best friend has fur, feathers or fins!

RSPCA tails are wagging in anticipation of this paw-some event! Million Paws Walk is RSPCA WA's biggest and longest-running annual fundraising event, celebrating 25 years in 2023.

Animal lovers from across WA gather to walk with their pooches and celebrate all things animal-related on the most important event on the furry, feathered and finned calendar. Funds raised go toward the fight against animal cruelty, and to help the many animals in our care that need food, medical attention, love and a second chance to live the life they deserve.

Register and to Buy Tickets

W: <https://www.rspcawachallenge.org.au/register/million-paws-walk/defaultregistrationform>



Adult (age 18+): \$32.00

Child (18 and below): \$17.00

Concession: Seniors, Students age 13+, Health Care Card holders: \$17.00

Family (2 adults, 2 children): \$85.00

Details for walks in Perth, Busselton and Dongara

WA Events

Perth

Date: Sunday 28 May 2023 9:00am to 2:00pm

Location: Sir James Mitchell Park, South Perth WA

Busselton

Date: Sunday 28 May 2023 9:00am to 11:30am

Location: Bernard Park Busselton WA

Dongara

Date: Sunday 28 May 2023 9:30am to 12:00pm

Location: Port Denison Foreshore

For more information contact RSPCA WA

T: 08 9209 9300

W: <https://www.rspcawachallenge.org.au/event/million-paws-walk/event-info>



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.

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



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 professionals.

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

Classes: Wembley Community Centre on Fridays, at the Mandurah Performing Arts Centre on Mondays and Koorliny Arts Centre (Wednesdays) Fees are payable.

Outreach Classes are offered at MercyCare (Halls Head), OpalCare (Carine), Alchera Living (Willagee), Bethanie (Como), Brightwater (Dudley Cove) and St Jude's (Guildford).

Carers/partners/support workers attend free of charge.

For more information

E: lifespan.dance@gmail.com



LIFESPAN DANCE

Australian Seniors Computer Clubs Association (ASCCA) 'May 2023 Schedule'

National Peak Body Empowering Australian Seniors through Technology.

For more information and to register

May 2023: **Free Digital Mentor Training** is scheduled for Katanning, Albany and Port Hedland.

KATANNING, WA

Wednesday 3 May 2023: Katanning Hub CRC, 42 Austral Terrace, Katanning WA
9:00am-4:30pm

[Register for Katanning](#)

ALBANY, WA

Friday 5 May 2023: The Co-op Building, Museum Great Southern Residency Road, Albany WA
9:00am-4:30pm

[Register for Albany](#)

PORT HEDLAND, WA

Tuesday 16 May 2023: Colin Matheson Pavilion, 17 Tinder Street, Port Hedland WA
9:00am-4:30pm

[Register for Port Hedland](#)

BROOME, WA

Thursday 18 May 2023: Broome Community Resource Centre, Hamersley Street, Broome WA
9:00am-4:30pm

[Register for Broome](#)

For more information or to book your spot for the FREE Digital Mentor Training use this [link](#).



ASCCA

Australian
Seniors
Computer Clubs
Association

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

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

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

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

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

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

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

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

3. Contact a Strength for Life provider

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

4. Attend your Assessment appointment

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

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

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

5. Start your Strength for Life sessions

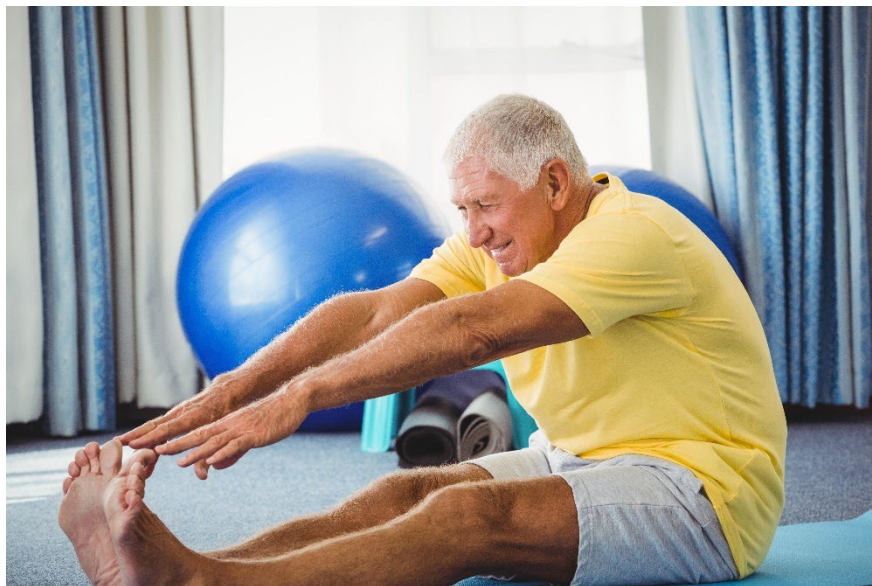
We encourage you to attend 2 to 3 fully supervised classes per week. Strength for Life is progressive training, and your individualised plan will change as your strength increases.

For more information

T: 08 9472 0104

E: kairi@cotawa.org.au

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



Feedback Opportunities

Dementia WA ‘Why are people in Regional Areas up to five times more likely to develop dementia?’

Dr Ashleigh Smith is working to understand and hopefully reverse this trend, thanks to a grant from the Dementia Australia Research Foundation.

What are the statistics?

Australians living in rural and remote areas are three to five times more likely to develop dementia than city dwelling counterparts. A Dementia Australia Research Foundation fellowship worth \$365,000, a team from the University of South Australia led by Dr Smith will examine what causes this trend and how to reverse it.



Dr Smith said, they know there are 12 modifiable risk factors for dementia which include things like smoking, diet, exercise and social isolation and they have collected good data on how these risk factors impact people living in Australian cities. But research into these same risk factors, and possible solutions, for rural and regionally-based Australians is limited.

They know people living in rural and regional communities do not want city-based solutions, and it is no good telling people in regional Australia to join walking groups if there are not safe footpaths in their community to walk on, if there is not adequate lighting and other infrastructure that is taken for granted in cities.

What are they doing with the funding?

The fellowship will enable Dr Smith’s team to create dementia prevention strategies specifically tailored for rural and regional communities, enabling them to go to regional and rural areas to collect data around risk factors and identify how dementia risk factors cluster differently compared to urban communities. The toolkit will be co-designed with people living in rural and regional communities, ensuring the toolkit is acceptable and aimed at extending healthy life and delaying dementia onset in Australians who live outside major cities.

How can you help?

If you would like to get involved in research projects into dementia, you can [find all studies currently recruiting participants on website](#).

The Dementia Australia Research Foundation relies on financial support from generous individuals and organisations committed to investment in dementia research. If you would like to help to support more research into dementia with projects just like this one, [you can donate to dementia research here](#).



Australian Department of Health and Aged Care ‘Volunteers in Aged Care Consultation is Open’

The Australian Department of Health and Aged Care is seeking feedback from aged care volunteers, volunteer managers and aged care providers to shape the future of aged care volunteering across the country.

In a statement, the Department said volunteers were essential to the well-being of socially isolated older people and complement the paid aged care workforce in Australia’s aged care sector.

As part of the Australian Government’s response to the Royal Commission into Aged Care Quality and Safety, the Department is seeking the views of:

- All people who volunteer in the aged care sector
- All those who work with volunteers in their role as a volunteer manager or as an aged care provider



Have your say

Visit: <https://consultations.health.gov.au/aged-care-division/volunteers-in-aged-care/>

Call 1800 318 209 to complete the survey over the telephone or request a paper copy

For translating and interpreting services, call 131 450

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

Consultations close on 26 May 2023.



Australian Government
Department of Health and Aged Care

Macquarie University 'Volunteers needed for Hearing Research Projects'

HALOS (Hearing impairment in Adults: Longitudinal Outcomes Study) aims to evaluate the impacts of treating hearing loss on health, quality of life, cognition, depression/mood, functional status, interpersonal relationships, education and work.

They are looking for volunteers to participate who are:

- Aged 40 years +
- Wear a hearing device (hearing aid and/or cochlear implant) in at least one ear
- Sufficient in English to complete the survey
- Able to give informed consent

Eligible volunteers will complete an online or paper-based survey on health and social outcomes which will take 60 minutes to complete and a 15 minute online cognitive assessment which involves some thinking tasks. An optional interview to discuss your hearing health journey will take 20-30 minutes and can be completed over the phone.

You will be reimbursed a \$30 Coles-Myer gift card at the end of the study.

Participation is open throughout 2023.

For more information contact the HALOS Research Team via telephone, text message or email

T: 0481 863 983

E: halosresearch@mq.edu.au

W: <https://bit.ly/halosresearch>



MACQUARIE
University
SYDNEY • AUSTRALIA

Support Information

Older People's Rights Service (OPRS), 'Financial Support and Education for Older Women'

Scammers impersonate genuine charities and ask for donations or contact you claiming to collect

As part of their Older People's Rights Service (OPRS), the Northern Suburbs Community Legal Centre offers financial support and education for older women through their financial advisory program. Learn how to manage your money day to day, make money decisions and plan for the future.



Managing your money day to day including understanding your finances, setting financial goals, creating a budget, how technology can help, avoiding financial abuse and avoiding scams.

Making money decisions including improve your financial knowledge, dealing with banks, using online banking, good spending habits, making your pension go further, managing financial challenges and managing debts.

Planning for the future including financial, legal and health decisions, decision making and agreements, involving family in decisions, power of attorney and guardianship, living arrangements and lawyers, counsellors and other services.

This service is available across WA for individuals and groups.

To book a session

T: 08 9440 1663

E: info@nsclegal.org.au

W: <https://nsclegal.org.au/how-we-can-help/financial-support/>



northern suburbs
community
legal centre

oprs
Older People's Rights Service

Carers WA 'Carer Gateway Services'

What is Carer Gateway?

Carer Gateway is an Australian Government initiative for family carers in Australia. It provides a mix of free online, telephone and in-person supports, services and advice. These services have been designed and tested by carers to help reduce stress and build resilience in the caring role.

In addition to a number of resources available through the Carer Gateway website, supports and services are being delivered throughout the states and territories. For Western Australia, Carers WA is leading the delivery of these services, in partnership with our delivery partner, HelpingMinds.



How do I access Carer Gateway services?

Call **1800 422 737** Monday to Friday between 8.00am and 5.00pm WA local time. An after-hours service is available outside of these hours, including weekends.

Alternatively, you can request a call back by completing an [online form here](#).

If you are an [agency](#) and would like to refer a carer to Carer Gateway, please call **1800 422 737** or complete the [online referral form](#).

Please note: Services are free to access for anyone looking after a family member or friend with disability, a medical condition, mental health challenge, alcohol or substance dependency or someone who is frail due to age. Access does not affect any other State or Territory Carer Services, young carer bursaries or other services delivered through My Aged Care or the National Disability Insurance Scheme.

For more information on how to access the Carers Gateway Services

T: 1800 422 737

W: <https://www.carerswa.asn.au/our-services/carers-gateway-services/>

Carers WA is a COTA (WA) Supporter



Australian Passport Office 'Protecting against Scams and Identity Theft'

Scams are designed to trick you into handing over money or personal information. Scammers use different methods, like phone calls, text messages or emails and might pretend to be from a trusted government department, like the Department of Foreign Affairs and Trade.



Identity theft involves using someone else's identity to steal money or gain other benefits, like a passport. Scams often lead to the theft and misuse of a person's identity.

Anyone can be a victim of a scam or identity theft. If you think you have fallen victim to a scam or your identity has been stolen or misused, it is important to take steps quickly to limit damage to your identity or assets.

If you are concerned, you can call **IDCARE** on 1800 595 160 or visit: <https://www.idcare.org/> for advice and support. If you have received a scam message or call, report it to **ScamWatch** at: <https://www.scamwatch.gov.au/report-a-scam>

How to identify a scam

Scams can look genuine, and it can be difficult to tell when something is fake. You can read general information about scams on the **ScamWatch** website.



Scammers may ask for your personal information, including your

- Passport number
- Name
- Address
- Date of birth
- Bank details
- Copies or details of identity documents

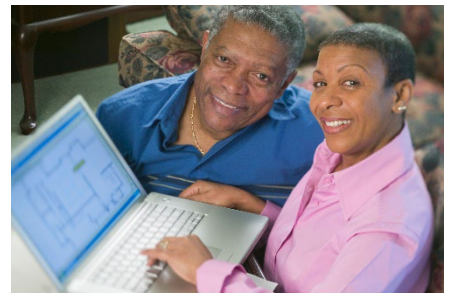
Scammers might tell you to

- Click on a link in an email or text message
- Provide identity information, including uploading identity documents
- Pay fees or repay a debt

What to do

- If you get a suspicious email or text message claiming to be from us:
- Do not open it

- Do not click on any links or open attachments
- Do not respond to the sender
- Do report it
- Do delete the message



How to check if it is really us

Sometimes, Australian Passport Office may need to contact you. However, there are things they do not do. Outlined below are some ways you can tell if it is really the Australian Passport Office.

They do call people, but you should be wary of unexpected phone calls claiming to be from them. Ask for the caller's name and contact details. Then you can call the Australian Passport Office on 131 232 to check. You can also report it to Passport Frauds via email: passports.fraud@dfat.gov.au

Do not try to call them using a telephone number someone has given you, as it might be fake. You can look up the correct number on the Australian Passport Office 'Contact Us' page: <https://www.passports.gov.au/contact-us>

The Australian Passport Office do send people important information by emails, text messages and letters. Their messages may include:

- Requests and reminders to attend appointments
- Notification of a Registered Post Tracking Number letting you know your passport is on its way
- Passport renewal reminders

What the Department of Foreign Affairs and Trade does not do

There are other things they do not do, including asking you to:

- Click on internet links in an email or text message to open webpages or attachments, or to upload documents
- Pay them money to get a payment
- Transfer money to get a payment
- Buy gift cards or vouchers

They will never ask you for money to release your information or fix your account.

The Department of Foreign Affairs and Trade will not offer you special deals and will not ask you to give them remote access to your computer.

You can get more advice on how to protect your information from these government websites:

ScamWatch: <https://www.scamwatch.gov.au/>

Services Australia: <https://www.servicesaustralia.gov.au/how-to-know-if-its-scam?context=60271>

Australian Taxation Office: <https://www.ato.gov.au/General/Online-services/Identity-security-and-scams/>

Australian Cyber Security Centre: <https://www.cyber.gov.au/acsc/view-all-content/threats/scams>

Palliative Care 'Helpline'

Palliative Care Helpline: the best people for your worst days

Life becomes an emotional rollercoaster when you or a loved one are told you have a terminal illness or are nearing end of life.

A graphic for the Palliative Care Helpline. It features a dark blue background with a large, stylized white and teal curved shape on the right. The text 'Palliative Care Helpline' is in large, bold, white letters. Below it, in smaller white text, is 'Information, support and understanding when you need it most'. A red rectangular box contains the phone number '1800 573 299' in white. Below the box, there are three bullet points with checkmarks: 'Local WA service', '9am to 5pm, every day of the year', and 'Free and fully confidential'. On the right side, there is a red circular logo with a white map of Australia inside, and the text 'PalliativeCare WESTERN AUSTRALIA' below it.

Palliative Care Helpline

Information, support and understanding when you need it most

1800 573 299

- ✓ Local WA service
- ✓ 9am to 5pm, every day of the year
- ✓ Free and fully confidential

PalliativeCare
WESTERN AUSTRALIA

The compassionate and expert local team at the **Palliative Care Helpline 1800 573 299** is available from 9:00am to 5:00pm every day of the year to listen and help you navigate your way through the challenges.

They have the time to talk it all through, help you to better understand your situation and your options and point you in the right direction to access the services or further support that you need.

The Palliative Care WA team can provide information and support to any member of the WA community who is dealing with palliative care or end-of-life issues for themselves or for someone else.

They are here to listen to you, to hear your concerns, provide as much information as they can and point you in the right direction to access services, advice or further support. You can call as many times as you need.

All calls are completely confidential.

Please note that the Palliative Care Helpline does not provide counselling or clinical information and they cannot advocate on your behalf.

The Palliative Care Helpline is funded by the WA Health End of Life Care Program in the WA Department of Health: https://www.health.wa.gov.au/Articles/A_E/End-of-Life-Care-Program

For more information

T: 1800 573 299

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



PalliativeCare
WESTERN AUSTRALIA

‘Greater focus needed on Palliative Care for Disability Community’

Australia’s peak palliative care advocacy body said, better links and more timely referrals between the National Disability Insurance Scheme (NDIS) and the wider health system are needed if people living with disability are to have better access to palliative care.

Chief Executive Officer, Palliative Care Australia (PCA), Camilla Rowland said NDIS has an emphasis on people being able to exercise choice and control but is not sufficiently responsive to the rapidly changing health needs of people. Their aim is to support quality of life well before the end of life, but the heart-breaking fact is that people might die while waiting to receive their NDIS package and any associated palliative care included.

She said, this is not just an NDIS challenge, the whole health system needs to allow for timely responses in such circumstances, so that human rights are respected and people with disability can make the most out of life and relationships.

Palliative Care Australia has made a number of recommendations to the Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability, with the view to increase access to palliative care for all people living with disability.

The work of the Commission has been so important in shining a light on what needs to be done right across the care economy to better support loved ones, carers and those living with disability, they are pleased to make a submission to the Royal Commission and add to the growing awareness of the positive power palliative care can have in people’s lives and on the sustainability of the health system.

Camilla Rowland said, the 18 recommendations made were based on the feedback and experiences of the organisation’s members across Australia.

For instance, palliative care social workers told them of the gains to be made if there was better integration and co-ordination across disability services, aged care, primary health and acute care settings. Continuity of care is so important to better patient outcomes, especially for people with disability, and it drives efficiencies through the health system itself.

While there are a number of issues like the NDIS that are specific to the disability community, many of the matters they have raised in their submission connect with wider reforms and investment needed across health care. PCA’s May Budget Submission presents the Government with a number of costed initiatives that need and deserve funding as part of wider reform linked to aged care, disabilities, Medicare and primary care.

Ms Rowland thanked Commissioners for elevating the needs of people living with disability and acknowledge the work already underway at a Federal and State level to address the issues raised. There is more to be done and PCA looks forward to playing their part.

For More Information

<https://palliativecare.org.au/>



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/>



Dementia WA 'How do we maintain a healthy brain?'

There is no sure way to prevent dementia but there are things we can do to get our brain healthy and keep it healthy.

What you do in your 40s influences your later life

Research shows us looking after your brain in your 40s, 50s and 60s is vitally important as this is when changes start to occur in the brain. By incorporating simple changes into your everyday life, you can lower your risk of developing dementia.



In fact, research tells us the health and lifestyle factors below contribute to between 35% and 50% of dementia cases worldwide including cardiovascular health conditions, physical inactivity, hearing loss, sleep disturbance, poor diet, depression and social isolation.

Risk reduction for dementia focuses on being brain healthy. You can do this by creating a healthier heart, body and mind. The earlier you can adopt these changes, the better.

Looking after your heart

Research shows that cardiovascular conditions, those that affect the heart and blood vessels, are linked to a higher risk of developing dementia later in life.

These conditions include high blood pressure (hypertension), high cholesterol, Type 2 diabetes, obesity, heart disease and smoking.

You can look after your heart by

Getting regular health check-ups and monitoring your blood pressure, cholesterol and blood glucose levels, especially if you have a family history of cardiovascular conditions.

Maintain a healthy weight by developing eating patterns which include a healthy, varied diet and portion control. Speak to a health professional if you need help losing weight.

Stop smoking, it is never too late! Smoking increases the risk of heart disease, stroke and cancer as well as dementia. There is no safe level of smoking. There are many resources to help you quit, including nicotine replacement therapies, gums, patches or sprays. Get started by speaking with your doctor.

Limit alcohol intake as excessive alcohol consumption over time can result in brain damage that produces symptoms of dementia. If you drink alcohol, stick to the recommended Australian guidelines of no more than two standard drinks on any one day, and at least two alcohol-free days per week.

Looking after your body with exercise

A lack of physical activity is one of the highest contributing risk factors to cognitive decline and dementia in later life. Exercise helps keep the brain healthy and improves memory and thinking by supporting blood flow and oxygen supply to the brain, increasing new brain cells, contributing to brain reserve and protecting brain functioning in later life.

The current Australian Department of Health guidelines recommend: 30 minutes of moderate-intensity physical activity on at least five days a week and muscle strengthening activities twice a week.

Getting started is often the hardest part. The key is to find activities that you enjoy and will be able to keep doing. You might learn to dance, go swimming, play lawn bowls or join a yoga class or walking group. If you find exercise boring, look for activities to do with a friend. Or join a local community group. You can also build activity into your everyday life, like walking to the shops instead of driving or getting off the bus a few stops earlier and walk the rest of the way.



Looking after your body with what you eat

Diet affects the risk of developing heart disease and stroke, which are in turn risk factors for dementia.

Eating a healthy and balanced diet full of these four things can help:

1. **‘Good’ fats** such as olive oil, avocados, nuts, seeds and fish has been associated with a lower risk of developing dementia. These fats may increase levels ‘good’ cholesterol, which may help protect brain cells.
2. **Omega-3 fats** found in oily fish (such as tuna and salmon), flaxseed oil, walnuts and eggs are thought to protect blood vessels and may reduce inflammation in the brain. Omega-3 is an essential fatty acid, which means it must be obtained from the diet because the body doesn’t make it.
3. **Antioxidants** that can be found in fruits and veggies (particularly in ones that are deeply or brightly coloured), whole grains, tea (especially green tea) and vegetable oils mop up destructive chemical molecules in the body known as free radicals, which result from our body’s use of oxygen to generate energy. Free radicals may contribute to brain cell death in Alzheimer’s disease and other dementias.

4. **B group vitamins** such as B12 vitamins which can be found in meat, shellfish, dairy, tempeh, fermented foods and some fortified breakfast cereals. Folate (vitamin B9) is also important and can be found in leafy vegetables such as spinach, legumes, sunflower seeds, oranges, bananas, rockmelons, corn, pumpkin and parsnips. B group vitamins play important roles in cell metabolism. Deficiencies can cause a number of health problems including conditions associated with dementia such as cognitive deficits, memory loss and confusion. Some research suggests that low levels of vitamin B12 and folate (vitamin B9) in particular may be associated with increased risk of dementia.



Looking after other parts of your body

Sleep: Sleep plays a major role in brain health. It is critical for alertness, mood, daytime functioning and cognition. Increasing evidence shows that sleep disturbance can increase the risk of developing depression, cognitive problems and dementia later in life.

Hearing loss: More research is finding there may be a link between hearing loss and our risk of developing cognitive problems later in life. People with mild hearing loss are twice more likely to develop dementia than those with normal hearing, while people with severe hearing loss are five times more likely. If you start to notice problems with your hearing at any stage of life, you should talk to your doctor. Early diagnosis and intervention can help improve your quality of life and reduce your risk of dementia.

Protect your head: Research has shown that moderate to severe head injuries or repeated blows to the head may increase the risk of developing dementia in later life. The best approach is to protect our heads and avoid injury in the first place.

Looking after your mind

Keeping the brain stimulated and active is extremely important for our cognitive health. Research has shown the types of activities we do, how mentally and socially engaging they are, and how frequently we do them, can build brain reserve, so it can cope better and keep working properly if any brain cells are damaged or die and build the brain's neuroplasticity, through the growth of new brain cells,



improved connections between existing brain cells and improved support networks surrounding brain cells.



Mental stimulation and new learning are linked to a reduced risk of dementia. Some activities that exercise the brain are reading, crossword puzzles, painting, sewing, woodwork, cooking, playing an instrument and using technology. It is important to vary the activities and do them frequently.

Social interaction also helps to improve our wellbeing and reduce feelings of loneliness or depression. It may reduce

our risk of cognitive decline so it is important to find ways to be social by saying 'hello' or have a friendly chat with people you see through the day, catching up with friends over the telephone or in-person, joining a group activity through your local council, art gallery or museum or through organisations like Men's Shed Association and Volunteering Australia.

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>

You can also check out the helpful [Healthy Brain, Healthy Life booklet](#) which has ideas on how to reduce risk for more of the risk factors listed in this article.



Dementia WA 'Brain donation helps researchers study brain disorders'

Brain donation helps researchers study brain disorders, such as Alzheimer's disease and related dementias.

One donated brain can make a huge impact, potentially providing information for hundreds of research studies. This research helps scientists learn how the brain is affected by diseases and how we might better treat and prevent them.

Brain Donation FAQs: A Gift for Future Generations

Why is brain donation important?

Brain donation helps researchers better understand the causes and potential treatments for brain disorders that affect millions of people.

Who can donate?

Anyone over age 18 who has a brain disorder or a healthy brain can donate. Many brains are needed from diverse populations and ages.

What happens to the brain after donation?

A specialist carefully removes the brain through the back of the head in a way that does not affect a person's appearance. The brain is sent to a brain bank, which distributes tissue samples to qualified researchers. The body is returned to the family for burial or cremation and related ceremonies.

Are there any fees to me or my family?

No, when donating as part of a study or to the brain banks of the National Institutes of Health, there is no cost to the family for the donation procedure.

How do I donate?

Brain donation is different from other organ donations. You can donate by enrolling in a brain donation program or a research study.

What do my family and friends need to do?

Agree on who will contact the brain donation centre at the time of death.

How do I talk with my family and friends about brain donation?

Tell them why you want to donate your brain and share what you have learned. Talk with them early in your decision-making process. Contact a brain donation centre to help answer questions.

Ready to take the next step?

To become a brain donor, consider enrolling in a study that leads to brain donation, such as through the Alzheimer's Disease Research Centers at <https://www.nia.nih.gov/health/alzheimers-disease-research-centers>

Brain Donation: A Gift for Future Generations

Frequently Asked Questions

One donated brain can make a huge impact, potentially providing information for hundreds of studies on brain disorders, such as Alzheimer's and related dementias. Learn about the brain donation process and how to get started.



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To become a brain donor, consider enrolling in a study that leads to brain donation, such as through the Alzheimer's Disease Research Centers at www.nia.nih.gov/health/alzheimers-disease-research-centers, or enrolling to donate to the brain banks of the NIH by going to www.braindonorproject.org.



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 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



Australian Department of Health and Aged Care New booklet available: 'Reforming Aged Care in Australia'

The booklet is for older people and their carers and families who want to learn more about the changes being made to aged care.

A new booklet on reforming aged care in Australia is now available for [download and ordering](#) from the Department of Health and Aged Care website.

It features stories showing how existing and upcoming reforms might affect older people and information explaining what exactly is changing.

By reading this booklet, you can learn more about the aged care reforms and get an idea of how they might work in real life.



How to get a copy of the booklet

You can [view the booklet online](#) or order a hardcopy by contacting National Mailing and Marketing and quoting the order ID number (ACG016), how many copies you wish to order and your delivery address.

For more information

T: 02 6269 1080

E: health@nationalmailing.com.au

W: <https://agedcareengagement.health.gov.au/blog/new-booklet-available-reforming-aged-care-in-australia/>



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



Australian Government
Department of Health and Aged Care

ANSWERS to the 'CROSSWORD' Puzzle (see Page 55)

MAY

Solution:

1	G	2	R	3	A	4	S	5	S		6	A	7	B	8	E	9	T		10	T	11	H	12	A	13	W
14	R	O	G	U	E					15	P	E	R	O					16	I	O	T	A				
17	A	L	I	N	E					18	H	E	R	R					19	L	O	I	N				
20	M	E	N	S						21	J	I	F			22	P	U	D	D	L	E					
					24	H	U	E	D			26	D	E	T	E	S	T									
27	E	N	L	I	S	T				30	C	E	D	E													
31	W	A	Y	N	E					32	A	A	R	O	N				33	E	S	E					
36	E	R	R	E	D					37	R	I	B			38	S	C	R	O	D						
40	R	Y	E					41	T	E	R	R	Y			43	I	L	I	A	D						
								44	O	M	A	N			45	B	L	O	C	K	Y						
		46	F	O	R	B	E	S			49	F	A	S	T												
50	M	O	T	H	E	R				51	N	O	D			52	H	A	S	H							
56	A	R	T	Y						57	A	D	E	N		59	C	I	N	C	O						
60	S	T	E	M						61	L	U	S	T		62	S	E	T	U	P						
63	S	E	R	E						64	D	O	T	S		65	T	R	I	M	S						

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Jimmy and Evelyn Johnson

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