

COTA Connections

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

JULY 2023

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

The rising cost of living is a major concern and almost all of us are feeling the impact of increases in utility bills, food, petrol, rent and mortgages. Given these increasing costs, it is timely to reflect on ways to reduce these burdens as much as possible.

One of the most readily-accessible resources for WA residents is the WA Seniors Card, which offers a good number of discounts (the most generous in Australia) for older people. These discounts range from using public transport (free for most of the day and weekends), subsidies for utilities, discounted entry to many entertainment venues and discounts on food at some supermarkets, plus many more.

Eligibility requirements for the WA Seniors Card include that you:

- Are aged 64 years or older
- Are an Australian Citizen or hold an Australian Permanent Resident Visa
- Reside in Western Australia
- Work less than 25 hours per week

If you are eligible for this card, make it a priority to obtain one at: [WA Seniors Card Forms and Guides](#)

The increasing prevalence of scams is another issue constantly referred to in the media.

An article in this newsletter provides some information for you on this issue, but I think it is worth noting that an easy way to detect email message scams is to click on the name of the sender to reveal the email address.

This should ring your alarm bells should the address be unknown or strange. As an example, one recent experience I heard about occurred with an alleged email from the ATO. The message required the recipient to click on a link to re-instate her employment status. The email looked genuine, apart from the fact that the sender's email address was the name of the sender @au.gov.

A quick look at the ATO website contact details revealed that the ATO email address will always have @ato.gov.au following the addresser. Scammer email addresses will almost always give them away so it is always advisable to look at them before opening any links in their message. It is also important to do this if an email allegedly from a close friend or family member seems to contain a request which is not consistent with prior messages.

This newsletter contains much information and many suggestions to help you navigate an increasingly complex environment. I am sure you will find something in it of interest to you.

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

'Urgent action needed on Power of Attorney Laws to Stop Elder Abuse'

COTA calls for action to mark World Elder Abuse Awareness Day, EVERY DAY'

Federal, State and Territory Governments need to urgently fast-track the introduction of nationally consistent, strong Power of Attorney laws which protect older Australians from abuse, COTA Australia, says the peak advocacy body for older Australians.

COTA Australia Chief Executive Officer, Patricia Sparrow, said elder abuse takes many forms and Australia needs to take action on numerous fronts, but fixing the Power of Attorney laws is an obvious and timely step.

Over 1 in 6 older Australians will experience elder abuse each year. Government action for a nationally consistent legal framework for Powers of Attorney will go some way to address the problem," Ms Sparrow says.

Each State and Territory has its own laws and different approaches to Power of Attorneys which is a major impediment to a comprehensive approach to protection from elder abuse.

The inconsistencies in our Power of Attorney laws make it easier for older people with diminished capacity to make decisions for themselves, including those with dementia, to be abused. We know from research and what we hear directly from older people that the perpetrators of abuse are often family members. It is mostly adult children, but can also be friends, neighbours and acquaintances.

Over 60% of older people do not seek help when they are abused. The current inconsistency across the country perpetuates issues with enforcement and transferability across the States and Territories.

Ms Sparrow said that while it is positive that the Federal Attorney-General is committed to advancing solutions to elder abuse, and that work has been commenced by the Ministerial Council of Attorneys General, it has progressed far too slowly. We need to see decisive and speedy action that will give older Australians greater control over their legal documents and allow less room for perpetrators of elder abuse to take advantage of legal inconsistencies.

Numerous inquiries have recommended a national approach to the laws and requirements, as well as the creation of a national register, to prevent such abuses from occurring.

Media contacts: Tamara Kotoyan: M: 0430 291 890 or Alana Mew: M: 0419 929 722.



National NAIDOC Week 'For Our Elders'

Celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples 2-9 July 2023.

The theme for the 2023 National NAIDOC Week theme is 'For Our Elders'.

Across every generation, our Elders have played, and continue to play, an important role and hold a prominent place in our communities and families. They are cultural knowledge holders, trailblazers, nurturers, advocates, teachers, survivors, leaders, hard workers and our loved ones.



Our loved ones who pick us up in our low moments and celebrate us in our high ones. Who cook us a feed to comfort us and pull us into line, when we need them too. They guide our generations and pave the way for us to take the paths we can take today. Guidance, not only through generations of advocacy and activism, but in everyday life and how to place ourselves in the world.

We draw strength from their knowledge and experience, in everything from land management, cultural knowledge to justice and human rights. Across multiple sectors like health, education, the arts, politics and everything in between, they have set the many courses we follow.

The struggles of our Elders help to move us forward today. The equality we continue to fight for is found in their fight. Their tenacity and strength has carried the survival of our people. It is their influence and through their learnings that we must ensure that when it comes to future decision making for our people, there is nothing about us, without us.

Respects are paid to the Elders who have been lost and to those who continue fighting for us across all our Nations and homage is paid to them.

National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth. You can support and get to know your local Aboriginal and/or Torres Strait Islander communities through activities and events held across the country.



For more information go to NAIDOC

W: [NAIDOC Week 2023 'For Our Elders'](#)

Celebrating 60 Years of Army Engineers 'It has been 60 years and the work of the Army Engineers is still standing strong'

For 60 years, a small unit of Army engineers has meticulously planned, designed, coordinated, controlled and delivered infrastructure projects to support the Australian Defence Force's land, joint and specified operations.

For 60 years, a small unit of Army engineers has meticulously planned, designed, coordinated, controlled and delivered infrastructure projects to support the Australian Defence Force's land, joint and specified operations.



19th Chief Engineer Works Commanding Officer Lieutenant Colonel Michael Woods, left, and former Commanding Officer Lieutenant Colonel (ret'd) John Hopman cut the cake at the 60th anniversary of 19CEW at Randwick Barracks in Sydney. Photos: Corporal Lucas Petersen

Part of 6th Brigade, the unit is comprised of civil engineers, project managers, construction supervisors, surveyors and architectural draftsman as well as information system engineers, administrative staff and a multimedia technician.

They provide deployable design and project management capability for infrastructure construction tasks in support of ADF work with Pacific partners and in support of remote First Nations communities through the Army Aboriginal Community Assistance Program (AACAP).

Officially raised on 7 February 1963, in preparation for deployment to Papua New Guinea later that year, the unit, then called 19th Commander Royal Engineer Works, was initially seconded to the Public Works Department of PNG, taking full responsibility for the northern district and functioning similar to a district engineer's office.



Commander Forces Command, Major General Susan Coyle addresses guests at the 60th anniversary of 19CEW.

19CEW has operated almost continually in the Pacific since the unit's conception, however, it has also deployed individuals, work teams and, on occasion, complete works sections, across a number of other operational areas including Vietnam, Timor-Leste, Solomon Islands, Afghanistan and Iraq.

In 1997, the unit deployed to the remote community of Bulla, west of Katherine for the first AACAP, where construction works were completed by contractors under the supervision of Army project managers from 19CEW.

Last year, 19CEW celebrated 25 years of delivering a mix of housing, road construction/upgrades, sewerage treatment plants, airfield construction or upgrades, health clinics, telecommunications infrastructure, school upgrades, potable water supply infrastructure and housing subdivisions to almost 50 First Nations communities through AACAP.

‘Con Vandenberg, WA Volunteering Legend calls time on service’

For 22 years, Con Vandenberg has turned up three days a week to help clients who relied on the transport services offered by the City of Swan Council’s Community Care Services team to get them to and from their destinations.

Con is described a ‘no-fuss kind of man’ who never looked for recognition. But when he announced he was calling it time on his voluntary duties, the City’s Community Care Services team recognised his amazing contribution as the special guest at their National Volunteer Week lunch.

In a speech prepared by Ron Carey, Member of Community Care Advisory Committee, he said the 93-year-old had dedicated over 19,800 hours of his life to volunteering with the City.



Con Vandenberg, a dedicated and inspiring long-time volunteer, has called it time on his volunteering services.

He has covered more than 66,000 kilometres getting to and from the transport depot from his home in Beechboro, WA to assist clients as a volunteer driver and quality care giver and is considered one of the City’s most loyal volunteers.

“On behalf of Members of the City of Swan Community Care Services Advisory Committee, all past and current volunteers, all the clients you have helped over the years and staff, we say thank you for your invaluable years of service,” Ron said.

If you are interested in becoming a volunteer with City of Swan’s Community Care Services team, please call 08 9267 9064.

For more information

T: 08 9267 9267

E: swan@swan.wa.gov.au

W: <https://www.swan.wa.gov.au/Your-Community/Get-involved/Volunteering>



Country Women's Association of WA features 'Tuna Rollups'

Look for ways to be thrifty in the kitchen and combine simple pantry ingredients with the minimum of fuss to create a delicious dish!

Recipe provided by the Wanneroo CWA Branch Country Women's Association.

The Wanneroo CWA Branch ladies always look for ways to be thrifty in the kitchen and combine simple pantry ingredients with the minimum of fuss to create a delicious dish. Tuna Rollups are no exception and is popular at CWA branch functions.

Wanneroo CWA is a friendly and busy branch which was formed in 1965. Their members are from different parts of the country, with rural, urban and suburban backgrounds, all working towards helping the community and supporting CWA ideals. Their focus for the past couple of years has been in assisting, particularly at Christmas and Easter time, the **Patricia Giles Centre** which provides a range of services and programs for families experiencing and escaping from family and domestic violence. Members also contribute to the **Spears Centre** which provides support and information for individuals, families and communities.



Their meetings are held on the second Tuesday of the month and often have a guest speaker. The third Tuesday is their Craft Day, or if it is a special celebration, they organise an outing. If you are interested in fun and friendship, please telephone the State Office on 08 9321 6041 for branch details. In the meantime, enjoy the recipe.

Ingredients for Tuna Rollups

- 1 x large can of tuna or salmon drained
- 8 slices of very thin bread
- Softened butter and French mustard
- $\frac{3}{4}$ cup of cream
- Grated tasty cheese

Method

Mix together

1. Drain tuna or salmon well.
2. Cut crusts from bread and spread with butter, then mustard followed by tuna or salmon.
3. Roll up the bread, corner to corner, and hold with toothpick.
4. Place in greased shallow ovenproof dish with join side down. Cover and refrigerate until firm.
5. Remove from fridge and pour over cream and grated cheese and place in moderate oven until cheese melts.
6. Remember to remove toothpicks before serving.



**Country Women's
Association of WA**

— Est. 1924 —

‘The ABCs of Dehydration’

Staying hydrated is more important for health, wellbeing and enjoyment of life than many people realise.

Dehydration, although a concern at any age, holds alarming risks for people who are older. Affecting every part of the body, dehydration can have a huge impact on an older person’s day-to-day functioning, independence and life enjoyment, but the consequences can be much more serious. If an older person who is dehydrated then falls ill or has an accident, their body’s ability to recover is doubly compromised and the likelihood of hospitalisation and even death increases dramatically.



Even mild dehydration can cause tiredness, poor concentration, muscle weakness, memory problems and slower reaction times, all of which make daily life difficult as well as increase the risk of accidents and illness. It is something to be taken seriously, yet it is so easy to avoid.

In this article read about the risks of dehydration for older people, how to tell if it is happening and what to do to prevent or reverse it.

Why is hydration so important?

The fluid in every organ and every cell of your body is essential for them to do what they need to do to keep you alive and well. This is why being dehydrated affects all your body systems.

Your body is about 60% water, with each of your organ systems requiring slightly different fluid levels. For example, smooth, efficient blood flow depends on fluid levels being higher than 80%, so if that level drops, your blood flow will be affected.



Skin is more than 60% water, and any reduction in that level, even from only mild dehydration, makes it much more vulnerable to damage and slower to repair itself. However, as you age, your skin is already becoming more fragile and more prone to frequent and severe damage than in your earlier years.

This means that becoming dehydrated when you are older compounds the chances of skin injuries that are painful and can be slow to heal. Wounds often reduce your ability to get around and do the things you usually would (not to mention the expense of their treatment, the increased need for

support, and the pain). Making sure you avoid dehydration is essential for enjoying the life you hope for.

Dehydration affects the brain, too. Your brain just cannot fire on all cylinders when you are even a little dehydrated, no matter how old you are. This is partly because brain cells ('neurons'), like all cells, need water to communicate with each other and partly because dehydration also slows down blood flow.

Slowed blood flow affects fuel and nutrient delivery in the brain and reduces the efficiency of its clean-up systems, which are vital to keeping it working at peak. As you age, dehydration can lead to confusion and incoherence even more quickly, with increasing consequences.

**Urinary and kidney problems,
Psychosis or delirium,
Seizures,
Low blood volume**

Serious medical consequences of dehydration

- Heat injuries, including heat stroke
- Urinary and kidney problems, including urinary tract infections (UTIs)
- Psychosis or delirium (commonly from a combination of dehydration and an infection, such as a UTI)
- Seizures
- Low blood volume (hypovolemic) shock (the heart becomes unable to pump blood to the body)
- Death, if the dehydration is extreme
- Hydration challenges for older people

Unfortunately, ageing itself can make dehydration more likely and the symptoms and consequences of dehydration are sometimes dismissed as 'part of being old'. That sort of ageist thinking means that the opportunity for reversing the dehydration and preventing its potentially disastrous consequences might be missed.

Making sure you get the fluids you need can be challenging as you grow older, because you do not feel thirsty as soon as you should. Basically, this happens because the mechanisms that monitor hydration levels and prompt you to drink are affected by ageing and their messages do not get through as well as they used to.

In fact, feeling thirsty becomes a far less useful indicator of dehydration as we move into our later years. Better signs include having a dry mouth or cracked lips, eyes feeling dry and/or 'scratchy', urine being a dark colour (it should ideally be the colour of dry grass or lighter), and pinched skin on the back of the hand not promptly going flat again.

The most common signs (or side effects) of dehydration

- Fatigue or lethargy
- Muscle weakness and cramps
- Cracked lips
- Headaches
- Dizziness
- Nausea
- Forgetfulness and confusion
- Deep rapid breathing or an increased heart rate or low blood pressure
- Sunken eyes
- Dryness or sticky mucus around and in the mouth
- Low urination
- Urinary tract infection (UTI)

**Fatigue or lethargy,
Cracked lips,
Forgetfulness and confusion,
Low urination**

To download the full article

[The ABCs of Dehydration - Compass](#)

For more information

W: <https://www.compass.info/>



‘Tips for Staying Social in Retirement’

Ways to Stay Social in Retirement by Judith Maestracci, Chair of Probus South Pacific.

Often when we approach retirement, funds are top of mind, but our social well-being is just as important with evidence indicating retirees who remain social through group activities improve their overall well-being.

Loneliness often creeps up on us, with our children and neighbours moving away, seniors suddenly find they are alone and unsure how to remedy this feeling.



Judith Maestracci, Chair of Probus South Pacific.

Loneliness affects a lot of our retirees, with rates of emotional loneliness highest in Australians aged 75 or above and recent results from a representative Australian sample found 46% of Australians aged 65 or above felt they lacked companionship at least sometimes.

Correlation between loneliness and physical health has been found, with a greater risk of premature mortality, coronary heart disease, strokes and dementia.

Here are Judith Maestracci’s top tips to stay social, happy and healthy in retirement:

1. Join a social group like Probus.

When we retire, we often lose the friendships we developed through our working life. Probus offers non-judgmental friendship with interesting guest speakers, opportunities to learn a new skill, explore new interests and hobbies and a space to forge friendships. Social connection is the best thing you can do to keep yourself happy and healthy and with over 100,000 members across 1,400 clubs in Australia, you are sure to find friendship in Probus.

2. Travel with a group.

With retirement often comes travel with three quarters of Australians aged over 50 already planning their next big holiday but why not travel with a group? Travelling with a group allows you to see all the world has to see while developing lasting friendships with likeminded retirees. Many of Probus’ partners facilitate tailored group travel for seniors, allowing you to travel care-free with someone else doing the heavy lifting of planning and booking transfers and activities.

3. Become a volunteer.

Volunteering is not just a great way for you to give back to your community, but it can provide immense benefits for retirees. While providing a sense of purpose, new friends and valuable skills, volunteering has been linked to lower rates of depression and even lower rates of mortality. Volunteering to take a leadership role in a club is a great way to get to know other members and can provide new skills. There is a multitude of local organisations who rely on volunteers, so it will not be hard to find one catering to your interests and schedule.

4. Back to school.

Henry Ford once said, “Anyone who keeps learning stays young”. Hitting the books again is a great way to grow your knowledge while forging social connections. There are opportunities to suit every interest and schedule, including enrolling in Uni, undergoing a TAFE course or even joining a local class, whether it be learning a new language or cooking. The Australian Government even offers a Pensioner Education Supplement to assist eligible retirees with their study costs.

5. Join a gym class.

Why not work out with friends and reap the benefits of staying active and social at once? Remaining physically active prevents diseases like diabetes and heart disease and decreases your chance of a fall by improving your strength and flexibility. Meanwhile, you are releasing endorphins and avoiding loneliness and depression. If you are a little hesitant to join a typical gym class, many now offer classes catered for seniors including Zumba, gentle yoga, stretching and Tai Chi.

6. Use the social media to track down old friends.

Social Media can serve as an incredible tool to track down and reach out to old friends from school, Uni, work or old neighbours. Often raising children and going to work makes it difficult to maintain friendships, but the social media age makes it easier than ever to find someone with only their name for reference.

7. Walk and Talk.

Walking groups are a great way to get in some low-impact exercise while creating a social routine to not only forge new friendships but maintain them. Walking groups will also help you discover corners of your neighbourhood you may have not explored yet. Many older people are taking advantage of shopping centre walks in the comfort of undercover environment, often window shopping and catching up for a coffee. As you progress you can even go for longer and more strenuous hikes with your newfound walking friends.

8. Flex your green thumb.

Gardening is often a hobby thought to be done in our home, but it does not have to be. Many communities throughout Australia have taken to local gardens maintained by volunteers. These gardens grow everything from flowers to fresh produce to herbs and are a great way to do something you love while forging social connections while giving back to your local community.

9. Share your skills with your grandchildren.

Social connections are not just for our peers with evidence finding intergenerational benefits hold immense benefits for all parties. Both can teach each other new skills while providing companionship. Why not share your skills with your grandchildren, whether it is a musical instrument, new language or how to make a favourite dish? You could even learn a new skill together with an abundance of tutorials and how to guides available online.

You can experience many of these top tips at your local Probus Club.

Contact a WA Probus Club near you at [Probus in Western Australia](#)



News from the WA Digital Inclusion Project 'Learning Module: Avoiding Scams'

The WA Digital Inclusion Project Website is now live and aims to reduce digital exclusion by equipping community service workers with digital skills and knowledge which they can share with their clients and to help them to access online services, improve connectivity and make access and devices more affordable for all.

Earlier this month, the [Federal Government announced details](#) of their \$86 million investment into scam prevention including \$58 million to create a National Anti-Scam Centre which will open in July this year. The centre is being established to help combat scams and online fraud, after Australians reported losing more than \$3.1 billion last year. This is an 80% increase from 2021, with the Australian Competition and Consumer Commission attributing the rise in part to an explosion of online scams.

We know that digitally excluded Western Australians are at a higher risk of being a victim of scams, which is why the WA Digital Inclusion Project website has a [dedicated Esafety category](#) in the learning area. In this section you will find learning modules on the types of common scams, how to identify them and what steps you can take to protect you, and your family, online.



Esafety

These modules have some great resources about online scams, practice esafety and how to stay safe online. There are resources for parents about children's safety online. There are also activities for children to explore.

We would encourage you to have a go at some of the learning modules in this section and recommend them to friends, family, colleagues and clients out in the community who might benefit from learning about online safety.

[Check out the Esafety section of the Website](#)

The project team are always open to considering new partners and ideas for collaboration to increase the impact of the project. If you would like more information or to discuss opportunities for collaboration, then please contact the project team.

T: 08 6381 5300

E: digitalinclusion@wacoss.org.au

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



Perth WA ‘Community Partnership Supports the Homeless’

A public-private project is addressing the accommodation crisis among women aged 55 and over. An estate that will soon house 18 women aged over 55 south of Perth is being touted as a model solution to the nation’s homelessness crisis.

The My Home project, which features inexpensive but stylish homes built on government land, was built under a public-private partnership and will be administered by a church-run charity, **St Patrick’s Community Support Centre**, in North Fremantle.

The houses were designed by architect Michelle Blakeley through her My Home Housing initiative, which is keen to extend the project throughout Western Australia.



The solar-powered homes, which will operate under the Passiv Haus ultra-low-energy concept, were prefabricated by Offsite Contructions, a company that specialises in creating affordable and sustainable flatpack buildings.

The project was made possible by the donation of money, materials and labour, and the participation of charities and community organisations including Rotary, the Soroptomists, Catholic Women’s League, Corporate Australia, Minderoo, Sisters of St John of God, and LotteryWest.

Dignity

The West Australian [reports](#) that the tenants, who as women over 55, are members of the fastest-growing group of homeless people in the country, will pay a quarter of their Newstart allowances in rent for their own 30sqm single-bedroom home with a 10sqm balcony.

It is less than what they would pay in a share house, and there is probably not a lot of dignity in living in a share house when you get older anyway.

When they move into the fully furnished homes, the women will receive care packs that include vouchers to spend at local shops. While it is a significant contribution to homelessness, this initiative represents a small, local response to a growing crisis, with hundreds of thousands of people believed to be without permanent accommodation.

The good news in the West is that the Fremantle project will not be the last, with land for five other developments already donated by the state government and churches.

For further information

Go to website: [My Home Housing](#). Under its [Better Housing Campaign](#), National Seniors Australia recommends a range of initiatives to help older people, including building rental housing for seniors and supporting the construction of accessible housing to give people more choice and delay entry into aged care.

Related reading: [ABC](#), [The West Australian](#), [My Home Housing](#)

National Seniors Australia 'Is ageism blocking seniors from the workforce?'

According to the Australian Human Rights Commission (AHRC), age discrimination is blocking many older people from the workforce.

The 2023 [Employing and Retaining Older Workers Survey](#), conducted by the AHRC and Australian Human Resources Institute, found one in six organisations will not consider hiring people aged 65 and above, while only a quarter are open to hiring those aged 65 and above.



Just over half (56%) of HR professionals say they are open to recruiting people aged 50-64 to 'a large extent' while 18% say either that they would be open to recruiting from the same age cohort 'to a small extent' or 'not at all'.

Recruitment difficulties

Australian HR Institute CEO Sarah McCann-Bartlett says this is disappointing and organisations are doing themselves a disservice by not considering older workers, particularly at a time when Australia is experiencing historically high levels of job vacancies.

ABS [Australian Bureau of Statistics] data shows there were 439,000 vacancies in February 2023, which is almost double the vacancies pre-pandemic, while two-thirds of HR professionals we surveyed say they are currently experiencing recruitment difficulties.

The Australian HR Institute results show employment of older workers could help ease these shortages as there are too many workplaces where older workers are not being utilised to their full potential.

The report, published in May 2023, also shows the four greatest advantages of hiring older workers are seen to be experience (85%), professional knowledge (71%), age diversity (41%) and reliability (25%). The three greatest obstacles HR professionals say they face in recruiting older workers are a lack of applicants (32%), a perception that older workers lack the necessary tech skills (22%) and salary expectations that are too high (20%).

Let Pensioners Work

In National Seniors Australia's 2022 membership survey, just over 3,000 people told them about the barriers they face in finding employment at an older age. Almost 1,100 explicitly mentioned 'ageism', 'age prejudice', 'age discrimination' or similar, while about 850 others implied it, meaning, two-thirds of respondents believe ageism is a barrier to older people working.

National Seniors
AUSTRALIA

For more on the National Seniors Let Pensioners Work campaign, click [here](#).

Related reading: [National Seniors report](#), [NZ Herald](#), [Daily Mail](#), [AHRC](#), [Jobwatch](#)

Dementia WA 'What Changes can I Expect'

Dementia affects people in different ways and at different times. So, what changes can you expect if you are caring for someone, especially in the later stages of dementia?

Some people may experience profound and rapid changes in the early stages of dementia, while for other people the changes can be much more subtle and not become apparent for years.

What are the stages of dementia?

Some of the features of dementia are commonly classified into three stages or phases. It is important to remember that not all of these features will be present in every person, nor will every person go through every stage. Many factors can influence the progression of dementia, including the type of dementia diagnosed. However, it remains a useful description of the general progression of dementia.

Types of dementia diagnosed

Early dementia

Often this phase is only apparent in hindsight. At the time it may be missed or put down to ageing or overwork. For people under the age of 65, it may be missed because the symptoms can often be mistaken for other more common diagnoses. The onset of dementia is usually very gradual, and it is often impossible to identify the exact time it began.



The person may appear more apathetic, with less sparkle; lose interest in hobbies and activities; be unwilling to try new things; be unable to adapt to change; show poor judgement and make poor decisions; be slower to grasp complex ideas and take longer with routine jobs; blame others for 'stealing' lost items; become more self-centred and less concerned with others and their feelings; become more forgetful of details of recent events; be more likely to repeat themselves or lose the thread of their conversation; be more irritable or upset if they fail at something or have difficulty handling money.

In the early stages of dementia many people find it helpful to get a better understanding of the condition and how they can either live well with the condition or support a loved one.

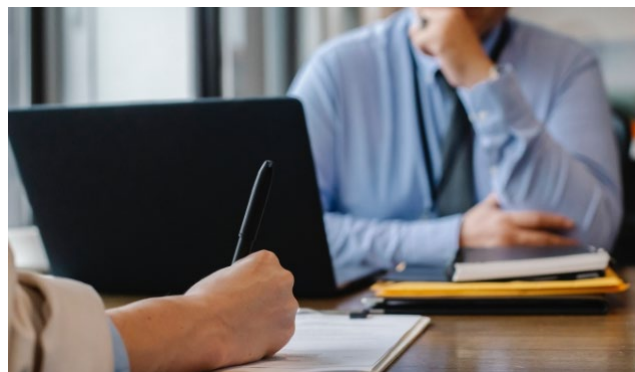
At this stage of the condition, it could also be helpful to make modifications to your home to help the person living with dementia be more comfortable, confident, safe and supported in their environment. For more information on adapting your home, [visit our help sheet](#)

Moderate dementia

At this stage the problems are more apparent and disabling.

The person may be more forgetful of recent events, memory for the distant past generally seems better, but some details may be forgotten or confused; be confused regarding time and place; have changes in personality, become disinhibited or become antisocial; become lost if away from familiar surroundings; forget names of family or friends, or confuse one family member with another; forget how to do household activities, for example, leave saucepans and kettles on the stove or leave the gas unlit; leave the house at unexpected times and perhaps become lost; behave differently than they might have in the past, for example going outdoors in nightwear; see or hear things that are not there; repeat themselves; be neglectful of hygiene or eating; become angry, upset or distressed through frustration or lack insight into the changes occurring.

When a person living with dementia is in this stage of the condition, increasing levels of assistance may be required to help the person maintain their functioning in the home and community. If you are a carer you may also be struggling to adjust to the changes in your loved one.



Advanced dementia

At this third and final stage, the person will likely need total care or more frequent care and supervision.

The person may be unable to remember occurrences for even a few minutes, for instance forgetting that they have just had a meal; lose their ability to understand or use speech; become incontinent; show no or infrequent recognition of friends and family; need help with daily tasks such as eating, washing, bathing, going to the toilet and dressing; failing to recognise everyday objects; experience sleep disturbances; be restless; respond in an aggressive way to others, especially when feeling threatened or closed in; have difficulty walking, eventually perhaps becoming confined to a wheelchair; have uncontrolled movements; become immobile or have difficulty swallowing.

Most people in the later stages of dementia need total care and usually receive this in a residential facility. In some cases, families and carers will choose to care for the person at home.

How can I plan for the future?

Dementia affects people differently. One person may begin to lose the ability to handle money at an early stage, while another person may keep these skills much longer. So how do you plan for these changes?

Why is it important to plan ahead?

It can be confronting to think about the future and the changes you or your loved one with dementia might experience. But whether it happens quickly, or takes longer, dementia is a degenerative condition and a person with dementia will eventually be unable to make decisions about their financial and legal matters.

Planning ahead can make it easier for families and carers to manage the affairs of a person with dementia. It may also mean that the person with dementia can participate in the planning and make sure that their wishes are carried out in the way that they would like.

If you can, starting this process early may mean the person with dementia can participate in the discussion and is legally competent to sign any documents.

Where do I start?

There are a few things to get in order as soon as possible and ideally when the person with dementia still has the capacity to be involved.

Bank accounts

If a bank account is in joint names, the partner of the person with dementia can continue to operate it without any change in arrangements. However, problems can occur if the person with dementia uses the account inappropriately or has accounts in their name only. To avoid these difficulties the person with dementia can give authority, while legally competent, for another person to operate the account. It is important to remember this authority will be invalid if completed when the person is no longer legally competent. If they are unwilling to agree to a change of arrangement it may be helpful to consult the bank manager about a possible solution.

Enduring Power of Attorney

In most Australian States and Territories, a person can sign a document called an enduring power of attorney if they are legally competent at the time of signing. An enduring power of attorney is a legal arrangement that enables a nominated person to look after the financial affairs of another person should they become unable to do so. Many people have enduring powers of attorney regardless of any illness or diagnosis.



An ordinary, or general, power of attorney is also available but is only valid while a person is legally competent. An enduring power of attorney continues until the person's death, unless revoked.

One of the benefits of having an enduring power of attorney is that it allows the person with dementia to choose someone to act on their behalf in legal and financial matters when they are no longer able to do so themselves.

You might also consider enduring powers of attorney medical and enduring power of guardianship as well as a financial enduring power of attorney. Each of these allows you to decide who can make decisions on your behalf, when you are no longer able to do so for yourself.

Will

A Will gives instructions as to how the estate of a deceased person should be distributed. A Will is only legal if the person understands its implications, so it is essential that if the person with dementia wishes to make, or update their will, they do so while they are still competent to sign.

How can a person living with dementia let their family and friends know how they want to be cared for?

While you have capacity, only you can make decisions about your health. By law, health care professionals must get your consent before any proposed treatment.

If a person with dementia loses the legal capacity to make decisions about their medical treatment, someone else needs to make those decisions for them. A person can appoint a medical treatment decision maker with authority or an enduring guardian to make medical treatment decisions on their behalf. Otherwise, the person responsible for making medical treatment decisions on your behalf will be, in order: your current partner (husband, wife, and de-facto partner), a primary carer (not a paid service provider), a relative (child, parent or sibling) or close friend.

You can use an advance care directive (also called an advance care plan or a living Will) which is a written record expressing your wishes about medical treatment.

How can I get help?

Planning ahead can be overwhelming, but Dementia Australia are here to help. If you need support, or just someone to talk to, the National Dementia Helpline is available 24 hours a day, seven days a week, 365 days a year on 1800 100 500.

Dementia Australia offers counselling, support groups and education to carers and people living with dementia at all stages of the condition.

Dementia Australia can help you learn what is happening, provide emotional support, information, education and counselling. To access these services, please call the National Dementia Helpline on 1800 100 500.



For further support

COTA (WA) Let's Make It Legal Guide: This Guide will help you to untangle the intricacies of many issues which have already, or may confront you, as you continue your life's journey.

To view or download: [COTA \(WA\) Let's Make It Legal Guide](#)

COTA (WA) The Goodbye Guide: This Guide is a helpful tool in planning and collating important documents and information and critically, ensuring that your executor or loved ones are able to locate them at the right time. The Goodbye Guide can be used by anyone and can even be used as a conversation starter.

To view or download: [COTA \(WA\) The Goodbye Guide](#)

Perth Airport ‘Tips for an Easy Overseas Trip’

Airport Tips for an Easy Overseas Trip

Travelling internationally has never been easier at Perth Airport. Discover practical and useful international travel advice and suggestions for the whole family, helping to make your next overseas journey smooth, stress-free and enjoyable.

From breezing through the security screening process and learning what is safe to carry onboard, to handy apps and on-site facilities, here is everything you need to know for your next trip abroad.



Are you travelling abroad soon? Whether it is your first or fiftieth trip through Perth Airport, these trusted airport tips for international travel can make your journey simpler and more enjoyable.

Plan before reaching the airport

Prepare in advance for a smoother travel experience. Here are several ways to get started:

Organise important documents

Keep the following items safely together:

Passport: Make sure everyone in your family or group has a valid passport with at least six months' validity remaining from the date you depart your destination. Your passport must also be in good condition. Flying as a dual national on another passport? Visit [Smartraveller for more information](#).

Visa: Ensure you have a Visa, if necessary, for the countries you are transiting through and visiting.

Travel itinerary: Share copies with your loved ones at home so you all know what to expect from your journey.

Rest assured with travel insurance

In the unfortunate case of missed flights or delayed baggage, travel insurance can provide support through partial or full reimbursements and can even cover you against cancellation risks and emergency medical care. Remember to keep a physical copy of your policy with you for easy reference while overseas.

Look into airline assistance to accommodate your needs

Let your airline know in advance if you need assistance when flying. Special assistance policies can help with seat reservations, wheelchairs and medical clearances.

Support via the Hidden Disabilities Sunflower Program

If you or a loved one has a hidden disability, [request your free sunflower lanyard or wristband online](#) through the Hidden Disabilities Sunflower Program at least 10 business days before you arrive at the airport. Packs will be posted in advance and once you arrive, our staff wearing sunflower

badges will be looking out for passengers wearing their lanyards or wristbands, ready to provide extra care and support.

Flying with medication

Keep all your medicine in their original packaging with a doctor's prescription, if needed. Not all prescription drugs in Australia are legal abroad. Do your research and check that your medication is safe to carry with you.

Suggestions for nervous travellers

Anxious about flying? Some nervousness is expected, so try these practical tips to stay calm:

Practice run: Non-passengers can pass through domestic security screening into the public departure lounge, so why not try a practice run through the domestic boarding process? See for yourself what is involved ahead of your journey.



Nervous flyer programs: Sign up if your airline has a nervous flyer program and access useful resources to help you fly with peace of mind.

Tackling bumpiness: Our airline partners do their best to ensure a smooth flight but minor bumps are not uncommon. Sit near the front of the aircraft where it's generally less bumpy.

Meditation on the go: Mobile apps and in-flight entertainment often have guided meditation designed for nervous travellers. These are best listened to with noise-cancelling headphones.

Be a Smartraveller

Discover everything about your destination with Smartraveller, from the latest travel advice to consular assistance.

Getting to the airport

Perth Airport has two international terminals, T1 and T3, located in separate precincts, so make sure you know which terminal you are flying from.

Consider the following when planning your trip to the airport:

Arrive early: Get to the airport early so that once you are done with baggage drop, passport control and security screening, you will have more time to relax and explore the facilities and services at Perth Airport. Not sure how early to arrive? Check the arrival time on your booking confirmation email or airline website.

Park and fly: Driving to the airport? Perth Airport's parking options nearest to Terminals 1 and 3 include short-term, short-term saver, long-term and valet parking. Book in advance for cheaper rates.

Take a train: Transperth's new Airport Line train service takes you to and from Airport Central Station and T1. When flying into T1, follow the station signs along the walkway.

For T3, take the Airport Line train from the CBD to Redcliffe Station. Exit the train and then board Bus Route 292 to the T3 pick-up and drop-off area.

Bus transfers: The free shuttle buses between terminals are wheelchair accessible with ramps and wheelchair storage. Drivers are happy to assist passengers where they can.



Drop-off and pick-up: The main terminal entry and exit points have drop-off and pick-up areas. Bays for Australian Disability Parking Permit (ACROD) holders are available.

Security, luggage and limits

There are some differences between domestic travel and international travel requirements at Perth Airport.

Be mindful of the points below when travelling abroad:

Passing through security

The updated Perth International Airport security screening process is now even simpler than ever before:

- Leave liquids, laptops and other electronics in your bags and empty your pockets. Place smaller items like sunglasses or phones under the tray's plastic flap and heavier items like coats, bulky jumpers and bags on top of the flap.
- A security officer will direct you to walk through the body scanner while your belongings are x-rayed. Stand on the shoe markings and hold your arms slightly away from your body.
- The officer may test you and your baggage for traces of explosives, using Explosive Trace Detection (ETD) equipment.
- If no alarm sounds, collect your belongings and proceed to the departure lounge. If the alarm sounds, an officer will conduct a pat-down search which can take place in a private room at your request.

You have the right to refuse any part of the security screening process but, in doing so, you will not be allowed to pass through security and catch your flight.

Carry-on limits

When travelling abroad, certain goods are bound by weight and volume restrictions.

- Liquid, aerosol or gel items must be in containers of 100ml/100gm or less and inorganic powders (e.g. talcum powder) must be in containers of 350ml/350gm or less. The TravelSECURE website and '**Can I pack that?**' app has all the information you need to plan ahead.

- Empty containers such as flasks or water bottles can be refilled once you pass through security.
- Organic powders like baby formula and coffee are not restricted but must be separated from carry-on baggage at security.

Top tip: Not all airports around the world have upgraded their security screening procedures. If you are carrying toiletries, liquids and gels in your carry-on luggage, you may still need to separate and pack them into a 20cm x 20cm zip-lock bag in advance to prevent unnecessary delays at the airport. It is recommended to bring these bags with you, just in case.

Luggage allowances

What is the luggage size limit for international flights? Carry-on and checked-in luggage limits vary between airlines and fare categories.

Bag weight: Check weight limits on your airline confirmation email or airline website.

Oversized luggage: Please follow the instructions at your airline's check-in counter for the oversized bag drop.



By ensuring you meet your airline's baggage size and weight limits in advance, you can avoid additional costs and delays prior to departure.

Facilities for passengers with disabilities

Changing Places are located on the Ground Floor before reaching security in T1 International and next to Qantas check-in at T4. They have a shower, ceiling hoist and change table for those unable to use standard accessible toilets. Passengers can access this facility with a Master Locksmiths Access Key (MLAK). Find out more on the National Disability Services website.

Service animal facilities

Keep your guide dog or other assistance animals comfortable and content with toilet and water facilities at the Service Animal Relief Area in T1 International and T4, before reaching security.

Enjoy more time planning your next international holiday and relax at the airport when you arrive by using [Perth Airport's passenger guide](#) jam-packed with handy apps, tools and resources to help you plan your next overseas adventure.

For more information go to Perth Airport

W: [Perth Airport Newsletter](#)



WA State Government 'Loan scheme changes to help more people to rent privately'

The State Government has announced increases to income and asset limits for the Bond Assistance Loan Scheme.

State Government increases income and asset limits for its Bond Assistance Loan Scheme

New weekly income limits and new maximum bond loan amounts are increased with a 100% increase in asset limits for all household types

Changes came into effect from Monday, 19 June 2023.



The State Government has announced increases to income and asset limits for the Bond Assistance Loan Scheme.

The Department of Communities offers bond assistance and two weeks rent in advance as an interest-free loan to help eligible people obtain accommodation in the private rental market. Maximum loan amounts depend on an applicant's individual circumstances.

The State Government has increased income and asset limits and maximum bond loan levels, ensuring more people will be able to borrow a greater percentage of the total bond required.

The new weekly income limits have increased by between 30% and just under 50% for all household types and the new maximum bond loan amounts have increased by up to nearly 70%, depending on household type and location.

There has also been a 100% increase in the asset limits for all household types; singles, single people with dependents, and couples with or without dependents.

Eligible applicants can borrow up to the equivalent of four weeks rent for the security bond and up to two weeks rent in advance. It is paid directly by Communities to the landlord or, where the tenant has paid the bond and or rent in advance already, can be reimbursed by Communities to the tenant.

To assess eligibility criteria applicants should undertake a Housing Options Assessment. For further information please contact your local [Housing Office](#).

For more information

Media Statement: [WA State Government Loan Scheme Changes](#)

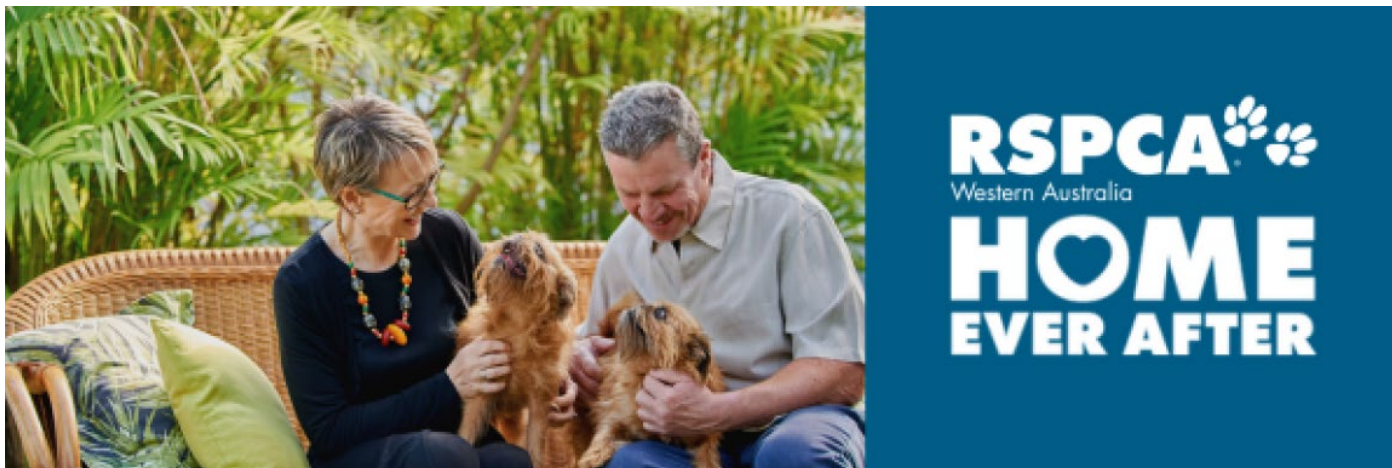


Government of Western Australia
Department of Communities
Housing

RSPCA Western Australia 'The Home Ever After Program'

Caring for your pet includes having a plan for them should anything happen to you, especially if you feel you do not have anyone you can ask to look after them when you are gone. Now, you can ask RSPCA WA to help.

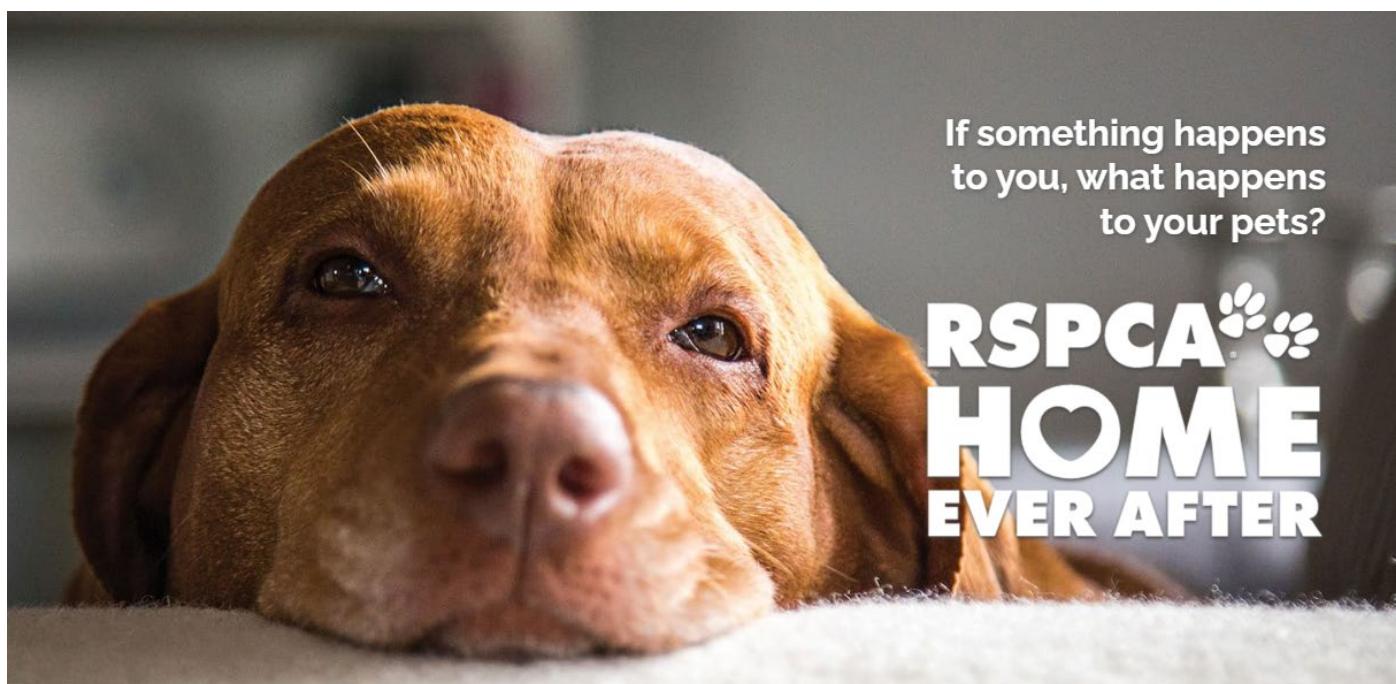
Home Ever After is a special service provided to people who leave a gift in their Will to RSPCA WA.



Home Ever After gives you peace of mind that your beloved pet will be cared for by RSPCA WA in the event of your passing. The RSPCA WA team will go out of their way to find your pet a loving new owner who can offer them a home just like yours.

By including a gift to RSPCA WA in your Will, your love for animals can live on, and help end cruelty for good.

Find out more about leaving a gift in your Will to RSPCA WA and safeguarding your pet's future at [The Home Ever After Program](#).



COTA (WA): 'Out and About'

COTA (WA) Strength for Life™ (SFL™) 'Participants and Expos'

Participants

Dorothy

This is Dorothy one of our participants who has been doing the Strength for Life program for many years and still continues. She attends 3 times a week. Below is her story of how the Strength for Life program has helped her.

How did you find out about the Strength for Life Program?

I joined when the program was known as Living Longer Living Stronger™. Jetts had started a walking group in the Shopping Centre, and it was there that Jetts let the walkers know that they were starting the Living Longer Living Stronger™ Program.

Did you find the referral process easy?

I had no problem with the referral process and my GP was more than happy to sign the referral form, the process didn't bother me at all.

How long have you been doing Strength for Life?

I have been doing it for 11 years now and have always been with Jetts Aveley

How has the program benefited you?

The program is great. I wouldn't be as active as I am now. The exercise helped with all the aches and pains.

I can carry my own shopping, it's easier to get out of bed, it's easier to do activities of daily living such as my housework, I am feeling more motivated, I am socially aware of what's going on, I am socially engaged, I exercise with a diverse group of people and I wouldn't have met this amazing group of people.

I wasn't sporty prior to this and it's only been later on in life that I have been more involved in activities in this capacity.

How do you find the exercise?

I find the exercise fine. I can change when I want or need to because they tailor it on what I want to focus on.

I love exercising in the gym environment and I don't find it all intimidating. I have never felt unsafe.



What is your favourite part of Strength for Life?

It's a routine that takes the place of when I was working. I know what I'm doing during the day and it keeps me busy and active. The social coffee after is right up there!! The group is really supportive. If someone is unwell, we are able to help them. I also don't feel like I am alone.

Have you managed to make new friends?

Yes of course!!

What would you say to someone who wants to joint but isn't sure?

"GIVE IT A GO. If it's not for you that's fine, but just give it a go. I want to remain independent for as long as I can. I want to continue to carry my own shopping, wash my own floors and hang my washing on the line."

Christine and Hugh

This is Christine and Hugh, participants who have been doing the Strength for Life program as a couple. They attend twice a week. Below is their story on how Strength for Life has helped them.

How did you find out about the program?

Christine

In 2015, I had broken my hand and went to the doctor. The doctor didn't think exercise was going to help. I then decided I am going to see a physio and it was the physio recommended the Living Longer Living Stronger™ program. I looked it up and found how to join



Hugh

I joined the program because Christine was doing it and we've been doing it together since. We had two options for providers, because the distance in between was the same and we decided on Morley. The instructors are very personable and they put a lot of work into not only exercising but keeping up the social activities for the group. All the instructors are great and encouraging.

Did you find the referral process easy?

Yes, we had no issues with the referral process.

How long have you been doing Strength for Life?

We have been going for nearly 8 years

How has the program benefited you?

Christine

3 years ago, I had both my knees replaced. A while after the operation, I went to the zoo with our grandson and daughter. It was lunch time and there was only a grassy area to sit down on. We couldn't find anywhere appropriate for me to sit because of my knees. I couldn't get up properly from the ground. I felt embarrassed about this. We managed to find some limestone steps to sit on. Hugh and I then went on a trip to America for a while and when we returned to Perth, we started back into the Strength for Life classes. When we started back, I told the instructor that I cannot do certain exercises because I can't get up and down, but the instructor Sheree told me that this is something I need to know how to do and how important it was. Sheree then incorporated exercises to help me do this. I am now able to get up and down with no issues. If the instructor Sheree sees something you want to achieve, she will help you.

Hugh

I came to support Christine and also to help motivate each other. My balance has improved, I can do work on the farm, I am maintaining my upper body strength and by going to the program it motivates me to do exercise. Sure, I can exercise at home but I don't. Coming to the classes makes sure that I do!

What is your favourite part about Strength for Life?

Christine

I feel good after the exercise. I feel a sense of achievement, it's like a challenge. I don't always want to go but once I get there, I feel great afterwards!! I was at the supermarket and the lady at the checkout said to me 'that's heavy' about one of our items, but I was able to lift it with ease!

Hugh

I have a lot of confidence from the continual strength and balance exercises which helps because I often get up ladders. The social aspect and meeting up with other people to see how they are going is great.

What would you say to someone who wants to join the program but isn't sure?

Christine

"Just do it!"

Hugh

"Come to the gym with us! Going as a couple helps keep the motivation, it makes sure we go twice a week".



Expos

Seniors Lifestyle Expo 2023: City of Joondalup

On Wednesday 14 June 2023, COTA (WA) attended the Seniors Lifestyle Expo at the Westfield Whitford City Shopping Centre in Hillary's.

The event was put together by the City of Joondalup, for seniors to come and explore local services, discover new social connections and active ageing programs for senior residents.

The event was successful with many enquiries regarding the Strength for Life™ Program.



Seniors Recreation Council of WA: Healthy Lifestyles Event Byford

On Friday 23 June 2023, the Seniors Recreation Council of WA held a Healthy Lifestyles Event at the Serpentine Jarrahdale Recreation Centre in Byford.

The event was held to help give information on technology services and for seniors in the community to engage with service providers.



Should the pension age be changed to 70? National Seniors 'Let Pensioners Work' Campaign'

The eligibility age for the Age Pension will be set at 67 from next month. But already there are calls for it to be extended.

For decades, Australian men could look forward to retiring at 65 and receiving the Age Pension. For women, the pension age was long set at 60.

But all that changed a decade ago, with the introduction of incremental rises in the pension age, taking it to 67 for all Australians, effective on 1 July 2023.

But it could have been, and still may be, worse.



Key Points

- From 1 July 2023, the eligibility age for the Age Pension is 67 for all Australians.
- Researchers are pushing for the pension age to be increased to 70 by 2050.
- National Seniors opposes further age increases and suggests an alternative solution to workforce shortages.

The Rudd Labor government legislated that the pension age increase to 67. The move was based on a report from the Commission of Audit, which recommended the qualifying age be linked to life expectancy. The thinking was that because we are living longer than our parents and grandparents, we should remain in the workforce longer than them.

But there was a public backlash to the thought of waiting until 70 to receive the pension, including a campaign by National Seniors Australia. A popular slogan at the time was: "Only a bloke who's worked in an office his whole life would think you can work until you are 70."

Supply of Workers

On 1 July 2023, all Australians will have the same retirement age for the first time in more than a decade, but there is no guarantee that that will be the end of the matter.

A group of academics have revisited the statistics and released a report saying that a further rise in the eligibility age will be warranted to ensure the country has a sufficient supply of workers into the future.

Macquarie University Business School Professor Hanlin Shang and his co-authors say there should be three more pension-age increases over the next 27 years. They suggest an increase to 68 by 2030, rising to 69 in 2036 and 70 by 2050. Professor Shang says Australia's low birth rate is one of the key factors impacting the number of workers who will be available to sustain an ageing population.

"Less people in the working group and more in retirement will make the older age dependency ratio (OADR) higher," he said. "What this means is there is fewer working people to support older people. And with more older people in the population, this will create a burden for the government pension system."

Is there another way?

National Seniors has rejected calls for raising the pension age to 70. They know that many people exit the workforce because of ill health and simply cannot continue to work.

National Seniors Australia have argued the best way to tackle declining workforce participation is to provide incentives to those who choose to work longer.

Their [Let Pensioners Work](#) campaign is calling for a reduction in the income test taper rates so a person can keep more of their pension if they choose to continue in the workforce.

This is a fairer way than raising the pension age because it rewards people who want and need to work.

Chief Advocate Ian Henschke recently told [Radio 4BC](#) that pensioners who chose to work would benefit from extra income and their participation in the workforce would also help the economy.

"If you are on a pension, you want to keep working, let them work and it will be a win for the economy, it will be a win for the pensioners themselves and it will be a win for the government," Mr Henschke said.

To read more, visit the National Seniors webpage [Should the pension age be changed to 70?](#)



The Red Hat Society 'Red Hat Ladies'

The Red Hat Society is an international social group for women who are 50 years or older.

The group was founded in 1998 by Sue Ellen Cooper. The Red Hatters, as they are more affectionately known, encourages women to break out of their shell and have some fun and laughter. You can recognise them by their red hats! A Red Hat Society member wears red hats and purple clothes to meetings and events.

The first Australian Red Hat Society group was the Rose City Red Hatters in Warwick, Queensland Australia in July 2001. Florence Slattery, who became known as the Supreme Matriarch, discovered the Red Hatters on a trip to the US and decided to start a chapter here in Australia on her return. Florence celebrated her 100th birthday in June 2016 and passed away the following year.



Why do Red hatters wear red and purple clothes?

The distinctive colours that the red hatters wear is an important part of their identity. It comes from the poem 'Warning' by Jenny Joseph. It begins with the words "When I am an old woman, I shall wear purple, with a red hat which doesn't go and doesn't suit me", which has become the motto of the Red Hat Ladies. It is to remind members to not be invisible, to have fun and to not 'act your age'.

What do the Red Hat Ladies do?

Red Hat Ladies Groups are a great way to get out and meet new people. The groups meet regularly for social outings such as lunches, walks, and coffees. The groups are a great opportunity to learn new things, [make friends](#), and have fun.

What is the Pink Hat Society?

Although the Red Hatters is a social group for women over the age of 50, women under that age have been permitted to join as a 'Pink Hatter' since 2000. While women over 50 wear a red hat and a purple outfit, younger women wear pink hats with lilac or lavender outfit. Once a Pink Hatter reaches the age of 50, they can 'REDuate' and wear the traditional colours of the Red Hatter. Pink Hatters can enjoy all the same benefits as Red Hatters.



For women in their thirties and forties, Hatting can help them see that growing older is not a sign of insignificance. The fun and joy of life certainly do not stop.

What is a Red Hat Society Chapter?

A chapter is a name given to a small group of hatters. Membership is usually capped at 20 members per chapter to keep the group manageable and personal. Chapters are known by the fun tongue in cheek names such as Menopausal Muppets or Gorgeous Goddesses and the person who has founded the chapter is known as 'The Queen'.



The various Chapters have different membership rules. Some may charge a small yearly membership fee to cover expenses and insurance. Others may ask for donations or do fundraising to cover expenses.

What are the benefits of being a Red Hat Lady?

There are many benefits to being a Red Hat Lady. For starters, it is a great way to make new friends. The ladies who participate in this group are supportive and welcoming, and they love getting together to chat and just have fun. Being part of a Red Hat Lady group can also give you opportunities to travel and meet new people from all over the world. Plus, membership often comes with discounts on hotels, restaurant and other businesses. And finally, being a Red Hat Lady is a great way to show your support for women's empowerment.

How can you join the Red Hat Society?

The Red Hat Society is a social group for women over the age of 50. Membership is open to any woman who wants to join and have fun. There are no rules or regulations, just have a good time. The group meets regularly to eat, drink and socialise. They also participate in charity work and community events. If you are interested in joining the Red Hat Society, just search for a chapter near you online or ask around at your local [senior](#) centre.



Find a Red Hat Society near you

Western Australia

There are approximately 80 Red Hatters groups located across Western Australia. Visit <https://red-hatters-wa.net/wa-groups/> to find a group near you and then email info@red-hatters-wa.net to get the contact information of the Chapter that you wish to join.

‘Our COTA (WA) Supporters’

All of us, if we are lucky enough to reach maturity, will be seniors one day. And through our lives we have raised children, been employees, run businesses, volunteered, mentored and continued to be involved in the community in many ways.

According to the Australian Bureau of Statistics, as at September 2021 there were 908,000 Western Australians over the age of 50 including 423,000 over the age of 65. So we are a significant and growing percentage of the population and the workforce.

There are many community minded organisations who acknowledge the role seniors continue to play and who are demonstrating their support by becoming a COTA (WA) Supporter.

Our COTA (WA) Supporters

Act Belong Commit

Ansell Strategic

Carers WA

City of Belmont

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



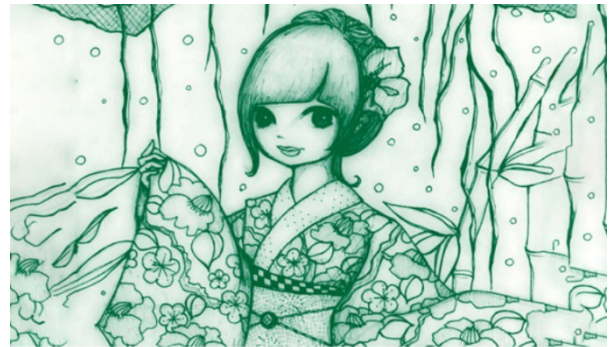
You will find more details of the Supporters program on our website along with a list of Supporters and a link to their website at: <https://www.cotawa.org.au/about-cota-wa/our-supporters/>

If you have any questions or queries contact Dana Moore at dana@cotawa.org.au

The City of Belmont 'Discover Ruth Faulkner Library and Museum'

Belmont Interest Group: Celebrate Tanabata with Nami Osaki

Nami is a native Japanese mix media artist. Her work primarily focuses on making art accessible and bridging cultures, through classes and workshops conducted in both her studio and many cultural venues across Perth.



Event Details

Date + Time: Friday 7 July 2023 from 2:30pm to 4:30pm

Location: Seniors Hub, Belmont Hub (Plaza Entry), 213 Wright Street, Cloverdale WA 6105

Cost: Free Tickets are not required for this event

Cheeses on the Move

In 2012, the remnants of a 19th Century convict-built road made of 300-year-old jarrah discs was uncovered buried under what is now Great Eastern Highway. Since that time the City has been assisted by Dr Ian MacLeod in conserving the historic 'cheese-like' shape wooden discs. They have now found their forever home in the new Belmont Museum's state-of-the-art climate-controlled display at Belmont Hub.



Event Details

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

Cost: Free Tickets are not required for this event

For further information and support

T: 08 9477 7150

E: libraryandmuseum@belmont.wa.gov.au

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

BELMONT
CITY OF OPPORTUNITY



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

Carers WA 'In the Regions'

Practical support for family carers in every region of WA.

What support is available for carers in regional WA?

Carer Gateway is an Australian Government initiative for unpaid family carers in all regions of Australia. It provides a mix of free online, telephone and in-person supports, services and advice for anyone caring for someone with disability, a mental health challenge, a long-term health condition, an alcohol or other drug dependency, or who is frail aged.

Services available include counselling, tailored support packages, emergency respite and online supports. In Western Australia, these services are delivered by Carers WA alongside our regional partners Helping Minds and Goldfields Women's Health Care Centre.

To access our support services call **1800 422 737** or request a return call by complete the **online form here:** <https://www.carerswa.asn.au/request-callback/>

For more information on upcoming Regional Carer WA events, go to:

<https://www.carerswa.asn.au/our-services/in-the-regions/>

For further information, please call Carer Gateway on 1800 422 737

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 WA is a COTA (WA) Supporter.



MindSpot GP 'Why Mindspot?'

How MindSpot can help

All Mindspot services are free of charge

- **Step 1:** Assessment: Complete a free online psychological assessment to learn more about your symptoms.
- **Step 2:** Feedback: Receive and review your assessment report via your personalised dashboard.
- **Step 3:** Consultation: Schedule a confidential appointment to speak to a MindSpot therapist about your results and about treatment options.
- **Step 4:** Treatment: Enrol and start an online treatment course to learn to manage your symptoms. You can choose to speak to a MindSpot therapist each week to help guide you through the course. Or access teletherapy sessions with a MindSpot therapist.

What Mindspot offers

MindSpot supports Australian adults experiencing stress, anxiety, depression, OCD, PTSD and chronic pain. All of their services are free, confidential, and online and provide optional access to qualified therapists.

- Assessment
- Treatment
- Resource Library



Why Mindspot?

- **Zero Cost:** MindSpot services are free to use, and they always will be. Funded by the Australian Government, they provide access to psychological care at no cost to you.
- **Effective:** Most MindSpot users see an average 50% reduction in their symptoms following MindSpot treatment, and 96% would recommend MindSpot to a friend. All treatments are backed by research.
- **Qualified Therapists:** No other service provides access to qualified clinicians for assessment and ongoing treatment, at no cost.
- **Personalised Dashboard:** Your MindSpot dashboard gives instant feedback, and tailored reports about your symptoms and progress through assessment and treatment.
- **Convenient:** MindSpot services are designed to reduce barriers to mental health care.

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 'Social Activities and Events'

Pick up a new hobby or learn skills to improve your daily quality of life. Tuart Place offers classes in everything from computer skills to crochet; music to mindfulness.

Tuart Place is the West Australian support service for adults who were in any type of out-of-home care when they were children, including former child migrants, Aboriginal children taken from their communities and children in foster care.

Social Activities

Drop in for a cuppa, read a book in the library or join in on one of the activities offered. Tuart Place have regular musical sing-a-longs with live music, art & craft and exercise classes. Check out their packed Calendar of Events for the latest in what is going on.

The Tuart Place Social Activities Group (SAG) is a group run by participants for participants. It holds fun events on a regular basis including movie nights, outings and even weekends away.

Events

Tuart Place always has a packed calendar, full of fun and interesting goings-on. Come down to the Centre to check it out, everyone is always welcome.

For the latest on what is happening at Tuart Place please see their Events Calendar and 'What's On' below, and you can also follow them on [Facebook](#), and find more on their [YouTube channel](#).

For more information

[Find out details of upcoming events here](#)

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



Age Friendly City of Fremantle 'Fremantle Community Legal Centre'

Fremantle Community Legal Centre provides a range of legal and non-legal services to low-income members of the local community. They are a non-profit organisation and have been operating for more than 30 years, managed by the City of Fremantle.

Their aim is to provide clients with a service that is specific to their needs. We promote basic human rights including affordable housing, access to reasonable living standards, equality and dignity.

They provide clients with a variety of support services to resolve legal, economic or social issues.



Eligibility for services:

Most of their services are for people living within our specific catchment areas and meet at least one of these criteria: financially disadvantaged, are from a culturally and linguistically diverse background, experiencing or at risk of homelessness, experiencing family and domestic violence, children are at risk of harm, abuse or family and domestic violence or significant mental health issues or disabilities.

Make an enquiry

There are exceptions to their eligibility criteria. If you are unsure if you would be eligible to access our service, please [contact us](#), [send an online enquiry](#) or [apply for family violence information](#).

If you, or someone you know, need one-off or short-term support for simple home tasks or more complex support connecting to relevant local government agencies, please contact the friendly City of Fremantle, 'Neighbour to Neighbour' team on 1300 693 736 or email N2N@fremantle.wa.gov.au

For more information

T: 08 9432 9790

Location: Fremantle Malls Level 1, Suite 31/35 William Street, Fremantle WA 6160

E: fclc@fremantle.wa.gov.au

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

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



City of Cockburn 'Food Sensations® Program'

Food Sensations: Healthy Eating Program

Improve your knowledge and skills about cooking healthy meals. Join the 4-week Food Sensations® program and learn how to eat healthy and on any budget.

How does the Food Sensations® Program work?

The Food Sensations program aims to improve knowledge, attitudes and skills around nutritious foods. Each session provides one hour of learning on a particular subject, group cooking session and a shared meal.

Programs to choose from are Food Sensations for Adults, Food Sensations for Children, Healthy Food for all Abilities and Food Sensations for Men.

Who can participate in the program?

The Food Sensations® program is free and available for all residents of the City of Cockburn and they accommodate all dietary requirements. If you would like to learn about eating healthier without breaking the bank, then this program is for you.

Note: limited numbers - registration essential.

Learn from Foodbank WA programs and resources

The Food Sensations® program is presented by Food Bank W.A.

To see Food Sensations programs in other locations, go to the Food Sensations page to [register](#).

Go to the [Food Bank W.A. website](#) for a range of engaging resources the whole family can use.

For more information contact for the City of Cockburn Food Sensations® Program

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

For information about the City of Cockburn

T: 08 9411 3444

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

E: customer@cockburn.wa.gov.au

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'

Rise is working with partner organisations to offers 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.

Can you provide 4 hours of work experience for a young adult with a disability?

Young adults with disabilities, aged 15 to 24, have the chance to get the skills and job experience they need to better understand their desired career path through the Employment Buddy Program (EBP). Your organisation can be a part of this by hosting a 4-hour work experience placement.

Utilising supported, facilitated workshops, the candidates undertake twelve-week skills-based program including two, four-hour, 'Buddy' hosted work experience placements in a role(s) that they hope to pursue further as a career.

As part of the program an organisation will receive training and financial contributions to support the young person with disability to gain valuable experience as a member of the workforce during the four-hour work experience placement. Benefits for the participating organisational employers include increased disability and inclusion awareness, build the organisation's reputation and image within the community, reflect the community in which staff and customers live and be acknowledged across Western Australia as an inclusive organisation.



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 them create a better workplace. Call Rise to find out about current job opportunities at Rise.

For more Information about Rise Network, Respite Care

T: 08 6274 3700

E: contact@risenetwork.com.au

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

Rise Network is a COTA (WA) Supporter.



Umbrella Multicultural Community Care ‘Find your care’

When should I connect a person to a care finder at Umbrella Inc.?

Care finders support vulnerable older people who cannot arrange services without intensive support and do not have family members or friends who can help. Care finder services are provided at no cost as they are fully funded through Primary Health Networks.



Who can receive assistance from a care finder?

Care finders are not for everyone. They specifically help vulnerable older Australians who need intensive assistance to access aged care and other supports. To receive care finder support, a person must have no carer or support person who can help them; not have a carer or support person they feel comfortable or trust to support them and be eligible for government-funded aged care.

In addition, they should have one or more of these reasons for needing intensive support: have difficulty communicating because of language or literacy problems, find it difficult to understand information and make decisions and be reluctant to engage with aged care or government or be in an unsafe situation if they do not receive services.

How does the service work?

If someone requires this support, then a local organisation can connect them with a dedicated care finder. The care finder will meet with them, usually in person. This can be at their home or another place they choose. The care finder will ask questions to understand the person's situation and support them to work through the steps to address their needs.

What help can care finders provide?

Care finders can help people understand what aged care services are available, set up an assessment and find and choose services. They also help people with access to other supports in the community. They can help with both accessing services for the first time and changing or finding new services and supports.

They will ask some questions about why the person needs help from a care finder. The person must give consent for you to provide any information about them to the care finder organisation. When you make the call, it is best if the person is with you.

For more information

T: 08 9275 4411

E: cfs@umbrellacommunitycare.com.au

W: www.umbrellacommunitycare.com.au



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

Southcare Inc. 'Community Connection'

Because Southcare knows the gift is in the giving, they use their caring hands to give back and connect others.



Because Southcare know the gift is in the giving, their caring hands give back through their Engaging Young Leaders on Aged Care and Community Boards Program, their valued volunteers, hosting Education/Learning Seminars, offering work experience for students and providing a voice for the voiceless.

Learn more about what Southcare are doing in this space and how you can get involved:

- Connect with other community organisations to support your community by joining our Community Connect Facebook group.
- Engaging Young Leaders on Aged Care and Community Boards Program. Southcare has pioneered this innovative program since 2012 to facilitate age diversity on community Boards to improve Board performance and in the last 10 years has helped 213 people graduate, 146 secure Board Director placements, 45 secure Board traineeships and 21 involved in Board sub-committees.

If you are under 40 years of age and want to be a change maker, join the Engaging Young Leaders on Aged Care and Community Boards Program to start your Board governance journey.

Partnerships: Over the past 40 years Southcare has connected many communities, and they always welcome more.

For more information about Southcare Inc.

T: 08 6117 3028

E: enquiries@southcare.org.au

W: <https://www.southcare.org.au/community-connect/community-connection/>

Southcare Inc. is a COTA (WA) Supporter.



VWA 'FAQs for Volunteers'

Find out about volunteer rights and responsibilities through our frequently asked questions for volunteers.

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.

To view 'FAQs for Volunteers'

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 'Culturally and Linguistically Diverse People'

No matter your background, there are many ways you can Act Belong Commit to protect and promote your mental health and wellbeing.

How to keep mentally healthy

We all come from different places and diverse backgrounds. No matter where you are from, it is important that we all choose to stay active, to stay closely connected to those around us and that we embark on new experiences and challenges in the pursuit of more meaningful lives.

Being active, having a sense of belonging and having a purpose in life all contribute to good mental health.



The Act Belong Commit guidelines below provide the foundations for how you can get on the front foot for good mental health.

Act: Do Something

Keep Active: Mentally, physically, socially, spiritually and culturally. Go for a walk, say hello to someone, read a book, meditate or pray.

Belong: Do something with someone. Keep connected to friends, family and your culture. Join a book club or a sports team, cook with family and friends, go to community events.

Commit: Do something meaningful. Do something meaningful, important and valuable to you. Volunteer, learn something new, take on a challenge, take up a cause or help a neighbour.

For more Information

T: 08 9266 1705

W: <https://www.actbelongcommit.org.au/my-mental-health/culturally-and-linguistically-diverse-people/>

Act Belong Commit is a COTA (WA) Supporter.



Office of Donna Faragher MLC 'High Tea for Moort Care'

Guildford Grammar School was delighted to host a high tea for Moort Care which has a focus on supporting seniors who may need a helping hand.

As well as raising awareness about this wonderful charity, guests were invited to donate self-care products and small gifts in support of their 'Mother's Day Hamper Appeal'. The generosity shown by community members was amazing, Moort Care now has a van full of goodies to give to Mums who might not otherwise receive a gift on this special day!



Donna Faragher MLC thanked Moort Care Founders, Bev and John Lowe OAM, for attending and to everyone who came along to support this wonderful cause.

A special thank you also to Guildford Grammar School for providing the venue for this lovely event.

For more information about Moort Care

E: enquiries@moortcare.org.au

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

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



What is Moort Care?

The term 'Moort' is derived from the local West Australian native Noongar language meaning 'Family'.

It imbues the fundamental value of which the charity was founded. They provide a range of services which continues to grow, all with the goal of increasing the mental and physical health and welfare of anyone in need within Western Australia. They are a newly founded charity that is aiming to make a profound difference in the lives of many within our local community for many years to come.

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 'Global Motor Neurone Disease (MND) Awareness Day'

Hannah Beazley MLA donned the day's iconic Blue Cornflower pin with her fellow Parliamentarians, David Scaife MLA, Divina D'Anna, Member for Kimberley and Jodie Hanns MLA.

The Blue Cornflower was chosen as the emblem for MND for its fragile appearance but hardy nature, representing the strength of the individuals and families facing their battle with MND.

As Divina rightly pointed out, "It doesn't matter if you're black, white, female or male, MND doesn't discriminate."



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/>

Social Media Motor Neurone Disease Association of WA: [Motor Neurone Disease Association of WA](#)
[#MND](#) [#mndawareness](#)

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 'Improving Wellbeing and Quality of Life'

Do things your way in the language and culture you know. Discover the senior community that transforms your wellbeing and supports seniors in everything from home care to unforgettable outings.

Through promoting the principles of choice, life-long learning, and new purpose, seniors will be supported to maintain autonomy and a sense of belonging to enjoy the golden era of their time



Aged Care Service

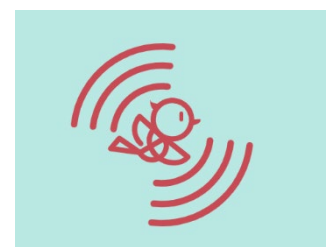
Home Care Packages, Social Connections + Outings, Commonwealth Home Support Program, Daytime Respite Care, Evergreen College and Care Planning + Management.

Who is Eligible?

- To be eligible to receive aged care services, an aged care assessment is required for all prospective individuals. Chung Wah CC offers a variety of services and packages that are government funded. This assessment will be conducted via the government 'My Aged Care' platform for eligibility and the level of care required.
- Aged 65 years and over, or 50 and over for Aboriginal and Torres Strait Islander people, who need assistance to remain in their own homes.
- People living with a disability, dementia or other special needs that cannot be met through other specialist services.

Chung Wah CC Wellness Radio

Join in Chung Wah CC conversations. Delivered in Cantonese and Mandarin, their wellness radio program keeps up to date with Chung Wah CC community and provides helpful tips on living well.



Chung Wah Community Care Newsletter, 'Living Stronger' is available in English, Chinese and Vietnamese. W: <https://chungwahcc.org.au/en/our-community/living-stronger-magazine>

For more information

T: 08 9328 3988

E: enquiry@chungwahcac.org.au

W: <https://chungwahcc.org.au/en/aged-care>

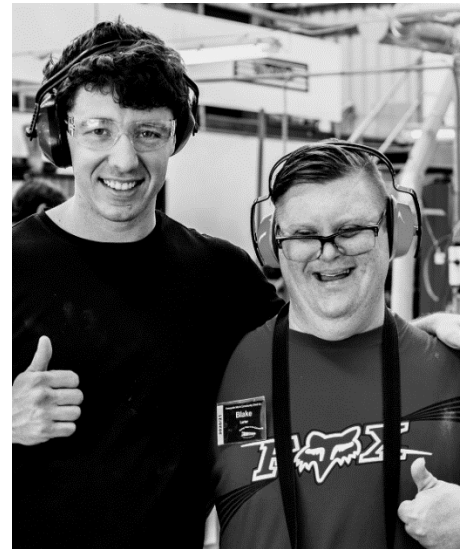


Men's Sheds WA 'A safe Environment for Men to Pursue Creative Hobbies and Learn New Skills'

Men's Sheds WA has 182 Sheds + 7,000 Shedders + 2,830,101 Nails used. Men's sheds provide a safe, welcoming and encouraging space for men to work on their projects, learn new skills and develop valuable friendships.

The Men's Sheds of WA story begins in September 2009 at the first Western Australian Men's Shed Conference in Mukinbudin. During the conference, the delegates resolved to form an Association to help Sheds further develop in Western Australia.

Digital Mentors support people to build their confidence and skills to use digital technology.



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

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

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



Men's Sheds of WA raise awareness of the social and health benefits of Men's Sheds in reducing isolation, loneliness and in empowering local communities. They do not own or manage any of the Men's Sheds, but champion them for miles around.

For further information

T: 08 6381 5324

E: admin@menssheds.org.au

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

**MEN'S
SHEDS
OF WA**

‘Winners of 2023 Golden Lens photography competition announced’

A selection of artistic Western Australian seniors has been announced as the winners of the Department of Communities 'Golden Lens' photography competition.

The competition gives Western Australian Seniors Card members the chance to demonstrate their photographic talent and share images that reflect the lives of seniors and seniors' interests across WA.



Importantly, the competition aims to promote the importance of ageing well by celebrating the skills of Western Australians through the art of photography and demonstrating that people can create at any age.

More than 230 entries were received from 77 WA Seniors Card members.

The competition had five categories: Active Ageing, Artistic Photography, Diverse Cultures, Flora and Fauna, and Seniors Influencer. The competition also included a People's Choice award.

The 2023 winners and runners-up in each category were:

Active Ageing

- Winner: Maxwell Wannell for 'Paddling Waves'
- Runner-up: Richard Goodwin for 'The Last Whaler'

Artistic Photography

- Winner: Dita Hagedorn for 'Starflower'
- Runner-up: Gary Browne for 'Telesto Coral Polyp'

Diverse Cultures

- Winner: Donna Halliday for 'Brumby Mustering on the Gibb River Road'
- Runner-up: Maxwell Wannell for 'Chinese New Year 2023'

Flora and Fauna

- Winner: Geoffrey Vardy for 'Pelicans at Wonnerup'
- Runner-up: Georgina Wilson for 'Blue-banded Bee'

Seniors Influencer

- Winner: Donna Legge for 'Channelling Iris Apfel'
- Runner-up: Gary Browne for 'Come Dive With Me'

People's Choice

- Winner: Donna Legge for '73-year-old Log Leaper'
- Runner-up: Miriam Romiti for 'Magical Starry Night with Van Gogh'

The selected panel of judges included representatives from Have a Go News, Council on the Ageing WA, Camera Electronic, Seniors Recreation Council of WA and the Department of Communities.

Selected photos will be featured in the WA Seniors Card 2023-24 Discount Directory when released later this year.

Key prizes were donated by WA Seniors Card business partners, and the Seniors and Ageing Minister Don Punch MLA will also host the winners for a lunch at Parliament House where they will be presented with their awards.

For further information about the Golden Lens photography competition

W: [The WA Seniors Card 2023 The Golden Lens Competition](#)

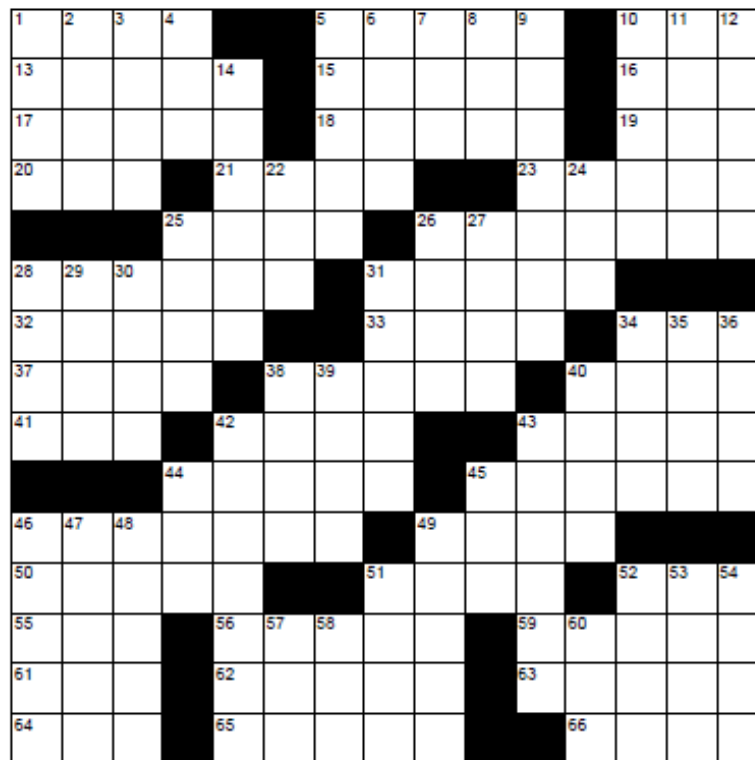


SENIORS CARD

'CROSSWORD' Puzzle

*Answers to crossword available at the end of newsletter at Page 88.

JULY



By Jimmy and Evelyn Johnson - www.qets.com

ACROSS

- 1 Raps lightly
- 5 Clean thoroughly
- 10 Compass point
- 13 Junk
- 15 "Remember the _"
- 16 Standard or average
- 17 Stadium
- 18 Grassy plain
- 19 Possessive pronoun
- 20 Representative
- 21 Destroy
- 23 Cake
- 25 Ground
- 26 Teased playfully
- 28 Part of "Colorado"
- 31 Flying machine
- 32 Entertain
- 33 Called
- 34 Before (prefix)
- 37 Financial obligation
- 38 Neutral color
- 40 Churn
- 41 Whichever
- 42 Group of people with musical instruments playing together

DOWN

- 43 Slips
- 44 Legion
- 45 Chicken sound
- 46 Missions
- 49 Be angry
- 50 Book holder
- 51 Asian dress
- 52 IBM Competitor
- 55 Cap
- 56 Raging
- 59 Blood sucker
- 61 Vane direction
- 62 Crow-like bird
- 63 Rumormonger
- 64 Conger
- 65 Water retention
- 66 Blow

DOWN

- 1 Despot
- 2 Land unit
- 3 Secondary
- 4 _ Francisco
- 5 Agreeable to the mind
- 6 Tribe
- 7 Cram
- 8 Referee
- 9 Using a boat for pleasure
- 10 Frolic
- 11 Fry lightly
- 12 Goofed
- 14 Public procession of people
- 22 Spanish "one"
- 24 Lode yield
- 25 Final
- 26 Piece of cloth used as the symbol of a country
- 27 Path
- 28 Pater
- 29 Sign
- 30 July birthstone
- 31 Inherent feeling of dignity and worth
- 34 U.S. President
- 35 Brook
- 36 Otherwise
- 38 Shakespeare's occupation
- 39 Tails
- 40 Competition of speed
- 42 Large outdoor fire
- 43 Group consisting of parents and their children
- 44 Movie 2001's talking computer
- 45 Mongrel dog
- 46 Sugar-free brand
- 47 River
- 48 Disgust
- 49 Passes at the bull
- 51 Plant trunk
- 52 List of meals
- 53 Deeds
- 54 Make small talk
- 57 Radiation dose
- 58 Street abbr.
- 60 Electroencephalograph (abbr.)

Events + Activities

‘Lightscape extravaganza shines new light on Kings Park’

Global phenomenon Lightscape will make its Perth debut 15 June 2023, transforming Kings Park into a winter wonderland light spectacular.

More than 150,000 visitors will experience the breathtaking 1.8 kilometre interactive trail of light, colour and sound.

The display involves local and international artists and features more than 430,000 lights with illuminated tree canopies, larger-than-life flowers as well as a magical glowing tunnel.

The trail through Kings Park and Botanic Garden takes 90 minutes to complete.



Lightscape has captivated millions in cities around the world and has been showcased in Melbourne and Sydney.

In addition to the global favourites, Kings Park has collaborated with First Nations artists to create stunning art pieces seen nowhere else in the world.

Unique installations also shine a light on seeds of native flora and the importance of conserving the environment for future generations.

The event is a partnership between Botanic Gardens and Parks Authority and Sony, with support from the City of Perth.

Lightscape runs for six weeks from Wednesdays to Sundays until 30 July 2023. Ticket prices start from \$36 or \$120 for a family pass and are available at:

[Lightscape Perth WA Tickets Kings Park + Botanic Gardens](#)

Rocky Bay, Mosman Park ‘Celebrate NAIDOC Week’

Kaya! Join Rocky Bay in Mosman Park for their NAIDOC Week celebrations!

The 2023 NAIDOC Week theme is ‘**For our Elders**’.

Elders play an important role and hold a prominent place in our communities and families. They are cultural knowledge holders, trailblazers, nurturers, advocates, teachers, survivors, leaders, hard workers and our loved ones.

Rocky Bay pays their respects to the Elders they have lost and to those who continue fighting for them across all our Nations and they pay homage to them.



Event Details

Date: Friday 7 July 2023

Time: 11:00am to 1:00pm

Location: Rocky Bay Gardens 60 McCabe Street, Mosman Park WA 6012

Light refreshments will be available. A wet weather plan will be in place in case of unexpected weather.

Tickets: This is a free event. However, places are limited so please click below to secure your ticket for the event.

Tickets: [Tickets for NAIDOC Week at Rocky Bay](#)

Welcome to Country and Smoking Ceremony with Robyn Collard

- A talk by **Robyn Collard** around the 2023 NAIDOC Week theme, 'For Our Elders'.
- Didgeridoo performance
- FREE Native inspired ice cream from Gather Foods

For more information

E: events@rockybay.org.au

Robyn Collard

Elder Robyn is a respected Elder from Perth. She is experienced in developing cultural education programs, providing cultural safety advice from an Aboriginal perspective on a range of issues and building capacity with everyone she meets. Robyn is an accomplished Nyungar language teacher and continues her service in this area in the community.

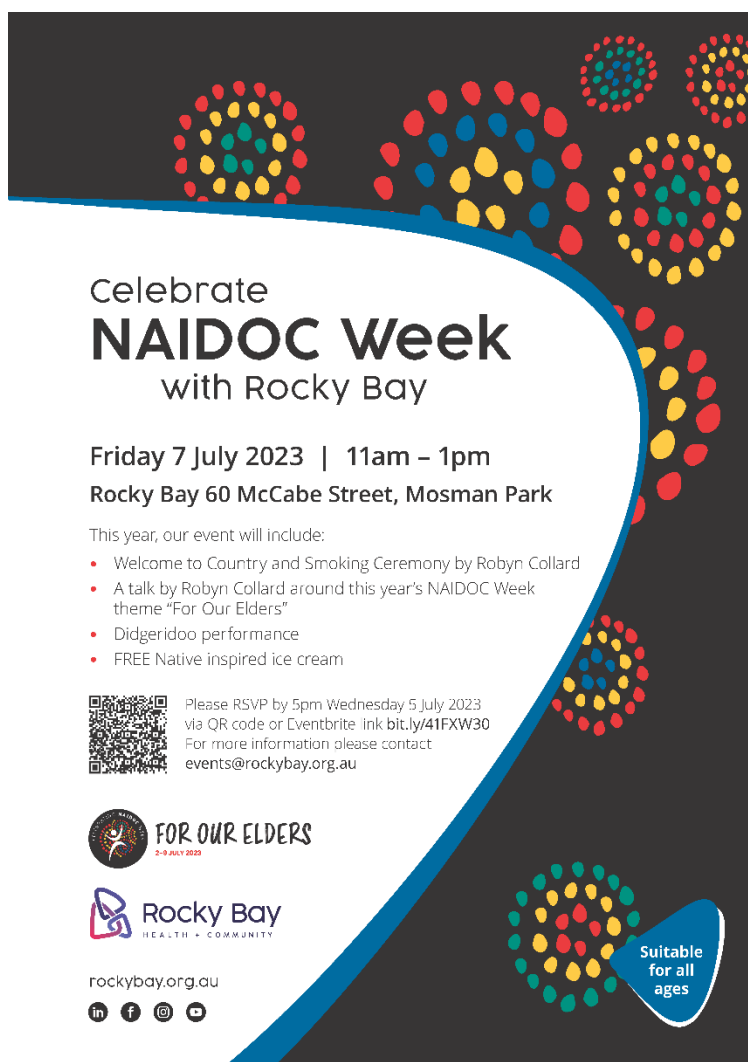
Smoking Ceremony

A Welcome to Country is often accompanied by a smoking ceremony, an ancient Aboriginal custom in Australia that involves burning various native plants to produce smoke, which has cleansing properties and the ability to ward off bad spirits from the people and the land and make pathway for a brighter future.

Gather Foods

Gather Foods is a majority Aboriginal-owned and led business which partners with Indigenous artisanal food producers and employs Aboriginal people, to help break down harmful Aboriginal stereotypes and barriers in our industry and the broader community.

To find out more, please visit Gather Foods at <https://gatherfoods.com.au/>





**Celebrate
NAIDOC Week
with Rocky Bay**


Friday 7 July 2023 | 11am – 1pm
Rocky Bay 60 McCabe Street, Mosman Park

This year, our event will include:

- Welcome to Country and Smoking Ceremony by Robyn Collard
- A talk by Robyn Collard around this year's NAIDOC Week theme "For Our Elders"
- Didgeridoo performance
- FREE Native inspired ice cream

 Please RSVP by 5pm Wednesday 5 July 2023 via QR code or Eventbrite link bit.ly/41FXW30
For more information please contact events@rockybay.org.au

 **FOR OUR ELDERS**
2-9 JULY 2023

 **Rocky Bay**
HEALTH + COMMUNITY

rockybay.org.au



Suitable for all ages

City of Belmont 'Being Safe and Secure in your Community - An Age-friendly Event'

The City of Belmont are inviting Belmont Seniors to join them to hear the many ways we can create a safe community for ourselves and others.

How safe do you feel within your home and when you step outside?

Your physical safety, your ability to connect meaningfully with the people around you, and the environment can all play a role in how secure you feel in your community.

The City of Belmont is hosting an information session for senior residents which will focus on:

- How to secure your home
- Feeling safe as you move around the community
- Strategies, resources, and tools to ensure your personal safety

Presenters will include:

- City of Belmont Rangers and Community Safety Crime Prevention team
- WA Police and others

Event details

Dates: Wednesday 21 June 2023

Time: 10:30am-12.00pm

Location: The Glasshouse, Progress Way, 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.

To reserve your free spot call 08 9477 7149 or visit: [Being Safe and Secure in your Community - An Age-friendly Event](#)

FREE Event



BELMONT
CITY OF OPPORTUNITY



City of Belmont ‘Upcoming Free Events for Seniors’

Free Age Friendly events: June 2023 to August 2023

<p>Belmont Interest Group: Celebrate Tanabata with Nami Osaki</p> <p>Join Nami Osaki, a native Japanese mixed media artist, on Tabanata Day for a Japanese cultural experience with traditional treats to enjoy.</p>	<p>Date: Friday 7 July 2023</p> <p>Time: 2:30pm to 4:30pm</p> <p>Location: Seniors Hub, Plaza Entry, 213 Wright Street, Cloverdale WA</p>
<p>Belmont Interest Group: The Body in the bag</p> <p>Hear an engrossing story, where members of the public found a bag of old remains and forensic scientists were able to identify the victim of a murder and bring the killers to justice.</p>	<p>Date: Friday 4 August 2023</p> <p>Time: 2:30pm to 4:30pm</p> <p>Location: Seniors Hub, Plaza Entry, 213 Wright Street, Cloverdale WA</p>
<p>Forget me Not Café</p> <p>Do you live with dementia or care for someone who does? Join the City of Belmont at Belvidere’s Bar for a morning of coffee and friendly conversation.</p>	<p>Date: The 4th Wednesday of every month</p> <p>Time: 10:00am to 12:00pm</p> <p>Location: Belvidere’s Bar, 40 Belvidere Street, Belmont WA</p>

BELMONT
CITY OF OPPORTUNITY



'Fun Activities in Western Australia'

Planning a day out? Discover fun indoors and outdoors age-friendly activities.

As we get older, life can feel like it is slowing down. We might not run as fast, jump as high or take as many risks as someone in their twenties but, getting older does not mean we need to give up on having fun.

In a post-COVID environment, the way we spend time with one another has changed significantly, especially for vulnerable members of our communities. But there are still plenty of fun (and safe) ways to enjoy time for older people. Whether you are planning a fun day or weekend out with your friends, here are some activities to try.

But first, let's take a look at life as an older person in Australia.

In Australia, there are around 4.2 million older Australians aged 65 and over. The number of older Australians has increased with older Australians making up 16% of the total Australian population.

Did you know? In Western Australia, there are over 478,187 adults over the age of 60 in Western Australia.

One in six Australians are aged 65 or older and the number of older Australians is only going to grow. The ABS predicts that by 2026, older people in Australia will make up almost 23% of the total population.

The importance of physical and social activities

Getting active and spending time outdoors with friends and family is crucial to your health and emotional well-being.

Moderate, low-impact physical activities can protect bone health, regulate blood flow and keep an individual's weight in balance. Regular exercise and activity can prevent deteriorating health and enhance quality of life.



Social interaction is equally important. Mental health is intrinsically linked to our sense of belonging, family and social connection. With many older people experiencing isolation later in life, maintaining consistent contact with loved ones and members of the community plays a critical role in preventing depression, enhancing happiness levels and helping people regulate their emotions.

How to spot an age-friendly venue in Perth

With a growing number of older people in our communities, there are more age-friendly venues and activities to explore. There are a few factors to consider before visiting a venue or pursuing an activity. Here are a few things to consider:



- **Accessibility and transport**

Depending on your needs, consider whether an activity is suitable depending on its accessibility and proximity to transport options.

- **Noise and air pollution**

If you experience reduced levels of hearing or breathing difficulty, ensure your activity is not overwhelming, will ensure it is an enjoyable time.

- **Toilet access**

Know where toilets are located in advance. If the closest toilet is a public facility, ensure facilities are safe to avoid hazards such as slips or falls.

- **Food options**

From dietary requirements to sensitive palettes, ensure your food preferences are considered before an activity. This may involve packing meals and water bottles in advance or asking if menu items are suitable before attending a reservation.

Some Fun Activities in Western Australia

You may have a lower tolerance for loud and fast paced environments such as concerts, rushing through a busy shopping centre or eating in bustling restaurants. With a range of indoor and outdoor activities available, there are many safe and fun things to do.

Indoor Activities

1. Get inspired at the Art Gallery of Western Australia.

The Art Gallery of Western Australia provides free and easy access to exhibitions, artworks and cultural events to enjoy at a leisurely pace. The gallery also has a rooftop bar area and a cafe so you can stop and enjoy refreshments along the way. The gallery welcomes pencil sketching. If you enjoy sketching, bring along a sketchpad for added fun.

2. Enjoy high tea.

Who does not love tea and scones? As a perfect afternoon or morning tea with friends, you can get together over sandwiches and sweets at one a popular high tea spot. Check out the High Teas at Haven Lounge in The Westin, Rochelle Adonis in Highgate or The Harbour Master inside Freo's Esplanade Hotel for good value.

3. Join a painting class.

Explore new levels of creativity. Art classes can be a great way to meet other likeminded people in the area. With a range of workshops and painting classes, there is something for every skill level. Check out your local Library.



4. Visit an 'Over 50s' group.

Ranging from lunch groups and book groups to events where you can mingle with singles over 50, attending a community group can be a fun way to meet other people in similar life stages, so why not attend a local meet-up?

5. Check out the State Theatre Centre.

With a wide range of events on the program, the State Theatre Centre of Western Australia is a wonderful indoor option to enjoy a ballet, poetry reading, comedy show and more.

6. Get crafty with a knitting session.

From knitting beanies to meeting new friends, knitting groups can be a relaxing yet enjoyable way to socialise. A needle and some coloured yarn of your choice is all you need to get started. Check out your local knitting groups.



7. Try your luck on bingo night.

Bingo can be a fun pastime and also a creative way to fundraise for a cause that you care about. Bingo is also a great way to meet new people. Check out your local Bingo nights.

8. Swing by a ballroom class.

Ballroom dancing can be an enjoyable form of exercise. Moving at a gentle pace with low-impact routines, ballroom dancing can grow in confidence and coordination, as well as making new friends. Check out your local Senior Citizens Club for a range of activities for seniors including dance classes, chess, bingo, yoga, indoor bowls and more.

9. Dive into a swimming class.

Swimming has a ton of health benefits, improving cardiovascular health and endurance, blood pressure and circulation. Also easy on the joints, swimming is a great way to keep fit.

10. Cooking class.

Exploring new cuisines and trying new dishes can be a creative indoor activity. There is no shortage of cooking classes on offer so start by choosing a cuisine that you will enjoy.



Outdoor Activities

1. Stroll through Kings Park.

There is no doubt about why Kings Park is a popular tourist attraction. With wheel-chair access and plenty of space to stroll, Kings Park is a beautiful place to enjoy an outdoor stroll.

2. Picnic at Hyde Park.

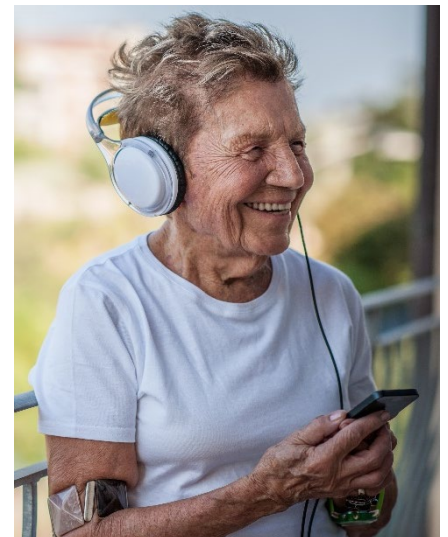
Pack a picnic hamper for a lovely picnic at Hyde Park. With plenty of shade, gentle pathways, toilets and parking opportunities, a picnic at Hyde Park is a lovely weekend activity for the whole family to enjoy.

3. Afternoon sailing.

Suited for active seniors, kayaking, canoeing or sailing can be enjoyable outdoor activities. Check out the beautiful views at the Swan Yacht Club.

4. Visit a weekend market.

From artisan markets to fresh produce at a farmer's market, visiting a weekend market can be an enjoyable and low intensity activity. Whether you love crafts, paintings or plants, there is something for everyone to admire at a local market.



5. Weekend markets.

Check out your local markets. Local artisan products at the City Artisan Market at East Perth (every third Saturday); Fresh fruit and veggies at the Byford Country Market at Perth Hills (every third Saturday); Local art and crafts products and live performances at Canning Bridge Arts Market at Applecross (first Sunday of the month). Over 150 stalls of fresh produce at the Fremantle Market at Fremantle (Friday-Sunday).

6. Take a road trip.

Choose your adventure and make life-long memories on a road trip to a nearby beach location or farm. Places to visit: Cottesloe Beach (25 minutes from Perth); Canola fields and historic town of York in the Wheatbelt Region (1.5 hours from Perth); Picnic at Rottnest Island (90 minutes from Perth's Barrack Street Jetty); Wineries at Ferguson Valley (2 hours from Perth); Swan Valley wine region (30 minutes from Perth).



7. Lawn Bowls.

On a balmy afternoon, lawn bowls are an ideal way to enjoy time with family or other seniors in the area. Also building hand-eye-coordination, lawn bowls is a low-impact way to get fresh air and socialise.

8. Golf course.

Golf is a great way to improve your fitness and socialise at the same time. Most golf clubs will hold social competitions and regular events where you can meet new people and improve your golf skills. For beginners, The Vines Golf and Country Club and Pickering Brook Golf Club offers beginner classes for seniors.

9. Take a cruise.

From dolphin watching to a sunset cruise, get out on the water by booking a scenic cruise. It will be a great way to get fresh air, see new sights and enjoy some fish and chips.

10. Outdoor Tai Chi or Yoga.

Find some Zen in life with an outdoor Tai Chi or Yoga session. Gentle on the joints and an effective way to boost flexibility, join an outdoor Tai Chi or Yoga session at your local park or health centre. Check out Seniors Yoga and Pilates in Wangara.

11. Try gardening.

Do you enjoy the outdoors? Adding new seedlings to a garden or working on a new veggie patch is a creative and active project. Take it a step further by trying a recipe with one of the home-grown veggies in your garden.



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

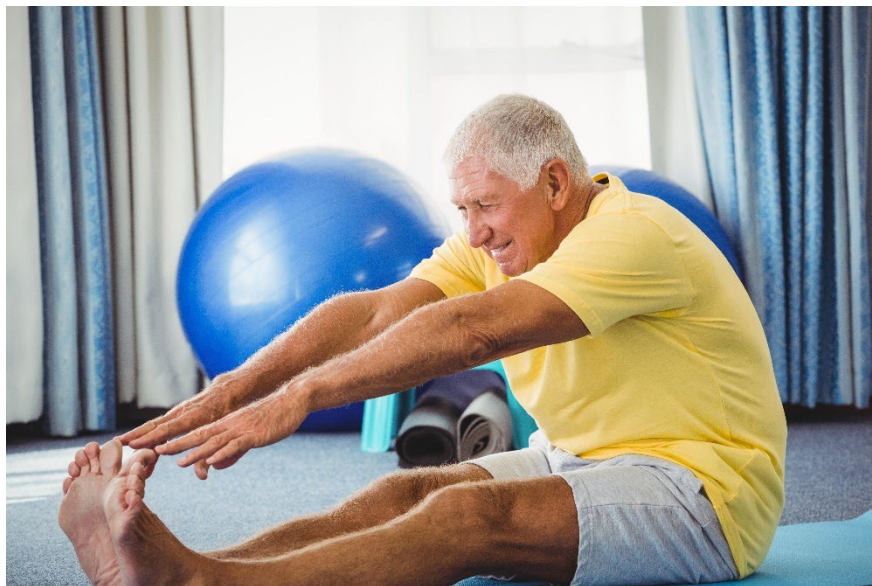
We encourage you to attend 2 to 3 fully supervised classes per week. Strength for Life is progressive training, and your individualised plan will change as your strength increases.

For more information

T: 08 9472 0104

E: kairi@cotawa.org.au

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



Strength for Life

Feedback Opportunities

Murdoch University 'Walking with inflatable cuffs to improve fitness and function in older people: a randomised controlled trial'

Murdoch University invites you to participate in a study being conducted to investigate the effects of wearing inflatable cuffs around your legs during walking exercise in older adults.

Background

Exercise while wearing thin compressive cuffs on the arms or legs is a new strategy to improve how muscles and the cardiovascular system adapt to training. By wearing small inflatable cuffs around the top of the legs during low-intensity exercise like walking, we can improve muscle strength and aerobic fitness. As these benefits occur with low-intensity exercise, meaning you don't need to do vigorous activity, it can benefit different groups including older people, those who are disabled and those undergoing injury rehabilitation (who are sometimes unable to tolerate more challenging activity). However, we need to know more about how the body adapts to this exercise in longer interventions (i.e., 3 months of regular walking). There are also potential benefits of exercise on cognition, and we can assess this simply with computer-based tests before and after an exercise intervention.

Aim of the Study

This project will assess the effects of three months of walking (3x per week) with versus without wearing inflatable cuffs on your legs. Specifically, we will measure the impacts on physical fitness, functional abilities, and cognitive function, in people aged over 60.

What Does Your Participation Involve?

At the start of the study, you will be required to attend Murdoch University's exercise science laboratories for health screening, followed by tests of physical and cognitive function. You will then be randomly allocated to one of two groups for a 3-month walking program:

1. Walking while wearing inflatable cuffs on the legs (3x per week, 25 mins each session)
2. Walking without cuffs on the legs (3x per week, 50 mins each session)

Both groups will walk 3 times per week around the Murdoch University Perth campus (and surrounds) in supervised walking groups with other participants and researchers.

MU Murdoch University

Centre for Healthy Ageing
School of Allied Health, Discipline of Exercise Science

RESEARCH

Are you healthy, aged 60+ years, and interested in exercise?

We are looking for older males and females aged 60+ years to participate in an aerobic exercise study!

You will perform a **3-month walking program**, along with tests of physical and cognitive function. During the walking, some participants will wear **compressive cuffs** on their thighs, which alter blood flow in the body. We are testing how these cuffs can improve the **physical fitness and cognition**.

During the study you will be tested for:

- Muscular and cardiovascular function
- Abilities to complete tasks of daily life
- Cognitive function

You will receive a report describing the findings at the conclusion of the study.

If you are interested, contact Dr Isaac Selva Raj via the details below.



Dr Isaac Selva Raj
Postdoctoral Research Fellow
Murdoch University Centre for Healthy Ageing
E: isac.selva@murdoch.edu.au
M: 0814 817 239

This research is supported by:

- Murdoch University
- The National Health and Medical Research Council

At the mid-point (1.5 months) and end (3 months) of the walking program, you will perform the same tests of physical and cognitive function in our laboratories to measure how you have adapted to the walking exercise.

At 6 months and 12 months after the end of the walking program, you will visit the laboratory for two final follow-up visits. During these you will perform the same physical and cognitive tests again, to track whether the improvements you made over the walking exercise program have been maintained in the 6 and 12 months after the program ends.

To participate in the study, you will need to be:

1. A healthy male or female aged over 60 yrs.
2. Not suffering from uncontrolled hypertension, neuromuscular disease, terminal disease or myocardial infarction in the past 6 months, unstable cardiovascular disease, and a fracture within the last 6 months or any other medical condition that could be made worse by participating in this study.
3. Currently taking no medications that could affect the results of the study.
4. Must be able to walk unassisted (without using a walking aid).

*A health screening will be used prior to the study commencing to confirm these criteria and ensure you are safe to take part in the study.

Questions

If you would like to discuss any aspect of this study or register your interest to participate, please feel free to contact **Dr Brendan Scott via the details below**, who will be happy to discuss any aspect of the research. Once they have analysed the information from this study, they will email a summary of their findings. You can expect to receive this feedback within 3 months of the study's completion.

Principal Investigator: Dr Brendan Scott, PhD, Senior Lecturer (Exercise Science), Murdoch University

E: Brendan.Scott@murdoch.edu.au

This research is supported by an Investigator Grant funded by the National Health and Medical Research Council. This study has been approved by the Murdoch University Human Research Ethics Committee (Approval 2023/010). If you have any reservation or complaint about the ethical conduct of this research, and wish to talk with an independent person, you may contact Murdoch University's Research Ethics Office (Tel. 08 9360 6677 or e-mail ethics@murdoch.edu.au). Any issues you raise will be treated in confidence and investigated fully, and you will be informed of the outcome.



Murdoch
UNIVERSITY
Perth | Singapore | Dubai

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

‘Vaccines, how they work and why it is important to keep up to date with your vaccine protection’

Do you have some questions about COVID-19 and booster shots?

The incredible Val Fell OAM, COTA Ambassador, OPAN National Older Persons Reference Group member and Member of Aged Care Council of Elders, sat down with Professor Michael Kidd to get answers to some of the questions many people are asking.



There are many ways to get a COVID-19 booster this winter:

- Book an appointment with your GP or pharmacist
- By text: The Easy Vaccine Access (EVA) service is an easy way to book your COVID-19 vaccination. Text ‘Hey EVA’ to 0481 611 382 to get a call back from a call agent
- By telephone: 1800 020 080 is a 24-hour helpline that can help you find a vaccine clinic and give you contact information to make a booking
- Find a health service that provides vaccinations on the [Australian Government Online Service Finder](#)

Service Finder

The health Service Finder is the best way to book a vaccination. Find a clinic near you that suits your needs. You can use the health Service Finder to book for yourself, your children or someone else.

Check out Val’s video

To view the video: [June 2023 Aged Care Living Update COVID-19 & Booster Shots](#)



WA Healthdirect update: 'Winter Health Hazards at Home'

Keeping warm and safe during colder months of the year also means being alert to indoor health hazards. These simple tips should help to keep you safe and [healthy at home](#) this winter.

Winter Injuries and Risks

Winter products such as hot water bottles, electric blankets and heaters can cause burns and other injuries.

Other winter risks come from faulty electrical products that can overheat, give you an electric shock or could potentially cause a fire.

Fire Safety

About half of all fires in the home start in the kitchen and more than 4 in 10 of all deaths from fire happen during winter.

It is essential to install smoke alarms throughout your home and test them every month. Change the batteries every year, perhaps on a memorable date such as a birthday.

Where possible, make sure you and your family know more than one safe way out of every room in your home. You can write down an escape plan in case you have a fire in the home and practise it regularly.

- **Here are a few tips to keep you and your home fire-safe:**
- Keep curtains, tablecloths and bedding away from portable heaters
- Keep wet clothes at least 1m from heaters or fireplaces and never place clothes or towels on your heater
- Clean the lint filter every time you use a clothes dryer since lint that has built up can catch fire
- Never use your gas oven or stove as a room heater
- Use just 1 appliance per power point and switch them off when you are not using them; heaters consume a lot of power and may overload the supply, which can cause a fire
- Never leave burning candles or any open flame unattended
- Store matches and lighters in a safe place, out of reach of young children

Fireplaces

If you have a fireplace in your home, make sure the chimney is clean and not blocked. Always place a screen in front of a fireplace when it's being used, and never burn rubbish such as plastics or foam, wood that is painted or treated with copper chrome arsenate (CCA) or creosote-treated timber (such as railway sleepers).

Heaters

No matter what type of heater you have, you should check every winter that it is safe to use.

Gas Heaters

Gas heaters produce heat when they burn gas fuel. A flued gas heater releases air pollutants and water vapour outside the home through a chimney or flue, while an unflued gas heater releases them directly into the home.

- If your gas heater does not have a flue, service it regularly and make sure the room is well ventilated
- Never use an unflued gas heater in a bedroom, bathroom or other small rooms with no permanent ventilation because harmful toxic gases can build up inside
- Always check your gas heater is working correctly; it should be serviced every 2 years by a licensed gas fitter; signs that something is wrong include difficulty lighting it, yellow flames, unusual smells or noisy or inoperable fans

Electric Heaters

- Electric heaters should be checked for obvious damage such as rusted reflectors (especially on older heaters); the power cord should also be checked for any damage. An electrician or service technician should do any repairs
- Do not leave portable heaters in places where people or pets could knock them over

Electric Blankets

Check your electric blanket is in good condition and hasn't been placed on a recall list by checking the [Recalls Australia](#) website. Faulty electric blankets can overheat, cause an electric shock, spark and potentially cause a fire.

You should always roll your blanket up to store it because folding it can damage element wires inside the blanket. When you take it out of storage and use it for the first time, lay it flat on the bed and check for hot spots as it heats up.

Hot Water Bottles

Use warm, but not boiling, water to fill your hot water bottle and examine it for leaks before you use it. Replace it as soon as it starts to look cracked or worn or every 2 years. Remember that the rubber can perish from the inside so you may not be able to see if it's worn out.

Hot water bottles can cause burns if you place them directly on your skin so make sure they are wrapped in a towel or fabric cover.

Heat Packs

Heat packs are usually fabric bags filled with wheat or some other grain that are heated in a microwave before they are used to warm parts of the body. Caution is needed when using heat packs as they can cause burns or fires related to:

- Being heated and placed on or in bedding
- Being heated in the microwave for longer than the time specified by the manufacturer
- Being reheated before they have cooled properly
- Being old and so the filling has dried out and become combustible

First Aid for Burns

[Burns](#) can be caused by heat, cold, electricity, chemicals, gases, friction and radiation (including sunlight). The aim of first aid for burns is to stop the burning process, cool the burn (for pain relief) and cover the burn.

Immediate First Aid Steps

- Immediately cool the burn with running water for at least 20 minutes
- Remove constrictive clothing and objects such as rings, watches or other jewellery not stuck to the skin
- Cover the burnt area with a light, loose non-stick dressing. Use clean, dry, non-fluffy material such as plastic cling film
- If possible, elevate the burnt limb to minimise swelling
- Keep the person covered where possible so they do not get cold
- Call for help

Call an Ambulance or go straight to your nearest Emergency Department if:

- The burn is deep, even if the patient does not feel any pain
- The burn is larger than a 20-cent piece
- The burn involves the airway, face, hands or genitals
- The skin looks leathery
- There are patches of brown, black or white
- The burn was caused by chemicals or electricity
- The patient is having trouble breathing

For more information on first aid for burns you can read the [burns and scalds fact sheet](#) from St John Ambulance Australia.

For more information about healthy living, visit: [Health Direct: Winter Health Hazards at Home](#)



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

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

Connect Victoria Park 'The Village Hub'

Come alive from 55!

The Village Hub is a community of people 55+ who share experiences, have fun, socialise, exercise and keep learning together. More importantly, each one of us contributes in unique ways to enrich our community.

The Village Hub offers an outlet for member interests, opportunities to meet others, form friendships, help out and receive assistance and feel part of something bigger.

At the Village Hub, they are helping to restore a village environment and demonstrating that, with a little help from our friends, it is possible to age well, independently and interdependently, in the community we love.

The Village Hub offers a calendar of classes, courses and events and provides a venue for groups to meet and run activities of interest. Examples of member-led activities are social cycling and creative writing groups, book club, Mahjong and Bridge groups and a popular intergenerational choir.

Members can access support from the Village Hub Help Centre and request or offer help through the 'Ask a Member' bulletin.

The Village Hub is inspired by a growing [movement to redefine ageing](#) that started in the United States in the late 90's. Today there are around 300 villages in the US. The Village Hub is the first virtual village in Western Australia and the second in Australia, after the [Waverton Hub](#) in New South Wales.

Everyone is welcome at the Village Hub, and although they are based in Vic Park, some of their members come from as far as Balcatta and Bullcreek. People over 55 can join as members and help shape the Village Hub. Everyone else can be a friend of the Village Hub and volunteer to help older neighbours with small tasks.

For further information

T: 08 9361 2904

E: admin@connectvictoriapark.org

W: [The Village Hub - Connect Vic Park](#)



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



WA Health + HealthyWA update: 'Stay Well this Winter'

Get winter ready with these tips to stay healthy during the colder months.

Keep active and warm

Stay physically active, keep warm and eat nutritious food to help to boost your immunity.

Get the Free Flu Vaccine

[Vaccination is the best way to protect yourself](#) from catching the flu.

If you are aged over 65 or have a chronic medical condition, you can get a free flu vaccine at any time.

Talk to your GP or immunisation provider to learn more.

Protect yourself, protect others

Even healthy people can get very sick from the flu, but vaccination protects you and others. By getting the flu vaccine, you can protect vulnerable people around from getting sick with influenza.

Stay up to date with COVID-19 Vaccination

COVID-19 and flu vaccines can be given at the same time, so if you're booking your annual flu vaccination it's a good opportunity to make sure you're up to date with both.

Healthy Habits

Good old hygiene habits such as regular hand washing and staying home when you are unwell also help prevent the spread of flu and other illnesses in the community.

Jump Online

For more information about healthy living, visit [HealthyWA](#)



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



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



WA Scam Net 'Spotting Scams'

Have you been getting messages about unclaimed packages? They could be a scam.

Australia Post has issued two separate warnings this month about scammers targeting customers by posing as the postal service.

Scamwatch, which is run by the Australian Competition and Consumer Commission (ACCC), received 2,234 reports about 'Australia Post Delivery' phishing scams this year.

They equated to losses of more than \$20,000.

These kinds of scams are around all year long, the ACCC says, but it does see an increase in reports during peak sales times. Because many people are shopping online and expecting gifts and deliveries in the lead-up to Christmas, they can be more vulnerable to delivery scams.

What should I do if I think I've been sent a scam message?

Do not click on a link or open an attachment.

Do not rush to act. Scammers try to create a sense of urgency to trick you, so take your time to consider whether the message may be a scam.

Australia Post says it will never:

- Call, text or email you asking for personal or financial information including passwords, credit card details or account information
- Call, text or email you to request a payment
- Ask you to click on an email link to print off a label to redeem your package

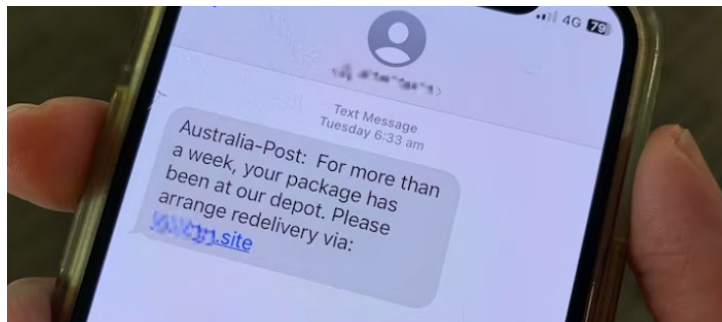
If you are concerned you are a victim of identity theft, you can contact IDCARE, a not-for-profit charity that describes itself as Australia's national identity and cyber support service.

Scamwatch says some parcel delivery scams can also reference other delivery services, so keep in mind it's not only Australia Post customers being targeted.

Here are the two scams Australia Post is warning customers about:

'Redelivery' scams

This is when scammers send text messages telling people there is a package waiting for them, but they need to arrange for it to be re-delivered or update their delivery details. Some messages contain threats that a package will be returned to the sender. To the right is a sample of some of those messages.



Text Message
Today 6:33 am

Australia-Post: For more than a week, your package has been at our depot. Please arrange redelivery via:

Some text messages try to trick the receiver into clicking the link, which has been blurred out (below). Some messages create a sense of urgency in a bid to manipulate the receiver. The scammers try to convince receivers to click on a link. The links take people to a fake Australia Post website, prompting people to enter their personal information and payment details.



Text Message
Today 06:07

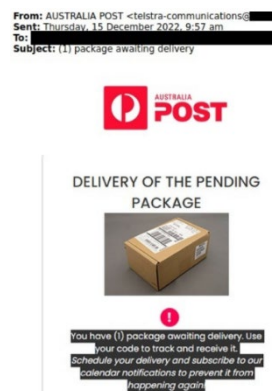
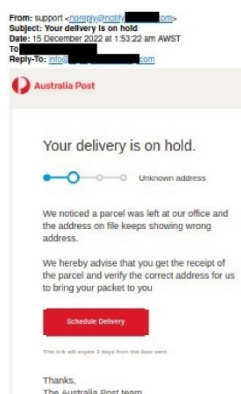
AU-POST-: Your package's free holding time was outstanding. The following can be used to modify delivery: [liu\[redacted\].site](#)

'Schedule delivery' scams

This is when scammers email people about a delivery that's either on hold, suspended or 'still waiting for your instructions'. Recipients are prompted to click a link to reschedule the delivery.

In the following examples of scam emails, the receiver is told to update their details by clicking a link to a website designed to look like Australia Post's and with Australia Post logos, some of the emails can be very convincing. Some emails try to convince the recipient to schedule a delivery for a package, with the exclamation point used to create a sense of urgency. Just like the first examples, the links in these dodgy emails take people to a website impersonating Australia Post's and it is designed to steal personal and financial details.

Here are a few examples:

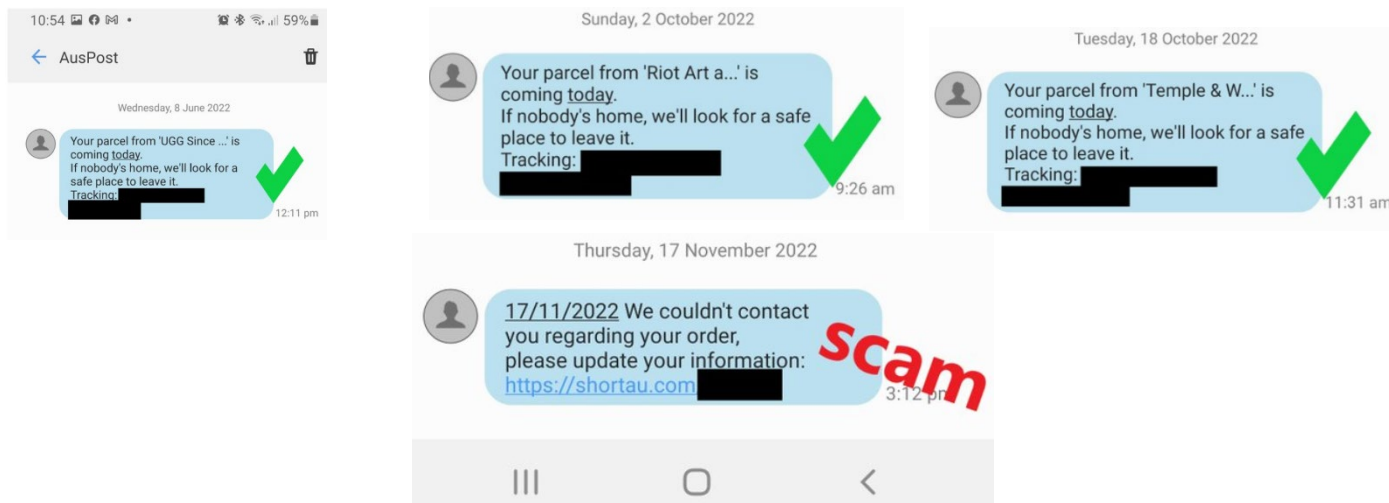


Scammers can make texts look like they came from official organisations

You might have a string of legitimate texts from delivery companies about deliveries, for example Australia Post messages show up as being sent from AusPost in your smartphone.

The ACCC spokesperson says scammers have ways of making their dodgy texts appear in this chain. Scammers can make fake messages seem real by spoofing the telephone number of the organisation they are impersonating, in this case Australia Post. They can make scam messages appear in the same SMS chain as other legitimate messages from Australia Post, making it difficult for consumers to identify the scam.

Here is an example of how that might look, you will notice the first three messages are legitimate and are worded differently to the scam message:



How can you tell a scam message from a legitimate one?

Scamwatch says a message may be a scam message if you cannot confirm who it is from. Check the email address or phone number to see if the sender is authentic and check the Australia Post website to cross-reference contact details. Check if it has spelling and grammatical errors or it has a malicious link. It is safer to go directly to a service provider's website by typing the URL directly into your web browser's address bar or using the organisation's secure online portal or app. There seems to be a sense of urgency. Scammers try to create a sense of urgency to encourage you to do something quickly. Do not rush, take time to consider and check whether a message is real.

For more information about WA ScamNet

T: 1300 304 054

W: <https://www.scamnet.wa.gov.au/scamnet/Home.htm>

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>



Stroke Foundation 'Stroke Awareness Presentations'

Stroke is one of our nation's biggest killers and leading cause of disability. In Australia, a stroke occurs every 19 minutes, but did you know that up to 80% of strokes are preventable?

Stroke can happen to anyone, at any time, changing lives in an instant.

Would you know how to recognise the signs of stroke?

Stroke Foundation offers stroke awareness and prevention talks for workplaces and community groups. 'StrokeSafe' presentations are delivered by trained volunteers mainly of whom are stroke survivors or have had experience of caring for someone who has had a stroke.

In the 'StrokeSafe' presentations, you will learn:

- What stroke is and how to recognise the signs of stroke: F.A.S.T
- What to do if someone is having a stroke
- How to prevent stroke

To request a 'StrokeSafe' talk or for more information

T: 1300 194 196

E: strokesafe@strokefoundation.org.au

W: [StrokeSafe Speakers](#) | [Stroke Foundation - Australia](#)



Learn the F.A.S.T. signs of STROKE

F **FACE**
drooped?

A **ARMS**
can't be raised?

S **SPEECH**
slurred or confused?

T **TIME**
is critical! Call 000.

If you see any of these signs
Act FAST call triple zero (000)

StrokeSafe Speaker contact details:

1300 194 196
strokesafe@strokefoundation.org.au
strokefoundation.org.au/strokesafe

StrokeSafe Speakers
for community groups and workplaces

Stroke FOUNDATION

In Australia, a stroke occurs every 19 minutes. In 2020, more than 27,000 Australians, of all ages, experienced stroke for the first time... and the impacts last a lifetime. But did you know stroke can be prevented?

The Stroke Foundation has passionate volunteer StrokeSafe Speakers available to present to community groups and workplaces. Many have personal experiences with stroke and are willing to share their challenging yet inspirational journey.

Your group will learn:

- › What stroke is and how to recognise the signs of stroke.
- › What to do if someone is having a stroke.
- › How to prevent stroke in you or the people you love.

Talks are offered free to community groups thanks to the generous support of individuals and groups who have made donations to help us cover costs. Your donation is most welcome.

Workplaces and businesses are encouraged to make a \$100 donation to support our vital stroke prevention activities. A tax invoice can be provided upon request.

1300 194 196
strokesafe@strokefoundation.org.au
strokefoundation.org.au/strokesafe

What people say about StrokeSafe talks

"The talk was incredible, totally captivating. To have her story shared first hand was both an inspiration and an eye-opener. It really got us all thinking and talking about the way we look after ourselves. And we've changed! Thank you so much for organising this for us, it's had a huge and very important impact on each and every one of us."

"This has been one of the best information nights our club has had for many years."

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 arc on the right side. 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, 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

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/>



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

Dementia WA 'Free Dementia Kit'

'Dementia Australia's Free Information Kits' give you a quick, helpful guide to expert knowledge and support on all aspects of dementia. Each information kit pulls together some of our best resources into a simple package you can call on whenever you need.

Specific 'Dementia Australia Information Kits' include:

- Risk reduction and dementia: Keep your brain healthy and lower your risk of developing dementia
- Brain health and dementia: What to do if you are concerned about your health or the health of someone you know
- Help someone with dementia stay connected: How staying social is important and how to help
- Alzheimer's disease: What Alzheimer's disease means and what you can do
- Vascular disease: What vascular disease is and what you can do
- Lewy body disease: What Lewy body disease is and what you can do
- Frontotemporal dementia: What frontotemporal dementia means and what you can do
- Younger onset dementia: What younger onset dementia means and what you can do
- Caring for someone with dementia: changes in behaviour: How and why changes in behaviour occur and how to help
- Caring for someone with dementia: changes in communication: How and why changes in communication occur and how to help



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>



‘Care Finder Program Service Guide: includes the Care Finder Locator’

Care finders support vulnerable older people who would not be able to arrange services without intensive support and who do not have a family member or friends who can help.

Care finder services are provided at no cost as they are fully funded through Primary Health Networks.

Who can I connect to a care finder service?

Care finders are not for everyone. They specifically help vulnerable older Australians who need intensive assistance to access aged care and other supports.

- To receive care finder support, a person must:
- Have no carer or support person who can help them
- Not have a carer or support person they feel comfortable or trust to support them
- Be eligible for government-funded aged care

In addition, they should have one or more of these reasons for needing intensive support:

- Have difficulty communicating because of language or literacy problems
- Find it difficult to understand information and make decisions
- Be reluctant to engage with aged care or government
- Be in an unsafe situation if they do not receive services

How does the care finder service work?

If someone requires care finder support, then a local organisation can connect them with a dedicated care finder. The care finder will meet with them, usually in person. This can be at their home or another place they choose. The care finder will ask questions to understand the person's situation and support them to work through the steps to address their needs.

What help can care finders provide?

Care finders can help people understand what aged care services are available, set up an assessment and find and choose services. They also help people with access to other supports in the community. They can help with both accessing services for the first time and changing or finding new services and supports.

Updated: 24 February 2023

They can help someone with:

- Talking to My Aged Care on their behalf and arranging an assessment
- Attending and providing support at the assessment
- Finding and short-listing aged care providers in their area
- Completing forms and understanding aged care service agreements

- Checking-in once services are up and running to make sure everything is ok
- Solving other challenges and connecting to supports in the community, such as health, mental health, housing and homelessness, drug and alcohol services and community groups

To view or download the Care Finder Program Service Guide: includes the Care Finder Locator

https://news.wapha.org.au/assets/230224_care-finder-program_fact-sheet-for-sector_FINAL.pdf

What if a care finder is not right for someone?

Most people who need aged care should call **My Aged Care** on **1800 200 244** or visit <https://www.myagedcare.gov.au/> to discuss their needs and arrange an assessment.

If someone would like help to talk to My Aged Care or to use the website, they can go to any **Services Australia Centre**. There are also aged care specialist officers who give face-to-face help in 70 Services Australia Service Centres.

Visit Services Australia website: <https://www.servicesaustralia.gov.au/> to see where these are located or call **1800 227 475**.

Other supports and their contact details

- Carer support: call Carer Gateway on 1800 422 737
- National Dementia Helpline: 1800 100 500
- Advocacy support: call OPAN on 1800 700 600



Care finder program service guide

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Updated: 24 February 2023

ANSWERS to the 'CROSSWORD' Puzzle (see Page 53)

JULY

Solution:

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

WIN ONE OF FOUR \$100 VOUCHERS

TELL US YOUR STORY



Would you like your story to feature in COTA Connections?

Share your story about:

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

One story will be selected as the feature article for the
August + September
COTA Connections Newsletter.

Want to share your story?

Maximum 250 Words + Photographs or Images

Email: dana@cotawa.org.au

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



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

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

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

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

Council on the Ageing Western Australia

P.O. Box 923

Victoria Park WA 6979

Office hours: 9:00am to 4:00pm Monday to Friday

W: www.cotawa.org.au

T: (08) 9472 0104

E: admin@cotawa.org.au

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

Share events and updates with our 3000+ subscribers

Email: admin@cotawa.org.au