



COTA Connections

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

JUNE 2023

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

The COTA Federation, which includes the nine COTAs across Australia, has recently launched the 2023 State of the Older Nation Report. This third edition of the report is the result of a national survey which is undertaken every two years to capture the concerns, fears and issues facing older Australians. The 2023 report found that almost half of older people feel that things are getting worse for them, noting the main concerns being financial security, access to health services, age discrimination and worries about the lack of appropriate and affordable housing options. A copy of the report has been provided to both State and Federal Government Ministers, including the Hon Don Punch MLA Minister for Seniors and Ageing. You will find the link to the summary (and the full report) in this edition.

Many of the calls we receive at COTA (WA) are from people seeking information or support for a friend, family member or client who is at risk of elder abuse. This year, 15 June is designated as World Elder Abuse Awareness Day (WEAAD) and many of the organisations working in the seniors sector will be undertaking activities throughout the week (11-17 June) and right across the State, to provide information and educate the community on how we can prevent the mistreatment of older people. You can view the list of events and activities here [World Elder Abuse Awareness Day - events \(www.wa.gov.au\)](#). Ensuring our most vulnerable seniors are safe and protected is the responsibility of the whole community and our ability to recognise the warnings signs and know how to respond is critical. For more information you can view our guide here: [COTA \(WA\) Understanding the Mistreatment of Older People Guide](#)

As the winter weather arrives with a flurry, I encourage you to think about getting your flu injection and preparing your home for winter. Do you have heating appliances that need servicing? Our article on 'Winter Health Hazards at Home' will provide you with some simple tips on keeping you safe and healthy at home this winter. You will find the article in the Support Information section of the newsletter.



Stay warm.

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

‘Makuru: Winter (June - July)’

The first rains (Fertility Season). Colour for Makuru – Blue. To represent rain coming.

Makuru is the coldest and wettest time of the year with more frequent gales and storms. Also known as Fertility Season. Traditionally, this was a good time of the year to move back inland from the coast as the winds turned to the west and south.

Clouds, thunder and lightning dance across the sky during the Seasons of Makuru and in the beginning of Djilba.

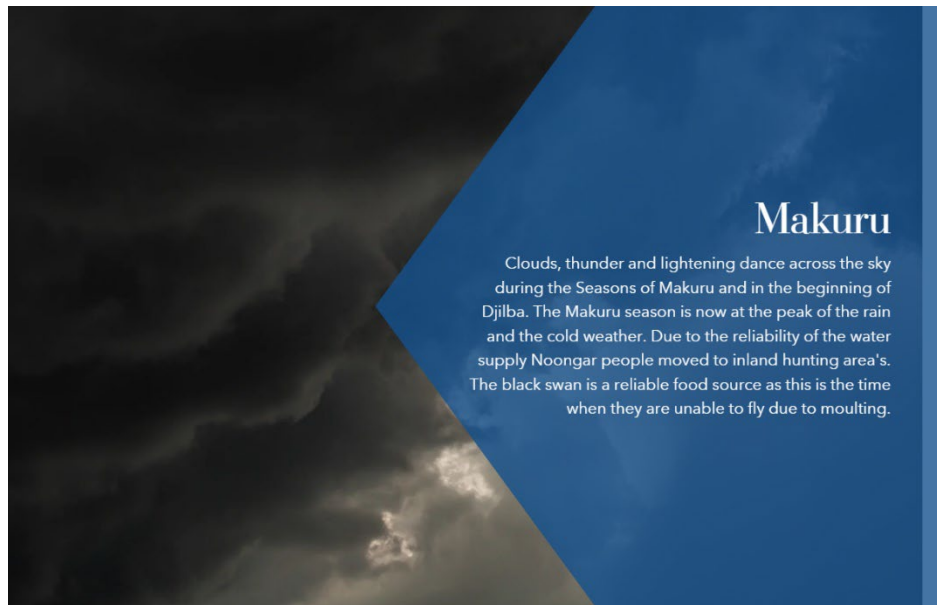
The Makuru season is now at the peak of the rain and the cold weather. Due to the reliability of the water supply Noongar people moved to inland hunting areas. The black swan is a reliable food source as this is the time when they are unable to fly due to moulting.

Flora and Fauna

Kuljak (black swans) begin moulting, making them unable to fly.

Seasonal Activities

Moving inland to hunt, when the watersheds fill. Hunting kuljak (black swans). Collecting Tribonanthus tubers. Keeping warm by holding smouldering bull Banksia branches (Banksia grandis) beneath book as (skin cloaks).



Important Note

There are many Aboriginal communities throughout Australia and all have their own language, lore systems, kinship systems and beliefs. Aboriginal language was an oral language that was passed down from one generation to the next, therefore the language can vary in spelling

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

W: <https://www.aboriginalsixseasons.com.au/pages/six-season-knowledge>

COTA Australia 'Age-Related Discrimination Is Rampant In Western Australia'

Research released by the COTA Federation has revealed over one third of Western Australians have faced age-related discrimination since turning 50 (37%), and a further 28% have experienced employment-related discrimination.

In its third edition, State of the Older Nation (SOTON) details the experiences and views of 2,750 Australians aged 50 and over, and this year paints a bleak picture with almost half (45%) of older Australians believing that things are getting worse for them, which is a sentiment mirrored by older Western Australians (46%).

The COTA Federation 2023 Report highlights an overarching pessimism that is underpinned by fewer older Australians feeling financially secure, more reporting difficulties accessing health services, reports of age discrimination and worries about their risk of homelessness, with sentiments even worse among vulnerable people.



COTA
For older Australians

**State of the
Older Nation 2023**
A nationally representative survey
prepared by the Council on the Ageing

"Though these findings are upsetting, they are perhaps unsurprising. Every time we talk about the issues that affect older Western Australians age-related discrimination comes up", explains COTA Western Australia CEO Christine Allen.

Age-related discrimination is insidious and impacts the everyday life of older Western Australians, from housing to health through to access to information and digital inclusion. With government and service providers increasingly expecting clients to act and engage online older Western Australians are getting left behind.

"It can be subtle, but the fact of the matter is ageism is an endemic issue and permeates every aspect of the lives of older Western Australians. Tackling ageism is essential, particularly in education and awareness, as older Western Australians have made significant contributions to the community throughout their lives. As a community, we must look at ways to better utilise the skills and experience of older members of our community"

"Another major issue for older Western Australians is digital inclusion which remains a key area of concern. While digital technology has the potential to greatly enhance the lives of older Australians in Western Australia, we constantly hear about difficulties accessing ever increasing amounts of information and a lack of digital literacy, particularly evident in rural and remote areas."

COTA (WA) has been aware of these issues for some time and has taken every opportunity to raise them whenever appropriate. We will continue to be active in this area and are hopeful that the recently released WA Government's Seniors Strategy 2023-2033 will provide a springboard for discernible progress in these and other aspects of the lives of older Western Australians.

Disclaimer: The research was undertaken by SEC Newgate Research in compliance with the Australian Polling Council Quality Mark standards. The Long Methodology Disclosure Statement for this research can be viewed here: <https://www.newgatecomms.com.au/disclosure-statements/>

The following documents are available on the COTA (WA) website:

- COTA (WA) Media Release
- COTA State of the Older Nation: Summary Report
- COTA State of the Older Nation: Full Report

To view or download these documents go to:

<https://www.cotawa.org.au/media-statement-new-research-age-related-discrimination-is-rampant-in-western-australia/>



WACOSS launched the 'WA Digital Inclusion Project'

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.

The website launch is a major milestone for the project as the **WA Digital Inclusion Project** moves towards the rollout of digital inclusion training in line with [initiative one](#) and [initiative two](#) towards the end of May 2023, and the launch of the [Access and Affordability Pilot](#) in July 2023. The website will be an invaluable resource for trainers and workers across the community sector, and for their clients and the public more broadly.



With almost 150 attendees from right across Western Australia, and more than 250 registrations, it is clear there is considerable interest from the community sector in the project. It was particularly exciting to see such strong attendance from regional organisations, community resource centres and neighbourhood centres.

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/>

A virtual tour video of the website will be made available and distributed in the WA Digital Inclusion Project's first newsletter towards the end of May 2023. If you would prefer not to receive updates from the WA Digital Inclusion Project then please [opt-out](#) of our newsletter.



Country Women's Association of WA features 'Krunchy Krispy Kale Chips'

Ultra-delicious health kick snack with this recipe which has a unique sweet/savoury flavor!

Recipe provided by the Country Women's Association.

Kale done this way is so tasty and even those who do not like their greens will be lining up and asking for more. Kale is rich in nutrients and sometimes referred to as a super food. So now you can eat your chips guilt-free.

Ingredients for Krunchy Krispy Kale Chips

- 1 x large bunch of kale (ensure it is fresh, including the leaves and stalks, which should be dark green, firm and dry and free of any yellowing or browning)
- Salt (to taste)
- Cumin Seeds (to taste)
- Powdered Sugar Substitute, to taste (e.g. Splenda, natVia, Stevia, Hermesetas)
- Small amount of a light neutral oil



Method

Mix together

1. Wash kale thoroughly, shake and towel dry.
2. Strip leaves off the stalk and put stalk aside for another use.
3. Place all leaves into a large mixing bowl.
4. Lightly coat hands in oil and gently rub through the leaves. This method ensures that you do not use too much oil which can make the kale oily and lose that lovely crunch.

5. When the leaves are well coated, sprinkle in salt, cumin and powdered sugar to taste. The powdered sugar substitute is best, as it sticks evenly to the leaves without leaving granules.
6. Line baking sheets with parchment paper. This is a very important step. If it is not used, the kale will stick to the pan and the delicate leaves will break when you try to remove them.
7. Space the leaves on the baking sheet so that they are in a single layer.
8. Place in oven on a low heat (about 120 degrees Celsius) and allow time to dry out and crisp up. This may take up to 30 minutes depending upon your individual oven. Check periodically to ensure that they are not browning because this makes them bitter.
9. Remove from oven when ready and cool.

Flavouring

Once you have mastered this quite simple recipe, you can experiment with different flavours and seasonings.

It is only limited by your imagination.



‘Commemorating the Dambusters Raid: Operation Chastise 80th Anniversary’

Australians are asked to remember the bravery of all those involved in Operation Chastise carried out on the 16 and 17 May 1943, better known as the ‘Dambusters’ Raid, 80 years ago in the Second World War.

On the night of 16 May 1943, 19 Lancaster bombers took off from Lincolnshire. Their targets were three dams in the industrial heart of Germany. 80 years on, The Dambusters Raid is remembered as one of the most audacious, innovative and courageous operations of the war.



The raid was one of the most celebrated and successful aerial operations of the war, with an attack on dams in Germany’s industrial heartland, the Ruhr Valley.

The dams were considered an important target for the Allies and would be attacked using newly invented ‘bouncing bombs’, depth charges that

could bounce along the water’s surface before sinking and then exploding.

617 Squadron was formed to carry out the raid, and included airmen from Britain, Australia, New Zealand, Canada and the United States.

Minister for Veterans’ Affairs, Matt Keogh acknowledged the important role Australians played in the operation, and the bravery of all the Allied airmen who carried out the Dambusters Raid.

“Out of a group of 133 airmen, 13 Australians took part in this operation,” Minister Keogh said.

“One of them was Harold ‘Mick’ Martin, who was considered one of the finest bomber pilots of the Second World War.”

Mick Martin and fellow Australian Jack Leggo (both pictured at right) were later knighted for their part in the raid. British Squadron leader Guy Gibson received the Victoria Cross for leading the operation and 33 other allied airmen were decorated.



“The courage and skill these men showed while flying heavy bombers at an altitude of just 18 metres while maintaining speeds of 370 km per hour is truly remarkable, Minister Keogh said.

“Today, we acknowledge the courage and sacrifice of the air crews of 617 Squadron and all those who served in the Second World War.”

The Australian War Memorial’s display about the Dambusters Raid features the original topographical model of the Möhne Dam which was used by the pilots and aircrew to familiarise themselves with the target ahead of the operation.

To read more about Australians in the British Royal Air Force (RAF) Bomber Command during the Second World War, visit the [Anzac Portal](#).

‘World Elder Abuse Awareness Day’

The United Nations General Assembly designated 15 June as World Elder Abuse Awareness Day.

It represents the main day in the year when the world voices its opposition to the abuse and suffering inflicted on older people.

What is elder abuse?

Elder abuse is mistreatment of an older person that is committed by someone with whom the older person has a relationship of trust such as a partner, family member, friend or carer. Elder abuse may be physical, social, financial, psychological or sexual and can include mistreatment and neglect. Elder maltreatment can lead to serious physical injuries and long-term psychological consequences.

Sometimes family, friends and carers may not know that their actions amount to elder abuse.

The World Health Organisation (WHO) describes elder abuse as a violation of human rights and a significant cause of illness, loss of productivity, isolation and despair. (WHO 2002 Active Ageing Policy Framework). As such, it is an issue that affects not only the person who is impacted directly but also the broader community.

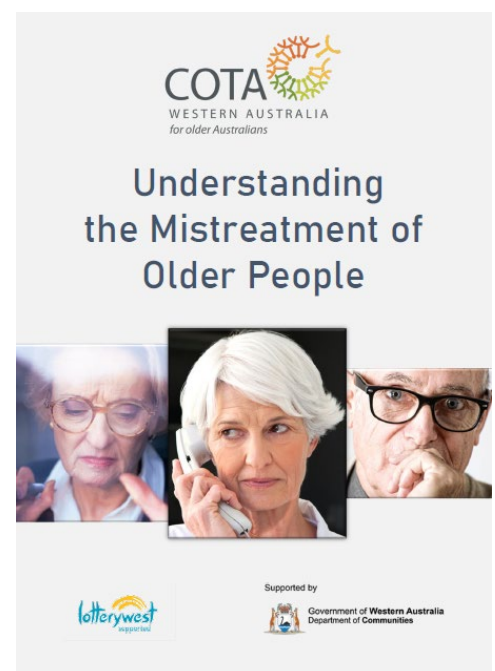
Older people have the right, just like people of all ages, to live safely free from harm, abuse and exploitation. Any actions that breach this right are a form of abuse.

Who is affected by elder abuse?

Elder abuse is a problem that exists in both developing and developed countries yet is typically underreported globally. Prevalence rates or estimates exist only in selected developed countries, ranging from 1% to 10% of older people.

Elder abuse has been shown to affect women and men, people from different cultural backgrounds, people with different levels of education and wealth and both city-dwellers and country folk.

The incidence of abuse towards older people is predicted to increase as many countries experience rapidly ageing populations. Although the extent of elder abuse is unknown, it is nonetheless a global social issue which affects the health and human rights of millions of older persons around the world, and an issue which deserves the attention of the international community.



COTA (WA) 'Understanding the Mistreatment of Older People Guide'

W: <https://www.cotawa.org.au/seniors-resources/cota-wa-understanding-the-mistreatment-of-older-people-guide/>

COTA (WA) 'Understanding the Mistreatment of Older People' Guide translated to Simplified Chinese + Vietnamese + Polish + Italian

W: <https://www.cotawa.org.au/seniors-resources/understanding-the-mistreatment-of-older-people-guide-translated-to-simplified-chinese-vietnamese-polish-italian/>

For confidential support and further information

If you are an older person who is being harmed by the actions of someone else, such as a family member, friend, neighbour or carer, you may be experiencing elder abuse. Elder abuse is wrong. In some cases it may be a criminal offence. If you are an older person and this is happening, you may be the victim of elder abuse.

It can be difficult to talk about these things if they are happening to you. However, there are many services that can support and help you.

Support Services in Western Australia

Older People's Rights Service (OPRS)

T: 08 9440 1663

Northern Suburbs Community Legal Centre

E: oprs@nsclegal.org.au

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

Elder Rights WA (ERWA)

T: 1300 650 579 Legal Aid WA Infoline

E: elderrightswa@legalaids.wa.gov.au

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

Advocare

T: 1300 724 679 WA Elder Abuse Helpline

E: rights@advocare.org.au

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



**World Health
Organization**

COTA (WA): 'Out and About'

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

COTA (WA) supported the following expos.

'Stay on Your Feet Health Matters Mini Expo Rossmoyne Waters'

On Friday 19 May 2023, we attended the 'Stay on Your Feet Health Matters' Mini Expo held at Rossmoyne Waters. With around 100 people attending, the event was successful with many wanting to join their nearest SFL sessions.



'Seniors Recreation Council of WA: Belmont Oasis Expo'

On Wednesday 3 May 2023, we attended the 'Seniors Recreation Council of WA Belmont Oasis Expo' held at the Belmont Oasis Leisure Centre. The event was successful with many people in the area attending to enjoy recreational activities such as carpet bowls, pole walking and many other activities, as well as a chance for them to meet local community groups and services that are available to them. Thank you to the Seniors Recreation Council of WA for hosting this wonderful event.



'Seniors Recreation Council of WA Leederville Expo'

On Monday 15 May 2023, we attended the 'Seniors Recreation Council of WA's Leederville Expo'. The event was fantastic and I received so many inquiries regarding the Strength for Life program. Many were interested in joining an exercise program where it was individualised, but they were also able to meet people in their age group where they could socialise with.



‘Learn about Government Services with My Aged Care’s Help Explorer’

If you are considering government-funded aged care but do not know where to start, here is how other people received help.

If you are unsure about the type of government-funded aged care services that may be available to help you, My Aged Care’s Help explorer is for you.

You can find this online tool on the [What help is available page](#) on the My Aged Care website.

It allows you to read stories about how other people have accessed government-funded aged care services and the difference this is making to their lives. These stories can help you understand the types of services available and what to expect from the aged care process, from start to finish.



What can My Aged Care’s Help Explorer do?

The Help Explorer Tool can help you:

- Discover the different services available
- Learn about people who may have been in a similar situation to you
- Find out what is usually involved in accessing government-funded aged care services

How does the Help Explorer work?

You can find the Help Explorer by visiting the [What help is available page](#) on the My Aged Care website.

Here, there are two ways you can filter through stories:

1. Select ‘Start here,’ then tick the areas you need help with.
2. Select ‘Filter by service’ to choose the specific services you would like to learn more about.

You will then see a list of stories that match your filter options. You can read the stories that best match your current situation and the services you are interested in.

Will it tell me what services I am likely to receive?

The explorer can only show you how other people in similar situations received aged care services.

Before you can access services, you need to [apply for an assessment](#). An assessment will tell you if you are eligible for services and, if so, what services you are eligible for.

Where else can I learn about the types of aged care available?

If you have used the Help explorer and now want to learn more about the types of aged care available, you can also visit the [Types of care page](#).

This page provides an overview of the different types of government-funded aged care and how they work, including:

- Help at Home
- Short-term Care
- Aged Care Homes

What is My Aged Care?

[My Aged Care](#) is your starting point for accessing Australian Government-funded aged care services.

It provides the information and support you need to understand, access and navigate Australia's government-funded aged care system.

You can access My Aged Care via its [website](#), on the phone or in person. View the My Aged Care [Contact us page](#) for more information.



‘Declutter your Life to Create a Safer Home’

We have heard about downsizing the family home, how about downsizing the mess inside?

The home can be a minefield of dangers for toddlers, infants, teens and older people alike. Doctors are kept busy by often simple trips and bumps that can cause serious injuries, especially for people ageing in their own homes.

It seems the longer we live in a place, the more furniture and other belongings take up space. But as our health declines we can become overconfident that we know where everything is, leaving it too late to reduce the risks a family home can present.

Nearly one-third of people aged over 65 years fall each year, with most falls occurring at home, many resulting in hospitalisation or an early entry into an aged care home.

Something as simple as reducing trip hazards and decluttering can significantly reduce the likelihood of falls.

Key Points

- Each year, one-third of people aged over 65 years have a fall
- People who have already had a serious fall are most at risk of having more falls
- Decluttering and reducing hazards around the home improves safety

Reducing the Risk

University researchers found that decluttering and reducing hazards was key to making the house safer, especially for older people who had already been hospitalised because of a fall and were at risk of further falls.

They found these measures were more beneficial in reducing falls than making sure the residents wore correct prescription glasses, special footwear or received education on avoiding falls.



Falls can cause serious injury or even death, but they are preventable. And prevention is an important way of helping people remain healthy and independent as they grow older.

The researchers analysed the results of 22 studies including data on 8,463 older people living in the community.

They found that taking measures to reduce fall hazards around the home lowers the overall rate of falls by 26%.

Preventing Falls

The first step is to identify if you are at risk. Apart from already having had a fall, these factors include being unsteady on your feet and having poor judgement or weak muscles.

These risk factors make negotiating the environment more challenging and increase the risk of a trip or slip.

As well as decluttering and removing hazards in the house, other simple measures that best improve safety include:

- Consulting an occupational therapist for their advice
- Adding handrails and non-slip strips to steps
- Removing or changing slippery floor mats
- Improving lighting especially on stairs

Improvements are not always about the hardware. People tend not to notice clutter around their home or realise that reaching up and climbing ladders the way they always have is potentially a fall risk, particularly if their mobility or balance is not as it used to be.

Building activity into your day

Another important way to reduce risk of falls is to remain active and build your physical strength, specifically targeting areas of weakness.

Building physical activity into your everyday life does not have to be difficult. You can set aside a specific time each day or fit some exercises in while waiting for the kettle to boil or watching TV.

The Australian Health Department has designed [guidelines](#) for older Australians to build activity naturally in their everyday lives.

The guidelines provide information and simple instructions about activities such as:

- Stand up and sit down for strength and balance
- Shoulder roll for flexibility
- Knee lifts for strength
- Heels up, toes up for flexibility
- Half squats for leg strength
- Heel raises for strength and balance



Falls can be Prevented

There are many resources available if you are concerned about your balance or about having a fall.

- Injury Matters Program: Stay on your Feet:
<https://www.injurymatters.org.au/programs/stay-on-your-feet/>
- The National Council on Ageing wrote a [helpful article](#) on the 10 myths about older adults and falls.
- [Preventing falls at home – Tips for seniors](#)
- [The Home Falls and Accidents Screening Tool \(Home FAST\)](#) is a valid and reliable online tool for predicting the risk of a fall at home
- [The National Council on Ageing Falls Free CheckUp](#) is endorsed by the US Centers for Disease Control and Prevention (CDC)
- [The Safe Exercise at Home website](#) has been developed by physiotherapists from around Australia
- [Healthy and Active for Life Online](#)
- [Find an Exercise Program Brochure](#)

Further reading: [How to reduce falls](#), [Use it or lose it](#), [Safe exercise at home](#), [Physical activity guidelines](#), [Reducing fall hazards](#)



‘Explore your Aged Care Alternatives’

Older people often feel pressured into residential aged care but, according to sponsor OPAN, there are other options.

The best way to avoid premature entry into residential aged care is to plan ahead.

One in three people enter residential aged care from hospital, according to the Australian Institute of Health and Welfare.

Until that point, many older people have been living independently at home.

But if they are unable to access the paid or informal support they need to recover, they can feel pressured and powerless.

Older people who are already receiving a home care package can also be reassessed for increased levels of support.

Key Points

- Families, friends and even health care professionals can be unaware of the alternative options
- Be prepared by understanding your rights and aged care options when leaving hospital
- OPAN’s Self-advocacy Toolkit equips you with the information and resources you need to know for better aged care

Prevention Strategies

To ensure their voice is heard, older people should sign up for aged care services as, and when, they need them rather than waiting until things get to a point where they cannot cope.

If an older person is in hospital, they might not be their best self, but if they have engaged with [My Aged Care](#) or an advocate before, they know where to go for help.

It is okay to take your time and to explore all your options.

Resources

OPAN has developed the Self-advocacy toolkit resource to provide you with the information you need, including a handy checklist of questions that you can ask the hospital social worker, your service provider or My Aged Care that will help to make an informed decision about your care.

For more information on your aged care options and checklists, visit OPAN’s [Self-advocacy toolkit](#) online or order a free print version today. Call OPAN on [1800 700 600](#) to speak with one of their friendly advocates.



Technology for Ageing & Disability WA 'Home Modification Services'

Imagine if your home could adapt to your changing needs as you age? A home that actually gets easier to move around, is safer and easier to control.

TADWA can make this dream a reality, enabling you to stay living independently in the comfort of your own home for many more years.

Starting with an assessment of your home by specialist occupational therapists, TADWA can design and deliver everything from simple but effective solutions like perfectly placed grab rails, non-slip tiles and modified steps, to complete bathroom and kitchen renovations. They can also specify, install and support the latest in-home automation and wellness monitoring.

TADWA know that staying in your own home is important to you and they can help you to do just that. And the best part is that when the time to sell eventually comes, a quality bathroom or kitchen renovation will actually increase your home's sale value.

When you do not need modifications, but you do need a bit of help, many kinds of equipment can be used to make life just that little bit easier. A shower chair and a handheld shower help you feel more confident and a pendant or other device can let your care network know you need a hand.

At TADWA, their Occupational Therapists and Technicians work together with you to understand what you need and can help you find it so you can be more comfortable and confident at home. TADWA have 34 years of experience so you know you are in good hands.

To view or download the TADWA Home Modifications Fact Sheet:

<https://tadwa.org.au/wp-content/uploads/2018/07/Fact-Sheet-Home-Mods-180726-r.pdf>

To contact TADWA or for more information

T: 08 9379 7400

Email: enquiries@tadwa.org.au

W: <https://tadwa.org.au/our-services/home-modifications/>



Home Modifications

Too young to leave home?

helping you do what's important to you

Talk to TADWA.

Imagine if your home could adapt to your changing needs as you age? A home that actually gets easier to move around, is safer, and easier to control. TADWA can make this dream a reality, enabling you to stay living confidently in the comfort of your own home for many more years.

Modifications can range from simple but effective solutions like perfectly placed grab rails, non-slip tiles and modified steps, to complete bathroom and kitchen renovations.

We can also specify, install and support the latest in home automation and wellness monitoring.

The best part is that when the time to sell eventually comes, a quality bathroom or kitchen renovation may actually increase your home's sale value.

We have 34 years of experience so you know you're in good hands.

To find out more, talk to TADWA. 1300 663 243

enquiries@tadwa.org.au - www.tadwa.org.au

TADWA
Technology for Ageing & Disability





Buy West Eat Best Program 'Savour Western Australian Flavours with Plating Up WA'

Western Australian 'hero dishes' will feature on the menus of more than 60 venues throughout the State and in Singapore this winter as part of the annual 'Plating Up WA' campaign.

'Plating Up WA' is an initiative of the State Government's Buy West Eat Best program and runs during June, showcasing dishes that feature WA's best winter ingredients paired with local craft beer, wine or non-alcoholic beverages.

Across WA, more than 40 restaurants, cafes and bars are taking part, with ingredients ranging from local potatoes and winter vegetables to Wagyu beef, organic beef shin tomahawk, lamb, seasonal seafood, truffles and hemp hearts.

Each participating WA venue receives an ingredient register of Buy West Eat Best members helping to connect local producers with venues and suppliers and bring attention to new ingredients and artisan producers.

For the second year, the campaign has been extended internationally with Plating Up WA: Singapore Edition, supported by the Invest and Trade Western Australia Singapore office. More than 20 venues will plate up WA's finest ingredients for patrons in Singapore from 23 June 2023 to 23 July 2023.

To view WA Venues and what they are plating up go to: <https://www.platingupwa.com.au/venues>

For more information, visit the Plating Up WA website: <https://www.platingupwa.com.au/>



Commonwealth Home Support Program 'CHSP expanded to plug service gaps'

Home care providers can apply for up to \$250,000 a year to increase service supply under the Commonwealth Home Support Program, operators have been told.

The announcement was made by Russell Herald, Assistant Secretary, Home Support Operations Branch at the Department of Health and Aged Care, during a webinar last week updating stakeholders on in-home aged care reform.

The funding will bridge the gap between now and when the postponed 'Support at Home Program' comes into play and replaces existing home aged care programs including the CHSP and Home Care Packages [on 1 July 2025](#).

This is the program's second postponement in recent times. It was previously due to be implemented from July 2023 this year but was [pushed back to 1 July 2024](#) following stakeholder concerns.

Short-term supports include:

- Assisted Technology and Home Modifications
- Short-Term Restorative Services
- Specialised Support Services

Ongoing supports include:

- Nursing
- Allied health
- Meals
- Transport
- Cleaning
- Home maintenance
- Respite



"Part of the ongoing support under the program will also be care partners to check in with older people and provide advice on clinical support and service needs," said Mr Morgan.



Australian Government

Department of Health and Aged Care

Anglicare WA ‘Rental Affordability Snapshot 2023’

Anglicare WA conducts the Rental Affordability Snapshot each year to develop a better understanding of how our rental market is changing and the implications for Western Australians living on low incomes.



The 2023 Snapshot highlights the lack of affordable options for low-income households, particularly for people who rely on Government benefits and, increasingly, those on the minimum wage experiencing in-work poverty. In previous years, the Snapshot included three regions: Perth Metro; South West and Great Southern; and North West including Kimberley and Pilbara. This year, the Snapshot includes two more regions: Mid West and Gascoyne; and Wheatbelt and Goldfields to cover the whole State.

Background

There were 2,912 private rentals available in WA on 17/18 March 2023. The number of available rentals declined by more than 16 per cent compared to the same time last year, even though this year's Snapshot was expanded to two more regions. The WA median rent was \$560 per week.

Key Findings for WA

The Rental Affordability Snapshot 2023 found median rents increased:

- 17% in Perth metro area (\$560), up from \$480 same time in 2022

- 24% in South West and Great Southern (\$520), up from \$420 same time in 2022
- 25% in North West (\$750), up from \$600 same time in 2022
- Mid West and Gascoyne (\$370); Unrecorded data in 2022
- Wheatbelt and Gascoyne (\$450); Unrecorded data in 2022

Initiatives

Anglicare WA suggests a range of initiatives in the Snapshot such as:

- Establishing a WA Housing Future Fund to leverage the Commonwealth Government's new Housing Australia Future Fund to deliver a pipeline of new social housing in WA
- Increasing the rate of new builds and spot purchasing of new and diverse social homes by government and community housing providers
- Institutional and regulated landlords supplying a range of appropriate accommodation options
- Targeted rent relief subsidies or grants for the lowest-income households
- Reforming the Residential Tenancies Act by removing the without grounds evictions; stabilising rent increases; extending legal protection to boarders and lodgers; and facilitating a quick, fair, and consistent dispute resolution between tenant and landlord

Visit the [Anglicare WA 2023 Rental Affordability Snapshot](#) news page.



‘Sustainable social housing retrofit? Circular economy and tenant trade-offs’

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

While new laws came into effect requiring all new housing to have a 7-star energy efficiency rating, our nation’s ageing social housing stock remains among the least energy efficient of all homes in Australia, contributing to significant carbon emissions.

Many social housing providers have retrofitting projects that aim to improve energy efficiency and physical and mental health outcomes for the occupants of these homes, however new Australian Housing and Urban Research Institute (AHURI) research reveals a disconnect between the focus of these projects and the upgrades residents would prefer.

The research, ‘Sustainable social housing retrofit? Circular economy and tenant trade-offs’, undertaken for AHURI by researchers from the University of Adelaide and RMIT University examines the difference between the preferences of tenants and the broader requirements of the social housing providers, such as their legal obligations, budget limitations and desire to improve sustainability.



Key Points

- Retrofit is often used as a strategy to improve dwelling performance but often not linked to minimum quality and dwelling condition considerations
- There is limited understanding of what tenant households prioritise for quality, condition and performance, and tenants’ retrofit preferences are different to the priorities of housing providers
- Recipients of retrofit programs prioritise liveability and affordability over energy efficiency and circular economy (CE) considerations
- Social housing providers face challenges to balance their business obligations with their social obligation to
- Retrofit Program



The Report

Sustainable social housing retrofit? Circular economy and tenant trade-offs [is available to be read](#).

‘Become a Dementia Australia Peer Leader’

Connecting Peers is one-to-one peer support for people impacted by dementia.

Peer support is one of the most powerful and empowering forms of support available; it's an opportunity to be heard and understood by someone who has experienced similar circumstances.

Dementia Australia's peer support program Connecting Peers:

- Is delivered by volunteers
- Brings people together with similar experiences and interests
- Connects participants by phone or Zoom
- Is the only program of its type in Australia

Volunteer as a Peer Leader

Peer Leaders are living with dementia - or have experience as a carer of someone living with dementia - a good ear and lots of empathy. The minimum time commitment is just one hour per month over six months to make a call to your peer.

Completion of a short online induction course is required, plus an Australian Criminal History Check, funded by Dementia Australia.

Once you submit your application, you will receive an automatic email with links to the online training. A member of the Peer Support team will be in touch soon after to talk about next steps.

Click the [Fill in an application](#) button in the top right hand corner of this page to get started.

Or would you like to speak with a Peer Leader for support?

Please click [Here](#) to complete a short application form to tell us about you and your situation. A member of our team will then contact you to talk about next steps.

Questions? Email: peer.support@dementia.org.au



Make Renting Fair 'New survey data shows full impact of unlimited rent increases'

Data released from a new renters survey shows the full impact of unlimited rent increases on WA renters and 'undeniable case for rent caps'.

The survey revealed that the vast majority of WA renters experienced at least one rent increase in the 12 months, and 85% would struggle with another increase.

Almost two thirds of tenants surveyed also reported that they are currently too scared to ask for maintenance or necessary repairs in case that leads to an increase in rent.



It comes as the latest REIWA data shows that in just three years since the COVID-19 pandemic, WA's median house rent increased by \$190 per week, from \$360 in October 2019 to \$550 in April 2023.

The survey, conducted by the Make Renting Fair campaign, has had 352 responses as of 3 May 2023, and has exposed what advocates are describing as 'deeply concerning findings' about the impacts of uncontrolled rent increases on West Australian renters.

The Survey found that

30% of survey respondents have been renting more than 20 years. 51% of respondents were living with or had someone in the household experiencing disability.

60% of respondents had experienced at least one rent increase in the last year, including 17% who experienced two or more increases. Most rents increased by \$21-\$75 a week, but one in ten saw increases of \$76-\$100 per week.

85% would struggle with another rent increase. 52% would find it difficult and 33% would find it very difficult to manage a rent increase of another 10% as is currently predicted.

Renters feel powerless to negotiate rent increases, mostly due to fear of eviction. 44% of survey respondents reported they had tried to negotiate the amount their rent was increased but were refused, and another 41% didn't even ask due to the fear of losing their lease.

Tenants are scared to report maintenance issues in case the cost of repairs is used to justify additional rent increases. 61% of tenants surveyed reported that they are currently too scared to ask for maintenance or necessary repairs in case that leads to an increase in rent. Respondents stated that they would rather do their own property maintenance or live with a problem, rather than reporting a maintenance issue, due to a fear that landlords or property managers would use the repair costs to justify increasing the rent.

The Survey Report

WA Renters Survey 2023: The Impact Of Rent Increases For WA Renters

https://www.shelterwa.org.au/wp-content/uploads/2023/05/MRF-SURVEY-REPORT-Rent-Increases_May2023FinalBK.pdf

‘Aged Care Volunteer Visitors Scheme (ACVVS)’

A new aged care visitors program launches on 1 July 2023. Called the Aged Care Volunteer Visitors Scheme, it replaces the Community Visitors Scheme which has run for 30 years and is a response to a recommendation of the Aged Care Royal Commission.

Similar to the CVS, the ACVVS will support volunteer visits to provide companionship to older people feeling lonely and isolated in residential and home care settings. However, the new scheme has been expanded to reach more people and deliver a high level of service support.



Visits are available to anyone who:

- Receives government-subsidised aged care or Home Care Packages, including care recipients approved or on the National Priority System for residential aged care or home care packages
- Is socially isolated

A free service, the ACVVS focuses on the needs of older people at higher risk of becoming socially isolated.

These include:

- People from Aboriginal and Torres Strait Islander communities
- People from culturally and linguistically diverse backgrounds
- People who live in rural or remote areas
- People who are financially or socially disadvantaged
- People who are homeless or at risk of becoming homeless
- Lesbian, gay, bisexual, transgender and intersex people

The ACVVS funds organisations to:

- Recruit, train and support volunteer visitors
- Match volunteers to older people receiving aged care
- Support the relationships that form between volunteers and the people they visit

Volunteers visit at least 20 times a year. These can be one-on-one or group visits to residential aged care homes or one-on-one visits to home care clients,

Volunteers must be 18 years or over and undergo a criminal history check.

To become an aged care volunteer visitor, go to:

<https://www.health.gov.au/our-work/community-visitors-scheme-cvs/volunteer-with-the-community-visitors-scheme>



Australian Government

Department of Health and Aged Care

‘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

City of Belmont

Carers WA

Act Belong Commit

Ansell Strategic

City of Fremantle

City of Cockburn

MindSpot GP

Office of Hannah Beazley MLA

Office of the Hon Donna Faragher MLC

Rise Network

Southcare Inc.

Tuart Place

Umbrella Multicultural Community Care

Volunteering WA



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

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

We are delighted to Welcome ‘The City of Belmont’ as a COTA (WA) Supporter

Welcome to the City of Belmont, the City of Opportunity.

Age-Friendly Belmont Strategy

The City's strategy strives to help seniors enjoy an active role in the community and feel respected and engaged.

The City of Belmont’s role is that by building strong partnerships, taking a strong leadership role and delivering on its own commitments, the City plays a pivotal role in shaping places and supporting people to lead fulfilling lives.



‘The City of Belmont Multicultural Strategy 2020 and Beyond, Celebrating our Diversity’ was developed to capture the needs and aspirations of the City’s vibrant multicultural community.

Celebrating diversity and making all residents feel welcome is very important to the City of Belmont. This means the City looks for ways to:

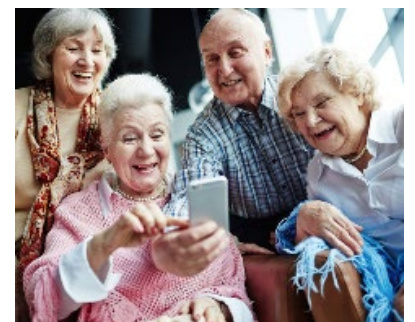
- Show respect and support for cultural, religious and linguistic differences
- Share experiences and acknowledge the benefits diversity brings
- Face any challenging issues which could stand in the way of becoming a more inclusive and connected community



Things to know

The City of Belmont has many programs and services which support seniors in their community. These services include:

- Age-Friendly Advisory Group: Stakeholders and community members actively involved in creating an age-friendly community.
- Housing for Seniors: The City has four Independent Living Unit complexes, managed by Southern Cross Care (WA) Inc. These units are available to eligible applicants who are over 55 years of age.
- Local Support Services: The City of Belmont offers access to a range of support services for senior residents, including the Commonwealth Home Support Program and the Hayman Park Community Centre.



- Belmont Programs and Services: The City of Belmont works closely with partners to offer a range of programs and services for seniors. These include:
 - Social activities and opportunities to meet people with similar interests
 - Information forums and the celebration of key dates such as Seniors Week
 - The Connect Club which helps seniors to develop technology skills
- Pioneers: To honour older City of Belmont residents and recognise their contribution to their community, the City host's an annual Pioneers Luncheon. City of Belmont residents who have lived in the area for 50 or more years can apply to become a Pioneer.



The City's [Age-Friendly Belmont Strategy 2022 - 2027](#) outlines the objectives and strategies which guide the City towards this vision. The strategy is developed considering key issues facing seniors and includes valuable feedback from the City's residents through community forums and surveys.

For any enquiries, please contact the City's Community Development Team via telephone on 08 9477 7219 or email at community.development@belmont.wa.gov.au.

For further information and support

T: 08 9477 7222

L: 215 Wright Street, Cloverdale WA 6105

E: belmont@belmont.wa.gov.au

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

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

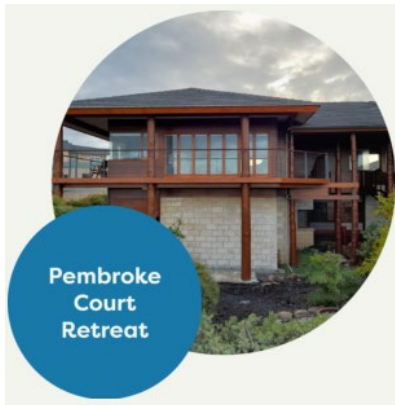
BELMONT
CITY OF OPPORTUNITY



Carers WA ‘Carers Retreats’

Carers WA **Carers Retreats** are designed to provide rest from the daily challenges of your caring duties. The properties are fully equipped with the basic necessities to enable you to relax and recharge.

Anne Bluntish Retreat is a two-bedroom apartment overlooking the South Perth foreshore. The apartment is in walking distance to cafes and restaurants, Perth Zoo and the Mends Street Jetty and Elizabeth Quay.



Pembroke Court Retreat is a five-bedroom house based in Warnbro, approximately 50kms south of Perth. With views of the ocean and direct access to the beach, this retreat provides a secluded and peaceful space in which to relax and unwind.

The retreat properties are only available to carers registered with Carers WA. Depending on eligibility, some costs may apply.

For further information, please call [Carer Gateway](tel:1800422737) 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-in-employment-program/>

Carers WA is a COTA (WA) Supporter.



MindSpot GP 'Teletherapy'

Are you feeling low, stressed or anxious?

Overview of 'Teletherapy'

MindSpot 'Teletherapy' is here to help. With this personalised service, you can speak directly with a qualified MindSpot therapist who are registered psychologists, accredited social workers, registered nurses, registered occupational therapists, or counsellors.

MindSpot's therapists are warm, engaging and passionate about supporting people to better cope with their symptoms and improve their overall wellbeing. They use proven therapies such as Cognitive Behavioural Therapy (CBT), Motivational Interviewing (MI) and Mindfulness-Based Therapy (MBT) to help you reach your therapy goals.

Speak to your own MindSpot Therapist for personalised therapy at a time that suits you.

The MindSpot Teletherapy Program

Teletherapy is recommended for people who:

- Are 18 years of age or older
- Experiencing symptoms of depression, anxiety or stress
- Are having difficulties coping with daily life that may be contributing to these symptoms
- Prefer to talk directly with your own therapist over the phone

Teletherapy is not suitable for people who:

- You or another person is concerned about your immediate safety, such as feeling suicidal: [click here to get urgent help](#)
- If you have very severe symptoms, talk with one of the therapists to make sure if this treatment will be helpful for you and it is strongly recommended you discuss your participation in this course with your GP or other mental health professional

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 'Services'

Tuart Place provides a welcoming space to support adults who were in any type of out-of-home care during childhood.

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.



Services include:

- **National Redress Scheme**: Tuart Place staff provide a free confidential service for care leavers interested in participating in the NRS.
- **Care finder**: Care finder can advise you on your aged care entitlements and assist you to access services
- **Computer and Mobile Telephone Help**: Short courses and 'one off' sessions are delivered on a variety of topics
- **Support Group and Life Skills**: Relaxed, informal support groups run weekly on a Wednesday morning 10:30am to 12:00pm
- **Records and Tracing Support**: Support for you in applying for any records about you, which may be held by Government Departments or other organisations
- **Social Activities and Events**: There is a lot happening at the Tuart Place drop-in centre, which is open on Mondays, Wednesdays and Thursdays
- **Counselling**: Free counselling is available at Tuart Place to anyone who has been in out-of-home care in childhood

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 'Neighbour to Neighbour'

Neighbour to Neighbour (N2N) offers one-off or short-term support to Fremantle residents.

The City of Fremantle's Neighbour to Neighbour program links local volunteers with residents in need during the ongoing COVID-19 pandemic and beyond. Whenever you need a helping hand, we're here to connect volunteers with their neighbours.



Fremantle's incredible volunteers can help with:

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

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

For more information

T: 1300 693 736

E: N2N@fremantle.wa.gov.au

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

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



City of Cockburn 'Cockburn Community Men's Shed'

The Cockburn Community Men's Shed is open to all men over 18 years of age but is designed primarily for those men who have retired or are no longer employed, socially isolated, bored or lonely.

About the Cockburn Community Men's Shed

The Cockburn Community Men's Shed is open to all men over 18 years of age. However, it is designed for men who have retired or are no longer employed and who would otherwise be socially isolated, bored or lonely.



The shed is a true community building, hosting events throughout the year, which in 2019 included a street library making event, a Christmas Tree making event, a men's health expo and several smaller but equally interesting happenings. We hope to continue these events in the future.

We also assist members of the public to repair items that are brought to us, wherever this is possible and practical. We are involved in the community via the local Rotary and Lions Clubs, local primary schools and other community-based organisations. We have just over 90 members, all who enjoy the camaraderie of other 'blokes' in a shed workshop atmosphere.



Our main focus is woodwork, but we have a small metal shop and there are plans to create space on our mezzanine floor for arts/crafts.

If you would like to join or just come down and see us our contact details and operating hours are listed below.

Opening Times

8:30am to 2:30pm on Tuesday, Wednesday, Thursday

9:00am to 1:00pm on Saturday

Location: Cockburn Community Men's Shed, 2 Sullivan Street, Cockburn Central WA 6164

For more information and contact for the Cockburn Community Men's Shed

T: 0422 922 948

E: coord@ccmshed.org.au

W: <https://www.ccmshed.org.au/contacts/>

For information about the City of Cockburn

T: 08 9411 3444

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

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

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



Rise Network 'Respite Care'

Caring for a loved one is a rewarding, but often exhausting job. To make sure you are able to keep caring for your loved one, Rise provides respite services within your home or at their beautiful country cottage in the Perth Hills, Milperra WA.



Cottage Respite

Respite care services can be tailored to suit you and your loved ones needs and provide everyone with a break. This could be to allow the carer to attend appointments, go shopping, go on holiday, catch up with friends, have medical procedures or attend to an emergency. The list is endless.

Respite care can be provided in your home or for the older person at our beautiful country cottage in the Perth Hills, Milperra WA. Guests love the relaxing environment which allows the flexibility to choose activities to suit their routine and needs.

Eligibility

Milperra Cottage is designed to cater for older people living in Perth's East Metro area. If you live outside this area, please contact Rise Network to see if you are eligible.

If you are looking for respite care for yourself or for a loved one you are caring for, speak to Jemma or Monica about your specific requirements on **08 6274 3770** or via email at contact@risenetwork.com.au to discuss your specific needs and to find out more.

Australian Government so there is no or little cost to you. Further information about [fees is available here](#)

For more Information about Rise Network, Respite Care

T: 08 6274 3700

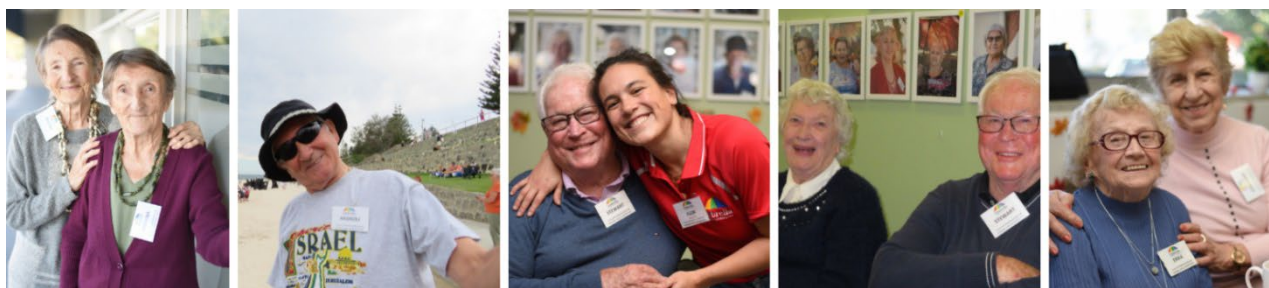
E: contact@risenetwork.com.au

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

Rise Network is a COTA (WA) Supporter.

Rise 
celebrating people

Umbrella Multicultural Community Care 'Golden Age Club'



Our Golden Age Club, formally known as the Centre Based Day Care (CBDC) Program, provides an opportunity for people to get together, generally at a fixed location on a regular basis.

The Golden Age Club provides an opportunity for seniors to participate in a range of activities including; excursions, concerts, physiotherapy with music, arts and crafts, picnics, BBQs, guest speakers and movies.

Umbrella currently operates the following Golden Age Clubs

What group/where	For whom	Days	Time
Monday Group Umbrella Belmont Centre 39 Abernethy Road, Belmont	Mainly for seniors from Polish, Ukrainian, Italian, Indian backgrounds	Mondays	9:30-2:30
Tuesday Group Umbrella Belmont Centre 39 Abernethy Road, Belmont	Mainly for seniors from Italian, Latin-American (Spanish), Former Yugoslavian and English speaking backgrounds	Tuesdays	9:30-2:30
Wednesday Group Umbrella Belmont Centre 39 Abernethy Road, Belmont	Mainly for seniors from Slavic background including Polish, Ukrainian, Czech, Slovak and English speaking	Wednesdays	9:30-2:30
Thursday Group Umbrella Belmont Centre 39 Abernethy Road, Belmont	Multicultural group (including Italian, English and Hungarian speaking)	Thursdays	9:30-2:30
Friday Group Meadow Springs Sports Facility 294 Oakmont Ave, Meadow Springs	Multicultural/people experiencing multiple disadvantages	Fridays (Fortnightly)	9:30-2:30

People participating in the Golden Age Club program are assisted with transport to the centre, if required, and enjoy a cooked lunch.

For more information

T: 08 9275 4411

E: villagehub@umbrellacommunitycare.com.au

W: <https://umbrellacommunitycare.com.au/services/day-centre/>



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

Southcare Inc. 'Op Shop and Venue Hire'

Op Shop

Come say hello every Tuesday, Wednesday and Thursday between 10:00am and 2.30pm at 54 Bickley Crescent, Manning WA. Free parking is available at the door. Southcare look forward to welcoming you.

Shop at Southcare's 'Op Shop'

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

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

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



Want to make a difference? You can when you shop at our op shop because the funds raised help us continue our essential community support work for residents in the City of South Perth.

W: <https://www.southcare.org.au/community-hub/op-shop/>

Southcare's Venue Hire

A welcome space when you need it most.

Planning an event? Let Southcare help!

Southcare's venues are suitable for workshops, seminars and social gatherings.

Located at 19 Pether Road in Manning WA, they are close to the CBD with plenty of free parking and easy public transport access.



W: <https://www.southcare.org.au/community-hub/venue-hire/>

For more information about Southcare Inc.

T: 08 6117 3028

E: enquiries@southcare.org.au

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

Southcare Inc. is a COTA (WA) Supporter.



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 'How to keep mentally healthy'

As we grow older we have more time to do the things we enjoy, whether it is a walk on the beach and a coffee with friends, or being with your family and nurturing your garden.

Pilbara Capacity Building and Standing Strong Together Program

As you get older you can experience many changes, from lifestyle to physical and mental health changes. Your wellbeing is as important now as at any other stage of life.



We may not have the work and family commitments that used to take so much of our time, but it is important that we stay active, stay connected to others and find things that provide a real sense of purpose in our lives. Being active, having a sense of belonging and doing something meaningful, all contribute to our mental health.

Act: Do Something

Keep Active: Mentally, physically, socially, spiritually, culturally. Go for a walk, do some gardening, read a book, call a friend or Facetime your family, take up a new hobby, go for a swim or a ride or meditate.

Belong: Do something with someone. Keep connected to friends, family and your community. Spend more time with family and friends, join a book club, Men's shed or drama group, go for walks or bike rides with friends, check out your local community groups and events.

Commit: Do something meaningful. Do something meaningful, important and valuable to you. Volunteer and share your time and skills for a cause close to your heart, take on a challenge, learn something new or start a new project, help a neighbour.

For more Information

T: 08 9266 1705

W: <https://www.actbelongcommit.org.au/my-mental-health/seniors/>

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!



Thank you to 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 ‘The Future is Electric’

Western Australia is expanding their fleet of electric buses and making them here in Western Australia.

As part of the 2023-24 State Budget, together with the Albanese Labor Government, we are delivering \$250 million towards our electric bus program.

These buses will be built in WA, creating local manufacturing jobs and supporting local businesses.

Electric vehicles are the future, and this investment will ensure WA’s public transport network is clean and green for our net-zero future.



For more information about the Office of Hannah Beazley MLA

T: 08 9361 1777

E: Hannah.Beazley@mp.wa.gov.au

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

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

Hannah Beazley MLA

MEMBER FOR VICTORIA PARK

8/660 Albany Highway, Victoria Park WA 6100



(08) 9361 1777



Hannah.Beazley@mp.wa.gov.au



Hannah Beazley MLA



Chung Wah Community Care 'Caring for the Community since 1909'

The vision of Chung Wah Community Care is to build a better community for all. They are dedicated to improving the overall wellbeing of individuals from diverse backgrounds and empowering consumers and participants to live a better life.

Improving Wellbeing and Quality of Life for Seniors



Provide transformative services to the senior community in achieving happier and healthier ageing goals. Through promoting the principles of choice and life-long learning, seniors will be supported to maintain autonomy and a sense of belonging to enjoy the golden era of their time.

A Community of Care

Chung Wah CC represents a caring organisation that their team, consumers and participants are very proud of. They strive to improve the quality of life for the community, enhance social connectedness, promoting principles of choice, life-long learning and new purposes to enjoy the golden era.

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/>



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

Men's Sheds WA Needs 'Digital Mentors'

Men's Sheds WA needs Digital Mentors

There are still many people that need help to learn essential digital skills. Men's Sheds of WA has partnered with Linkwest, the Australian Seniors Computer Clubs Association and the Country Women's Association of WA to access the Federal Government supported Good Things Foundations' Be Connected Program to support Australians across the country embrace digital technology.

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

Being a Digital Mentor is about inspiring people to try using digital technology and supporting them through their first steps using computers, mobile devices and the internet.

Digital Mentors have the skills to use online resources to find out how to do

something, after all Digital Mentors are there to help and encourage people to learn, but not do everything for them. A Digital Mentor needs to be patient, enthusiastic, and adaptable and have good listening skills with a basic understanding of the internet and how to use a range of devices to improve life.

Individual Men's Sheds with digital mentors can apply for funding of \$2,500+ through the BeConnected program to help people in their Men's Shed (and wider community) develop their digital skills.

Digital Mentors need to undergo training. The training is a full day which is run on different dates either online or in person at various regional and metropolitan locations.

For further information

T: 08 6381 5324

E: admin@mensshedswa.org.au

W: <https://mensshedswa.org.au/digital-mentors/>

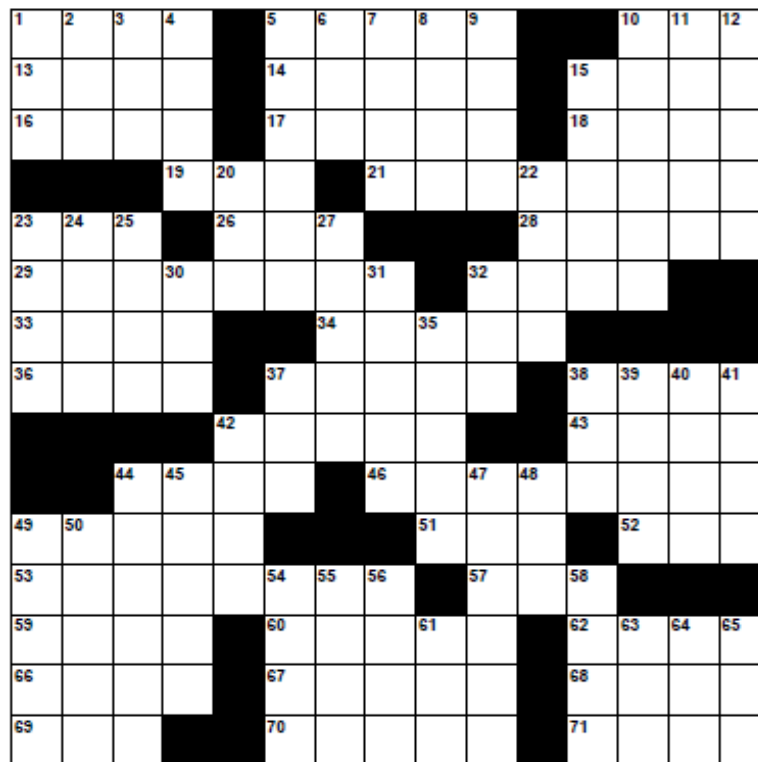


**MEN'S
SHEDS
OF WA**

'CROSSWORD' Puzzle

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

JUNE



By Jimmy and Evelyn Johnson - www.qets.com

ACROSS

- 1 Canal name
- 5 Creed
- 10 Lick
- 13 Hairstyle
- 14 Loafer
- 15 Sixth month of the year
- 16 One who gets things done
- 17 Quake
- 18 Land mass
- 19 Promissory note
- 21 Game played with a bat, ball and two teams
- 23 Droop
- 26 North American country
- 28 Prods
- 29 Below thousands
- 32 Soft cheese from Greece
- 33 Decorative needle case
- 34 Netherlands' capital
- 36 Medicine amount
- 37 Domain
- 38 Former wound
- 42 City of pilgrimages
- 43 Tortoise and the ____
- 44 June holiday ____ Day
- 46 Loved

DOWN

- 49 Relating to the sun
- 51 Eat
- 52 Old-fashioned Dads
- 53 Souvenirs
- 57 Slumber
- 59 Standing
- 60 Indelicate
- 62 What children talk with
- 66 Lawyer (abbr.)
- 67 Employer
- 68 A wager (2 wds.)
- 69 Affirmation
- 70 Golf tournaments
- 71 Young Men's Christian Association

DOWN

- 1 Melancholy
- 2 Unidentified flying object
- 3 Before, poetically
- 4 Flat sandal with thong between toes
- 5 Lack of use
- 6 Lyric poem
- 7 Fluent
- 8 Tableland
- 9 Limbs
- 10 National capital
- 11 Senile
- 12 Rings, like bells
- 15 Ruffle down the front
- 20 Possessive pronoun
- 22 Fencing sword
- 23 Thrown off
- 24 Motor vehicle
- 25 African antelope
- 27 Special case only (2 wds.)
- 30 Demise
- 31 Food covering
- 32 Something that gives pleasure or enjoyment
- 35 Green plant that often covers lawns

- 37 Solicit
- 38 Her
- 39 Outdoor area where tents are set up to sleep in
- 40 Domain
- 41 Cincinnati baseball team
- 42 Stigma
- 44 Fire making stones
- 45 Lean
- 47 Radios
- 48 Government agency
- 49 Wander
- 50 Speak in public
- 54 Resound
- 55 Short journey from one point to another
- 56 Positive
- 58 Activity intended for amusement
- 61 Fox hole
- 63 Large computer co.
- 64 Part of a minute.
- 65 School group

Events + Activities

Seniors and Ageing Minister Don Punch MLA 'Wise Up, Rise Up Against Elder Abuse'

Western Australians urged to 'Wise Up, Rise Up Against Elder Abuse': Department of Communities: Regional Grants to mark World Elder Abuse Awareness (WEAAD).



Western Australians are being urged to 'Wise Up, Rise Up Against Elder Abuse' on 15 June 2023 in recognition of World Elder Abuse Awareness Day (WEAAD).

Seniors and Ageing Minister Don Punch MLA announced 9 May 2023, the recipients of regional grant funding to host WEAAD activities which raise awareness of elder abuse in Western Australia's regional areas.

Regional local governments and registered not-for-profit organisations around WA were invited to apply for grants to hold events and activities during the week of World Elder Abuse Awareness Day. Metropolitan based organisations were also eligible to apply to run in-person activities in regional areas.

A total of 22 organisations across nine regional areas will receive up to \$3,000 each. Events planned include information workshops, education seminars, morning teas and art projects to support local people to work together to identify and respond to elder abuse in their local community.

The grants program is being funded by the Department of Communities and managed by the Council on the Ageing WA.

WEAAD has been officially recognised by the United Nations since 2011 and provides an opportunity for people around the world to unite in voicing opposition to elder abuse and the suffering it inflicts upon older people.

This year, the tagline '**Wise Up, Rise Up Against Elder Abuse**' encourages the Western Australian community to find out more about elder abuse, recognise the signs, access support and take action in their own lives and communities to stop it from happening.

For more information about WEAAD events around WA, go to: World Elder Abuse Day Events 2023: [WEAAD EVENTS](#)

About WEAAD

- [World Elder Abuse Awareness Day \(WEAAD\)](#) is an annual event commemorated on 15 June each year and is officially recognised by the United Nations General Assembly.
- On this day people are encouraged to make a united stand against all forms of abuse against older people in our global communities.
- Purple is the symbolic colour of World Elder Abuse Awareness Day.
- During the week of WEAAD from 11 to 17 June 2023, COTA (WA) encourages all Western Australians to get involved in raising awareness and learning more about elder abuse in the community.

Did you know?

- Elder abuse causes harm or distress to an older person and is often carried out by someone the older person trusts.
- Elder abuse affects many older Western Australians and may involve financial, social, physical, sexual, psychological and emotional abuse.
- Elder Abuse affects Western Australians of all backgrounds, with devastating effects on victims, their families and communities.
- For more information about Elder Abuse support services, visit [Elder abuse support services and resources \(www.wa.gov.au\)](#)

If reading any of this content is distressing, please contact the WA Elder Abuse Helpline and Information Service on 1300 724 679.

Supported by



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

City of Cockburn 'Learn how to stop Elder Abuse in Cockburn'

About the Free Workshop

Elder abuse is a serious social issue affecting older people in Western Australia. Do not let it happen in your community. Learn how you can help prevent elder abuse and make a difference in the community. Attend the workshop to learn about:

- Types of elder abuse
- Common signs of elder abuse
- How you can help
- Who to contact for help

Presenters are Damian Gordan, DFG Legal, Audrey Pajmon, Bankwest and Bridget McCarney, Advocare.

Workshop Details

Date + Time: Wednesday, 14 June 2023 from 10:00am to 12:00pm

Location: Cockburn Health and Community Facility, Conference Room, First Floor, 11 Wentworth Parade, Success WA. Morning Tea provided.

Free bus from Cockburn Seniors Centre at 9:00am returning at approximately 12.30pm

RSVP by 8 June 2023 to safercity@cockburn.wa.gov.au or 08 9411 3382. Include dietary requirements.



Learn how to stop elder abuse in Cockburn

FREE workshop

**Wednesday
14 June 2023**

10am – midday

Cockburn Health and Community Facility, Conference Room, First Floor, 11 Wentworth Pde, Success

Presenters:
Bridget McCarney, Advocare
Audrey Pajmon, Bankwest
Damian Gordan, DFG Legal

Elder abuse is a serious social issue affecting older people in Western Australia. Don't let it happen in our community. Join us for a FREE workshop on Wednesday, 14 June 2023, to learn how you can help prevent elder abuse and make a difference in our community:

- Types of elder abuse
- Common signs of elder abuse
- How you can help
- Who to contact for help.

RSVP by 8 June to safercity@cockburn.wa.gov.au or 08 9411 3382. Include dietary requirements.

Free bus from Cockburn Seniors Centre at 9am, returning at approximately 12.30pm.

The workshop is hosted by the City of Cockburn in conjunction with AdvocaCare, COTA WA, Bankwest and DFG Legal.

Let's help to prevent elder abuse in our community

Supported by:

Advocare Empowering People COTA WESTERN AUSTRALIA bankwest DFG LEGAL

Morning tea provided



WA Museum Boola Bardip ‘Discovering Ancient Egyptian Exhibition’

In an Australian-first, a new major exhibition, ‘Discovering Ancient Egypt’, is opening at the Western Australian Museum Boola Bardip on Saturday, 10 June 2023.

The exhibition features more than 240 ancient objects on loan from Rijksmuseum van Oudheden's treasured Egyptian and Nubian collections in the Netherlands.

Visitors can take a fascinating journey into life on the Nile through six sections, from early European exploration into Egyptian culture and discovering how Egyptians lived and celebrated the afterlife.



Alongside digital experiences and hands-on activities, rare artefacts brought to WA include intricately decorated coffins and mummies, extracts from the Book of the Dead, jewellery, amulets, shabti and other funerary objects and tools.

The exhibition will also reveal new insights into ancient Egyptian culture made possible through excavation, 3D-scanning and other recent research undertaken by Rijksmuseum van Oudheden and its partners, including recent CT scans of three mummified remains, with the results of the analysis being made public in Australia for the first time.

Visitors will also discover fascinating stories and behind-the-scenes insights into Rijksmuseum van Oudheden's current research expeditions and its unique and ongoing working relationship with partners, Egyptian authorities and communities to excavate archaeological sites in Egypt.

The exhibition has been brought to Australia by the WA Museum in partnership with Rijksmuseum van Oudheden, the National Museum of Australia, Queensland Museum and the Australian Government International Exhibitions Insurance.

Details for the 'Discovering Ancient Egypt' Exhibition

Join the WA Museum's Membership Program to access member discount tickets. Tickets are on sale to the public now.

Location: WA Museum Boola Bardip, Perth Cultural Centre

Dates: Saturday 10 June 2023 to Sunday 8 October 2023

Ticket Prices: Standard | \$20 Concession | \$17.50 Junior (5 – 15) | \$15 Junior (0 – 4) | Free Family | \$60 Additional fees apply for entry into the Museum's permanent galleries.

To Book: <https://ticketing.museum.wa.gov.au/overview/37053>

Important Information: WARNING: Exhibition contains mummified human remains.

Visitors are advised that this exhibition contains mummified human remains. These are displayed together in a separate room within the exhibition.

Accessibility: This event is wheelchair accessible.

50% visual content rating: Discovering Ancient Egypt has both sound and visual components.

50% aural content rating: Discovering Ancient Egypt has sound components.

If you have any questions about access, please get in touch with the WA Museum Boola Bardip via reception@museum.wa.gov.au or on 08 9021 8533.



City of Mandurah ‘The Giants of Mandurah’

The Giants of Mandurah is a free outdoor exhibition celebrating the extraordinary beauty and importance of protecting our natural world, including Mandurah’s globally significant Ramsar-listed wetlands, unique waterways, bushland and wildlife.

Begin at Mandurah’s Visitor Centre and choose your own adventure on your journey to discovering each of Thomas’ hidden Giants. Collect clues along the way to reveal the location of the final Giant.

The Giants of Mandurah has been initiated and produced by FORM Building a State of Creativity and delivered in collaboration with the City of Mandurah. The project is supported by the State Government through Tourism WA’s Regional Events Program, the Department of Local Government, Sport and Cultural Industries, and Lotterywest.

An Epic Adventure Awaits

Thomas Dambo is the world’s leading recycle artist. He was taught from a young age about the value of recycling, sustainability and unlimited imagination. And so to share that message and inspire people to get out into nature, Thomas creates larger-than-life sculptures from recycled wood and places them all over the world. This is the first time his Giants have appeared in Australia though! Thomas has designed this giant experience as a game. Are you ready to play?

Visitors will have plenty of time to explore the Giants of Mandurah, which will be on display for at least 12 months from the 12 November 2022.

For more information visit: giantsofmandurah.com.au



Bank of Dave 'Reset invite you to a special advance screening at a cinema near you!'

He is taking on the 'Big Boys'

Introducing the newest addition to the British comedy film genre, a heart-warming tale inspired by a true story. The film revolves around self-made businessman, Dave Fishwick, from a small UK town, who takes on London's banking elite to secure a license and open his own bank to serve his local community.

Download complimentary tickets here:

<https://www.weticketit.com/showfilmfirstau/booking/event/public/BODWA>

For assistance downloading tickets or to be added to the cancellation list, please contact via email at: helpANZ@showfilmfirst.com

In Cinemas 1 June 2023

About the Film

Rory Kinnear (Skyfall, No Time to Die) delivers a phenomenal performance. The film opens in the aftermath of the 2008 financial crisis, where Fishwick's customers are struggling to secure loans from traditional banks. He decides to step in and lend them money, but to operate as a bank, he needs a license, which he is denied by the Eton-educated regulators in the banking sector.

The supporting cast fits well, including Joel Fry (Yesterday) as awkward but well-intentioned corporate lawyer, Hugh and Phoebe Dynevor (Bridgerton) as Fishwick's niece and A&E doctor. Hugh Bonneville (Downton Abbey) excels in his role as a greedy banker.

If you are looking for a film that celebrates the human spirit, this is definitely the one for you. So, sit back, relax and enjoy the ride as Dave Fishwick takes on the banking world and comes out on top.



City of Belmont 'Upcoming Events'

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

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

Stay Sharp Seniors!



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

T: 08 9477 7149

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

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

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

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

BELMONT
CITY OF OPPORTUNITY



City of Belmont 'Dementia without Loneliness'

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



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

Event details

Dates: Tuesday 6 June 2023 + Tuesday 13 June 2023 + Tuesday 20 June 2023

Time: 9:00am-12.30pm

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

For more information call 08 9477 7149

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

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

FREE Event

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



Umbrella Multicultural Community Care Services ‘Rainbow Migrants Legal Information Sessions’

Join Umbrella Multicultural Community Care Services for an important ‘Legal Information Session’ in partnership with the Northern Suburbs Community Legal Centre.

Attendance is free and open to all seniors, not only those who identify as LGBTIQ+ or who are from multicultural backgrounds.

The following topics will be covered and were identified through co-design sessions and individual consultations:

- Arrangements after Separation: 6 June 2023
- Partner Visas: 13 June 2023
- Housing and Tenancy Law: 20 June 2023
- Road Traffic Laws: 27 June 2023
- Motor Vehicle Accidents: 4 July 2023
- Living Arrangements and Family Life: 11 July 2023
- Drug Offences: 18 July 2023
- Avoiding Scams: 25 July 2023
- Minor Criminal Offences: 1 August 2023
- Dealing with Police: 8 August 2023
- Sexting and Violence Restraining Orders: 15 August 2023
- Cyberbullying and Blackmailing: 29 August 2023
- Equal Opportunity and Discrimination Act: 5 September 2023
- Employment Laws and Rights: 12 September 2023

The ‘Rainbow Migrants Legal Information Sessions’ are delivered every Tuesday at 3:00pm at Umbrella Multicultural Community Care Services Inc. at 39 Abernethy Road, Belmont WA 6104.

There is also the option to participate online via Microsoft Teams.

The ‘Rainbow Migrants Legal Information Sessions’ will run weekly until 12 September 2023.

For further information and to register for a session

T: 08 9275 4411

E: rms@umbrellacommunitycare.com.au F: <https://www.facebook.com/umbrellamulticultural/>

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



Multilingual Australia 'Voices from the Countryside: Multilingualism in Rural Australia'

Join Multilingual Australia for an insightful and engaging online roundtable discussion via Zoom, 'Voices from the Countryside: Multilingualism in Rural Australia', where we will hear from bilingual and multilingual families living in rural settings.

This event is hosted by Multilingual Australia, and they invite you to share your stories, experiences and challenges of maintaining your linguistic heritage in rural communities.



Aims and Outcomes

The primary aim of this workshop is to create a platform for rural bilingual and multilingual families to share their unique experiences and perspectives, which are often underrepresented in conversations around language preservation and multiculturalism. By participating in this roundtable discussion, you will contribute to a greater understanding of linguistic diversity in rural Australia and help inform the development of their next community paper.

Register now for this important and enlightening discussion.

Roundtable Discussions Details

When: Saturday 3 June 2023

ZOOM: Online event access details will be provided by the event organiser

To register: <https://www.trybooking.com/events/landing?eid=1052072&>

Time: 12:30pm to 2:30pm

Cost: Free

For further information

M: 0408 951 058

E: community-liaison@multilingualaustralia.org.au



City of Rockingham 'Seniors Newsletter and Age-friendly Regular Clubs and Groups'

The June 2023 edition of the Rockingham Seniors Newsletter is now available online:

<https://rockingham.wa.gov.au/forms-and-publications/your-city/about-us/newsletters/seniors-newsletter-june-2023>

The City has compiled a list of clubs and groups that operate frequently in and around the Rockingham area.

To view the Age-friendly Rockingham Regular Clubs and Groups go to:

<https://rockingham.wa.gov.au/forms-and-publications/community/seniors/age-friendly-seniors-newsletter-group-listing-apri>



City of Fremantle ‘Community Gardens’

The City of Fremantle recognises community gardening as a sustainable living practice and a valuable recreational activity that builds strong community relationships and provides a wide range of benefits.

Successful community gardens are usually those that are well planned, well designed, have agreed operating guidelines and are self-sustaining. The City of Fremantle has prepared a [community gardens booklet](#) to assist community garden groups to effectively plan and manage their community garden.

Community gardens can be in a range of locations, including private land, leased land and City-held land. If you are interested in starting a community garden, please read the City of Fremantle's [policy](#).

You can apply to use city-held land for a community garden by submitting the [online application form](#).

Local City of Fremantle Community Gardens

[Hilton Harvest Community Garden](#)

[White Gum Valley Community Orchard](#)

[APACE Community Garden](#)

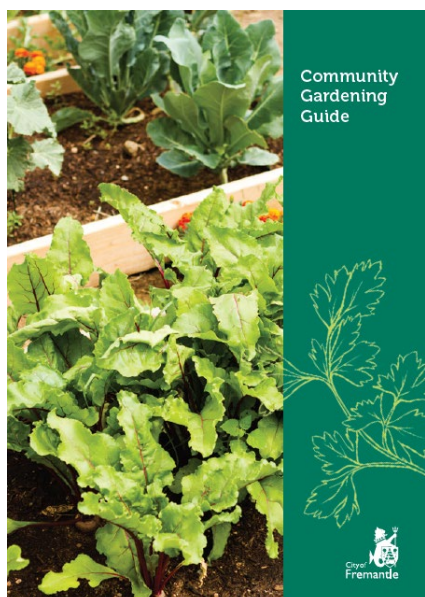
For more information

T: 1300 693 736

E: info@fremantle.wa.gov.au

W: <https://www.fremantle.wa.gov.au/residents/trees-and-verges/community-gardens>

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



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

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

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

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

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

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

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

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

3. Contact a Strength for Life provider

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

4. Attend your Assessment appointment

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

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

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

5. Start your Strength for Life sessions

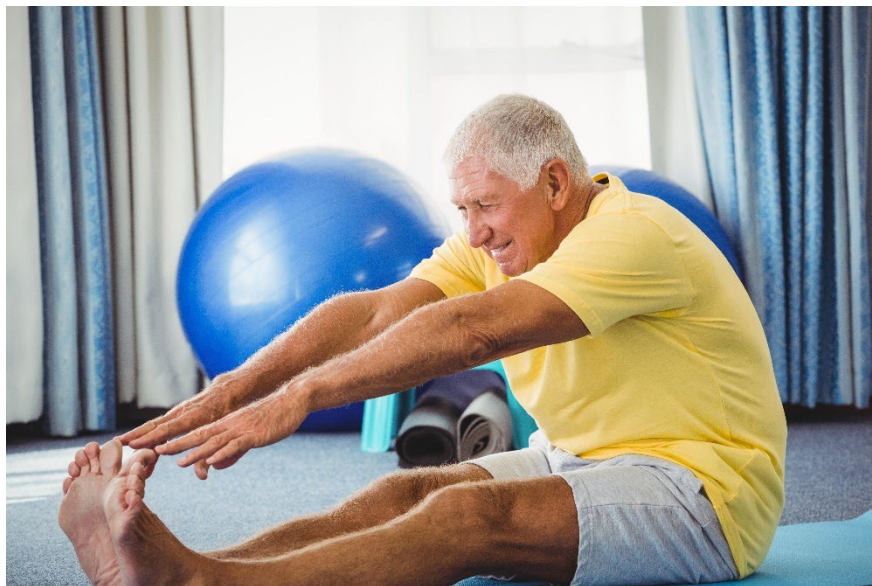
We encourage you to attend 2 to 3 fully supervised classes per week. Strength for Life is progressive training, and your individualised plan will change as your strength increases.

For more information

T: 08 9472 0104

E: kairi@cotawa.org.au

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



Feedback Opportunities

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

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

What are the statistics?

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



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

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

What are they doing with the funding?

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

How can you help?

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

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



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

Improving Palliative, Aged and Chronic Care through Clinical Research and Translation (IMPACCT) 'Seeking consumers to join the IMPACCT Consumer Advisory Group'

IMPACCT are currently seeking expressions of interest for consumers to join the IMPACCT Consumer Advisory Group.

[Improving Palliative, Aged and Chronic Care through Clinical Research and Translation \(IMPACCT\)](#) focuses on interdisciplinary collaborative research optimising the health and wellbeing of individuals living with life-limiting illnesses and their families.

IMPACCT's consumer advisors are critical to ensuring the patient and carer experience is considered throughout the research, education, and clinical trial lifecycle. We thank them for sharing generously of their time, expertise, knowledge and experience.



So if you or someone you know, have a lived experience as a patient or carer and would like to make a difference please visit: <https://www.uts.edu.au/research/impacct/about-us/consumer-engagement> to find out more.

Are you a patient or carer and want to make a difference?

We are seeking new members to join the IMPACCT Consumer Advisory Group

What is IMPACCT?

The Centre for Improving Palliative, Aged and Chronic Care through Clinical Research and Translation (IMPACCT) focuses on interdisciplinary collaborative research optimising the health and wellbeing of individuals living with life-limiting illnesses, and their families.

Why get involved?

- ▶ To **provide insight** from the patient and/or carer perspective throughout the clinical trial lifecycle.
- ▶ Provide general **guidance** to inform strategic direction.
- ▶ **Increase awareness** of palliative care and cancer symptom management.
- ▶ **Contribute** to the development of curriculum content in postgraduate palliative care courses.
- ▶ Give **feedback** on current practices in healthcare to identify what works and what needs improvement.
- ▶ To **make a difference** for patients and carers of those impacted by life-limiting illness or cancer.

To find out more scan the QR code or visit the website below.

More information
uts.edu.au/impacct/consumers

UTS

UTS Improving Palliative, Aged and Chronic Care through Clinical Research and Translation (IMPACCT)

Support Information

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 '2023 Be Connected – Smarthome technology'

This workshop explores the benefits of smart homes including safely setting up a smart speaker and training it to recognise your voice, how you can use a smart TV to watch catch-up TV or display your photo galleries.

Workshop Details

When: Wednesday 7 June 2023

Where: The Hub Connect Victoria Park 5 Mackie Street, Victoria Park WA 6100

Time: 11:00am

Cost

- Village Hub Members Free
- Any Non Member \$5.00

Note: Registration is required

Payment in Full In Advance or at Event

Registration cancellations will be accepted



To register:

https://connectvictoriapark.org/content.aspx?page_id=4008&club_id=873726&item_id=1897105

For further information

T: 08 9361 2904

E: admin@connectvictoriapark.org

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



My Aged Care 'Fee Estimator Tool'

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

If you are considering government-funded aged care services, one question you may have is: **'How much will it cost?'**

Through **My Aged Care**, the **Fee Estimator Tool** is a simple online calculator that can estimate how much your government-funded aged care services might cost.



What is the Fee estimator?

The Fee estimator (<https://www.myagedcare.gov.au/how-much-will-i-pay>) is a simple online calculator. It can estimate how much your government-funded aged care services might cost.

You can use the Fee estimator to estimate:

- Home Care Package costs
- Costs for a place in an aged care home

The Fee estimator is a guide to what you might have to pay. It is not an official statement of what your fees will be.

When you start an application for government-funded aged care services, you may need to complete an income or means assessment with Services Australia.

How does it work?

To get a fee estimate, you need to enter the following information into the tool:

- Your relationship status (are you single, married or in a de facto relationship?)
- Your annual income and total financial assets. (If you are in a relationship, this includes combined income and assets)

After you receive a fee estimate, you can also email or print a copy of the results for your records.

Is the information I give the Fee estimator confidential?

Your information will not be used for any other purpose except to provide an estimate. You can print or save a copy of the results for your personal use.

My Aged Care do not store the information you enter into the Fee estimator. The information is deleted once you close your internet browser.

More information

To learn more about how aged care costs work, visit our understanding costs page at: <https://www.myagedcare.gov.au/understanding-costs>

T: 1800 200 422

W: <https://www.myagedcare.gov.au/news-and-updates/spotlight-my-aged-cares-fee-estimator>



myagedcare

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**



Sue Ellery, Minister for Finance; Commerce; Women's Interests 'Next Step for Fairer Retirement Village Laws'

The McGowan Government is progressing its reforms of the laws covering retirement villages in Western Australia to make retirement village life fairer and easier for seniors.

Major amendments to the Retirement Villages Act 1992 will now be drafted to address issues that have arisen between operators and future, current and past residents and their families.

- New retirement village laws underway to improve seniors' experiences of entering, living in and leaving a village and support the sector's long-term viability
- Exit entitlements to be paid to former residents within 12 months of their departure from a village
- Proposed changes to balance greater protections for village residents and the interests of operators

The revamp is aimed at making retirement village living fairer and easier for seniors, while supporting the long-term viability of the sector.

All stages of the retirement village journey will be covered, from choosing the right village and signing the initial sales contract, through to living in the village and the rules relating to exiting the village.

They include:

- Fairer arrangements for the existing payment of exit entitlements to former residents to be paid within 12 months from when the resident leaves
- Greater disclosure requirements for operators so consumers have the clear and accurate information they need to better understand the contract they are signing and the product they are buying, including the amenities and services to be provided
- Clarifying the obligations of operators around the financial management and maintenance of the village
- The establishment of a process for operators to make significant changes to a retirement village, subject to safeguards for residents
- Refining the memorial requirements of the village land to ensure that residents' interests are protected, while ensuring there is flexibility for operators to make changes to the land

Operators will have 12 months after the passing of the legislation to comply with the new exit entitlement time limit so they can adapt to the changing circumstances.

More information on the new laws being proposed is available on the [Consumer Protection website](#).

‘Men’s Health & Wellbeing WA’

What is Men’s Health & Wellbeing WA?

Men’s Health and Wellbeing WA is the peak independent not-for-profit charity organisation dedicated to representing, promoting and improving the health and wellbeing of boys and men in Western Australia.

They believe that Western Australian men are significant and positive contributors to West Australian life through their diverse family, work and community roles.

Men’s Health and Wellbeing WA believe that to empower men to reach their potential and enjoy a long and high quality life to continue this positive involvement, supporting the health and wellbeing of men is an important and critical community issue.

They believe that to achieve this they must focus on promoting and facilitating men’s healthy living, strengthening health and community service delivery to men and to focus on the health and wellbeing issues that have the greatest impact on men’s quality and length of life.

Men’s Health and Wellbeing WA is committed to providing the leadership to achieve these things.

They achieve this by:

- Delivering evidence-based health education and promotion for service providers and consumers
- Influencing men’s health policy, funding, strategy and initiatives
- Providing resources for service providers and consumers
- Initiating cutting-edge research and applied reports
- Providing accurate men’s health and wellbeing information to the sector
- Representing the needs of men in the health, wellbeing, public health and community sector

Many seem to accept that men are not good at taking action for their health.

Men’s Health and Wellbeing WA believe that men will be engaged if you build programs and services that understand and are tailored towards men’s needs; that utilise a ‘go to where men are’ approach; and build on men’s strengths rather than focus on deficits.

Men’s Health and Wellbeing WA believe that they can make a real difference.

For more information

T: 0499 076 925

E: admin@menshealthwa.org.au

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



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'

WA ScamNet profiles the most prevalent scams targeting Western Australians and provides information on different types of scams, how to recognise scams, and what to do if you have received a scam. It also provides links to other useful websites.



WA ScamNet

WA ScamNet gathers information from consumers and businesses and profiles scams that have targeted Western Australians. Simply by sending in your suspect emails and letters, Consumer Protection can identify the most prevalent scams and provide information to law enforcement agencies here in Australia and overseas.

Help for Spotting Scams

The Spotting Scams Fact Sheet covers:

- Scams such as hot deals and finance, urgent threats and phishing scams
- Protecting your personal information, passwords, your computer / smart device
- Tips when using social media or online dating
- Tips on protecting your money



Download a copy of the [Spotting scams factsheet](#)

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 eye-opening. 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 curved shape 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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- find it difficult to understand information and make decisions
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Updated: 24 February 2023

ANSWERS to the 'CROSSWORD' Puzzle (see Page 45)

JUNE

Solution:

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

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