



COTA Connections

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

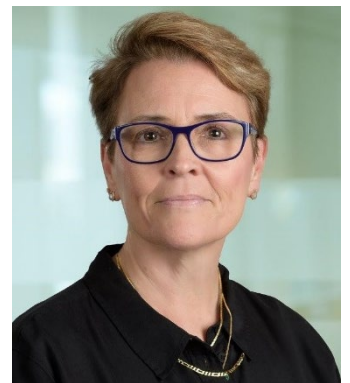
AUGUST 2023

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From the Chair

This month's newsletter is packed with some great information! A number of those items are listed below. There is a lot happening in our space which is incredibly positive!

- 'Retiring Age Discrimination Commissioner helped change attitudes towards Seniors'
- Retiring Act Belong Commit CEO, Andrew Walton 'My Plan for a Mentally Healthy Retirement'
- Australian Government Department of Veteran's Affairs '2023 marks the 50th Anniversary of the Vietnam withdrawal'
- 'Revised Visitor Code for Residential Aged Care Maintains Visitor Rights'
- WA State Government 'Energy credit to relieve cost of living pressures on WA households'
- WA Seniors Card Members 'Free Discount Directory to help Seniors with the Cost of Living'
- Dementia WA 'New Alzheimer's drug shows promising results'
- We are delighted to Welcome the 'Town of Cambridge' as a COTA (WA) Supporter
- Shelter WA 'Homelessness Week 7-13 August 2023'
- 'National Carers Week 2023: 5 October 2023 to 21 October 2023'



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

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

Mary Anne Stephens, Chair

‘Retiring Age Discrimination Commissioner helped change attitudes towards Seniors’

COTA (WA) acknowledges the remarkable achievements of the Honourable Dr Kay Patterson AO, who is finishing her term as Age Discrimination Commissioner.

Dr Patterson was educated in Sydney and the United States of America, where she studied gerontology, the scientific study of old age. On her return to Australia, she helped develop the first Victorian post-graduate diploma in the field.

She was elected to the Senate in 1987 and served in Cabinet in the Health and Social Security portfolios.

She has been a Director and Vice President of Interplast Australia and New Zealand, a leader and Council and Executive Member of Girl Guides Victoria and was a member of Monash University Council for 20 years. She was appointed as an Officer of the Order of Australia in 2016.



Achievements

During her term as Commissioner, Dr Patterson increased community awareness of elder abuse, and advocated for implementation of recommendations from the Australian Law Reform Commission’s 2017 report, *Elder Abuse: A National Legal Response*.

She also helped raise awareness of the National Elder Abuse telephone help line 1800 353 374.

Dr Patterson advocated for older women at risk of homelessness, releasing a paper on this issue in 2019, and campaigned against age discrimination in the workplace, launching the [Older Workers Resource Hub](#) in 2021.

During her term, Dr Patterson has challenged ageist beliefs and promoted positive intergenerational relationships through her reports [What’s Age Got To Do With It?](#), and [Talking About My Generation](#).

As Commissioner, Dr Patterson led calls for the overhaul of Enduring Power of Attorney laws and the development of a National Register.

In a [recent interview](#) describing this issue as ‘unfinished business’, Dr Patterson said it was ‘a disgrace’ that action had not been taken to safeguard people from abuse.

Related reading: [OPAN](#), [AHRC](#)



Retiring Act Belong Commit CEO, Andrew Walton 'My Plan for a Mentally Healthy Retirement'

In 2023, the Australian Government will mark the 50th anniversary of the end of Australia's involvement in the Vietnam War with a national service at the Australian Vietnam Forces National Memorial in Canberra on Friday 18 August 2023 from 10:00am.

What's the bravest thing you've ever done?

For me it was thirty years ago, when I left my home, career, friends and family to start a new life on the other side of planet Earth.

OK, so it's something thousands of people do every year, and yes, I did have the most important person in my life beside me, and yes, Perth is not exactly a hardship posting. Even so, it took some courage and felt like a step into the unknown.

Recently I've experienced a strong sense of déjà vu. Again, I'm about to do something that thousands of people do every day, but once again it feels like stepping into the void.



I'm retiring.

I'm saying goodbye to a job I've loved and colleagues who have become friends. Just as 30 years ago, all the things I am leaving behind are in sharp focus while the future is a fuzzy blur. It feels like another leap of faith.

While I feel the same sense of nervous anticipation as I did when I migrated 30 years ago, other things are very different.

For one thing, this time I'm doing it alone. The person I thought would be my life partner died when she was just a young woman. The wonderful three small humans she left behind with me are now grown, with their own partners and their own busy lives.

Most of us have heard it many times, 'loneliness is a killer', and there's strong evidence that people who are lonely live shorter, as well as unhappier lives. As someone who has experienced depression and anxiety I'm probably more at risk than most.

But I think I'm going to be OK. You see I have a plan. Well, not so much a plan as some guiding principles. I'm confident they give me a good chance of staying mentally healthy and enjoying my retirement.

I've actually road-tested these principles in the last two years and they seem to work well.

I'd share my secret formula, but the truth is it's not mine and it's not a secret. And if you're a West Australian you've almost certainly heard it already.

Act Belong Commit.

Sounds familiar? It's one of the oldest mental health campaigns in Australia and a brilliant preventative mental health message. In three words it brings together three types of behaviour known to be associated with good mental wellbeing – staying active, staying connected to others and having something meaningful in your life.

In the last two years I've taken this message to heart and I know it works. I've made a point of being active physically, mentally and socially. It may have taken me till my late fifties but this hardcore introvert has discovered the joys of social meetups, walking groups and quiz nights. I'll never forget the look on my daughter's face when I told her I'd set up a social committee for my apartment block ('Dad what's happened to you!?'). As for doing something 'meaningful', volunteering has become an essential part of who I am. For me there's no better way to be active, stay connected and feel a sense of purpose. And my mental health has never been better.

So my retirement plan is really very simple: Act Belong Commit. Every day.

More time walking, cycling and swimming and less time on Facebook and Instagram. More time spent with charities and community groups and less time on my own watching Netflix. This year I'll visit the family I left thirty years ago and reconnect with some old friends. In spring you'll find me on the wonderful Bibbulmun Track completing my own end-to-end hike. Next on the list is a scuba trip in the Abrolhos Islands with a boat load of university students less than half my age.

If that all sounds a bit frantic, please know I'll be spending plenty of time on more relaxed versions of Act Belong Commit. You can expect to see me in Fremantle cafes chatting to friends and strangers, or on my balcony with one of the novels that have sat unread on my bookshelf for years. Who knows, perhaps I'll even discover I do love jigsaw puzzles after all.

Am I guaranteed a long and blissful retirement? Not at all. As John Lennon said, life is what happens to you while you're busy making other plans. I'm sure this next chapter of my life will have its share of challenges, loss and pain.

But I also know staying mentally health and well will be largely up to me. That's why I'll be as active as I can be, spend lots of time with others, and fill my days with things that give me joy and purpose.

Andrew Walton

June 2023.



Australian Government Department of Veteran's Affairs '2023 marks the 50th Anniversary of the Vietnam withdrawal'

In 2023, the Australian Government will mark the 50th anniversary of the end of Australia's involvement in the Vietnam War with a national service at the Australian Vietnam Forces National Memorial in Canberra on Friday 18 August 2023 from 10:00am.



The service and other supporting activities have been developed in conjunction with a national stakeholder consultative group, including Vietnam veterans and representatives of the wider veteran community.

Throughout the year, Australians will be encouraged to honour and remember the service of some 60,000 Australian men and women who served in the Vietnam War and their families. Tragically, 523 Australians lost their lives in the war, and over 3,000 were wounded.

What to expect

The service will be **broadcast live across Australia** by the Australian Broadcasting Corporation (ABC) and streamed online. The ABC will also make the broadcast available to other networks to provide all members of the community the opportunity to acknowledge the 50th anniversary of the end of Australia's involvement in the Vietnam War in a solemn and dignified manner from their home.

For more information, visit the Department of Veterans' Affairs website: [Nationally broadcast commemorative service to mark the 50th anniversary of the end of Australia's involvement in the Vietnam War](#)

Contact information

Department of Veterans' Affairs

T: 1800 838 372 within Australia

T: +61 2 6289 1133 from outside Australia

E: commemorations@dva.gov.au



National Commemorative Event
50th anniversary of the end of Australia's involvement in the Vietnam War
Australian Vietnam Forces National Memorial, Anzac Parade, Canberra
From 10:00am – Friday, 18 August 2023

‘Revised Visitor Code for Residential Aged Care Maintains Visitor Rights’

The revised visitor code for residential aged care reiterates that residents are always permitted to have at least one essential visitor, regardless of a COVID outbreak.

Craig Gear, CEO of the Older Person’s Advocacy Network, said some residential aged care homes are still unaware these guidelines exist, even though they have been reviewed and approved by peak provider organisations as well as consumer advocates.



Craig Gear

Those peaks and advocate organisations include the Council on the Ageing Australia, Older Person’s Advocacy Network, Carers Australia, Dementia Australia, the Federation of Ethnic Communities Council of Australia, National Seniors Australia, Palliative Care Australia, Aged & Community Care Providers Association, Anglicare Australia, Baptist Care Australia, Catholic Health Australia and UnitingCare Australia.

First introduced in 2020, [the year the coronavirus pandemic hit](#) and finalised through public consultation, the [Sector Code for Visiting in Aged Care](#) adopts a human rights approach that aims to protect and respect both residents and their visitors.

And while the guts of the code remain unchanged, the latest revised version (7.2) has been simplified and updated to include:

- The [National Covid-19 Health Management Plan 2023](#)
- Up-to-date vaccination advice from the Australian Technical Advisory Group on Immunisation
- Clarification of Communicable Diseases Network Australia guidance for isolation and release from isolation processes

Perhaps, most importantly, the revised code maintains that: All aged care residents, including those isolating, should have access to at least one essential visitor at all times, even during outbreaks or exposures.

However, this is not always happening. While most providers are facilitating essential visitors during outbreaks, OPAN is aware of a number of incidents in which residential aged care homes have instituted a disproportionate response to an outbreak of COVID or other viruses. In one instance, a Partner in Care was refused access for over a week when the residential aged care home entered its third lockdown.



While the code is not mandatory, the Aged Care Quality & Safety Commission may take regulatory action where access for essential visitors 'is not adequately supported'.

With COVID-19 is still very much impacting the aged care sector, as of 29 June 2023, there were 1,684 COVID cases in 260 aged care homes across Australia, Mr Gear said it was vital residents were allowed to interact with family and friends.

There is clear evidence that social isolation has a major, detrimental impact on older people's physical, mental and nutritional health. The revised industry code for visiting aged care homes provides clear guidelines for balancing the risk of infection with the damaging consequences of isolation.

For more information: [Revised Visitor Code for Residential Aged Care](#)

COTA Australia: Visitor Guidelines Helps Families Support Residents

Aged care consumer peaks and provider organisations, led by the Council on the Ageing Australia, have welcomed national cabinet's backing of revised visitation guidelines for residential aged care facilities.

Devised to address the mental health toll that enforced lockdowns have had on residents, the guidelines aim to strike an equilibrium between providers heeding public health advice and preserving the emotional support provided to residents by their loved ones.



Paul Sadler

They provide for a more balanced response to COVID outbreaks in residential care that should put an end to resident lockdowns. This treatment was inhumane and COTA Australia were joined in condemning it by many good providers.

Recommended to national cabinet by the Australian Health Protection Principal Committee, the [updated guidelines](#) have received the thumbs up from sector organisations such as the Older Person's Advocacy Network, National Seniors, Carers Australia, the Federation of Ethnic Communities Councils of Australia and Dementia Australia.

The new visitation guidelines reference the industry code first adopted in 2020. They are also supported by all levels of government, Federal, State and Territories, which means they now have the backing of the eight chief health officers across the country. COTA Australia are calling for the States and Territories to make sure they implement these new guidelines when they advise their public health units on how to best enforce the guidelines.

COTA Australia has approached the Federal Government about making the revised visitation provisions compulsory. Now they have been endorsed by the national cabinet, COTA Australia will step up that push in parliament.



For more information: [Visitor Guidelines Help Families Support Residents](#)

WA State Government 'Energy credit to relieve cost of living pressures on WA households'

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

The WA State Government is delivering on its commitment to provide cost of living support to Western Australians, with a minimum \$200 credit being applied to household electricity bills.

For more information on the [Bond Assistance Loan Scheme](#)

As part of the 2023-24 Budget, the WA Labor Government announced a \$400 Household Electricity Credit, to be delivered to every household across the State over two instalments, as well as additional relief for those who need it most.

Synergy and Horizon Power electricity accounts have now been automatically credited \$200, reducing power bills in the July-August 2023 billing cycle.

A second instalment of the credit will benefit households in the November to December 2023 billing cycle, providing a further minimum \$200 off power bills.

The 2023 Household Electricity Credit comprises of:

- A minimum \$400 for all residential households, split over two \$200 instalments
- \$500 for around 350,000 vulnerable WA households receiving the Energy Assistance Payment, split over two \$250 instalments
- \$650 for small businesses who use up to 50MWh of electricity per annum

The Household Electricity Credit is part of the WA Labor Government's \$715 million cost of living package in the 2023-24 Budget, with electricity credits for vulnerable households and small businesses partly supported by the jointly funded National Energy Bill Relief Fund, with an estimated \$116 million contribution from the Commonwealth Government.

How to apply for an [Energy Concession](#)

A person who holds an appropriate concession card may be eligible for an energy assistance payment as a subsidy to assist with electricity costs.



‘More Energy Savings for Those Doing It Tough’

The WA State Government is further supporting those in financial hardship, while also stabilising the energy system, by offering electricity at no charge during off-peak times.

- WA State Government introduces new energy scheme for those doing it tough
- Free electricity between 9:00am and 3:00pm for hardship customers
- Community Energy program to save households in hardship up to \$500 per year, on top of other initiatives
- Program also supports energy system stability by shifting use to off-peak times

The WA State Government is further supporting those in financial hardship, while also stabilising the energy system, by offering electricity at no charge during off-peak times.

The new Community Energy program will provide free electricity between 9am and 3pm to Synergy customers who are experiencing ongoing financial hardship.

The program gives eligible hardship households 10 units of zero-cost electricity in the off-peak times, around three quarters of an average household's daily usage.

When used to its full potential participants can save from \$200 to \$500 a year, in addition to the WA State Government's Household Electricity Credit, which saves eligible hardship customers up to \$826 a year.

Community Energy supports system stability by incentivising customers to shift their electricity usage away from evening peak times to the middle of the day when household usage is traditionally low.

Community Energy also offers an alternative to solar panels that will give more Western Australians access to the benefits of cheaper electricity during the day.

To be eligible, financial hardship customers must have an Advanced Metering Infrastructure (AMI) meter and not own solar panels on their property. For assistance, contact Synergy on 13 13 53.

For more information about the Household Electricity Credit visit: [Electricity credit available for Western Australians \(www.wa.gov.au\)](https://www.wa.gov.au)



**GOVERNMENT OF
WESTERN AUSTRALIA**

WA Seniors Card Members 'Free Discount Directory to help Seniors with the Cost of Living'

The 2023-2024 Discount Directory for Western Australian Seniors Card Members has been launched offering a wide range of discounts on goods and services to help older Western Australians with the cost of living.

Available as a hard-copy booklet or online at [WA Seniors Card Centre](#) the free Discount Directory lists hundreds of local WA businesses that generously support the community by offering discounts to seniors.

- Directory offers exclusive discounts on numerous goods and services
- Discounts encourage seniors to stay connected, engaged and active in their communities

Many discounts encourage older Western Australians to stay connected, engaged, and active in their communities. The Discount Directory also encourages seniors to buy and shop locally, to the benefit of local businesses and the State's economy.

This year, a focus on increasing regional business partnerships is reflected in a designated regional section, which lists 83 regional businesses.

This version of the Discount Directory also includes images from the 2023 'Golden Lens' Photography Competition, which reflect the lives and interests of WA seniors.

Copies of the hard-copy Discount Directory can be found at selected libraries or Community Resource Centres. **WA Seniors Card Members** can also request a copy by post by calling the WA Seniors Card Centre on 1800 671 233 or emailing info@seniorcard.wa.gov.au.



SENIORS CARD

Country Women's Association of WA features 'Curried Pumpkin Soup'

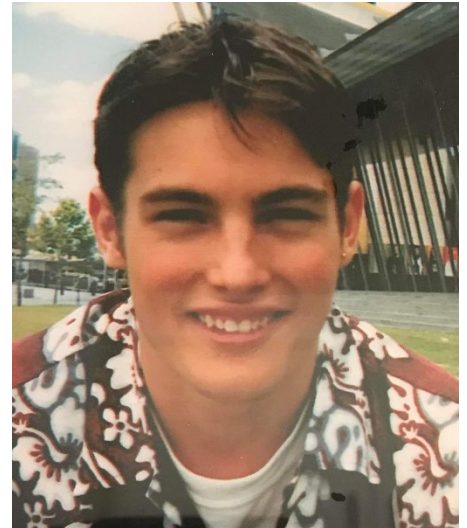
This recipe is super quick and easy to make. It is also a warming and nutritious meal perfect for the winter months.

Recipe provided by Alison Wooden in New South Wales.

The recipe comes from Alison Wooden in New South Wales, and it was a favourite in her family and one she used to make regularly.

There is a message in this bowl of soup.

Alison and her husband Barry, lost their 18 year old son **Kyle Wooden** (pictured right) and four of his friends in 2001 when the XPT Sydney to Melbourne express passenger train hit the car they were travelling in at the Bells Road Crossing near the rural town of Gerogery in NSW.



Alison passed away in 2020 and her husband Barry Wooden and daughter Aimee are part of the Australia-wide group Improve Train Lighting & Passive Level Crossing Safety. The group, along with the Country Women's Association of WA, are fighting for improved train lighting and level crossing safety.

Despite the fact that trains weigh at least 3,000 tonnes, are on average 1.5 kilometres long and need over a kilometre to stop, they remain only equipped with one or two headlights and two ditch lights that are directed at the track. In contrast, semi-trailer trucks are extremely well lit up by around 36 lights plus 2 headlights.

You can support the Improve Train Lighting and Passive Level Crossing Safety Campaign and find this and other recipes in the recipe book '**Easy, Reliable and Tasty**'. The recipe book is available for \$45 (including postage across Australia). The book is a soft gloss cover book with 233 recipes spanning a wide range of savoury and sweet dishes. Rural photographs divide sections of the book. If you would like a copy, please send an email to: amojensen@gmail.com or call: 0439 923 976.



Ingredients for Curried Pumpkin Soup

- 1 kg pumpkin (cut into 2.5 cm cubes)
- 2 cups water
- 1 cube chicken stock
- 1 clove garlic, chopped
- 1 tsp curry powder
- Cracked pepper to taste
- 2/3 cup thickened cream
- Pinch ground nutmeg



Method

Mix together

1. Place pumpkin, water, stock cube, garlic, and curry powder in a large saucepan.
2. Cook until pumpkin is broken down (approximately 20 minutes).
3. Stir well, allow to cool, and then puree until smooth.
4. Stir in cracked pepper and then stir in cream.
5. Cook, uncovered for 4 to 5 minutes until heated through.
6. Sprinkle with nutmeg.

Serve with crusty bread and enjoy!



Country Women's Association of WA

Est. 1924

Pet friendly Aged Care ‘Pets in Aged Care’

Pet-Friendly Aged Care is a place where older pet owners, their families, home care support agencies and aged care facility operators can find tips and advice that allow residents to keep their pets in safe and responsible ways.

A growing body of research is confirming significant health benefits attributable to pet ownership. Most obviously, pets decrease loneliness and isolation, increase social interaction and provide purpose and meaning to the lives of owners.

People who are separated from their pets upon entering an aged care facility often experience an extra layer of grief at a time of loss and sadness.

When an elderly person has a strong bond with their pet and the live-in pet situation is well managed, the benefits to that person, other residents and staff can be profound. Operators of pet-friendly aged care facilities say pets generate a community atmosphere and foster friendship between residents.



Managing live-in pets

Complaints about pets are minimal where clear guidelines are adopted and where expert community volunteers provide advice and support for pet owners. A range of successful models demonstrate a variety of approaches can meet the needs of pet owners, other residents and staff.

Research and information

[The therapeutic and health benefits of owning a pet](#)

[New study confirms what we already knew: pets are great for the elderly](#)

For more information

Email: info@australiacan.org.au

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



TADWA 'New Offering: Specialist Disability Accommodation'

Specialist Disability Accommodation (SDA) is an essential part of the National Disability Insurance Scheme (NDIS) that aims to provide suitable housing for people with disabilities.

SDA dwellings are designed to cater to people with extreme functional impairment or very high support needs, and they have specific features that enable residents to live more independently. These features may include ramps, wider doorways, handrails, and other accessibility aids.



To be eligible for SDA, participants must meet the specialist disability accommodation needs requirement and the NDIS funding criteria. They must also have an extreme functional impairment or very high support need.

TADWA has been operating in the SDA space for a short period and are pleased to announce that we will be expanding our services to better cater to people with disabilities and their families.

Our SDA specialist OTs will work closely with participants, their families, and their carers to ensure that they receive the best possible care. We will also provide ongoing support to ensure that participants are getting the most out of their SDA dwelling.

Our expansion into the SDA space is a positive step forward as we will be able to provide access to tailored services to help people with disabilities live more independently and comfortably in their SDA dwellings.

Specialist Disability Accommodation (SDA) is a range of housing designed for people with extreme functional impairment or very high support needs. SDA is the physical building that a person lives in. It might be a house, apartment, unit or another type of building, which are purposely built for people who are accessing NDIS funding.

SDA dwellings have accessible features to help participants live more independently and allow other supports to be delivered better or more safely. There are specialist skills in determining the individual needs and how the person's environment will facilitate independence. For example, if the person wishes to increase their level of involvement in meal preparation, the design of the kitchen and workspaces will need to be considered, plus the person's equipment, reach range, cognitive function, and general layout.



Working with a TADWA Occupational Therapist during the design phase of an SDA application will strengthen outcomes for participants.

Talk to TADWA.

Our Occupational Therapists are qualified SDA assessors, have specialist skills and knowledge, who can work with Builders and Property developers to consider compliance and all regulatory and legislative requirements that meet your needs.

SDA is based on the design categories of improved livability, being fully accessible, high level of physical support and robust construction.

To contact TADWA

T: 08 9379 7400

Email: enquiries@tadwa.org.au

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



National Seniors Australia 'Can Tiny Homes Solve the Housing Crisis'

You can live large in a small space, but government regulations are not keeping up with housing innovations.

It is the ultimate way to downsize, moving out of your 'normal' house and into a home that is no bigger than a shipping container. In fact, it may have started out as a shipping container and been converted into a living space.

Tiny homes are a trend that took off in the US in the late 1990s and is now being touted by some as the solution to Australia's housing crisis.

Enthusiasm for these no-frills abodes has spawned TV shows such as Tiny House Hunters, Tiny Paradise, Tiny Luxury and Tiny House, Big Living. YouTube has hundreds of videos in the same vein.

Hype is one thing, but the process of building and moving into a tiny home is more challenging than you might imagine.

The pros and cons of tiny house living

Benefits of tiny homes

- **Affordability:** The cost of a tiny home is significantly lower than a traditional house and have lower maintenance costs.
- **Energy efficient:** Tiny homes can help you reduce your carbon footprint and lower your monthly utility bills.
- **Customisable:** Because of their compact size, every centimetre of a tiny home must be used efficiently, which means you can design your space to meet your specific needs and preferences.
- **Mobility:** Tiny homes are often built on wheels, making them a portable housing solution.

Drawbacks of tiny homes

- **Limited space:** The most significant drawback of tiny homes is the limited living space.
- **Zoning regulations:** Some councils prohibit or restrict the use of tiny homes. It is important to research the local laws to ensure that you can legally live in a tiny home in your desired location.
- **Building codes:** It is important to work with a professional builder who understands local codes and can ensure that your tiny home meets all necessary requirements.
- **Resale value:** Tiny homes are still a relatively new concept and their resale value is untested. It may be difficult to recoup your investment if you decide to sell.



A home of your own

- The first thing you will need before you buy a tiny home is land.
- You may want to set up in a caravan park, in a friend's backyard or on a piece of land you own. But, depending on where you want to live, some of those options, perhaps all of them, may not be available to you.
- Local governments have been slow to come to grips with the idea of people wanting to live full-time in a tiny home.
- Some Australian councils will allow you to 'park' your home on your or somebody else's land but only live at the property for a designated period, say six out of every 12 months.
- Others will allow you to live in a granny flat-style building on a dual-occupancy basis, or even allow you to build a tiny building on vacant land and live there as you would in a 'normal' house.
- For some authorities, size does not matter. For others, it is still a big issue.

The takeaway here is: do not get in too deep until you know that not only will you feel comfortable in a tiny house, but that the place of your dreams can be converted into a reality.

Remember many tiny homes have features such as stairs or ladders to sleeping lofts; off-grid power, plumbing and gas. So you must do your research to ensure the tiny home will meet your needs and requirements.



Further reading: [Realestate.com.au](https://www.realestate.com.au)

National Seniors AUSTRALIA

WA Digital Inclusion Project 'Support: Digital Inclusion'

Community Resource Centres

Community Resource Centres (CRCs) are welcoming places where community members are supported by friendly staff and can meet for a variety of activities. They reflect the needs and aspirations of their own community and provide courses and activities in response to community input.

CRCs provide central and easily accessible, places for local people, businesses and visitors to access a comprehensive collection of essential information and services.

CRCs can provide the following digital inclusion support: [Check out the CRC support section of the website](#)

- One-on-one digital skills training
- Free Wifi
- Access to a computer
- Printing and photocopying
- Help with online government services, such as Centrelink, Medicare, MyGov
- Various training programs and professional development

Find a CRC near you

For a more detailed description about each CRC, [use the LinkWest CRC search tool](#)

T: 08 6381 5300

E: digitalinclusion@wacoss.org.au

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



Social Gerontology at Australia's National Ageing Research '1-in-6 older Australians experience elder abuse'

Elder abuse causes declining physical and mental health in older people, but older people are often too ashamed to report it.

Professor Bianca Brijnath, Director of Social Gerontology at Australia's National Ageing Research Institute, is trialling a new model of care to help older people report abuse and improve their health. "One in six older Australians experience elder abuse," says Professor Brijnath.



Elder abuse is where an older person experiences some form of abuse. It can be physical, financial, social, sexual, or psychological.

"Sadly, elder abuse often occurs in a relationship of trust. The main perpetrators of abuse of older people are their family members, often their adult children," said Prof Brijnath.

"An adult child might visit their parent and say, 'I'll do the shopping for you'. Mum gives her child her credit card and they use it to buy groceries for their family as well. Or Mum gives them \$100. They spend \$80 on groceries and keep the change. On a larger scale, families might tell older parents, 'Sell your house and move in with us. You can live in a granny flat out the back. We'll look after you as you're getting a bit older and need more care at home'. Families also use psychological manipulation. They might say, 'If you don't transfer your assets into my name, I won't let you see the grandchildren'. What can happen is the older person transfers their assets and then the family reneges on their commitment. Older people can end up in very difficult circumstances. They could be in their 80s and have no money or home."

Older people can be ashamed and desperate

Older people who find themselves in this situation often do not seek help. This is because it is their own family perpetrating the abuse.

"Older people experience a great deal of shame and sadness when family members abuse them. It's a source of embarrassment. They think it's a reflection on their own parenting. Even if they are desperate, older people don't want to report their children to the police. They don't want to seek legal intervention," says Prof Brijnath.



Health care providers can help

Health care providers are a trusted source of information and help for older people. For this reason, older people are more likely to disclose abuse to their health care provider.

"But often health care providers don't know how to look for signs of abuse. They don't know what to do when the disclosure happens. That is a missed opportunity," Bianca says.

Professor Brijnath's research will address this problem by upskilling health care providers to recognise the signs of elder abuse and make a timely referral to specialist care and social workers.

Specialist professionals can give the older person the help they need. They can offer wrap-around services including family mediation to stop the abuse, and financial and housing assistance.

A model of care for change

Professor Brijnath has co-designed a support model of care for hospital health care providers.

The model includes:

- Training for health care providers on elder abuse and how to screen for it
- A screening tool
- A site champion for more help and support

She has worked with family carers, older people, hospital health care providers and elder abuse experts on the design of the model.

"Stakeholders at the co-design workshops gave us great advice on the skills that health care providers will need. They talked about empathy, respect and putting older people at the centre. They said the provider must have absolute loyalty to the older person."

Creating greater awareness of elder abuse

Professor Brijnath hopes her new support model will achieve:

- Greater awareness of elder abuse across the health system
- More confidence and knowledge in health care providers about engaging in this issue
- Willingness of health and social care providers to use the screening tool

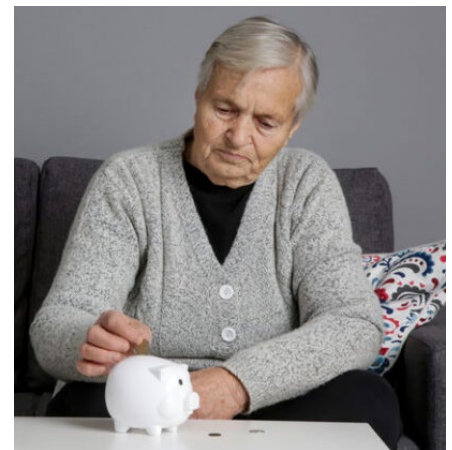
If the trial creates these results, stakeholders want to roll out the program in the community.

"We'd love to see this used in residential aged care and community-based aged care," she said.

The MRFF funded Bianca's No More Shame project with \$1.5 million.

Get help now: [Call the elder abuse phone line](#)

[Watch videos about elder abuse by the National Ageing Research Institute](#)



City of Perth WA 'Rolls out New Parking Payment app'

The City of Perth Council says parking in the city is set to get easier with the rollout of a new parking payment mobile app.

After a thorough procurement process, the Council has appointed **EasyPark** to help make parking in the city more convenient.

Embracing technology would vastly improve the experience of City parking with just about everything that can be done using a smartphone these days, and now the availability of paying for parking in the City of Perth is about to be added to the list.



The EasyPark app rollout in the City will be staged. From July 2023 people will be able to use the app while parking at one of the City's 17 non-boom gated CPP car parks.

If you are busy shopping and your parking is about to expire, you will be able to quickly and easily add time through the app and avoid a parking fine. However, users will still need to check the parking signage to make sure they are following the rules.

By September 2023, the app will be in use for on-street parking across Perth and app users will also not need to walk to find a parking meter as they will be able to just use their mobile from their parked car.

The app charges an additional service fee for users, with rates varying depending on whether you are a casual user or on a business account. This service fee goes to EasyPark, not the City of Perth Council.

While the City welcome this app as a convenient option for drivers, it is not a requirement. Drivers who want to continue paying for their parking with cash or card can still do that.

For further information: [Perth WA New Parking Payment App](#)

For more information about EasyPark, visit: [EasyPark website](#)



Dementia WA 'Counselling Support'

If you have dementia, or you are caring for someone living with dementia, it is normal to experience a range of good and bad feelings. You are not alone. Dementia Australia offers free, confidential, professional counselling for individuals, families, couples and professional carers at all stages of a dementia journey.

Counselling is important as it can help you understand what you, or someone you care about, is going through. It can be good to talk with a professional about your:

- Emotional reactions
- Family and culture
- Living arrangements
- Dementia symptoms
- Changed behaviours

Everyone will experience dementia differently. Counselling support can help individuals, couples and families to:

- Gain a better understanding of the impact of dementia
- Develop strategies to respond to feelings of stress or mixed emotions
- Plan for the future, by setting goals and seeking referrals for practice support

Dementia WA can speak with you face-to-face, on the telephone or via video conferencing.

How to request access to our counselling service

T: National Dementia Helpline on free call 1800 100 500

W: Use the online [service enquiry/referral request form](#)



WA Government 'Funding to improve the Digital Literacy of older First Nations people'

A program that aims to improve the digital literacy of older Aboriginal people, making them less susceptible to scams and digital crime, has been funded by the WA Government.

A program that aims to improve the digital literacy of older Aboriginal people, making them less susceptible to scams and digital crime, has been funded by the Cook Government.

The program will teach older Aboriginal people how to better use their own handheld device, such as mobile phones, with a focus on how to access online government services, seek information on elder abuse, increase scam awareness, find out what is happening in their community and stay in touch with family and friends.

Two Aboriginal organisations: Indigenous Professional Services (IPS Management Consultants) and Jungarni-Jutiya Indigenous Corporation, will share in \$50,000 funding to deliver education sessions to up to 600 people.

The sessions will be provided in Halls Creek and surrounding communities in the Kimberley and across the South West in Bunbury, Collie and Busselton over the coming months.

The gap in digital literacy amongst older Aboriginal people was highlighted during public consultation to develop An Age-Friendly WA: State Seniors Strategy 2023-2032, which found an urgent need amongst seniors for greater community education on scams and digital crime.

The consultation noted that the increasing digital divide was a barrier to seniors ageing well, as many services had been migrated online. Many seniors experienced higher levels of digital exclusion, particularly those who were from a multicultural background, low socio-economic, Aboriginal and/or living with a disability.

For more information: [WA Seniors Strategy](#)



Dementia WA ‘New Alzheimer’s drug shows promising results’

Dementia Australia has welcomed the publication of the results of a trial showing that a new drug, ‘donanemab’, has been able to slow the progression of symptoms of early Alzheimer’s disease.

Dementia Australia CEO, Maree McCabe AM said the drug was an exciting new development and another step forward in expanding the number of treatments for dementia.

“These results provide much needed hope for people who are developing symptoms, have mild cognitive impairment or who are in the early stages of Alzheimer’s disease. With dementia the second leading cause of death of Australians, and the leading cause of death of Australian women, we welcome any steps taken towards improving the lives of people living with dementia, their families and carers,” Ms McCabe said.



The research also highlights the importance of early diagnosis so people can access treatment and support as soon as possible.

“We need to raise awareness and understanding of dementia to reduce discrimination and stigma so we can ensure people with concerns about their cognition are seeking information and support as early as possible. We know the earlier people access support and services the better their health, care and lifestyle outcomes,” said Ms McCabe.

‘Donanemab’ will need to be approved by the Therapeutic Goods Administration (TGA) for use in Australia. It also comes with possible side effects that need to be carefully monitored by health professionals, she said.

If this news raises any questions or concerns for anyone about their memory or changes in cognition, please do contact the **National Dementia Helpline on 1800 100 500**.

The drug, developed by pharmaceutical company Eli Lilly, works by inducing antibodies designed to attach to and remove amyloid plaques from the brain.

Chair of Dementia Curtin University and Dementia Australia, Professor Blossom Stephan said the results of the trial were encouraging.

“The trial found that for participants with mild cognitive impairment and mild dementia, ‘donanemab’ slowed cognitive decline by up to 35 per cent which is very promising. This research also highlights the need to ensure that healthcare services are equipped to deliver the intervention

as well as make sure that access to treatment is equitable and available to everyone,” Professor Stephan said.

Dementia Australia Dementia Advocate, Bill Yeates, who was diagnosed with younger-onset-dementia in 2019, said the results were remarkable.

“This demonstrates that it is possible to significantly slow down the rate of cognitive decline through the removal of amyloid beta (plaques) from the brain. For me it’s that ‘ray of hope’ that I believed would happen one day, where people living with dementia can have a future. One where you can lead a better life, one that you value,” Mr Yeates said.

The results were published in a leading international journal and presented to the Alzheimer’s Association International Conference in Amsterdam.

For support, please contact the **National Dementia Helpline on 1800 100 500**. An interpreter service is available. The National Dementia Helpline is funded by the Australian Government. People looking for information can also visit: <https://www.dementia.org.au/>



School of Public Health and Preventive Medicine ‘Crosswords may hold clue to avoiding dementia’

Computer use, crosswords and games like chess are more strongly associated with older people avoiding dementia than knitting, painting or socialising, a Monash University study has found.

Published in [JAMA Network Open](#), the findings – some of the most robust on this topic to date, may help older individuals and aged care professionals plan more targeted approaches to reducing dementia risk.

Researchers drew data from 10,318 Australians aged 70 and older participating in the [ASPREE*](#) project and the ALSOP (ASPREE Longitudinal Study of Older Persons) sub-study.

They found that participants who routinely engaged in adult literacy and mental acuity tasks such as education classes, keeping journals, and doing crosswords were 9-11% less likely to develop dementia than their peers.

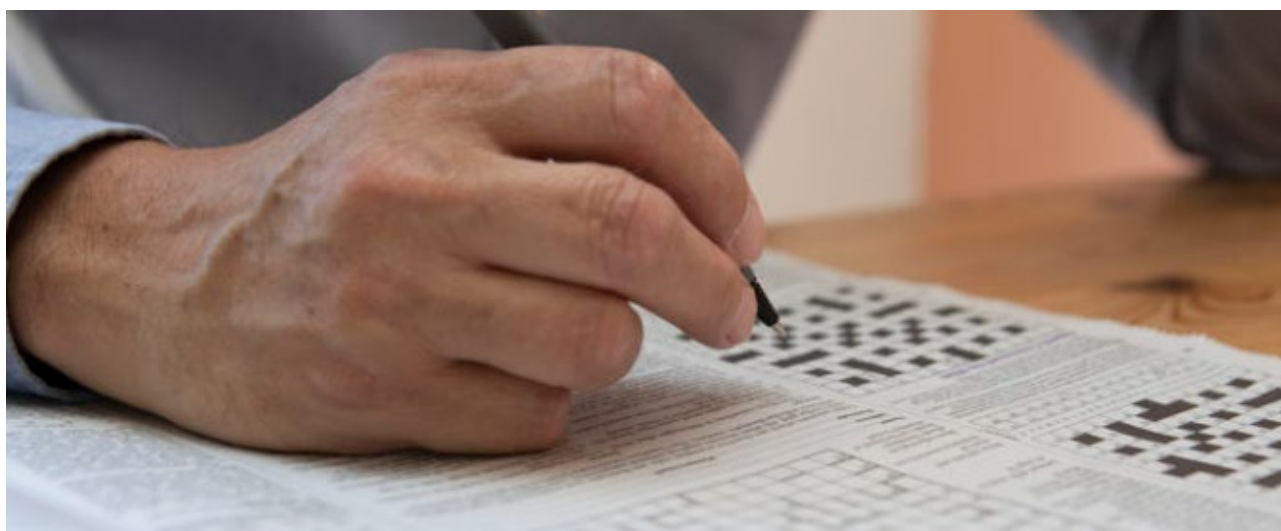
Creative hobbies like crafting, knitting and painting, and more passive activities like reading reduced the risk by 7%. In contrast, the size of someone’s social network and the frequency of external outings to the cinema or restaurant were not associated with dementia risk reduction.

The results remained statistically significant even when adjusted for earlier education level, and socioeconomic status, with no significant variations found between men and women.

In 2022, 55 million people globally lived with dementia, with 10 million new cases each year.

Senior author Associate Professor Joanne Ryan, from the School of Public Health and Preventive Medicine, said identifying strategies to prevent or delay dementia was a huge global priority.

“We had a unique opportunity to close a gap in knowledge by investigating a broad range of lifestyle enrichment activities that older adults often undertake, and assess which of those were most strongly aligned with avoiding dementia. I think what our results tell us is that active manipulation of previously stored knowledge may play a greater role in dementia risk reduction than more passive recreational activities. Keeping the mind active and challenged may be particularly important,” Associate Professor Ryan said.



The leisure activities assessed encompassed:

- Adult literacy activities such as adult education classes, using computers, keeping a journal
- Mental acuity tasks like completing quizzes and crosswords, playing cards/chess
- Creative hobbies like woodworking, knitting or painting
- More passive activities like keeping up with the news, reading or listening to music
- Social network activities like meeting and interacting with friends
- Planned excursions such as going to a restaurant, museum or the cinema

Associate Professor Ryan said the results did not rule out that those naturally drawn to the types of leisure activities linked to cognitive health also had specific personality traits that were otherwise beneficial, or they may generally have had better health behaviours.

“While engaging in literacy and mental acuity activities may not be a magic pill to avoid dementia, if that was your goal and you had to choose, our research certainly suggests these are the activities most likely to support prolonged good cognitive health,” she said.

Associate Professor Ryan said social connection may also still be quite important to cognitive health and mental wellbeing, even though it did not show a clear link with dementia risk in the study.

“The participants were cognitively healthy, and were likely already leading socially active lives, such that the cognitive benefits of strong social networks may be less obvious in this group compared to the general public,” she said.



COTA (WA): 'Out and About'

COTA (WA) Strength for Life™ (SFL™)

Participants

Virginia

This is Virginia one of our participants who has been doing the Strength for Life program. Below is her story of how the Strength for Life Program has helped her.

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

I found out through a friend, and we went together. They had also found out through a friend! I went onto the website and researched it a little bit. I saw my GP then had my initial appointment with Lorraine.

Did you find the referral process easy?

EASY!! I don't really like going to the doctor. I only go the doctor if I have to, but getting the referral form wasn't a hassle at all.

How long have you been doing Strength for Life?

About 3 years.

How has the program benefited you?

I am much fitter!! Mental health wise, if you have any issues it does help with stress relief, the exercising and the socialising. It helps to keep up your motivation and routine. I know on a Monday, Wednesday and Friday I have Strength for Life. These are my days and I am in a routine every week.

Having individual exercise helps to. I can work on what I want. I just let the instructors know.

I also do other exercise classes such as abs and stretch. This helps when I do my Strength for Life workout. I like to keep fit and active. Nursing is my background, so I've seen the effects of not exercising and keeping fit.

As a bonus, I also get a rebate from my private health insurance.

How do you find the exercise?

I always feel more active after the exercises. Some days I have to push myself to go, but once I've done it, I feel better for myself. That's the reward!! Making the effort and feeling good about myself.

I can't say enough about the instructors!! The instructors we have at Morley are really good. It varies between instructors so we get a variety of exercises. Some will do floor exercises and some will do standing up. We have the choice to attend whichever one suits our needs and capabilities.



What is your favourite part of Strength for Life?

Instructor Sheree's stretching. We do a 10 min warm-up before the session and 10 min cool down at the end. All the trainers are great and they correct you if you aren't doing it the right way. Also the feeling of doing the exercise, knowing it's going to benefit me.

Have you managed to make new friends?

YES! We go out socially during the week/weekends/nights. We celebrate birthdays together and we often have coffee after the exercise.

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

"Come along to one of the classes and see what it's like!"

Expos

City of Subiaco Positive Ageing Expo

On Thursday 20 July 2023, COTA (WA) attended the City of Subiaco Positive Ageing Expo.

The event was put together to promote a healthy, active and connected lifestyle for over 55's. With over 15 stalls available the event was wonderful to attend.

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



Events

Aqua Jetty: Ballroom Dancing

On Friday 27 July 2023, Aqua Jetty arranged Ball Room Dancing for their seniors.

The instructor was a Professional Ball Room Dancing and taught the seniors how to do the Slow Rhythm, Waltz, Jive and finished off with a line dance, the Nut Bush.

They then finished off with an afternoon tea where they were able to sit and socialise together afterwards.



**Strength
for Life**
Live longer. live stronger

**Get stronger.
Stay active.
Make friends.**

Join your local Strength for Life
for people over 50.

www.cotawa.org.au

COTA
WESTERN AUSTRALIA

‘Our COTA (WA) Supporters’

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

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

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

Our COTA (WA) Supporters

Act Belong Commit

Ansell Strategic

Carers WA

City of Belmont

City of Cockburn

City of Fremantle

MindSpot GP

Office of Hannah Beazley MLA

Office of the Hon Donna Faragher MLC

Rise Network

Southcare Inc.

Town of Cambridge

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 'Town of Cambridge' as a COTA (WA) Supporter

Welcome to the Town of Cambridge: Respect-Integrity-Teamwork-Friendly & Helpful-Creativity.

Age-Friendly Belmont Strategy

The Town's strategy provides a framework for supporting older people by connecting them to services, facilities and experiences that assist them to age in place and participate in local community life.

The Town of Cambridge remains a supportive and inclusive community, fostering a local environment where older people are able to live meaningful and independent lives, while being valued for their knowledge, skills and life experience.

'Town Of Cambridge Age-Friendly Community Plan: Recommendations Summary':

1. Encourage the principles of universal access and inclusion in the design of public places and buildings.
2. Continue to advocate for improved connectivity between places and accessibility to public transport for seniors.
3. Advocate for provision of accessible and affordable housing options that support 'ageing in place'.
4. Advocate for respect and inclusion of seniors from all backgrounds.
5. Foster participation by seniors in community life.
6. Communicate information in a way that is appropriate for older people from all grounds.
7. Improve the confidence and capacity of seniors to use information communication technology.
8. Empower seniors to volunteer in the community.
9. Cultivate availability of 'life-long' learning and flexible employment options for seniors.
10. Encourage a coordinated and collaborative approach to service delivery to support 'ageing in place'.



What's on for Seniors

Activities include

Coffee Club: if you would like to meet new people in your local community, please come along and enjoy a cuppa and a chat.



Memory Café: Join a memory café session to meet new friends in a safe and supportive environment. The Cambridge Champions will be able to assist you and provide the information or resources you need.



Coasters Walking Group: You are invited to come walking from City Beach to Floreat with the Cambridge Coasters. Enjoy the fresh air, outdoor activity and meet new friends in your local area.



Pole Walking at **Perry Lakes** + **Lake Monger**: You are invited to join a low impact, inclusive exercise of pole walking. Enjoy the fresh air, outdoor activity and meet new friends in your local area.



Outings + Presentations: Monthly outings and periodic presentations for local seniors. Moderate walking and some stairs may be required for outings.



Tech Savvy Seniors

Cambridge Seniors have access to being, or learning to be, a tech savvy senior with assistance from the Seniors Recreation Council, WA (Inc). SRCWA Tech Savvy Seniors aim to encourage over 55's to remain safe and connected while using technology. Seniors are invited to test the new way of working with technology and into the future.



Assistive Technology

Assistive technology helps individuals to access equipment, technology and services to help them maintain their independence and to improve their quality of life with enjoyment.



Positive Ageing and Advocacy Services

Organisations and programs that support positive ageing.



My Aged Care

My Aged Care provides information about aged care services and is the start point to access Australian Government funded services. Contact My Aged Care: 1800 200 422 to book an assessment. For more information to access services visit: <https://www.myagedcare.gov.au>



Registration for activities is essential as places are limited.

Registration is available [online](#), by email or telephone

For further information and support: Cambridge Seniors Services

T: 08 9285 3136

E: seniorservices@cambridge.wa.gov.au

W: <https://www.cambridge.wa.gov.au/Community/People-in-our-community/Seniors>

The Town of Cambridge is a COTA (WA) Supporter.



The City of Belmont 'Housing for Seniors'

The City of Belmont is home to a number of housing options designed for seniors

Independent Living Units

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.



If you would like more information on the Ascot Close and Wahroonga units, please contact:

Ian Brockett

T: 0447 863 350

E: ibrockett@scrosswa.org.au

For more information on the Gabriel Gardens and Orana units, please contact:

Sarah King

T: 0427 730 847

E: sking@scrosswa.org.au

Faulkner Park Retirement Estate

The Faulkner Park Retirement Estate is owned by the City of Belmont and managed by Southern Cross Care. There are a total of 72 units with a village club house as a communal space.

To learn more, please call 08 9277 3344.

Residential Care Facilities

There are a number of aged care residential facilities located within the City. If you would like more information about any of these facilities, please contact them directly:

Aegis Karalee	08 9277 1099
Aegis Lakeside	08 9269 9100
Aegis Parkview	08 9269 9100
Brightwater	1800 005 009
Hall & Prior	08 9277 2735
CraigCare Ascot Waters	08 6159 1000

Public and Community Housing

If you would like to know about public housing opportunities in the City of Belmont area, please visit the [Department of Communities – Housing](#) website or call them on 08 9350 3244.

Affordable housing listings can also be found on the [Home Hub website](#).

For further information about the City of Belmont

T: 08 9477 7150

E: libraryandmuseum@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 'Improving the lives of Carers across WA'

Carers WA Services

Carers WA is a not-for-profit, community based organisation and registered charity dedicated to improving the lives of family and friend carers living in Western Australia.

A carer is someone who provides unpaid care and support to a family member or friend with disability, a mental health challenge, long-term health condition, alcohol or substance dependency or frailty due to age.

Carers WA supports the empowerment and wellbeing of carers through a range of innovative programs, services and advocacy. Carers WA is the lead service delivery partner for **Carer Gateway** in WA.



For further information, please call [Carer Gateway](https://www.carerswa.asn.au/) on 1800 422 737

For further information and support

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

E: info@carerswa.asn.au

W: <https://www.carerswa.asn.au/>

Alternatively, you can complete an online form to [request a call back](#) or [refer a carer](#).

Carers WA is a COTA (WA) Supporter.



MindSpot GP 'Anxiety Test'

The Mindspot anxiety test is an easy and anonymous way of finding out about your current level of anxiety.

It takes less than two minutes to complete and will provide you with feedback about the level of your anxiety symptoms.

[Mindspot Anxiety Test](#)

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

Resources for anxiety

Mindspot resources are available to help you in taking steps to manage symptoms of worry, stress, and anxiety.

Treatment Options

Help for anxiety is available, and you are not alone. Mindspot have supported thousands of Australians to understand and learn to manage their anxiety.

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 ‘National Redress Scheme’

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.



National Redress Scheme

Tuart Place staff provide a free confidential service for care leavers interested in participating in the NRS.

Tuart Place provides assistance to people interested in participating in the National Redress Scheme.

The Scheme started on 1 July 2018, and will run for 10 years. It is available to people who experienced institutional child sexual abuse.

Tuart Place’s support service for the National Redress Scheme provides free, confidential and professional assistance with the Scheme, including:

- Information and support to consider your options
- Referrals and access to free legal advice
- Trauma informed counselling before, during, and after engaging with the Scheme
- Regular support groups with other people going through Redress
- Individual support to prepare and complete applications
- Face-to-face, phone and online support



For more information about the National Redress Scheme

T: 08 6140 2380

Freecall: 1800 619 795

E: admin@tuarplace.org

More information is available on the National Redress Scheme website:
<https://www.nationalredress.gov.au/>

For more information about Tuart Place

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

E: admin@tuarplace.org

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



Tuart Place is a COTA (WA) Supporter



Age Friendly City of Fremantle 'Volunteering Programs'

General Volunteering

The City has many departments that could potentially host a volunteer looking to share their specific skills or knowledge with the community.

The City of Fremantle has many departments that could potentially host a volunteer looking to share their specific skills or knowledge with the community. Please email info@fremantle.wa.gov.au or telephone 1300 693 736 for a one-on-one chat in person or over the phone.



Potential volunteers are discussed with departments and managers as to whether or not a potential volunteer supervisor has the capacity to supervise a volunteer. The City does not currently have the capacity to host work experience applicants.

Over 55s

Wanjoo Welcome Lounge

The lounge is a community space for people over the age of 55 years. It is run by volunteers and is opened Monday to Friday between 9:00am to 3:00pm.

The City is committed to continue delivering relevant programs for over 55s.



You can book and pay directly for any program you like. Let us know about programs you would like us to organise, by contacting the City's Community Development Officer, Positive Ageing on 1300 MY FREO (1300 693 736) or email info@fremantle.wa.gov.au



Fremantle Tourism Volunteers

Share your love and knowledge of Fremantle with visitors to our port city.

Through the Fremantle **Tourism Ambassador Program**, Fremantle Ambassadors are volunteers who provide a friendly face and local knowledge to ensure visitors are able to experience the best Fremantle has to offer.



There are three types of ambassadors: Visitor Centre Ambassadors, Roving Ambassadors and Cruise Ship Ambassadors.

To find out more about the program, call 08 9431 7878 or email volunteerFVC@fremantle.wa.gov.au

Neighbour to Neighbour

This initiative matches volunteers with vulnerable people who need assistance.

Neighbour to Neighbour: Support, Connect and Inform

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.



The Fremantle incredible volunteers can help with:

- Dog walking
- Picking up groceries, essential goods, or a library book
- Dropping off face masks
- 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 our friendly Neighbour to Neighbour team.

For Support: Telephone: 1300 693 736 or email N2N@fremantle.wa.gov.au

For more information about the City of Fremantle

T: 1300 693 736

Location: Walyalup Civic Centre, 151 High Street Fremantle WA 6160

E: info@fremantle.wa.gov.au

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

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



City of Cockburn 'Volunteering'

Cockburn Volunteer Resource Centre

The Cockburn Volunteer Resource Centre provides information, training and support for volunteers and organisation.

Services for volunteers and community groups

Volunteering is strengthened in Cockburn by connecting, educating, supporting and valuing volunteers and Volunteer organisations.

Location and opening hours

The Volunteer Resource Centre is open by appointment Monday-Friday from 9:00am to 4:00pm. To book a time, call 08 9411 3490.



Location: 9 Coleville Crescent in Spearwood WA (located within the Cockburn Seniors Centre)

Cockburn volunteer newsletter

[Subscribe](#) to receive the online **The Volunteer VOICE** monthly newsletter.

For more information please contact the Cockburn Volunteer Resource Centre on 08 9411 3490 or email volunteering@cockburn.wa.gov.au

Assistance for Community Groups

Find out what the Cockburn Volunteer Resource Centre can offer community organisations, learn how to register for support services and how to advertise your volunteering opportunities.



Through the City, the Cockburn Volunteer Resource Centre can offer community organisations:

- Access to 500 free colour prints per month
- Advertising for volunteer vacancies, across multiple platforms
- Exclusive networking, event and workshop invitations
- Annual Cockburn Volunteer Award opportunities
- Access to the 'Very Important Volunteer (VIV) Card' Program (offering discounts)
- A bi-monthly e-newsletter subscription

Registering for Support Services

Register your Cockburn group, club, not-for-profit or organisation with the Cockburn Volunteer Resource Centre and benefit from the services provided by the City. Call 08 9411 3490 or email volunteering@cockburn.wa.gov.au

Very Important Volunteer (VIV) Card: Volunteers

The Very Important Volunteer (VIV) card provides discounts on products and services at businesses across the City of Cockburn. Find out how to become a card holder or to register your business with the program.

VIV Card Eligibility

To be eligible for a VIV Card you must actively volunteer with a Cockburn local organisation or not-for-profit group supporting the Cockburn community.

It is the responsibility of the group to register its individual volunteers with the Cockburn Volunteer Resource Centre (CVRC) to receive their VIV Cards.

For more information

T: 08 9411 3444

E: volunteering@cockburn.wa.gov.au

W: <https://www.cockburn.wa.gov.au/Very-Important-Volunteer-VIV-Card-Volunteers>

For information about the City of Cockburn

T: 08 9411 3444

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

E: customer@cockburn.wa.gov.au

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

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



Rise Network 'Volunteering at Rise'

Whatever you care about, there is a role for you at Rise

Share your interests and passions and support people in our community.



Administration Support



Kitchen Support



Social Centre Volunteer



Vehicle Detailer



Volunteer Driver



Opportunities for Students

Rise offers many opportunities to Volunteer

From administration support, kitchen support, social centre volunteering, vehicle detailer, volunteer driver and student volunteering, contact Rise to begin volunteering in support of the community.

Have you got a talent or skill you would like to share? Get in touch with Rise at: volunteering@risenetwork.com.au. Rise also offers volunteer work for students, a great way to meet people and gain hands-on work experience. [Register your interest here](https://www.rise.org.au/)

For more Information about Rise Network

T: 08 6274 3700

E: contact@risenetwork.com.au

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

Rise Network is a COTA (WA) Supporter.

Rise
celebrating people

Umbrella Multicultural Community Care 'Aged Care Volunteer Visitors Scheme (ACVVS)'

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



Many seniors suffer from loneliness and a sense of isolation for a number of reasons, such as:

- They have little to no contact with friends or family
- They don't know others from their cultural background
- They have mobility issues that prevent them from taking part in social activities

The ACVVS is a free service that helps seniors improve their self-esteem and wellbeing. It also helps seniors to:

- Increase their sense of purpose
- Maintain independence
- Have a sense of belonging
- Reduce feelings of loneliness and isolation
- Increase longevity
- Develop social connections

To be eligible for a volunteer visit from Umbrella Inc. a person must be:

- From a multilingual, multi-faith, multicultural or LGBTIQ+ background
- At risk of, or experiencing, social isolation
- Living in the Perth metropolitan area
- Receiving a Home Care Package or living in a residential aged care facility

The Umbrella volunteers visit their clients at least once a fortnight and spend time together doing what they both enjoy. Having a chat, a cup of tea, playing a board game, going for a walk or listening to music together are just some of the activities they may do.

Referral process

Potential clients can access the program by self-referral or by a referral from a family member or service provider (such as the Aged Care Assessment Team, a doctor or other health professional).

Make a difference in the life of an isolated senior

ATTENTION! * PAŽNJA * AUFMERKSAMKEIT * AANDACHT * ВНИМАНИЕ * ВНИМАНИЕ * ПАЖЊА * UWAGA * ATENÇÃO * ATTENZIONE

Umbrella are looking for volunteers who speak another language and have one hour per fortnight free to visit an older person in their own home or a residential care facility. Volunteers must agree to a minimum of one visit per fortnight for at least 6 months.

Volunteering benefits

- Training
- Petrol reimbursement
- Free police clearance
- Work references
- Flexible volunteering times
- Networking opportunities
- A rewarding experience

For more information about the Aged Care Volunteer Visitors Scheme (ACVVS)

T: 09 9275 4411 (ACVVS Coordinator)

W: <https://umbrellacommunitycare.com.au/services/at-home-care/age-care-volunteer-visitors-scheme/>

For more information about Umbrella Multicultural Community Care

T: 08 9275 4411

E: enquiries@umbrellacommunitycare.com.au

W: www.umbrellacommunitycare.com.au

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



Southcare Inc. 'Join the Southcare Team'

Use your caring hands to make a difference in a role that also makes a difference to you. Enjoy a supportive team, ongoing training and flexibility with a variety of paid or volunteer roles available.



Hands up if you have caring hands!

Hands up if you want a hands-on job and a life-changing career making a difference, every day and where the job makes a difference to you!

Use your caring hands and golden heart to make a difference

Hands up if you want to join an award-winning team with great culture, great customers, great training, great flexibility and great opportunities!

Whether you join Southcare as a volunteer or employee, in the office or out in the community, you will have a caring team behind you and the work you do will help people who need it most and have the full support of a caring team behind you.

Working as a Southcarer

Southcare uses its caring hands every day, which is why we make a difference in our community every day. As an essential service, they protect, connect, care and share. Southcare are helpers and they have been helping our community since 1982.

Southcare's caring hands hold their five values close: Quality, Respect, Integrity, Cooperation and Empathy. Their values underpin a solid culture and they are proud to promote and live by these values. They are committed to continuous improvement by providing a safe and supportive

environment for all our employees, setting high standards to ensure they are delivering the highest level of services to their valued customers, and they work closely with all employees to ensure those standards are met.

As a Southcarer, you will work with others and together, you will make a difference.

You will have all the training, resources and support you need and you are encouraged to use your initiative in line with the Southcare values to make a difference.

For more information about Vacancies at Southcare Inc.

T: 08 6117 3028

E: hr@southcare.org.au (Human Resources Team)

W: <https://www.southcare.org.au/join-us/>

For more information about Southcare Inc.

T: 08 6117 3028

E: enquiries@southcare.org.au

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

Southcare Inc. is a COTA (WA) Supporter.



VWA 'FAQs for Volunteers'

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

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

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



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

To view 'FAQs for Volunteers'

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

For more information

T: 08 9482 4333

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

Volunteering WA is a COTA (WA) Supporter.



Act Belong Commit 'Ambassadors Program'

What is the Act Belong Commit Ambassador Program?

The Act Belong Commit Ambassador Program engages positive role models to champion mental health and wellbeing and help promote the Act Belong Commit campaign and its important message.

It is expected the collective group of Act Belong Commit Ambassadors will help inspire, motivate and encourage fellow West Australians to prioritise their mental health and foster mentally healthy communities in the settings they have influence.

Ambassadors are actively engaged in promoting the campaign pillars of Act: Do Something, Belong: Do something with someone, and Commit: Do something meaningful.



Adrian Barich
Seven West Media
Presenter



Angela Tsun
Seven West Media
Presenter



Ross Wallman
Radio Broadcaster
Nova 93.7



Rhys Williams
Mayor of the City of
Mandurah



Daljit Dhillon
Public hero from
'Words to Live By
storytelling series'



Doris Hill
Public hero from
'Words to Live By
storytelling series'



Segun Olowoyo
Public hero from
'Words to Live By
storytelling series'



Shelley McGinn
Public hero from
'Words to Live By
storytelling series'

Who are the current Act Belong Commit Ambassadors?

The Act Belong Commit Ambassador Program is a constantly evolving list of Western Australians who have particular relevance and resonate well with different groups in our wider community.

Want to get involved?

Know someone who would be a great Ambassador or you would like to nominate yourself?

[Get in touch](#), Act Belong Commit would love to hear from you.

For more Information

T: 08 9266 1705

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

Act Belong Commit is a COTA (WA) Supporter.



Office of Donna Faragher MLC ‘Meals on Wheels WA’

Meals on Wheels Western Australia (MoWWA) has a long history across our State with over 140 local providers preparing and delivering healthy delicious meals to older Western Australians every day.

For almost 70 years, this valued grassroots service has played a crucial role in supporting the health and wellbeing of thousands of seniors and is so much more than a standard food delivery service. As well as providing nutritious meals, Meals on Wheels helps foster community connections, friendship and enables important checks on a person’s wellbeing.



This is particularly important for seniors in our community who do not have family or friends close by and who may feel isolated or alone.

State Liberal Leader Libby Mettam MLA and Donna Faragher MLC, recently met with Meals on Wheels WA representatives at the Harold Hawthorne Community Centre in Carlisle WA, a local Meals on Wheels service provider. They found it was a great opportunity to hear first-hand from the Centre’s staff about the impact their service has on many seniors across our community. They even got their aprons and hair nets on to assist them in serving and packing orders for delivery.

If you or someone you know is interested in accessing a Meals on Wheels service, please click [here](#) to find your local provider.

For more information about Meals on Wheels WA

E: contactwa@mealsonwheels.org.au

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



Meals on Wheels
Western Australia

Who are Meals on Wheels WA?

For almost 70 years, Meals on Wheels has played a crucial role nationally in supporting the health and wellbeing of thousands of older Western Australians each year, across 90 service locations.

Meals on Wheels services represent a significant and essential piece of social infrastructure, providing front-line, early intervention and prevention in the home and reducing the malnutrition risk faced by 1.2 million older Australians and the social isolation risk to one in four who live alone.

The mission of Meals on Wheels WA is to support well-nourished and independent communities through the delivery of a nutritious meal, social connection and a wellbeing check by our dedicated workforce.

Through the ongoing uncertainty of the COVID-19 pandemic, to devastating bushfires and other crises, Meals on Wheels is an essential service that continues to step up and support vulnerable members of a community at a time when they need it most.

Meals on Wheels WA is the peak state body, representing the community of grassroots services across Western Australia dedicated to the wellbeing, connection and independence of our most vulnerable.

They are committed to the continuous improvement, promotion and sharing of information and ideas for all Meals on Wheels providers throughout metropolitan and regional Western Australia. It is their aim to raise awareness of Meals on Wheels, continue to develop and improve the essential service across the state and acknowledge the unwavering dedication of their paid and volunteer workforce.

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 'Victoria Park Environment Forum'

Hannah Beazley knows that being the Local Member and a local that Victoria Park is passionate about the environment and sustainability.

Over 300+ people identified the environment and sustainability as an issue of concern in her Local Vic Park Community Survey (see comments for the link).

That is why on 3 August 2023, she will be holding a forum at the Victoria Park Carlisle Bowling Club for community members to hear from some local businesses and organisations that are coming up with innovative solutions to tackle the war on waste, including how we can be more environmentally responsible and sustainable citizens.

Hear from the Hon Reece Whitby MLA, Minister for the Environment & Climate Action, on what initiatives the State Government have committed to in tackling climate change, including the \$2.8 billion investment in renewable energy and storage and the goal of net zero emissions by 2050.

Forum details

Date and Time: Thursday 3 August 2023 5:00pm to 7:00pm

Location: Victoria Park Carlisle Bowling Club 18 Kent Street East Victoria Park, WA 6101

To Reserve a Spot, go to: [Victoria Park Environment Forum](#)

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 'Join the Team, Make a Difference Today'

Discover how to stay active and engaged with the community by volunteering at Chung Wah CC. Our entire organisation is dedicated to helping culturally and linguistically diverse seniors, individuals living with disabilities, and their families and careers.

Chung Wah Community Care invites caring, encouraging and nurturing team members who embody their vibrant culture to continue doing what they do best. They strive to create a work environment that inspires and empowers people in our community. So, help them make a difference and build a better community for all.



Volunteering

Knowledge, experience and skill make a good volunteer. A heart of gold with the right attitude and willingness to help others makes a GREAT volunteer. You do not need to be an expert to be a volunteer. Each volunteers is a valued member of Chung Wah CC, regardless if you can only contribute a few hours a month or if you are here every day, they treasure your effort and time.



Chung Wah CC volunteers come from a range of trades and professions. Many come from culturally and linguistically diverse backgrounds. Therefore, the volunteer opportunities are wide-ranging and depend on your chosen area.

Volunteer Opportunities

- Entertainment Performer
- Community Event Helper
- Group Facilitator (e.g. Social support group, interest classes)
- Media Contributor (e.g. Writer, designer, photographer, radio broadcaster)
- Driver, Kitchen Helper, Hub translator and others

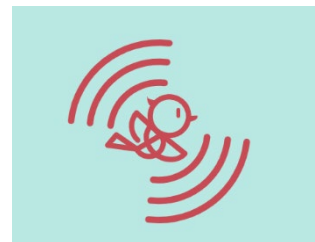


For more information on becoming a CC volunteer, do not hesitate to call 08 9328 3988 to discuss the volunteer roles that best suit you.

Alternatively, you can complete the [Volunteer Application Form](#) and send it to volunteers@chungwahcc.org.au

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@chungwahcc.org.au

W: <https://chungwahcc.org.au/en/>



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

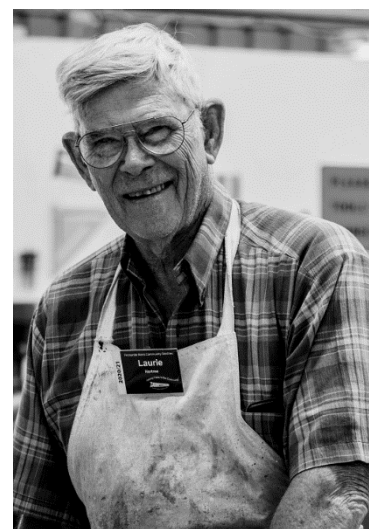
Men's sheds provide a safe, welcoming and encouraging space for men to work on their projects, learn new skills and develop valuable friendships.

Men's Sheds WA launched their brand-new magazine, 'Sheds WA,' dedicated to celebrating shed life, promoting men's health and supporting the men's sheds community.



'Sheds WA' is not just another magazine; with 30 years since the opening of the first Aussie sheds have become a cherished Australian tradition, symbolising a space where men can pursue their passions, work on projects, and connect with others who share similar interests. They aim to honour this tradition by providing engaging content that celebrates the joy of shed life, featuring inspiring stories, practical tips and exciting projects.

Moreover, they believe that a healthy mind and body are essential for leading a fulfilling life. That is why 'Sheds WA' will dedicate some of its pages to men's health, covering topics such as physical fitness, mental well-being, nutrition and relationships.



To download a copy of [ShedsWA Magazine](#)

For further information

T: 08 6381 5324

E: admin@mensshedsa.org.au

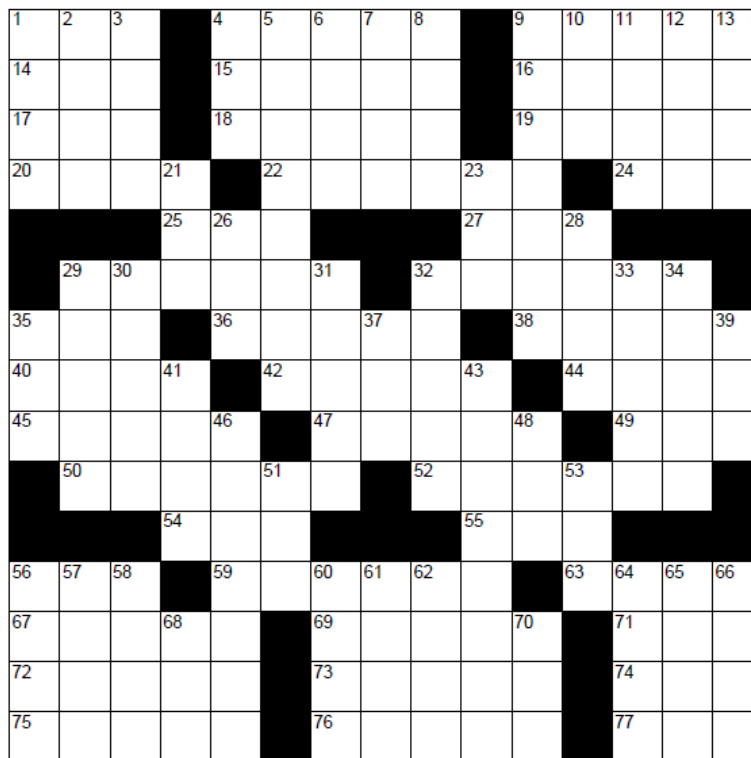
W: <https://mensshedsa.org.au/about/>



'CROSSWORD' Puzzle

*Answers to crossword available at the end of newsletter at Page 90.

AUGUST



By Jimmy and Evelyn Johnson - www.qets.com

ACROSS

- 1 American College of Physicians (abbr.)
- 4 ___-garde
- 9 Sandy area at the edge of the ocean
- 14 Holding or giving off great heat
- 15 Small boat with pointed ends that is moved by using a paddle
- 16 National bird
- 17 Government agency
- 18 Fried bread
- 19 Kitchen seat
- 20 Plateau
- 22 Absence of values
- 24 Exercise place
- 25 Rodent
- 27 Lease
- 29 Dissertation
- 32 Wall recess
- 35 That girl
- 36 Place with many rooms and beds where people pay to stay
- 38 Laughing dog

- 40 Extremely long time periods

- 42 Bird homes
- 44 Take a picture
- 45 African ground squirrel
- 47 Dickens' "___ of Two Cities" (2 wds.)
- 49 Enact
- 50 Blue-penciled
- 52 Rebel
- 54 Sticky black substance
- 55 Last month of year
- 56 Expression of surprise
- 59 Spread
- 63 Sticky black substances
- 67 Start
- 69 Avert
- 71 Down
- 72 Mustang
- 73 Food from heaven
- 74 Luau dish
- 75 Place where cattle, horses, or sheep are raised
- 76 Lament
- 77 Short-term memory

DOWN

- 1 Excuse me!
- 2 Get by
- 3 Parent teacher groups
- 4 American Cancer Society (abbr.)
- 5 Period of rest from school or work
- 6 After awhile
- 7 Taboo
- 8 Seethe
- 9 Adjure
- 10 Consume
- 11 Eager
- 12 Disgust with excess
- 13 Steering mechanism
- 21 To be
- 23 Sick
- 26 Fire remains
- 28 Children's love
- 29 Troika
- 30 Perceived
- 31 Word with home or in
- 32 Marriage site
- 33 Bribeable
- 34 Make into law
- 35 Gender

- 37 Eastern Standard Time
- 39 Inclined
- 41 Lawyer dress
- 43 Lugging
- 46 Faithful
- 48 Evening
- 51 Gray sea eagle
- 53 Halloween mo.
- 56 Shorten (abbr.)
- 57 Goddess
- 58 Competition at the Greek games
- 60 Glory
- 61 Elliptical
- 62 ___ Ranger
- 64 Swiss mountains
- 65 Basic
- 66 Move through the water by using parts of the body
- 68 Incorporated (abbr.)
- 70 Part of a week

Events + Activities

‘National Carers Week 2023: 5 October 2023 to 21 October 2023’

Carers Australia and the network of Carers Associations invite all Australians to be part of Carers Week. Carers Week is Australia’s celebration of carers and is held annually in the third week of October. Carers Week aims to raise awareness of carers, the caring role and relationships, and carer supports and services.

National Carers Week 2023 will take place from Sunday 15 October 2023 to Saturday 21 October 2023.



Carers Week Activity Grants

Carers WA, supported by Lotterywest, is offering not-for-profit organisations and community groups the opportunity to apply for a Community Activity Grant to participate in National Carers Week by hosting an activity (or event) in WA.

Regional or remote organisations, together with those supporting Aboriginal and Torres Strait Islander or culturally and linguistically diverse carers, will be prioritised and encouraged to apply. Grants offered will be of \$500, \$700 or \$800 each (excluding GST), pending the number of expected carers attending.

The objectives of the Carers Week Activity Grants will be to engage and celebrate, collaboratively, with carers in the local community. Demonstration of diversity and inclusion, with positive impact for carers, will be highly regarded. The activity could be, for example, hosting a morning or afternoon tea or yarn with a guest speaker, a picnic, a group gathering including a relaxing, creative, cultural and educational or mindfulness activity.

To apply, please complete the application form and submit no later than COB Friday 4 August 2023.

For more information, please contact Carers WA’s Community Engagement team on **1300 227 377** or engage@carerswa.asn.au.

Please ensure you read the eligibility criteria and [terms and conditions](#) to ensure your group is eligible to apply for this grant.

[APPLY NOW](#)



The Carers Week Activity Grants are proudly supported by Lotterywest.

Carers WA is a COTA (WA) Supporter.

Albany: Carers WA Upcoming Activities

As part of Carers WA continued commitment to providing free practical and emotional support for unpaid carers across WA, they are pleased to connect directly in Albany and the Great Southern Region, Tuesday 15 to Thursday 17 August 2023.

Carers WA CEO, Richard Newman, and Perth based teams from across the organisation, will join with their Great Southern Regional Co-Ordinator, Ronny Mills, to collaboratively present a range of FREE interactive, engaging, informative events and opportunities to increase further awareness of services and supports for those who need them most. All will directly support local health providers, service providers and family carers. Networking opportunities and forums will enable discussion around the current status, opportunities and unique challenges of the carer role in the region.



Registrations open soon for two FREE events on Wednesday 16 August 2023:

- Long Table Lunch for Carers: 11:00am to 1:00pm
- High Tea for Service Providers: 3:00pm to 5:00pm

Carers WA representatives will pro-actively meet with local service providers and government authorities and are available, upon request, to attend meetings or events to provide:

- One on one consultations
- Information sessions for staff, volunteers, community members
- Resource packs to update on all supports and services available

Mr Newman said: “Carers WA acknowledges and values the significant number of unpaid family carers across regional WA. Our free services are readily accessible to them, including counselling, tailored support packages, peer support and online supports. In partnership with our local service providers we are here to support all carers. We welcome carers and service providers to directly engage with us during our time in Albany and the Great Southern Region. We look forward to mutually engaging discussion with positive outcomes.”

For more information and RSVP, visit: <https://www.carerswa.asn.au/our-services/in-the-regions/>

Carers WA is a COTA (WA) Supporter.



Shelter WA 'Homelessness Week 7-13 August 2023'

2023 theme is: It's time to end homelessness: A spotlight on the regions

Homelessness week raises awareness outside the sector to the entire community to take action to end homelessness and places a spotlight on place-based solutions to ending homelessness.

Homelessness looks very different across WA, and rates of homelessness tend to be higher in Regional WA than they are in the city. For example, the rate of homelessness in the Kimberley is around 10 times higher than it is in the Perth Metro region.



It's time to end homelessness Spotlight on the regions

In fact, eight of the 10 regions in WA have higher rates of homelessness than Perth Metro. In spite of these high rates of homelessness, we know that it can be harder to access homelessness services in regional WA than it is in the city.

For Homelessness Week 2023, events will decentralise across Perth and into regional and remote areas, highlighting the issues of homelessness in the regions and showcasing regional community initiatives to end homelessness.

A [grants program administered by Shelter WA](#) prior to Homelessness Week will distribute grants to organisations across regional WA to host an event or implement a project during Homelessness Week. During Homelessness Week itself, these initiatives will be showcased through a number of events to be held in Perth.

For information about Homelessness Week 2023 events: [Shelter WA Homelessness Week 2023 Program](#)

Shelter WA believes that everyone has a right to a place to call home

Shelter WA is the independent peak body in Western Australia that advocates for social and affordable housing and ending homelessness.

Having a place to call home is a basic human right. Housing unlocks opportunity, enhances health and wellbeing, provides access to educational and employment options. It enables people to fully participate in community life.



shelterwa

‘Cycling Without Age’

‘Cycling Without Age’ Australia has chapters in Albany + Perth + Rockingham + Sorrento + York + Mandurah.

[For more information on these chapters](#)

The concept of ‘Cycling Without Age’ is taking older people (or those with disabilities) out for bike rides in specially built trishaw bikes piloted by volunteers. The bike rides are free of charge. The mission is to build bridges between generations and help prevent loneliness, while providing older people an opportunity to avoid social isolation and remain active in their community by taking them out on bike rides.



‘Cycling Without Age’ Australia do not want cost to be a prohibitive factor in experiencing the joy and inclusivity of their trishaw rides. For our services to remain sustainable, we need financial support. ‘Cycling Without Age’ Australia welcomes donations (tax deductible) and also offers sponsorship opportunities for organisations wishing to advertise their support.

‘Cycling Without Age’ Australia Facts

- First trishaws in Australia in 2016
- ‘Cycling Without Age’ Australia incorporated as a registered charity in 2019
- Operational Chapters = 35
- independently governed = 20
- Governed by ‘Cycling Without Age’ Australia = 15
- Number of ‘Cycling Without Age’ Affiliates = 45
- Number of volunteers = over 600
- Oldest volunteer = 81 years’
- Oldest passenger = 107 years’



GRAI 'New WA program to reduce loneliness among LGBTIQ seniors'

The LGBTI and LGBTIQA+ Intergenerational Program Grant will build connection and understanding across generations, address loneliness and raise awareness of ageism.

[WA Program for LGBTIQ Seniors](#)

Establishing and maintaining supportive, non-judgemental connections to community for LGBTI older people is really important, to help ensure they maintain their mental health and wellbeing as they age.



The program aims to connect older LGBTI people at risk of loneliness and social isolation with young LGBTIQA+ volunteers to engage in conversation and connection.

Research by the Australian Institute of Family Studies shows that despite increasing social acceptance of LGBTIQA+ people in Australia, as they grow older they face unique issues that often impact on their wellbeing, for example invisibility, social isolation and marginalisation by service providers.

By fostering intergenerational connections, it is hoped participants will explore shared experiences, foster new understandings of LGBTIQA+ history and have enhanced respect for the life journeys of all LGBTIQA+ people.

For more information

More information about the program can be found at: <https://grai.org.au/>

E: villagehub@grai.org.au (Rowan)





Our Voices Have Changed the World
LGBTI+ Intergenerational Life History Project

*Are you an older LGBTI person who has
seen some things?
been through some challenges?
celebrated well?
had some unique experiences?*

*We have some younger LGBTI+ volunteers
who'd love to visit you a few times and
hear your stories.*

*Your life history will be published in a
booklet and held in the State Library of WA*
Email Rowan at villagehub@grai.org.au

City of Belmont 'Events + Activities for Seniors'

Age Friendly events: August 2023

<p>Belmont Interest Group: The Body in the bag</p> <p>Hear an engrossing story, where members of the public found a bag of old remains and forensic scientists were able to identify the victim of a murder and bring the killers to justice.</p>	<p>Date: Friday 4 August 2023</p> <p>Time: 2:30pm to 4:30pm</p> <p>Location: Seniors Hub, Plaza Entry, 213 Wright Street, Cloverdale WA</p>
<p>Forget me Not Café</p> <p>Do you live with dementia or care for someone who does? Join the City of Belmont at Belvidere's Bar for a morning of coffee and friendly conversation.</p>	<p>Date: The 4th Wednesday of every month</p> <p>Time: 10:00am to 12:00pm</p> <p>Location: Belvidere's Bar, 40 Belvidere Street, Belmont WA</p>
<p>Get walking!</p> <p>Walking is a great way to explore the City of Belmont and enjoy a range of important health benefits.</p>	<p>E: recreation@belmont.wa.gov.au</p> <p>T: Leisure Services team on 08 9477 7454</p>
<p>CountUSin</p> <p>If you are looking for ways to live a more connected, active and healthier lifestyle, you might enjoy the 'Creating Healthy Communities Together' program.</p>	<p>E: Healthy.Communities@belmont.wa.gov.au</p> <p>T: City's Healthy Communities Officer on 08 9477 7438</p>

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



BELMONT
CITY OF OPPORTUNITY



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

National Seniors Australia 'Retirement Living Study'

This study considers questions about how and whether to change one's lifestyle and accommodation circumstances as we get older.

The survey looks at:

- Things that trigger a change / move
- How people make decisions
- Motivations and barriers
- Expectations and preferences
- The experience of living in a new community

National Seniors Australia use the terms Retirement and Lifestyle villages as a catch-all for over-55s / Lifestyle / Independent / Assisted living accommodation options throughout the survey.

Feedback from the study will be used to inform providers on the priorities consumers have for accommodation types, facilities and support services, as well as communication needs as Australians navigate this complex landscape.



Share your thoughts for a chance to win an iPad

At the end of the survey are several optional but important questions on aged care funding. These questions have been included by National Seniors Australia (NSA) to gauge your thoughts. These will assist NSA in their advocacy on aged care.

To complete the survey: [National Seniors Australia 'Retirement Living Study 2023'](#)

The survey will take about 10-12 minutes to complete. Thanks for providing input to help shape the future of retirement and lifestyle village living in Australia.



Macquarie University 'Volunteers needed for Hearing Research Projects'

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

They are looking for volunteers to participate who are:

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

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

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

Participation is open throughout 2023.

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

T: 0481 863 983

E: halosresearch@mq.edu.au

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



MACQUARIE
University
SYDNEY • AUSTRALIA

Support Information

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

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

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



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

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

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

This service is available across WA for individuals and groups.

To book a session

T: 08 9440 1663

E: info@nsclegal.org.au

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



northern suburbs
community
legal centre



AfCAS 'Access to Respectful Aged Care for Migrant and Aboriginal Seniors'

The Association for Culturally Appropriate Services (AfCAS) are hosting a seminar 'Access to respectful aged care for Migrant and Aboriginal Seniors'

Benefits for those providing services to seniors:

- Learn how you can provide quality care and be a provider of choice for our diverse population
- Hear experiences of ethnic and Aboriginal aged care service providers in the service of their clients
- Gain an understanding of the aged care sector and how to navigate it



For Aboriginal and Migrant seniors, their carers, families and communities

- Learn to access quality care that meets the cultural and linguistic needs of migrant seniors and their families
- Understand how to access language services in aged care

Panels and discussions

- Perspectives on aged care access for Aboriginal seniors
- Chung Wah Community Aged Care | The EnCOMPASS Multicultural Aged Care Connector program
- Marc Orlando | Language as an Accessibility Service
- Fatih Karakas and Icon Agency | Access to language services; the migrant aged care experience through the eyes of carers
 - Get answers from expert presenters in an engaging panel discussion

Details: Online or in person

24 August 2023: 8:00am to 10:30am AWST

544 William Street, Mt Lawley WA

- \$25 for non-members/non NAATI credentialed/not All Grad employee
- \$20 for AfCAS members/NAATI credentialed/All Grad employees
- \$10 for students

Those who register will receive a recording of the event, a certificate of attendance and 10 PD points towards NAATI recertification.

Click here to Register: [Seminar Registration Survey](#)

For all enquiries, please contact Mary Gurgone:
infor@afcas.net



Association for Culturally Appropriate Services

New Social Support Groups: Brought to you by Carers WA Linking Together Group

Calling all carers in Bridgetown, Katanning and Bayswater/Bassendean.

Are you looking for a supportive community that understands the joys and challenges of being a carer?

Join one of our monthly Carers WA Linking Together group, starting soon near you.

- FREE attendance and participation as long as you are registered with us
- A safe space to rest, recharge and boost wellbeing
- Meet with fellow carers to share your experiences
- Enjoy complimentary coffee and cake
- Led by compassionate volunteers
- Feel empowered in your caring role

To learn more about the Carers WA Linking Together Group or to register, visit: www.carerswa.asn.au/social-support/

Remember, you are not alone on this journey. Together we can find solace, support and strength.

Carers WA is a COTA (WA) Supporter.



WA Healthdirect update: 'Seek health advice if you have COVID-19 symptoms'

Seniors remain especially vulnerable to the effects of COVID-19.

If you develop COVID-like symptoms, you should get tested as soon as possible using a rapid antigen test (RAT).

Alternatively, you can get a referral for a PCR test at a pathology clinic from your GP or other medical practitioner.

If you test positive for COVID-19, you should stay home for at least 5 full days and until your symptoms clear.

If you are concerned about your health, see your GP or other health care provider as soon as possible.

Health advice is also available from healthdirect on 1800 022 222

Callers seeking COVID-19 information, such as how to protect themselves from COVID-19, can contact the National Coronavirus Helpline on **1800 020 080**.

Information about COVID-19 is also available on the HealthyWA website at:

<https://www.healthywa.wa.gov.au/coronavirus>

You are encouraged to stay up to date with your COVID-19 vaccinations. More information about COVID-19 vaccinations is available at:

[www.healthywa.wa.gov.au/Articles/A E/Coronavirus/COVID19-vaccine](http://www.healthywa.wa.gov.au/Articles/A_E/Coronavirus/COVID19-vaccine)



Government of Western Australia
Department of Health

Connect Victoria Park 'Connect Community Housing'

Connect Victoria Park provides Community Housing to 76 people aged over 60 on low incomes.

Community Housing is affordable housing for people on low to moderate incomes with a housing need, generally managed by a not-for-profit organisation like Connect Victoria Park.

Connect Victoria Park own and manage 70 studio apartments and one-bedroom units on Mackie and Cargill Streets in Victoria Park, which have been built over three decades starting in the 1960's.



Vic Park grew and developed around this housing and today Connect's units are interspersed in the community, close to cafés, restaurants and retail, easily accessible by public transport. They are a few blocks from

the Swan River foreshore and a 10-minute bus ride to Perth's CBD. As a Community Housing provider, the rent charged is related to tenants' income (25% to 30%) and you are never charged more than 75% of the market rent for a similar property in the Vic Park area.

Connect Community Housing offers independent living, which means tenants need to be able to perform daily tasks at home and care for themselves. As supportive landlords, however, they care about their tenants' physical and mental wellbeing and refer tenants to appropriate external services. They also encourage their tenants to make the most of the Village Hub.

The Village Hub is located next door to the Community Housing units and all tenants are automatically members, with access to a wide range of activities and opportunities for social connection, as well as the chance to help shape a community of like-minded people interested in ageing successfully.



Appropriate housing is key for health and wellbeing, as it provides not only security and stability, but autonomy and freedom to pursue other interests, keep connected and contributing to community.

The Housing + Hub are managed with the aim of creating a sense of community, independence, security and an environment that encourages a sense of pride, happiness, pleasure and joy.

For further information about Connect Community Housing and how to apply

T: 08 9361 2904

E: housing@connectvictoriapark.org

W: [Connect Community Housing](#)

Australian Human Rights Commission 'Planning Ahead'

The [Australian Human Rights Commission](#) has produced a range of educational resources to raise awareness about the importance of planning ahead for later life.

The focus of the **Have You Thought About Later Life?** Campaign is to provide resources in English and five community languages to support Australians to have these conversations.

About planning ahead for later life

Future planning empowers older people to have choice and control over their senior years and provides peace of mind for them and their loved ones. It involves thinking about and then talking to those you trust about your future healthcare, financial and lifestyle choices.

For more information and links to the Commission's other elder abuse resources, [go to the Elder Abuse webpage](#).

Planning ahead maximises your opportunity to live and enjoy your later years the way you want and helps those around you understand your wishes and how best to support you. Making plans can safeguard your rights in the future, reduce family stress and conflict, and even protect you against elder abuse.



Resources to help you plan ahead

The Commission's free 'Planning Ahead for Later Life' resources for sharing with your community include: Conversation Guide, Frequently Asked Questions and Community Information Videos of diverse communities discussing their experiences with planning for later life and Radio and Social media tiles.

These resources are currently available in six languages: English, العربية / Arabic, 简体中文 / Chinese (Simplified), Ελληνικά / Greek, Italiano / Italian and Tiếng Việt / Vietnamese

Preventing Elder Abuse

Age Discrimination Commissioner, the Hon Dr Kay Patterson AO, continues to work closely with key stakeholders to prevent and raise awareness of elder abuse. The Commissioner encourages all Australians to safeguard their rights by planning ahead.

More information

[See more information and links to resources about future planning](#)

[Australian Human Rights Commission](#)



Tuart Place *'care finder service'*

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

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

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



Supported by

**WA Primary
Health Alliance**

phn

PERTH NORTH, PERTH SOUTH,
COUNTRY WA

An Australian Government Initiative

Margaret can assist you with:

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



For more information

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

E: admin@tuartplace.org

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

Tuart Place is a COTA (WA) Supporter



Tuart Place
Growing Strong Together



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

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

Keep active and warm

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

Get the Free Flu Vaccine

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

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

Talk to your GP or immunisation provider to learn more.

Protect yourself, protect others

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

Stay up to date with COVID-19 Vaccination

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

Healthy Habits

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

Jump Online

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



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



Carers WA 'Carer Gateway Services'

What is Carer Gateway?

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

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



How do I access Carer Gateway services?

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

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

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

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

For more information on how to access the Carers Gateway Services

T: 1800 422 737

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

Carers WA is a COTA (WA) Supporter



WA Scam Net 'Spotting Scams'

Are you interested in learning more about internet security and how to protect yourself when using your computer?

If you think you have received a scam via email or on your mobile: [Scamwatch Report a Scam](#)



Society is increasingly reliant on computers and the internet across all aspects of life.

Computers are central to our communication, our business and our social lives. Looks at several simple strategies that you can use to protect and strengthen the security of your computer: [Computer Security](#)



A large amount of personal information is now being shared and stored on computers and in cyberspace. There are many simple steps which you can take to reduce the likelihood that another person can use your identity.

Helps you learn how to better protect your identity when using the internet: [Identity Crime](#)



There are great benefits in being able to use social networking to communicate with others. However, it is not surprising that with so many people using social networking sites, that criminals are also using this technology for criminal activities. Looks at what you can do to prevent it from happening to you:

[Social Networking](#)



Too often, emails that appear in our inboxes are not what they seem. While you might get lots of emails from your family, friends and mailing lists that you have signed up to, there are often a lot of emails from people you do

not know. Shows you what to look out for and how to protect yourself when using email:

[Fraudulent Emails](#)



The internet has increased our ability to do many things, including banking. By taking some simple steps to secure your computer, you can enjoy the benefits of internet banking. Shows you how to protect yourself and reduce

the chances that you become a victim of fraud: [Internet Banking](#)

For more information about WA ScamNet

T: 1300 304 054

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



ACCC AUSTRALIAN
COMPETITION
& CONSUMER
COMMISSION

SCAMWATCH



WA ScamNet

Careteq Announces New Product and Partner 'Fall Detection Radar System TEQ-FallsAlert in Australia'

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

For more information: [Careteq Announces New Product and Partner](#)

Right image: TEQ-FallsAlert radar in living room

Careteq the parent company of assistive technology solution provider **Sofihub** has launched the fall detection radar system **TEQ-FallsAlert** in Australia.

Rather than a wearable, the system uses radar technology to detect falls and then alert friends or family members via an SMS so they can respond. It can detect falls from standing, seated or horizontal positions.



The plug and play system, which has no cameras, audio or recording, is being pitched at seniors who have had or are at risk of falls and want that extra layer of security in the home.

Careteq Executive Chairman, Mark Simari said the company was thrilled to introduce **TEQ-FallsAlert** to the Australian market.

By addressing the critical issue of falls in the elderly population, Careteq aim to provide a reliable and efficient means of fall detection that enhances safety, reduces the risk of long lie falls and promotes independent and dignified living.

Partnership provides seniors a pricing deal

Careteq has also announced a partnership with advocacy group **National Seniors Australia** to offer a pricing deal on TEQ-FallsAlert and fellow Sofihub product TEQ-Secure.

TEQ-Secure is a lightweight personal alarm featuring an SOS button and automatic falls detection. It is equipped with GPS and mobile network technology so friends and family can instantly pinpoint a person's live location and help can be sent when needed.

National Seniors Australia Chief Operating Officer, Chris Grice said the two products could enhance the life and wellbeing of senior Australians, particularly as more of them are wanting to maximise their independence and remain at home.



TEQ-FallsAlert radar and phone alert

TEQ-Secure alarm pendant

National Seniors Australia believe Careteq's assistive living technology is a valuable solution for their members as it offers peace of mind to both users and their loved ones.

Similarly, National Seniors is the right partner for Careteq given it is the leading voice for all seniors in Australia, said Mr Simari.

The organisation's large member database and extensive reach into Careteq's target demographic gives them a platform to increase awareness of their unique solutions, educate older Australians on Careteq's products and services and help them gain further insights into their customers.



TEQ-Secure alarm pendant



TEQ-FallsAlert

POWERED BY SOFIHUB



Centacare 'Connecting Up'

Centacare Employment and Training have recently launched a new program to support migrants and refugees to learn English, develop computer skills and find pathways into education and employment.

A free educational program designed to support migrants and humanitarian entrants in developing skills that will assist them to integrate into the West Australian community.



This program will be delivered face-to-face at Centacare's West Perth training site with flexible learning options that cater to each individual's needs. Participants will create a unique pathway support plan, learn new skills and build relationships with their peers while they settle into Australia.

- English Class: Practice English language and learn about the Australian culture and community
- Resume Writing and Interview Preparation: Get support with employment skills
- Navigate the Digital World in Australia: Use website required by government and daily activities, such MyGov, Medicare, etc.
- One-on-one Mentoring: Access to additional support and guidance

Am I Eligible?

This program is open to all migrants and humanitarian entrants in Western Australia. For more information about eligibility contact:

T: 08 9482 7044

E: connectingup@centcarewa.com.au

W: <https://www.centcarewa.com.au/connecting-up-program/>

Classes run Monday to Friday 9.30am to 2.00pm. Participants can choose when to attend class during class sessions.

Location: Centacare Level 1, 823 Wellington Street West Perth WA



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. 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 logo consisting of a circle of dots with a white map of Australia in the center, and the text 'PalliativeCare' in white and red, with 'WESTERN AUSTRALIA' in small white letters 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/>



Good Things Foundation 'Digital Sisters'

Join Good Things Foundation's new digital inclusion program for refugee and migrant women.

Digital Sisters is Good Things Foundation's new program to build digital skills and confidence of refugee and migrant women. They want to make sure that everyone has the essential skills required to connect with the community and access the workforce.

About the Digital Sisters program

Digital Sisters is a new digital inclusion program by [Good Things Foundation Australia](#) for refugee and migrant women. The program aims to empower women to build digital skills, confidence and connections in the Australian community. They are looking for 20 community partners to help us close the digital divide for refugee and migrant women.

They are creating a digital literacy program for refugee and newly arrived migrant women aged 18 to 50 years. The program is being designed to be culturally appropriate and build skills and connections in local people, support services and communities.

What is the Be Connected Network?

The Be Connected Network is Good Things Foundation's national network of community organisations helping to close the digital divide. There are over 3,500 Network Partners across Australia.

Do the Digital Mentors have to be bilingual or have a second language?

Is not mandatory to have a bilingual digital mentor. But, for the purpose of the program it is preferred that mentors speak the community language or have plans for translation in place at time of application. This will help us to better support refugee and new migrant women.

For more information: <https://www.beconnectednetwork.org.au/digitalsisters>

Digital Sisters

Building digital skills and connections for women



Good Things
Foundation Australia

BreastScreen WA 'BreastScreen and You'

What is BreastScreen Australia?

BreastScreen Australia is the national screening program for breast cancer and started in 1991 with the aim to reduce illness and death from breast cancer through the early detection of the disease using mammography screening. They offer screening mammograms for women aged 40 years and over.



Screening mammograms are used to find breast cancers early, before they can be seen or felt. A mammogram is an X-ray picture of the breast. By finding breast cancers early, screening mammograms reduce deaths from breast cancer.

BreastScreen Australia is a free service and women do not need a doctor's referral.

Who can attend BreastScreen?

BreastScreen Australia specifically targets women aged between 50 and 74 years and invites them for a free screening mammogram every two years. This is because the evidence of benefit is strongest in this age group.

Women aged between 40 and 49 years, or 75 years and older can also have a free screening mammogram through BreastScreen Australia.

Screening mammograms are not effective for women under 40 years.

To make an appointment with BreastScreen WA

Appointments: 13 20 50 will connect you to your local BreastScreen service, so you can make an
Information: 08 9323 6700

Translating and Interpreting Service (TIS): 13 14 50

W: [BreastScreen WA](#)

W: [BreastScreen and You](#)



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

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, or
- not have a carer of support person they feel comfortable or trust to support them, and
- be eligible for government-funded aged care.

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

- have difficulty communicating because of language or literacy problems
- find it difficult to understand information and make decisions
- 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

ANSWERS to the 'CROSSWORD' Puzzle (see Page 57)

AUGUST

Solution:

1	A	2	C	3	P		4	A	5	V	6	A	7	N	8	T		9	B	10	E	11	A	12	C	13	H
14	H	O	T				15	C	A	N	O	E						16	E	A	G	L	E				
17	E	P	A				18	S	C	O	N	E						19	S	T	O	O	L				
20	M	E	S	21	A		22	A	N	O	M	23	I	E				24	G	Y	M						
				25	R	26	A	T						27	L	E	T										
		29	T	30	H	E	S	I	31	S			32	A	L	C	O	33	V	34	E						
35	S	H	E			36	H	O	T	37	E	L		38	H	Y	E	N	39	A							
40	E	R	A	41	S		42	N	E	S	T	43	S		44	S	N	A	P								
45	X	E	R	U	46	S		47	A	T	A	L	48	E		49	A	C	T								
		50	E	D	I	T	51	E	D			52	R	E	V	53	O	L	T								
					54	T	A	R					55	D	E	C											
56	A	57	H	58	A		59	U	N	60	F	61	O	62	L	D		63	T	64	A	65	R	66	S		
67	B	E	G	68	I	N				69	A	V	O	I	70	D		71	L	O	W						
72	B	R	O	N	C					73	M	A	N	N	A			74	P	O	I						
75	R	A	N	C	H					76	E	L	E	G	Y			77	S	T	M						

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Jimmy and Evelyn Johnson

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