



COTA Connections

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

SEPTEMBER 2023

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From the Chair

Our newsletter includes some great information on the follow topics:

- COTA Australia and OPAN 'Have your Say on the Future of Aged Care'
- RSLWA 'The Perth Korean War Memorial 70th Anniversary'
- 'A Momentous Occasion for the Chung Wah Association'
- Australian Federal Government '60-day Dispensing Policy'
- Cancer Council WA 'Life Now Exercise and Meditation Programs'
- 'Measuring Australia's Digital Divide'
- Marion Coldwell, author of 'Children for Rent', Telling Your Story
- National Child Protection Week 'Gift of generosity to help WA children in care'
- COTA Australia 'Aged care watchdog report recommendations important for improving outcomes for older Australians'
- AHURI 'Explores options for older Australians living in unaffordable housing on low incomes'
- WA State Government 'Millions in cost of living rebate payments for WA seniors'
- Age Discrimination Commissioner Dr. Kay Patterson 'Call for ageism awareness training for workers'
- National Seniors Australia 'Retirement Living Study Results'
- Dementia WA 'Is it possible to die well with dementia?'



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

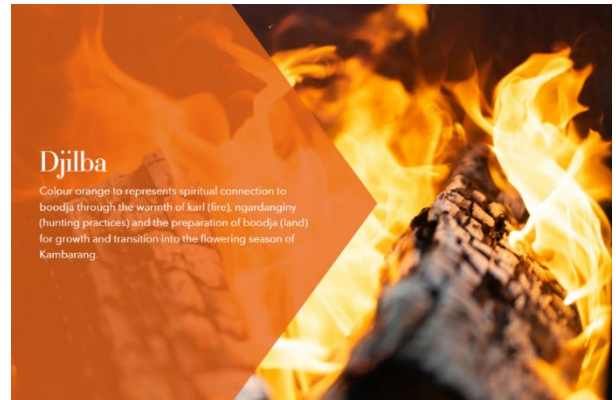
If you have something of interest or value that you would like us to share, please contact Dana at: dana@cotawa.org.au.

Mary Anne Stephens, Chair

'Djilba: Second Rain (August + September) Season of Conception'

The colour orange represents spiritual connection to boodja through the warmth of karl (fire), ngardanginy (hunting practices) and the preparation of boodja (land) for growth and transition into the flowering season of Kambarang.

Djilba is welcomed by the bright yellow flower of many Acacia varieties. Mindaleny (Prickly Moses - Acacia pilchella) is one of the first to be seen. The weather is cold and birds are taking shelter from the sudden showers, then busy themselves with nest preparation during the mild sunny days. Food is abundant and animals begin pairing to prepare for offspring. Yonga (Kangaroos) and weitj (Emus) are taking advantage of the new growth and venture further inland as water sources are replenished and food is in abundant supply.



The foraging habit of Emus teaches their young how to survive and also helps to deliver seeds to new areas for future growth, maintaining the reliable food source. Possums (Ngwir) are extremely territorial and will venture out during the night but always return to their home tree where the koormal (female possum) starts to prepare a den for new offspring while the kelang (male possum) helps to collect soft supplies. The Galyang (Ridgid wattle - Acacia cochlearis), Kudjong (Orange wattle, Acacia salinga) are expected to burst with colour and gloriously flower mid-season.

As we progress though the season and the weather warms, we can expect protective koolbardi (magpies) to guard their nest area by swooping upon uninvited guests, the djidi (willy wagtail) dances to distract and chase larger birds and predators away with a swoop and loud clicking sound. The brushtail possum sometimes takes bird eggs for protein and is relentlessly chased away by the djidi. Nearing the end of the season, the grass tree (balga) will grow magnificent flower stalks and the yellow-green large cone flowers of the poolgarla (bull banksia - banksia grandis) can be seen. Traditionally, the cones were used to start campfires (karla) and were also useful for transporting the hot fire coals to a new location.

Important Note

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

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

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

Have your Say on the Future of Aged Care

Help the Council on the Ageing (COTA) Australia and the Older Persons Advocacy Network (OPAN) inform the Australian Government of your views on two major reforms:

- The new Aged Care Act and the rights and other foundational aspects it contains
- Funding principles for a sustainable aged care system



We are holding consultations in August 2023

and September 2023 to provide a platform for older people, families, carers and people of all ages interested in the future of aged care to share their knowledge and insights.



To have your say about the future of aged care, you can:

- Register for in-person consultation forums across Australia, where you will have the opportunity to provide feedback in a safe and inclusive setting
- Share your views on the future funding of aged care in a COTA/OPAN Aged Care Funding Principles Survey

You can also provide your feedback directly to the Australian Government via surveys and submissions.

For registration support call 1800 001 321.

For more information or to sign up visit:

<https://opan.org.au/about-us/news-and-events/consultations/>



RSLWA 'The Perth Korean War Memorial 70th Anniversary'

The Perth Korean War Memorial was officially unveiled at a ceremony at Kings Park which was attended by veterans who served in the war and dignitaries from both Australia and South Korea.

The memorial was unveiled on the 70th anniversary of the Armistice of the Korean War by Premier Roger Cook, the Korean Ambassador to Australia Wan-Joong Kim, veterans from the war and other dignitaries from Western Australia and Korea.

RSLWA President Duncan Anderson (pictured right), laid a wreath during the ceremony saying, RSLWA was proud to participate in the unveiling of the memorial, 70 years since the Armistice was signed in Korea.

"This memorial takes its rightful place alongside so many memorials that commemorate the sacrifice of so many in the name of our great nation," he said.

Work to erect the Perth Korean War Memorial began in 2018, with members of the RSL Highgate Sub-Branch playing an instrumental role in bringing the project to life along with the Perth Korean War Memorial Committee.

Committee Secretary Peter Heeney said many of the 44 veterans of the Korean War who were at the ceremony were so emotional and amazed.

"So many were crying and were so emotional because the forgotten war is no longer forgotten in Western Australia. They were just absolutely amazed, it was very emotional," he said.

The memorial received huge support from both the Australian and Western Australian Governments, as well as the **Republic of Korea and County of Gapyeong, which donated the memorial's centrepiece, a five-tonne rock shaped like the Kapyong Mountains that was taken from the battlegrounds of the war.**

The memorial features the names of 1,916 Western Australian veterans who served in the war between 1950 and 1953, and those who served in the United Nations peacekeeping mission in the years following until 1956.

The paving around the memorial has been shaped in the Rose of Sharon, which is the national flower of South Korea.



Premier Roger Cook said the location and design of the memorial has created a fitting site for all who wish to pay their respects. "The creation of this memorial corrects a long-standing wrong in Western Australia," he said.

"The Korean War is the 'Forgotten War' no more."

Veterans Issues Minister Paul Papalia said the WA Government was proud to have contributed to the creation of Perth's Korean War Memorial.

"Thirty-four Western Australians were killed in action and another five died during peacekeeping efforts in the years that followed. All 39 are acknowledged in an honour role at the front of the monument," he said.

"Close to 90 Korean War veterans are still alive in Western Australia.

For more information, visit the RSLWA website: [Perth Korean War Memorial Honours Western Australian Veterans](#)



RSLWA



Australian Government
Department of Veterans' Affairs

'A Momentous Occasion for the Chung Wah Association'

A Momentous Occasion for the Chung Wah Association!

中华会馆值得铭记的历史时刻

The Chung Wah Association is proud to share the news on the transfer of land for the construction of the future Chung Wah Community Centre, at the corner of Nyamup Way and Hedley Street in Bentley.

The Premier of Western Australia, the Honourable Roger Cook MLA officially announced the transfer of the land to the Chung Wah Association on the 5th of August 2023.

As the oldest ethnic association in WA, this will enable Chung Wah to continue to support the community as it has done for the last 114 years.



Please visit [here](#) for the full Media Release.

For more information about the Chung Wah Association or Chung Wah Community Care

T: 08 9328 3988

E: enquiry@chungwahcc.org.au

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



Australian Federal Government '60-day Dispensing Policy'

60-day prescriptions of PBS medicines

Learn about the changes to Pharmaceutical Benefits Scheme (PBS) medicine prescriptions.

From 1 September 2023, many patients living with an ongoing health condition who are stable on their current treatment will be able to receive twice the medication for the cost of a single prescription.

This will apply to more than 300 common medicines listed on the pharmaceutical benefits scheme (PBS) and will be implemented in 3 stages over 12 months.

The Australian Medical Association (AMA) has said it 'thoroughly welcomes' the outcome, ending a years-long wait for the policy to become a reality.

AMA President, Professor Steve Robson thanked the Senate for ensuring that patients can soon access cheaper medicines while making fewer trips to the pharmacy to refill scripts.



When fully implemented on 1 September 2024, the changes will mean millions of Australians with ongoing health conditions will save money and time with 60-day prescriptions.

Clinical experts from the independent Pharmaceutical Benefits Advisory Committee (PBAC) recommended introducing 60-day prescriptions for patients with ongoing health conditions who are stable on their current treatment.

The full list of PBS medicines recommended by PBAC as suitable includes some medicines for ongoing health conditions such as: asthma, breast cancer, cardiovascular disease, chronic obstructive pulmonary disease (COPD), constipation, chronic renal failure, Crohn disease, depression, diabetes, endometriosis, endometrial cancer, epilepsy, glaucoma and dry eyes, gout, heart failure, high cholesterol, hormonal replacement and modulation therapy, hypertension, osteoporosis, Parkinson disease and ulcerative colitis.

The full list of eligible medicines that have been reviewed and recommended by PBAC as suitable for 60-day prescribing is available on the [medicine list for increased dispensing quantities](#).

Importantly, doctors will have the option to prescribe medicines for either 30 or 60-day prescriptions, according to their professional clinical judgement.

Benefits and cost savings

When a PBS medicine can be prescribed for 60-days patients can save:

Up to \$180 a year, per medicine for general patients

Up to \$43.80 a year, per medicine for concession card holders

Everyone buying a PBS medicine on a 60-day prescription will save money. Patients are expected to save more than \$1.6 billion over the next 4 years through the introduction of 60-day prescriptions, with some patients halving their annual PBS medicine costs. A patient taking only medicines that have a 60-day prescription can halve their number of trips to the doctor and pharmacist to fill a script for that medicine. This will free up millions of GP visits and make it easier to see a doctor.

The PBS Safety Net will continue to support general patients that spend more than \$1,563.50 on PBS medicines in a year. Concession card holders can apply for the Safety Net when they spend more than \$262.80.

With a 60-day prescription, many patients will save so much on their medicines that they will not need the Safety Net. Others will reach the safety net later in the year, having spread their medicines costs over a longer period. Importantly, medicines will be cheaper for all patients on 60-day prescriptions.



The benefit for patients is that their total annual medicines cost will be spread out over a greater period of time, resulting in a lower monthly medicines cost.

Those patients that hit the threshold later in the year will not pay more.

Concession card holders will pay the same as they usually do: \$262.80 for 2023, before receiving the rest of their prescriptions for free for the remainder of the year.

Even if a concession card holder still reaches the threshold, they will benefit from cheaper medicines, because they will not have to wait until they hit the threshold to save money on medicine and will get help with their cost of living sooner, rather than later.

Someone with a Medicare card who does not hold a concession card will pay for fewer prescriptions each year and continue to benefit from the PBS Safety Net of \$1,563.50, paying the concessional rate for any remaining prescriptions above this amount for the year.

Stage One: From 1 September 2023

The first stage of medicines eligible for 60-day prescriptions will support patients who are stable on their current treatment and living with ongoing health conditions including cardiovascular disease, Crohn disease, gout, heart failure, high cholesterol, hypertension, osteoporosis and ulcerative colitis.

Stage one includes 92 medicines (256 PBS items) and represents roughly one third of all the medicines eligible for 60-day prescriptions. The 256 PBS items include the different forms (strength and presentation) of the stage one medicines.

See the [list of the stage one medicines](#). The order of medicines to be made available in stage 2 and 3 is still being finalised.

Medicine supply

Moving to 60-day prescriptions will not cause medicine shortages. While eligible patients will be able to buy double the medication on a single prescription, overall demand for medicines will remain unchanged.

These changes mean eligible Australians will buy the same amount of medicine overall, with fewer trips to the pharmacy.



Australian Government
Department of Health and Aged Care

For more information: W: <https://www.health.gov.au/our-work/60-day-dispensing>

Cancer Council WA 'Life Now Exercise and Meditation Programs'

People living with cancer in Perth will soon be able to access free, in-person or online courses, with the commencement of Cancer Council WA's Life Now Term 4 timetable in October 2023.

Exercise and Meditative Courses

Exercise and meditative courses are an important part of supportive cancer care. Research shows that these activities can help to reduce stress and anxiety and improve quality of life for people affected by cancer.

The **Life Now Program** offers introductory Exercise, Meditation, Mindfulness, Tai Chi and Yoga courses at locations across Western Australia and online.



The courses are **free of charge** for people affected by cancer and their primary carers, thanks to generous community donations. All courses are delivered by experienced facilitators in a safe and supportive environment.

What's the difference between mindfulness and meditation?

Meditation helps you relax, channel a calmer outlook, and results are more instantaneous when practiced often.

Mindfulness is more intense and hands-on. Mindfulness skills learnt during classes change how you process your thoughts, how you mentally react to certain situations, and can support long term changes to your thought processes.

How can exercise help to reduce the side-effects of cancer treatment?

Regular exercise during or after treatment can help to improve wellbeing and quality of life; reduce fatigue; improve sleeping patterns; improve strength and fitness; improve physical function; manage pain; manage nausea; maintain and build muscle mass; prevent weight gain; preserve metabolism; maintain bone health and reduce depression and anxiety.

For details of all upcoming Life Now Program courses, please see the [Event Calendar](#) or download the [Life Now Term 3 Poster](#). To receive Life Now Program updates, please subscribe to the Life Now mailing list by emailing lifenow@cancerwa.asn.au. Or go to the: [Cancer Council WA website](#)

Registering for a course

Term 4 2023 courses are set to commence in October 2023. You can register for your preferred course [here](#).

To receive Life Now Program updates, please subscribe to the Life Now mailing list by emailing lifenow@cancerwa.asn.au.

Do you have any resources to help me continue to practice exercise and meditative techniques at home?

[Are there any resources to help me continue to practice exercise and meditative techniques at home?](#)

Yes, please see related resources section below:

[Download Exercise for People Living with Cancer booklet](#)

[Watch 22 different exercises that you can try at home \(produced by Cancer Council NSW\)](#)



‘Measuring Australia’s Digital Divide’

The Australian Digital Inclusion Index tracks and reports on digital inclusion in Australia

What is digital inclusion?

Digital inclusion is about ensuring that all Australians can access and use digital technologies effectively. We are experiencing an accelerating digital transformation in many aspects of economic and social life. Our premise is that everyone should have the opportunity to benefit from digital technologies: to manage their health, access education and services, participate in cultural activities, organise their finances, follow news and media, and connect with family, friends, and the wider world.

What is the Australian Digital Inclusion Index?

The Australian Digital Inclusion Index uses survey data to measure digital inclusion across three dimensions of Access, Affordability and Digital Ability. We explore how these dimensions vary across the country and across different social groups.

Why is the Index important?

A detailed measure of digital inclusion for Australia allows us to identify the critical barriers to inclusion. These may be related to accessing networks, the costs of devices or data, or skills and literacies. The Index can help shape initiatives to increase digital inclusion in Australia.

Key findings and next steps

Explore key findings and next steps from the latest wave of the study.

The 2023 Australian Digital Inclusion Index

Download the full report in PDF format: [Download PDF](#)

The Index data is available to explore and download via the [interactive data dashboards](#).

Closing the Gap Target 17

First Nations digital inclusion is a crucial issue, recognised in the establishment of a specific targeted outcome in the Closing the Gap framework relating to digital inclusion in 2021. [Outcome 17](#) of this framework is that ‘Aboriginal and Torres Strait Islander people have access to information and services enabling participation in informed decision-making regarding their own lives’. A specific target is present to close the digital gap: ‘By 2026, Aboriginal and Torres Strait Islander people have equal levels of digital inclusion’. Until this year, there was a lack of data collection to adequately map progress against this outcome.



Digital inclusion outcomes and access to services are critically important to ensuring informed decision-making and agency among Australia's First Nations peoples. However, there is a gap between the digital inclusion of First Nations Australians and other Australians. Recognition of this has led to the establishment of the National Agreement on Closing the Gap Outcome 17, that 'Aboriginal and Torres Strait Islander people have access to information and services enabling participation in informed decision-making regarding their own lives'. People living in Australia's 1,100 remote First Nations communities are among the most digitally excluded Australians.

About Mapping the Digital Gap

The Mapping the Digital Gap project is the first comprehensive study of remote First Nations communities' participation in, and access to, the digital economy. It is a supplementary ADII project run in partnership with Telstra, and forms part of the ARC Centre of Excellence for Automated Decision-Making and Society research program. The project objectives are to:

Generate a detailed account of the distribution of digital inclusion and the uses of digital services, including news and media, across ten remote First Nations communities.

Track changes in measures of digital inclusion for these communities over time.

Inform local strategies to improve digital inclusion capabilities and services and enable informed decision-making.

The project methodology follows NHMRC and AIATSIS guidelines for ethical research with Aboriginal and Torres Strait Islander peoples and communities, with input from a First Nations Expert Advisory group. This collaborative approach includes partnering



with First Nations organisations and working with community co-researchers in each community to conduct qualitative research including annual face to face surveys. Detailed outcomes are provided back to each community in the spirit of Indigenous Data Sovereignty.

For more information

[Australian Digital Inclusion Index: Measuring Australia's Digital Divide](#)



Marion Coldwell, author of 'Children for Rent', Telling Your Story

"Would you like to tell your story? Good for you! I want you to tell your story. You are important, your story is important. Why are we ashamed of our stories? We didn't create our childhoods, circumstances did. Believe it or not, all our stories are different. It is time we put them out there. They are our history. We are heroes, we survived."



Marion Caldwell wrote, "Writing your story is easy, there are very few rules, because it's all true. I am glad I wrote my story. I felt people needed to know who I was and how far I had come. I was proud of myself. It wasn't without tears and anger, but it was all mine. I owned it. Your world is ready for your stories. Now we are all getting older, who will be left to tell our stories, if not us?"

Western Australian Museum 'Welcome Walls'

Marion Coldwell was born on 4 July 1946 in Origin Norwich, England. She was first settled in Fairbridge, Pinjarra WA. Her original occupation was as a child. Her occupation in Australia was as a Nurse.

At nine, Marion left Southampton (December, 1955) to arrive with other escorted Fairbridge bound children. She went on to have 5 children and foster others. She also has 14 grandchildren. She is an artist and writer 'Children for Rent'. Marion loves Australia and is grateful for the chance to live here.

W: [WA Museum 'Welcome Walls' Marion Cordwell](#)

'Children for Rent' in the National Library of Australia via: ['Children for Rent' by Marion Coldwell](#)



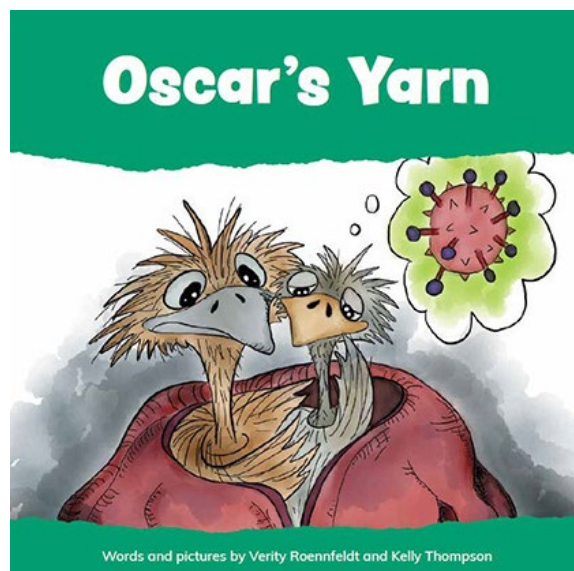
National Child Protection Week 'Gift of generosity to help WA children in care'

Appeal for the generosity of Western Australians to brighten the day of children in care through the donation of new books and toys.

Donations of books and toys are being accepted for children across a range of ages, from babies through to high school students. Donations are being accepted until 4 September 2023.

National Child Protection Week runs from the 3 to 9 September 2023 and is celebrated every year with the theme 'Every child in every community deserves a fair go'. In 2023, the theme is being complemented by the message 'Where we start matters'.

To further celebrate National Child Protection Week, the latest edition to the Story Animal and Yarn book series, named Wonky's Yarn has been announced. Wonky's Yarn uses the metaphorical story of humpback whale migration and follows a whale calf named Wonky, who learns the value of listening to the advice of Elders, in celebration of the 2023 NAIDOC theme, 'For Our Elders'.



Wonky's Yarn is the twelfth book in the Story Animal and Yarn Book series, which use metaphorical situations to explore 'tough stuff' in life that can lead children and their support networks to experience big emotions.

Story Animals are locally handmade fabric Australian animals and characters with a therapeutic play function. They are adaptable for all ages and situations and particularly useful in early years learning.

The Story Animals resources are used by Department of Communities child protection workers, carers, families, community sector organisations, support services and schools to strengthen cultural support planning, teach protective behaviours and support stability and connection for children in care, their families, communities and care teams.

For further information about the donation drive and collection locations contact: [Book Toy Drive](#).

For more information about the Story Animal and Yarn book series visit: [The Story Animals](#).



WA.gov.au

COTA Australia 'Aged care watchdog report recommendations important for improving outcomes for older Australians'

COTA Australia, the leading advocacy organisation for older Australians, welcomes the release of the independent capability review of the Aged Care Quality and Safety Commission, which includes wide ranging recommendations for improving the aged-care watchdog.

COTA Australia Chief Executive Officer, Patricia Sparrow (pictured right), said it will be important to see the Commission improve the way it currently functions, but also take the necessary steps to ensure it is ready to operate under a new Aged Care Act based on human rights.



“There’s no question that we need to see culture change in the watchdog, and the sector more generally, to ensure rights are upheld across the entire aged care system.

“The review rightly identifies the need for a significant focus on improving the complaints system so that older people and their families are heard in a timely way, that the process addresses the actual complaint that has been raised, and that providers are held accountable when breaches have occurred.

“We look forward to seeing the new Act legislate a statutory Complaints Commissioner, with the appropriate regulatory powers. These powers should include conciliation pathways and an open disclosure framework. COTA Australia will actively engage with the Government on why this is important to older people and their families.

Ms Sparrow said she particularly welcomes recommendations around improvements in diversity and cultural capability.

“Older Australians and their representatives reflect this country’s diversity and it is important to ensure the Commission can support all of the people receiving aged care services.

“It will be important that the strengthening of the independent Advisory Council ensures the right balance of technical skills and the diverse voices of older people and their representatives, including those with lived experience.

“While the Commission has a regulatory relationship with service providers it must never be forgotten that it only exists to act on behalf of the community to ensure the safety and quality of the services provided to older people. Older people accessing aged care services must be front and centre in all considerations and developments.”



AHURI 'Explores options for older Australians living in unaffordable housing on low incomes'

Over the last 20 years, housing options for older Australians on lower incomes have been getting worse with home ownership rates falling, more people carrying their mortgage debt into retirement and reduced access to social housing. The size of the challenge Australia now faces is immense; by 2031 (only 8 years from now) an estimated 440,000 older households will be unable to find or afford suitable housing.

A new AHURI Inquiry brings together the findings of three connected research projects to explore how Australia can deliver the types of housing precariously housed, older people need to support their life aspirations and wellbeing.



Lower income older Australians want affordable housing they can own

Lower income older Australians want housing that is achievable, with some factors gaining greater significance as people get older, such as they want to stay in an affordable home and to live in safe, secure and neighbourhoods. The Inquiry developed and explored alternative housing models through a survey with lower income households. There was a clear preference for a shared equity home ownership model, a cooperative housing model and a transportable housing model, which reflects the expectation that it is 'normal' to own one's home in Australia.

The Inquiry developed and tested [seven composite alternative housing models](#) and explored their suitability through a survey with lower income households.

The households surveyed had clear preferences for a shared equity home ownership model, a cooperative housing model and a transportable housing model. The strong preference for the shared equity model reflects the expectation that it is 'normal' to own one's home in Australia. The subdued response to the other options that were presented indicates people's long entrenched aspirations and a lack of familiarity older people have with 'alternative' housing options.

Borrowing for a small mortgage may help some low income households own their home

Even though many low income older householders cannot afford any form of mortgage, some people are paying large proportions of their income on rent. There are two options that have the potential to deliver forms of home ownership (with the security of tenure and wellbeing that provides) to people who are able to take a smaller loan: shared equity mortgages and land lease mortgages.

For older people whose incomes are low and are not going to rise over time, shared equity is still a difficult proposition. It is most likely they will rely on government equity partners that will need to be patient before they recoup their investments on the future sale or transfer of the property.

In a land lease arrangement, the household owns their dwelling but not the land, which is leased from another person or corporation. As householders do not own the land component of their housing, they can be eligible for some Commonwealth Rent Assistance (CRA), which can improve housing affordability.

Regional living might provide more affordable housing

The search for lower cost land for housing, such as lend lease, for lower income older Australians is leading to interest in living in regional areas. Regional centres can provide the land parcels required for low-density development models, and is suited to those who are more risk adverse and willing to accept lower returns.

As part of the Inquiry, the research [mapped the increases \(and decreases\) in populations of older low income households across Australia](#) and predicted changes in each area to 2031, measured in suburb-sized geographical areas.

The largest projected increases are likely to be in peri-urban and outer-suburban regions, with some significant rises in regional and rural locations. For example, in New South Wales, increases are expected in Orange North (117.5%), Muswellbrook (75.1%) and Maitland West (126.2%). In Victoria, increases are expected in the regional centres of Horsham (48%), Shepparton (47%), Ballarat North (72.1%) and Wodonga (93%). For South Australia, Victor Harbor (68%), Port Lincoln (40%) and Murray Bridge (61.4%) are likely to see population increases of older, low-income renters. Western Australia is likely to see similar increases in Albany (54.6%) and Busselton (107.3%). In Tasmania, Sorell–Richmond is expecting a 97.1 per cent increase in older, low-income renters.

Understanding where these populations will grow is the basis to finding acceptable solutions to the challenges of lower income, older people's housing needs in the 21st Century.

The research mapped the increases (and decreases) in populations of older low income households across Australia and predicted changes in each area to 2031, measured in suburb-sized geographical areas. The largest projected increases are likely to be in peri-urban and outer-suburban regions, with some significant rises in regional and rural locations.

Download the [‘Inquiry into housing policies and practices for precariously housed older Australians’ reports](#) from this inquiry.



WA State Government 'Millions in cost of living rebate payments for WA seniors'

More than 310,000 Western Australian seniors have shared in over \$28 million in direct financial assistance last month, thanks to the Cook Government's Cost of Living Rebate.

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The Cost of Living Rebate is paid annually to WA Seniors Card members with singles receiving a payment of \$104 and couples receiving \$156 this year. The rebate was first launched in 2009 and has provided over \$394 million in assistance to WA seniors.

The WA Seniors Card program provides members across the State with access to an average of \$650 annually in total value for State Government concessions and more if seniors also hold a Commonwealth Seniors Health Card or Pensioner Concession Card.

Over 800 businesses continue to support the senior community by offering a discount in response to the

cost of living. The hard copy WA Seniors Card 2023-24 Discount Directory was also recently released to members.



Applying for the WA Seniors Card is free of charge and it is available to Australian citizens or permanent residents aged over 65, who reside in WA and work less than 25 hours a week in paid employment.

Further details on eligibility, benefits and applications are available via the [WA Seniors Card website](#)

Seniors Card Regional Roadshows to support seniors across WA

Seniors and Ageing Minister Don Punch is supporting seniors in the regions to access Western Australian Seniors Card benefits through the delivery of Regional Roadshows.

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The WA Seniors Card program has expanded its service delivery to reach regional communities and is holding information sessions and events across the State.



So far this year WA Seniors Card has held 32 regional events which has been attended by more than 780 people.

The Regional Roadshows host information sessions on WA Seniors Card benefits which include concessions on public transport, water rates charges, local government rates, provision of the annual Cost of Living Rebate, and the recently announced Safety and Security Rebate.

Attendees can also access on-the-spot replacement card services for any worn, damaged or lost WA Seniors Cards.

The Safety and Security Rebate, announced in August 2021, enables WA Seniors Card members to claim up to \$400 towards the purchase of eligible home security, fire safety or electrical safety items.



The Scheme has already seen over \$8 million in claims paid to members and more than 39,000 eligible items have been purchased, installed or repaired in seniors' households.

WA Seniors Card is collaborating with key seniors' interests groups, local government areas, major libraries and Community Resource Centres to deliver information sessions across each region of the State.

Enquiries about the regional roadshows or requests for the team to visit your local community can be made to the WA Seniors Card Centre on 1800 671 233 or email: info@seniorcard.wa.gov.au



**GOVERNMENT OF
WESTERN AUSTRALIA**



Age Discrimination Commissioner Dr. Kay Patterson ‘Call for ageism awareness training for workers’

Aged care providers should educate staff about ageism, Age Discrimination Commissioner Dr Kay Patterson.

“I’d like to see them doing training to make people more aware of their ageist attitudes and how that can actually influence the way they deliver care, either in the home or an aged care setting,” she said.

Dr Patterson’s comments come after research conducted by the Australian Human Rights Commission shows ageist attitudes can be changed through educational intervention.



A total of 329 aged care and community workers were surveyed before and after a brief educational workshop designed to shift ageist thinking within the aged care and community sectors.

Following the two-and-a-half-hour awareness training, the commission found that ageist attitudes among the cohort had reduced significantly.

Furthermore, the improved attitudes remained when a follow-up survey was conducted three months later.

As the commission’s 106-page report: [Changing perspectives: testing an ageism intervention](#) shows:

- 90% of participants rethought the way they communicated with older people
- 87% had a conversation with people about ageism
- 86% thought about what they could do to shift ageist attitudes in their workplace
- 82% rethought their attitudes towards ageing

“That’s a stunning outcome,” said Dr Patterson. “We got very encouraging results, which indicates to me we need to do more research.”

Post-workshop focus groups also found that participants:

- Avoided making assumptions about people based on their age
- Changed the language they used
- Respected clients’ autonomy and independence



Dr Patterson, who is [stepping down from her commissioner role](#) late August 2023, told AAA that, following the training, aged care staff were already implementing concrete changes in the workplace.

“Someone said we’ve already raised it in our staff meeting and we’re going to put it on our agenda every time and call out each other if we see each other being ageist. Despite an ever-increasing

ageing population, currently there are an estimated 4.4 million Australians aged 65-plus, a figure set to double by 2060, “Ageism is rife in the community,” said Dr Patterson.

It is, she added, as a serious prejudice as sexism or racism. “But it looks like it might be more easily shifted than those.”

There are several ways in which ageism is expressed, including:

- Against ourselves
- Between individuals
- On an institutional level

Institutions such as aged care: “We saw what was happening in aged care through the royal commission. The royal commission actually indicated that a lot of that was to do with ageism, it was underlying the mistreatment and neglect and sometimes just oversight.” said Dr Patterson.

Ageism can have serious consequences for older people’s health and wellbeing.

Ageism among aged care and community workers is a particularly serious concern, due to its potential to directly impact the health, wellbeing and quality of life of the older adults they support.

While often benevolent, ageist behaviour includes using condescending language, offering unwanted help and treating older people as if they are incompetent.

Dr Patterson said, “Most people were unaware they were being ageist. You go along with this prejudice that you don’t even realise you’re harbouring.”

In conclusion, the report’s authors suggest awareness training be expanded beyond the aged care and community sectors to other workplace settings.

“While the workshop was designed to target workers in aged care and community settings, participants suggested it could be adapted and expanded to benefit a broad range of individuals, such as young people, those working in customer service, health professionals, public servants and policymakers, as well as older adults themselves. The commission agrees with these suggestions.”

Council on the Ageing Australia Chief Executive Officer Patricia Sparrow said the research made her optimistic that ageist attitudes could change.

Responding to the commission’s report, Council on the Ageing Australia Chief Executive Officer Patricia Sparrow said the research made her optimistic that ageist attitudes could change.



“The idea that simple education can help shift attitudes significantly provides real hope. If we take responsibility for ageism, Australia will be more inclusive, cohesive and prosperous. This report shows that’s not just fanciful thinking, it’s really possible,” said Ms Sparrow.

Torrens University Australia 'Challenging Ageism Course'

Torrens University Australia has just released a free 1 hour course.

Empower yourself to combat ageism in all its forms, even within yourself! Join the 'Challenging Ageism' online course to bust the myths about ageing and shed light on harmful assumptions and behaviours. Gain knowledge and confidence to make a positive difference.

Gain the knowledge and confidence you need to recognise and challenge ageism wherever you see it, including within your own behaviour and how you communicate with others.

Challenging Ageism will bust some of the myths that surround the ageing process while, at the same time, shining a light on the common assumptions and behaviours that are contributing to the problem.



In this one-hour course, you will explore what ageism is, where it comes from and the serious consequences it has for older people and the societies they live in. You will improve your understanding of ageism and its consequences, learn how to recognise ageism, including within yourself, and explore a range of proactive strategies you can put in place to challenge ageism wherever you encounter it.

Content

Challenging Ageism

Completion Rules

All units must be completed

Leads to a certificate with a duration: Forever

To register for this free course: [Challenging Ageism](#)



Perth WA Airport 'Speed through Security'

Security screening at Perth Airport has changed. Bulky jackets and hoodies should come off, heeled shoes or work boots should stay on, and your personal electronics can stay in your bag.

Want to speed through security screening? Leave everything in your bag!

Passengers can leave liquids and electronics in their carry-on bag for security screening and steel-capped or work boots can remain on.



7 steps for quicker security screening.

1. Proceed to the front of the queue and collect the next available tray from any divestment station.
2. Leave all laptops, tablets, electronic devices and toiletries in your bags.
3. Please remove all items from your pockets (including non-metallic items like tissues).
4. Place lighter items such as earphones, sunglasses, and jewellery underneath the clear plastic flap in the tray.
5. Remove your outer bulky over-garments and place on top of the plastic flap. Steel-capped/work boots can remain on.
6. Walk into the body scanner and adopt the body posture of the image in front of you. Remain still as possible with your feet within the blue square floor markings and hold your arms slightly away from your body.
7. Follow the instructions of the security screening officers: They will advise you whether to collect belongings or that you are required to undertake a secondary, pat-down search. This can be conducted private room, at your request.

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



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Country Women's Association of WA features 'Gin Cheesecake'

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 Nina Mastrantonio, Perth Belles CWA Branch.

In the recently published editions of COTA Newsletter, we have focused on recipes that you can whip up relatively quickly. This month's recipe is a little more decadent with a few extra steps but is still easy and uses mainly pantry ingredients except of course, for the gin! It comes from our Perth Belles Branch which was founded in 2009. This is a relatively young branch of the Association considering other branches are soon to celebrate their 100th Birthday. The average age of their members is 42 years old and over 20 of them meet regularly for monthly evening meetings in West Perth. **Image right: Perth Belles CWA members with their creations.**



During the height of the COVID pandemic when normal fundraising activities and community events were on temporary hold, they had to think of new ways to work. Previously, they regularly held a much loved and highly regarded Mother's Day High Tea to support their fundraising. Following the grand tradition of the iconic CWA Cookbook that has been in continuous print since 1936, the then Branch President, Kelly Hudson said, "It seemed a natural step for the Perth Belles to produce an accessibly priced cookbook with fun, modern recipes suitable for a High Tea that harks back to the traditions of our branch and the CWA of WA. We also wanted to highlight local businesses and industry with strong links to the agricultural sector so voila, our 'High Tea with a Twist, the Perth Belles Gin inspired Cookbook' was born. Funds raised from the sale of this cookbook are used to support the CWA of WA generally and the community work of the Perth Belles in particular, focusing on the needs of women and children."

The following recipe is from their cookbook so give it a go, dress up and put on your own High Tea. Of course, they ask that you always imbibe responsibly if you choose to enjoy one of their gin cocktails. If you would like a copy of their cookbook or like to know more about their branch, please contact Branch President, Nikki Ilich on 0438 932 745.

Ingredients for Cheesecake Base

- 300g digestive biscuits
- 150g unsalted butter, melted
- Zest of ½ orange
- 300mls thickened cream

Ingredients for Cheesecake Filling

- 5 gelatine leaves
- 150mls gin
- 60g caster sugar
- 500g cream cheese
- 100g icing sugar
- Juice and zest of 1 lemon
- Juice of ½ lime and zest of 1 lime

Ingredients for Gin Jelly

- 6 gelatine leaves
- 150mls gin
- 60g caster sugar
- Two wide strips of lemon zest and juice of 1 lemon
- Two wide strips of orange zest and juice of 1 orange
- Juice of ½ lime
- 200mls water for the jelly



Method

1. Lightly grease and line the base and sides of a 23cm spring-form cake tin with baking paper.
2. Place biscuits into food processor and pulse to a fine crumb.
3. Combine biscuit crumbs with melted butter. Press firmly into a flat layer at the base of the tin. Chill for 30 minutes.
4. Place gelatine leaves in a bowl of cold water to soak for a few minutes. Check the box to see how long is recommended. Note: When softening gelatine leaves, be sure to separate each leaf and place them in the water individually otherwise they tend to get stuck together.
5. Meanwhile, carefully heat the gin and caster sugar in a saucepan until the sugar is dissolved, then remove the pan from the heat.
6. Squeeze the water from the gelatine leaves and stir them into the gin mixture. Leave to cool slightly, stirring often.
7. With an electric mixer whisk cream cheese, icing sugar and juice and zest together until light and fluffy.
8. With the whisk on the lowest speed, very slowly pour in the cooled gin and gelatine mixture, making sure it is well incorporated, scraping down the sides of the bowl as needed.
9. Add the cream and whisk until the mixture is light and well combined.

10. Spoon over the chilled biscuit base and smooth the top as flat as possible. Tap the tin on the bench a few times to remove any air pockets.
11. Set in the fridge for at least four hours.
12. When the cheesecake is set, make the jelly by placing gelatine leaves in a bowl of cold water to soften. (See note in Step 4).
13. Meanwhile, heat the gin, caster sugar, zest, juice and 200mls of water in a pan. When the sugar has dissolved remove from the heat and discard zest.
14. Squeeze the water from the gelatine leaves and stir them into the warm gin mix. Keep stirring until the mixture is cool to the touch.
15. Once cool, carefully pour over the cheesecake and refrigerate for at least two hours, preferably overnight, to set.
16. Just before serving, ease the cheesecake onto a serving plate. Decorate as desired.
17. If you want to smooth the edges of the cheesecake before serving, run a hot dry palette knife around the edge. For a clean cut, use a hot sharp knife, wiping the knife between each cut to keep the slices clean.

Variations

For a beautiful pink tinted cheesecake, use pink gin and replace juice and zest with 1 teaspoon of vanilla extract. Only 5 gelatine sheets will be needed for the jelly layer. You can replace the digestive biscuits with a gluten free option. Gelatine leaves can be replaced with vegetarian gelatine. Use gelatine and follow instructions on the packet.



Country Women's Association of WA

Est. 1924

National Seniors Australia 'Retirement Living Study Results'

What residents really think about Retirement Villages.

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

The second annual survey of retirement / lifestyle communities has confirmed that the industry is a mixed bag as far as residents are concerned.

The Catalyst Satisfaction Index, released in July 2023, sees two thirds of residents (68%) rating their provider 8, 9 or 10 out of 10. The range of satisfaction ratings goes from a high of 86% for a leading West Australian operator to an underwhelming low of 39% for a South Australian organisation, and everything in between.



Response Data

- Realising the house and garden were too much to manage was the key trigger for survey respondents who made the move into a retirement village.
- Location was the number one factor when it came to shortlisting retirement villages. Then it was down to layout/floorplan, fee structure, facilities, buy-in cost, and well-presented gardens. Most residents say they reviewed three or more sites before making a decision.
- Most residents are happy with the sense of privacy their site offers. Two-thirds like the gardens and open spaces. Well-kept gardens can certainly be representative of an organisation that wants to care for its residents.
- The three biggest bugbears across the industry are village management, facility maintenance and adequacy of staffing.
- Barely half of the respondents (54%) compliment their provider for maintenance of facilities. Many survey respondents feel their providers do not 'walk the talk'.
- Two-thirds of residents are very happy with the sense of community at their site.
- While the majority are positive, some respondents do not thrive on the social front.
 - At least eight in ten report having access to group activities and social functions. Four in ten say they would like more to be offered in terms of education sessions (financial planning, history, gardening) at their village. One in three would like more 'welcome events' for new residents and one in four would like sporting / games tournaments against other retirement villages.

- In the general population, at least four in 10 say they would consider retirement / lifestyle communities as an option but, in reality, about 6% make this move as their needs change.
- The industry still has a considerable way to go to improve the simplicity and transparency of contracts. Fear of hidden expenses is a barrier, as are 'bad news' stories.
- Overall, six in ten would recommend their village, but it is a mixed bag.

Shoppers must undertake their own thorough research, including obtaining specialist legal advice. And speaking to current residents at a village is highly recommended as part of the research process.

Kevin McCreton is managing director of Catalyst Research and author of The Catalyst Report. The latest study was conducted in partnership with National Seniors Australia and residents' associations across Australia. 10,442 responses were received to the survey and Catalyst would like to thank all participants and associations for their support.

Thank you again for providing input to help shape the future of retirement and lifestyle village living in Australia.



For more information regarding retirement living, view the [COTA \(WA\) Let's Make It Legal Guide](#)

Disclaimer: This guide is intended to provide a summary and overview. It does not constitute legal advice. It is important to understand every individual situation is different and some parts of this Guide may not apply to everyone.



‘How to rescue an overwatered plant’

Are you killing your plants with kindness? Of course, they need water to survive but giving them too much can be as bad as not giving them any water at all. Here’s how to save a drowning plant.

- First things first: take your plant and gently remove it from its container. Sit it on an old towel to absorb excess moisture.
- Check the container's drainage holes and make sure they are not clogged. If they are, clear them so they are effective when you repot your plant. If your container does not have any draining holes, choose a different one that has, it is important for the health of your plant. Also give it a clean to get rid of any lingering [pests or diseases](#).
- Check the roots for any signs of rot. Healthy roots are white or light-coloured, while rotten ones are dark and mushy. Trim away any black, mushy or damaged roots with clean, sharp scissors or pruning shears.
- Now it is time to create the perfect, well-draining soil mix. Think of it as a day spa for your plant. Mix equal parts of high-quality potting soil, perlite and peat moss.
- Gently place your now-pruned plant in the [container](#) and surround it with your custom soil blend. Pat it down slightly to provide some stability while still allowing air to flow. Resist the urge to drown it in water again, your plant needs a break from all that moisture.
- If your plant has severely damaged foliage, consider pruning back the affected parts. This can help it to focus its energy on regenerating healthy growth.
- You should also avoid [fertilising the plant](#) for a few weeks after repotting.
- Be patient and keep a close eye on your plant's progress. It may take some time for the plant to recover fully, but with proper care, it should gradually show signs of improvement.



How to check if you plant needs water

Now you have successfully [rescued your plant](#) make sure you only water it when it needs it. To check, stick your finger into the soil, about 2cm down, to check for moisture.

Only water the plant when the top 2cm of soil feels dry to the touch.

Thankfully there are a range of indoor plants that will still thrive in low light and do not need a lot of attention. Great for people with busy lives or for those of us who are less than proficient gardeners.

Devil's Ivy (Pothos Epipremnum)

This trailing plant will grow well indoors if it gets a bit filtered sunlight or bright artificial light. Water when the soil has completely dried out and you can also prune and take cuttings and place them in glass jars filled with water to encourage rooting (and who does not love a free plant).

Lady Palm (Raphis)

This palm is slow growing, so if you are the impatient type, consider investing in a more mature plant. Water when the top of the soil is dry. It will grow well in a position that gets a little light.



Cast Iron plant (Aspidistra)

The clue is in the name. The aptly named 'cast-iron plant' is known for being a very hardy variety. The lower the light, the less often a cast iron plant needs to be watered and too much light can turn the leaves brown.

Zanzibar Gem (Zamioculcus zamiofolia)

Zanzibar Gem is a perennial plant with glossy, emerald leaves and will survive those with even the blackest of thumbs! Like the Aspidistra, this plant loves low light and the amount of water it needs depends on the amount of light it gets.

Peace Lily (Spathyphylum)

This plant thrives in shade and needs to be watered when the top of the soil is dry. It will even let you know when it needs a drink, as the leaves will droop. It is a beautiful plant and a great air purifier.

Silver Snakeplant (Sansevieria 'Moonshine')

This is the perfect plant for those of us who forget to water our plants as it only needs watering once every three to four weeks. It has sculptural qualities but bear in mind it is toxic to cats and dogs.

Maidenhair fern (Adiantum)

This plant looks delicate and needs a little careful handling. Keep it in a warm position with filtered light and keep the soil moist, but not wet.

Dementia WA ‘Is it possible to die well with dementia?’

Despite the challenges posed by dementia, it is indeed possible to achieve a ‘good’ death through specialised care and support, as well as a focus on preserving comfort, dignity and quality of life until the very end.

Most people think of dementia as progressively losing one’s memory.

What’s less well known and understood is that dementia is a progressive and terminal disease.

While people can live well with dementia for many years, it is a degenerative disease.



People living with dementia will experience differing symptoms that may worsen over time, possibly impacting their quality of life, and there is no cure.

Note: This story deals with discussions about end-of-life care. If this article brings up any strong emotions, or you would like support, please call Dementia WA at any time on 1800 100 500. Dementia WA are available 24 hours a day, seven days a week, 365 days a year.

Palliative care can enhance quality of life

In the end stages of dementia, most people will likely need total care or more frequent supervision.

It is also possible that palliative care will be needed. Dying is a normal process, with palliative care offering a support system to help people to live their life as fully and as comfortably as possible until death. It also helps families to cope during the illness and in their bereavement.

Palliative care is specialised care and support, offering relief rather than curing a person’s symptoms. While often viewed as preparing for death, palliative care is actually focused on enhancing quality of life.

For someone living with dementia, the goals of palliative care are the same as for anyone else facing a life-limiting illness:

- To maximise quality of life
- Provide relief from pain and other physical symptoms
- To provide individualised psychosocial and spiritual care

Advance planning is key to knowing your wishes in end-of-life care

Advance care planning is something Professor of General Practice Dr Dimity Pond encourages her patients to do. As a GP she really likes it when her patients have an advance care plan. It gives her direction as well, it's not just for carers and the family, but also the health professionals. It gives you an opportunity to look at a whole lot of different aspects of end-of-life care. You may, for example, have spiritual needs you would like taken care of, it gives you that opportunity.

Is palliative care the right option?

Making the decision about palliative care and end-of-life care decisions can be confronting for people living with dementia, their family and carers.

A palliative care plan for the terminal stage of dementia will need to consider:

- Any legal instructions the person may have provided at an earlier time, for example, an advance care plan
- What the person with dementia would have wanted themselves
- The person's current and future quality of life
- The views of other family members
- The advice of medical staff

For more information about what should be considered through a **Palliative Care Plan**, please read the Dementia WA [helpsheet](#)

For more information

T: National Dementia Helpline on free call 1800 100 500

W: [Is it possible to die well with dementia?](#)



‘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

The Town of Cambridge '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.

Find out more

For more information, contact Martin Yates, Tech Savvy Seniors Project Manager on 08 9492 9774 or email martin.yates@srcwa.asn.au.

Visit the Seniors Recreation Council, WA (Inc.) (SRCWA) website at:

<http://www.srcwa.asn.au/programs/tech-savvy-seniors/>

Seniors Recreation Council of WA present Tech Savvy Seniors: Tech Bytes

Seniors Recreation Council of WA provide free Tech Savvy Seniors Resources and can offer support for seniors wishing to stay connected with friends and family. Learn cyber safety tips and more with the monthly newsletters here:

<http://www.srcwa.asn.au/programs/tech-savvy-seniors/tech-savvy-seniors-resources/>

To contact Seniors Recreation Council of WA

T: 08 9492 9773

Email: info@srcwa.asn.au

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.



Town of
Cambridge

The City of Belmont 'Share your Story'

Share your story today and become a part of Belmont's rich history.

Sharing your story

There are many ways you can share your story. Jot down some thoughts on the My Memories of Belmont form, put your hand up or nominate a friend for the Oral History Program, donate a beloved object from Belmont's past or enter your favourite photos in the Local History Photographic competition.



Memories of Belmont

Every life story is important and we encourage stories from all eras of local history and from people of all backgrounds.

Local History Photographic Competition

All kinds of photos taken in the City of Belmont which represent, commemorate or celebrate local history from any period in the past are welcome.



Oral Histories

The Belmont Museum's oral history program records the memories and experiences of people who have lived, worked or played in Belmont and surrounding areas. Their stories are fascinating, sometimes funny, sometimes sad, but always diverse, authentic and personal.



For further information about 'Sharing your Story'

T: 08 9477 7150

E: libraryandmuseum@belmont.wa.gov.au

W: [City of Belmont: Share your Story](https://www.belmont.wa.gov.au/)

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 ‘Who are Carers?’

A carer is someone who provides unpaid care and support to family members and friends who have disability, mental illness, chronic condition, terminal illness, an alcohol or other drug issue or who are frail aged.

Over 2.65 million Australians provide help and support to a family member or friend, saving the Australian community more than \$77.9 billion per year.

An estimated 230,000 Western Australians provide unpaid care and support to a family member or friend who requires help due to illness, disability or frail age.

Who can be a carer?

Carers range in age from as young as eight to people well into their nineties.

More than one in nine Australians are carers. Of these carers, over 320,000 are providing either substantial or full-time care in WA.



Two thirds of carers are women and most carers provide care for a parent, partner, child or friend.

Carers WA helps carers in any caring situation.

How do people become carers?

People become carers in many different ways for a variety of reasons. Each circumstance is unique.

Sometimes the caring role happens gradually, helping out more and more as a person’s health and independence declines over time. Sometimes it happens suddenly due to an accident or illness.

What do carers do?

Every care situation is different.

Some carers provide 24 hour aid to a family member or friend with high care needs. They may assist with daily needs and routines such as feeding, bathing, dressing and administering medications.

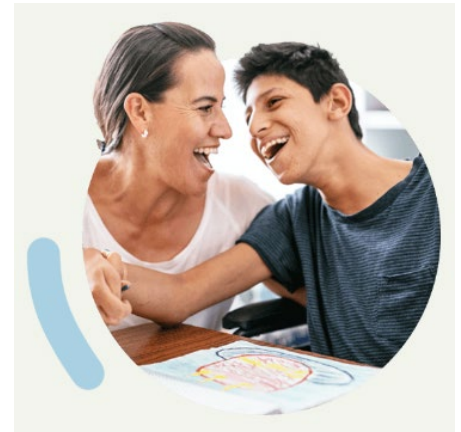
Others care for people who are relatively independent but require someone to keep an eye on them or assist them with tasks such as banking, transport, housework and shopping.

Carers are integral in providing comfort, encouragement and reassurance to the person they care for. They oversee their health and wellbeing, monitor their safety and help them retain their independence and quality of life.

Other types of carers

The term 'carer' is often used to describe roles and activities that are different to those supported by Carers WA.

Carers WA are sometimes mistakenly contacted by people who think they provide services relating to these groups of people:



- Paid carers or care workers: are paid a salary or hourly rate to look after people with care needs
- Foster carers: are people or families who are paid to look after children and young people in their own home
- Parents and carers: can describe anybody who lives with and looks after a child under 18 with no special care needs
- Kinship carers: are relatives or close friends who look after children and young people who are unable to live with their families; for Aboriginal and Torres Strait Islander children, a kinship carer may be another Indigenous person who is a member of their community

Who do Carers WA support?

Carers WA assists people who provide unpaid care and support to family members or friends who are living with a disability, mental health challenge, chronic condition, terminal illness, an alcohol or drug dependency, or who are frail aged.

- You do not need to live with the person you care for
- You do not need to be the main source of care and support
- You do not have to provide care every day or over many years
- You do not have to receive the Carer Payment or Allowance from Centrelink

For further information and support

T: 1300 227 377 Carers WA General Line

E: info@carerswa.asn.au

W: <https://www.carerswa.asn.au/resources/who-are-carers/>



Carers WA is a COTA (WA) Supporter.

MindSpot GP ‘Frequently Asked Questions (FAQs)’

Below are some of MindSpot’s most commonly asked questions about their services. If your question is not answered, please reach out to them by calling the clinic on 1800 61 44 34.

Please click to read the [complete FAQs](#)

1. Are there costs involved?

No, MindSpot’s service is fully funded by the Australian Government and there are no costs involved for our patients.

2. Who is eligible to use MindSpot?

For professional and legal reasons, MindSpot are only able to provide services to people who are living in Australia and are eligible for Medicare-funded services.

3. How old do I have to be to use MindSpot?

MindSpot offers services to Australian adults aged 18 years and over. There is no upper age-limit, and some of the people using MindSpot services are aged in their 90s. If you are under 18, they encourage you to talk to your general practitioner or another health professional about your symptoms.

4. How do I complete an online assessment?

During your [Online Assessment](#) you will be asked to answer questions about anxiety, mood and tell MindSpot a little about yourself. The questionnaire usually takes 20–30 minutes to complete.

There are two ways to do an assessment. You can complete an Online Assessment or if you do not have internet connection, you can telephone MindSpot on 1800 61 44 34.

5. How do I enrol in MindSpot treatment?

The first thing you have to do is complete an [Online Assessment](#), which you can do at any time. MindSpot then need to have a telephone discussion with you to ensure the course is suitable to your needs.

6. How much time and effort is involved?

MindSpot’s results tell them that the more time you spend working through our courses, the more you are going to benefit. If you choose to start treatment, it is expected that you want to learn about your condition and are prepared to follow structured advice to overcome it.

It is important to have realistic expectations about what you will achieve from their courses. It takes patience and effort to take control over your symptoms. And, it is important that you keep practicing the techniques, even after the course has finished.

7. Why can't I start a course now?

New treatment courses begin every two weeks. MindSpot believe that by carefully organising schedules they can offer patients the best treatment. They believe that participating in a course requires commitment. And, people have said that having a week or more to think about a course gives them time to organise other responsibilities in their life.

8. Can I refer someone else to MindSpot?

You can talk with them about MindSpot and invite them to visit the website and read more about the courses. And, if they are interested, encourage them to complete an [Online Assessment](#).

9. What are my rights and responsibilities?

MindSpot hope that by using their services that you will learn more about how to control your symptoms. You can withdraw from an assessment or treatment at any time, without any penalty.

You are required to be residing in Australia for the duration of the course.

For further information and support and to read the [complete FAQs](#)

T: 1800 61 44 34

E: contact@mindspot.org.au

W: <https://www.mindspot.org.au/faqs>

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 'Mobile, Tablet and Computer Support'

Technology can be helpful, but also incredibly frustrating.

If your mobile, tablet or computer is befuddling you, come down to see Tuart Place.

Whatever your skill level (even if you have never turned on a computer before) you can get help at Tuart Place.

Use their computer room or bring in your iPad, Smart Phone or Digital Camera and learn to browse the internet, send emails, scan photos and shop online.



Drop in and work by yourself or ring Tuart Place to book a time to get individual help.

For more information about getting help with your devices

T: 08 6140 2380

Free call: 1800 619 795

E: admin@tuartplace.org

W: <https://www.tuartplace.org/services/computer-mobile-phone-help/>



For more information about Tuart Place

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

E: admin@tuartplace.org

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

Tuart Place is a COTA (WA) Supporter



Tuart Place
Growing Strong Together

Age Friendly City of Fremantle 'In the Garden Exhibition'

'In the Garden' Exhibition

'In the Garden' is an exhibition that showcases the amazing talents of Rockybay's artists with disabilities.

Step into a world inspired by the breathtaking landscapes of Western Australia, where each artwork within this exhibition serves as a vibrant testament to our harmonious coexistence with nature. From the lush gardens of Rocky Bay to the untamed bushlands teeming with diverse wildlife, these pieces vividly depict the profound beauty of our surroundings.



What sets this showcase apart is its collaborative nature, a celebration of the power of artistic expression fostered by the vibrant community at Rocky Bay Art Studio. Within this inclusive space, artists with disabilities join forces, guided by our dedicated team, to share their creative talents and embrace boundless possibilities. With a diverse range of mediums and outlets, such as art, mosaic, craft, garden craft, textiles, pottery and meditation, there is something to captivate and inspire every visitor.

The garden emerges as a central theme throughout the exhibition, symbolising the intimate connection between humans and their environment. It represents our integral role within the natural world, as we become intertwined with its essence. As you wander among the artworks, you will witness the profound interplay between humanity and the ever-present forces of nature.

Nestled within the historically significant **Fremantle Shipwreck Museum**, the exhibition finds the perfect home that complements its essence. This unique setting not only invites you to immerse yourself in artistic wonder but also offers a chance to delve into Western Australia's rich maritime heritage, enriching your experience even further.

'In the Garden' extends a heartfelt invitation to witness the captivating beauty and intricate complexities of Western Australia's natural environment. Through engaging with this exhibition, you will gain a profound understanding of the intricate relationships between humans and nature, leaving with a renewed sense of appreciation for the remarkable world we inhabit.

Event details

Free event

Date + Time: 12 August 2023 to 15 October 2023 from 9:30am to 5:00pm

Location: WA Shipwrecks Museum

M: 0149 1051 485 W: <https://www.visitfremantle.com.au/arts-culture/rockybays-garden-art-exhibition>

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 ‘Outings for Seniors’

Cockburn Senior Outings for September 2023

Giants Mandurah: Drakesbrook Hotel

Thursday 7 September 2023; 8:00am to 4:00pm

Outing Cost: \$37.50; high walking involved; advise lunch option upon booking.

Are you ready for an epic adventure? Enter the magical world of internationally renowned artist Thomas Dambo in Mandurah.

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

Wildflower Bush Walk Adventure

Wednesday 13 September 2023; 8.30am to 11:00am

Outing Cost: Free; moderate to high walking involved; Morning Tea provided.

Enjoy a morning out with nature where you will be taken on a guided bush walk through the Denis de Young reserve wetlands. Free morning tea included and will be served at Banjup Hall.

The Hike Collective: Yanchep Caves: Yoga Experience/Oceans 27 Cafe

Monday 18 September 2023; 8:15am to 4:00pm

Outing Cos: \$67; moderate to high walking involved; Lunch Option: Bring or buy your own lunch

Enjoy a wonderful 45 minute Yoga experience up in the gorgeous Caberet Caves in Yanchep National Park, followed by enjoying a freshly pressed juice, then we embark on a short 1.1km hike through the koala boardwalk and stop at the Chocolate Drops Café where you may purchase your own tea/coffee before we head seaside to Alkimos to enjoy lunch at Oceans 27

*Bring your own yoga mat and water bottle; no walkers or sticks

Belmont Harness Races

Wednesday 20 September 2023; 10:30am to 5:30pm

Outing Cost: \$56.50; low to moderate walking involved

Enjoy a day out at the races with a delicious a la carte meal in the members dining room looking out over the racecourse. Have a flutter on your favourite horse. Good luck everyone!!

Quarantine Station Coogee/Carrington Bar & Grill

Tuesday 26 September 2023; 9:30am to 2:30pm

Outing Cost: \$61.50; moderate to high walking involved; lunch at the Carrington Bar & Grill for a scrumptious 2 course lunch.

Visit heritage-listed buildings, explore the original Isolation Hospital, learn from the displays and hear the staff and patients' amazing stories. Enter the oldest crematorium in Australia. Gain insight into a fascinating history from friendly and knowledgeable guides. Tour includes morning tea.

*No walking frames or sticks

Mary Poppins Musical

Thursday 28 September 2023; 9:30am to 5:00pm

Outing Cost: \$130; low walking involved; Lunch Option: Bring or buy your own

Enjoy a day out at Crown Casino to soak up the atmosphere. Purchase some of the delicious foods available from the many food outlets. Then rediscover the magic of one of the world's most beloved tales, Mary Poppins musical in a new spectacular theatrical experience. An enjoyable and amazing musical for all to see.

For more information

T: 08 9411 3877

E: csc@cockburn.wa.gov.au

W: <https://www.cockburn.wa.gov.au/Community-and-Business/Seniors-50/Seniors-Centre>

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/Seniors-50>

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



Rise Network 'Rise understands everybody is different'

Rise are keen to find out what matters to you.



Together they will discuss with you, your interests and talents, such as making new friends and socialising or finding a house you can call home.

Rise provide a range of services to support you at home and in the community. They are a registered NDIS provider and operate under the NDIS (National Disability Insurance Scheme). Rise can help you every step of the way to understand, apply for and use your NDIS funding in a way that suits you.

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.

For more information about the services for people with disability

T: 0436 686 897 (Mandy)

E: amanda.hughes@risenetwork.com.au

W: <https://www.rise.org.au/rise-services/people-with-disability>

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.



Umbrella Multicultural Community Care 'care finders'

Find your Care

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

Who can receive assistance from a care finder?

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, clients will need to meet one or more of the following criteria:

- 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

For more information about the 'care finder service'

T: 09 9275 4411

E: cfs@umbrellacommunitycare.com.au

W: <https://umbrellacommunitycare.com.au/umbrella-carefinder/>

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.



We are care finders

Care finder is a new program that supports seniors to find the aged care services they need.

Wherever you live in the Perth metro, our care finder team can now link you in with various support services. We speak your language and we will visit you at home. **And, our care finder service is free of charge.**

Our care finder service has been made possible through funding from the Australian Department of Health and Aged Care under the Primary Health Network Program.

Would you like to volunteer?

We are looking for bilingual volunteers for our Aged Care Volunteer Visitors Scheme to visit seniors from culturally and linguistically diverse and LGBTQI+ backgrounds. Some clients are living at home and some are in residential care facilities across the metro region. If you can spare an hour a fortnight, please contact us.

Call us on 9275 4411 or visit www.umbrellacommunitycare.com.au



Southcare Inc. 'Engaging Young Leaders on Aged Care and Community Boards Program'

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



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

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

If you are under 40 years of age and want to be a change maker, join the [Engaging Young Leaders on Aged Care and Community Boards Program](#) to start your board governance journey!

For more information: Engaging Young Leaders on Aged Care and Community Boards Program

T: 08 6117 3028

E: enquiries@southcare.org.au

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

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.



Volunteering WA 'Become a Member of VWA'

The Power of Volunteering

An invitation from Tina Williams, CEO of Volunteering WA.

When you [become a member](#), you join a network of hundreds of organisations and individuals that believe in the power of volunteering, to underpin essential services; to address issues and advance causes; to promote stronger, healthier, more cohesive communities; to provide opportunities for everyone to contribute in a way that is meaningful for them, to enhance this State.



Together we can leverage our collective and individual strengths to promote the power of volunteering, to overcome barriers, to develop capacity and increase innovation in the sector.

On behalf of the communities, organisations, families and individuals who rely on volunteers and those who find value and meaning in volunteering, Tina Williams invites you to join VWA, get involved and help shape the future of our State.

Volunteering WA are pleased extend your organisation a warm welcome to Volunteering WA.

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



For more information

T: 08 9482 4333

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

Volunteering WA is a COTA (WA) Supporter.



Act Belong Commit 'Perth Harmony Chorus'

Love to Sing? Why not join the Perth Harmony Chorus.

You too could be part of the Perth Harmony community, a group of awesome women who do amazing things together.



Singing with Perth Harmony provides the opportunity to develop your singing technique, musicianship, performance and ensemble skills with support and guidance from experienced teachers.

Off the risers, you will gain new friends and the chance to clock up a lifetime of fabulous experiences.

Do you love to Harmonise? Do you sing along with the backup vocals? Improvise harmonies? Add a sweet descant high above? Or perhaps enjoy singing a rhythmic baseline? There is a place for you.

The first step is to come along to a rehearsal.

Want to get involved?

When: Wednesdays at 6:45pm

Where: Nollamara Tennis Club, Kindra Way Nollamara WA 6061

To find out more about the Perth Harmony Chorus

T: Call Kayleen on 0413 255 844

E: teamchair@perthharmonychorus.com.au

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

For more Information

T: 08 9266 1705

W: <https://www.actbelongcommit.org.au/activity-finder/perth-harmony-chorus/>

Act Belong Commit is a COTA (WA) Supporter.



Mentally Healthy WA

Office of Donna Faragher MLC 'Meeting with Dandelions WA'

'Spreading Kindness, Growing Hope' is what Dandelions WA is all about.

The charity is 100% volunteer-based and provides support to West Australians in many ways. This includes the preparation and delivery of hospital kits for members of the community who arrive at hospital without essential items, Christmas gift packs and 'Kindness Kits' for children and their families.



Their 'Back to School' backpacks have now become a significant part of their work throughout the year. The charity's aim is to ensure that every child at the start of the school year has all the necessary stationery and materials needed to enter their classroom with confidence. In 2021, they produced 220 school backpacks containing new stationery, a library bag, lunch box and water bottle. This year, nearly 7,000 backpacks were delivered throughout WA before the start of the 2023 school year.

With demand for backpacks expected to increase again next year, their 'Back to School Campaign 2024' has begun.

If you would like to find out more about Dandelions WA and their 2024 campaign, please click [here](#).

Donna Faragher MLC thanked one of Dandelions WA's founders, Vicky Young, for sharing Dandelions WA charity work with her.



For more information about Dandelions WA

E: admin@dandelionswa.org.au

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

What is Dandelions WA?

At Dandelions WA, their purpose is simple yet powerful: To provide what is needed to promote dignity, health, acceptance and opportunity.

Whether it is through their thoughtfully crafted 'Kindness Kits', tailored with essential toiletries, clothing and extras relevant to gender and age or by fulfilling specific wishes from communities, families, individuals or partner agencies, they strive to make a difference.

From assisting remote agencies in acquiring baby baths and towels to supporting neighbourhoods impacted by fires or droughts in their recovery, from collaborating with the WA Police to aid victims of family and domestic violence to providing Back to School backpacks for WA school students, Dandelions WA stands as a beacon of hope. With the unwavering support, compassion and generosity of the incredible WA community, Dandelions WA are dedicated to spreading kindness and cultivating a sense of optimism.

Behind Dandelions WA, there is a team of volunteers who are the driving force behind our mission. They contribute their time and effort wholeheartedly, without any financial compensation. All administrative costs are covered through specific fundraising events, ensuring that every dollar goes directly towards fulfilling their purpose.

Thanks to the remarkable dedication of Dandelion WA volunteers and the overwhelming support of the WA community, they have achieved more than could have ever been imagined in just two years since inception. And they will never cease their endeavours to fulfil their purpose, continuously striving to make a positive impact in the lives of those they serve.

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 'Optus Stadium Containers for Change WA'

Something big is happening at [Optus Stadium](#) and it is not just the footy.

Next time you are at a game or gig, you'll notice [Containers for Change WA](#) recycling bins appearing throughout the stadium, 460 of them in total.

Around 2.2 million recyclable drinks containers are sold by Optus Stadium each year and with Optus showcasing a huge series of events over the next eight months, this new initiative is rolling out at just the right time.

So when you are at Optus, make sure you drop your empties into a [Containers for Change WA](#) bin and together we can slash the amount of waste going to landfill.



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



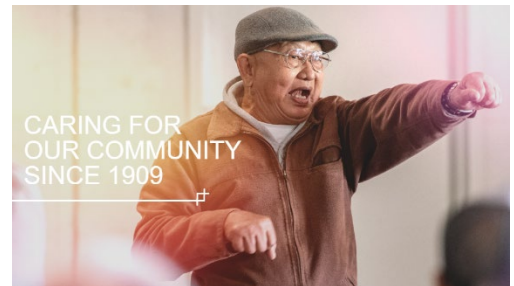
Hannah Beazley MLA



Chung Wah Community Care 'Supporting tireless Carers in the Community'

Supporting the Everyday Carers.

Chung Wah Community Care works to improve family carers' quality of life and support their wellbeing for outstanding unpaid contributions. They are a community's unsung heroes, the everyday carers, who provide round-the-clock care and support to seniors and/or people living with disability, mental conditions, chronic conditions or terminal illness.



Chung Wah Community Care understands that providing care is not an easy task and can be challenging. When caring for a family member or friend with additional care needs, they too need the care of others. As a working partner of the **Carer Gateway Initiative**, they offer various services to support carers, including free services: counselling, skill training, peer support groups and much more online, via telephone or in-person.

Who is Eligible?

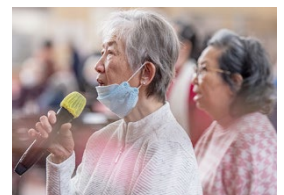
Carers can range from all shapes and sizes, some as young as eight to people well into their nineties. It is a free government service to support carers to reduce emotional and physical strain and improve overall health and wellbeing. Hence, anyone caring for someone close is welcome to access this support service.

Carer Support Journey

Community Workshops: Take a break and participate in the regular supportive workshop to help you keep up-to-date with the latest information and care assistance. This is an excellent opportunity to meet other carers and share information on your everyday caring role.



Daytime Respite Care: CWCC provides comfortable transportation to the Day Long Respite Centre (DLRC) hubs to enjoy culturally appropriated activities, celebration events, health and wellness programs and delicious foods.



Peer Group Support: A fantastic way for carers to connect through an in-person peer support group or online community forum. Explore the opportunities to share stories, knowledge and experience to support each other, you are not alone.



For more information

T: 08 9328 3988

E: enquiry@chungwahcc.org.au

W: <https://chungwahcc.org.au/en/carers-support>



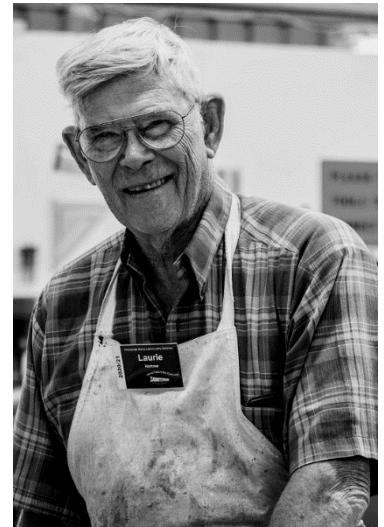
Men's Sheds WA 'Sheds WA Magazine'

Sheds are great at what they do. supporting their members, helping their communities, and promoting wellbeing and men's health.

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@mensshedswa.org.au

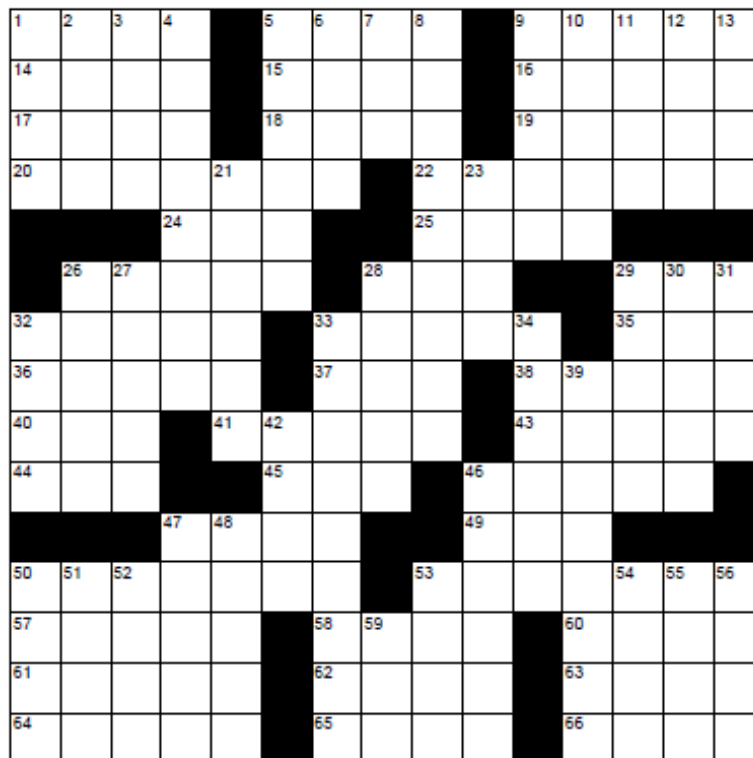
W: <https://mensshedswa.org.au/about/>



'CROSSWORD' Puzzle

*Answers to crossword available at the end of newsletter at Page 94.

SEPTEMBER



By Jimmy and Evelyn Johnson - www.qets.com

ACROSS

- 1 Tie shoes
- 5 Uproar
- 9 Type of monkey
- 14 Flatten
- 15 Sympathize
- 16 Grind
- 17 Ham
- 18 Colors
- 19 Quick-witted
- 20 Defends their country
- 22 Lunges
- 24 Flurry
- 25 Glance over
- 26 Group discussion
- 28 Motor vehicle
- 29 Not JFK
- 32 Approximate date
- 33 Liners
- 35 Rio de Janeiro
- 36 Surpass
- 37 Summer skin color
- 38 Tiny particles
- 40 Fib
- 41 Plant trunks
- 43 Ramble
- 44 Headed

45 Type of music

- 46 Crimes
- 47 Tuber
- 49 Dashed
- 50 Tutor
- 53 Madman
- 57 Shelter under branches
- 58 Kiln
- 60 Prank
- 61 Purple fruit
- 62 Pit noise
- 63 Brand of sandwich cookie
- 64 Sugar-free brand
- 65 Long
- 66 Apply a varnish

DOWN

- 1 Wilted
- 2 Realm
- 3 Cake
- 4 Entry
- 5 What children attend
- 6 Rigid
- 7 Wrath
- 8 Curbs
- 9 Louis' partner
- 10 Netherlands' capital
- 11 Wading bird
- 12 Shed
- 13 V.P.'s boss
- 21 Utopian ideas
- 23 Lyre
- 26 Elf
- 27 Arched
- 28 Winner
- 29 Put icing on a cake
- 30 Ten cent coins
- 31 Optimistic
- 32 Tiny body part
- 33 Sauna (2 wds.)
- 34 Island inhabitant
- 39 Twisters
- 42 Maple

46 Stems

- 47 Quick bread
- 48 Troika
- 50 Record
- 51 Goofs
- 52 Connect
- 53 Optical device
- 54 Exhaust
- 55 Whim
- 56 Rad!
- 59 Seven

Events + Activities

Umbrella Multicultural Community Care 'Karaoke with an Accent'

Find your Care

Multicultural LGBTIQ+ immigrants arriving in Perth from the far corners of the globe can find social support through a project called **Rainbow Migrants**.

Funded by the WA State Government's Office of Multicultural Interests, the project was launched earlier this year as a 12-month pilot and has identified a need for more support for new arrivals into Perth who identify as sexually and culturally diverse.

Many of these immigrants have been subjected to marginalisation, discrimination and even abuse in their home countries and choose to relocate to Australia because of the rights and protection they are afforded here. However, they find it difficult to connect with like-minded community members and services due to cultural and language barriers.

The Rainbow Migrants Project is being run by award-winning charity **Umbrella Multicultural Community Care Services Inc.**, whose founder Anna Harrison was recently cited as a Member of the Order of Australia for her service to multiculturalism in Australia and to aged care.

Headed by University of Western Australia academic Dr Lukasz Krzyzowski, the project's primary goal is to provide social support and advocacy for LGBTIQ+ migrants from multicultural backgrounds, regardless of age, visa status, education, abilities or English language proficiency. The project aims to foster social connectivity, intergenerational and intercultural understanding.

In partnership with the Northern Suburbs Community Legal Centre, Dr Krzyzowski is currently running

free weekly information sessions on issues impacting LQBTIQ+ migrants. Topics include cyberbullying and navigating the housing tenancy system. He is also offering training sessions to government departments and the private sector and recently ran a successful workshop for the Water Corporation in Perth.



Rainbow Migrants is also holding an inclusive event called **‘Karaoke with an Accent’**, a Eurovision-themed singing competition for members of the Perth LGBTQI+ community from multicultural backgrounds. **It will be hosted by Connections Nightclub from 7:30pm to 10:00pm on Saturday 23 September 2023 and entry is free.**

"The more work we do in this space, the more we identify the gap in social support and networking opportunities for LGBTQI+ migrants who now call Perth home," said Dr Krzyzowski. "I am grateful to Umbrella Inc. for supporting this project."

For more information about ‘Rainbow Migrants or the ‘Karaoke with an Accent’ event

T: 09 9275 4411

E: rms@umbrellacommunitycare.com.au

You can also find Umbrella on [Facebook](#) [Instagram](#) and [LinkedIn](#).

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.



Age Friendly City of Fremantle 'Joanna's Candlelit Soirees'

Joanna's Candlelit Soirees

Be serenaded by Perth's finest musicians as you enjoy a warm, intimate candlelit dinner in a glorious 19th century limestone gallery.

Joanna's Candlelit Soirées are an absolutely magical series of dinners hosted by **Kidogo Arthouse** during winter, featuring unique performances by some of Perth's finest musicians.

Be serenaded and entertained as you enjoy a warm candlelit dinner in the glorious 19th century limestone gallery.

The soirées, provide the perfect atmosphere for musicians to freely express themselves and create memorable concerts that are unique to Kidogo Arthouse, Fremantle. The magnificent acoustics and intimate ambience of the space, coupled with the delightful menu makes for a truly remarkable experience that you do not want to miss out on.



Event details + Soiree Line-up

Date + Time: 8 July 2023 to 16 September 2023; Weekly, every Friday 6:00pm to 10:00pm

Location: Kidogo Arthouse, Bathers Beach, Fremantle WA 6160

M: 0401 333 309 W: <https://www.visitfremantle.com.au/live-music/joannas-candlelit-soirees>

Cost: \$68 - \$78 + BF

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.



Age-Friendly Melville South of the River Forum 'Stay on your Feet'

Falls are preventable, no matter what your age.

This forum will look at why people fall, how to build strength, manage your medications, nutrition and removing hazards to keep you on your feet.

Please wear comfortable clothing and suitable shoes for some light exercise.

Morning tea is provided.

Please indicate any access needs when registering. Information is available in alternative formats on request.

Free Forum Details

Date: Monday, 23 October 2023

Time: 10:00am to 12:00pm

Venue: LeisureFit Melville, 431 Canning Highway, Melville WA

To Book your place go to:

W: <https://www.melvillecity.com.au/things-to-do/events/whats-on/south-of-the-river-forum-stay-on-your-feet>

For inquiries: T: 1300 635 845 or 08 9364 0666



The poster features a blue header with the City of Melville logo and the title 'Age-Friendly Melville South of the River Forum'. Below the title is a photograph of three elderly people smiling. The main text 'Stay on your Feet' is in a large, bold font. Below this, it states 'Falls are preventable, no matter what your age!' and describes the forum's focus on falls prevention, strength building, medication management, nutrition, and hazard removal. It also mentions that morning tea is provided and that access needs should be indicated when registering. A light blue box on the right contains the event details: 'Join us at the FREE forum', 'Date: Monday, 23 October 2023', 'Time: 10.00am to 12noon', 'Venue: LeisureFit Melville, 431 Canning Hwy, Melville', 'Book your place at melvillecity.com.au/whatson', and 'For inquiries call 1300 635 845 or 9364 0666'. At the bottom right are the 'act belong commit' and 'COTA Western Australia for older Australians' logos.

Age-Friendly Melville
South of the River Forum

Stay on your Feet

Falls are preventable, no matter what your age!

This forum will look at why people fall, how to build strength, manage your medications, nutrition and removing hazards to keep you on your feet.

Please wear comfortable clothing and suitable shoes for some light exercise.

Morning tea is provided.

Please indicate any access needs when registering. Information is available in alternative formats on request.

Join us at the FREE forum
Date: Monday, 23 October 2023
Time: 10.00am to 12noon
Venue: LeisureFit Melville, 431 Canning Hwy, Melville
Book your place at
melvillecity.com.au/whatson
For inquiries call **1300 635 845** or **9364 0666**

act belong commit
COTA
WESTERN AUSTRALIA
for older Australians



City of
Melville

ConnectGroups 'Storytelling as a Tool Workshop'

ConnectGroups is offering a workshop to assist you in using storytelling to promote a cause to the wider community. A good storyteller has the ability to capture and hold attention, better communicate messages and meaning, and stay memorable to their audience in the long-term.

As support group leaders, you all have a story to tell, and this session will provide you with the knowledge and skills to tell this story effective and impactful way.

Since 1983, ConnectGroups has provided practical assistance to both new and established groups to support their effective management and role in the community.



ConnectGroups aims to help people help each other by providing Peer Support Groups with:

- Links to community networks and information
- Assistance with group development and management
- Support with community resources and services
- Individual and group skills training

ConnectGroups promotes the philosophy and practice of peer support throughout Western Australia. Fostering empowerment among Peer Support Groups allows people dealing with stressful life problems and situations to share their experiences and to offer emotional and practical support to one another.

Workshop Details

Date and Time: Tuesday 15 August 2023 11:00am to 12:30pm (UTC+08)

Location: ConnectGroups 52 Kishorn Road, Applecross, 6153, APPLECROSS Western Australia 6153

To book go to: [Collective Coaching: Storytelling as a Tool](#)



ConnectGroups
helping support groups & individuals

‘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.

Connect Victoria Park 'Mackie Street Singers'



Mackie Street Singers are an all-inclusive group of friendly and music loving people, Village Hub and community members, who get together **every Tuesday evening** to sing and have a good time.

Lead by musical director David Harries, the group is self-organised and prior musical experience is not required. All ages 15+ welcome.



Mackie Street Singers Details

Date and Time: Every Tuesday evening from 6:15pm for a 6:30pm start. Sessions run to 8:00pm.

Location: Meet at 'The Homestead' (5 Mackie St, Victoria Park)

Cost: \$3 per session for Village Hub members. \$5 for non-members

W: [Mackie Street Singers: Victoria Park WA](#)

For further information about Connect Victoria Park

T: 08 9361 2904

E: admin@connectvictoriapark.org

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



Adult Learning Australia 'Adult Learners Week'

[Adult Learners Week](#) (1-8 September 2023) is in a few weeks, and there will be hundreds of events and activities across WA and Australia, promoting the benefits of learning and providing opportunities to learn.

Adult education programs is a vital part of many of many Neighbourhood and Community Resource Centres, whether it is to help people in their community improve digital literacy, pick up skills for work, learn hobbies for fun or to learn different skills to help make life easier.



Visit the Adult Learners Week website to find out more about the week and find events that are happening during Adult Learners Week in your area.

If your Centre is running an event for **Adult Learners Week**, or any type of adult education or learning from 1 to 8 September 2023, make sure to submit details on the website to help promote your event and have a chance to win prizes.

The work of Adult Learning Australia

Adult Learners Week is celebrated annually with hundreds of events and activities designed to promote the benefits of learning and to highlight the many options available at home, work or in the community.

Many of the most successful events take place in venues that adults find accessible, friendly, and familiar, such as: community centres; neighbourhood houses; libraries; men's sheds and community halls.

Adult Learners Week is about promoting the range of learning possibilities; making learning options relevant and accessible to learners; creating a culture of lifelong learning; building a bridge between basic, vocational and general adult education (including literacy and numeracy); showing the strong relationship between adult learning, strong democracies and productive communities and creating a learning society that everyone can access.

Why participate?

It is simple really. Learning makes a difference!

It improves your life in so many ways, from your health and wellbeing through to your socioeconomic status. It is important to challenge yourself. Moving beyond your comfort zone improves your life. It builds your confidence and happiness. It broadens your outlook and expands your mind. It helps you to stay relevant in an ever-changing world. We all need to be lifelong learners now. And, it keeps you connected with others, and helps prevent stress and loneliness.

Connect with learning during #ALW2023. [Find an event near you.](#)

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



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

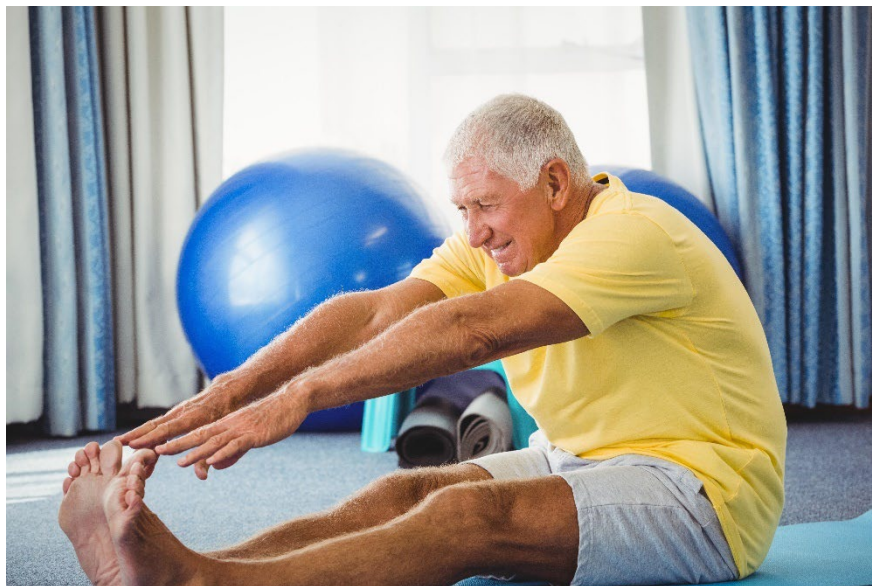
We encourage you to attend 2 to 3 fully supervised classes per week. Strength for Life is progressive training, and your individualised plan will change as your strength increases.

For more information

T: 08 9472 0104

E: kairi@cotawa.org.au

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



Support Information

StreetSmart 'The SleepSafe Program'

The SleepSafe program provides free, high-quality, bed linen and towels to frontline organisations that are supporting people at risk of or experiencing homelessness.



We Believe

We believe everyone should have a safe and secure place to call home. It is a basic human right. Ending homelessness will take a whole of community response.



We Empower

Through innovative campaigns we enable and empower communities to raise vital funds and awareness to bring about change for people experiencing homelessness or at risk.



We Support

We keep it grassroots, we keep it local. We seek out, support and partner with small organisations and projects, in the communities where funds are raised.

SleepSafe is a collaboration between StreetSmart and Sheridan and has distributed over 100,000 kits across Australia in the last 3 years.

StreetSmart believes everyone should have a safe place to sleep. That is why for the past three years they have partnered with Sheridan Australia to create 'Sleep Kits' for people who are at risk of or experiencing homeless. These kits give people the basic comforts we take for granted.

For every \$15 raised, a sleep kit is provided to a displaced person. Containing a towel, fitted sheet, flat sheet and pillowcase, they are delivered through 607 local community charity partners throughout the country. The recipient network has grown by over 50 new partnerships in 2023.

Your donation will help give someone the security of their own bedding to use while they are in either temporary or more permanent accommodation.

If your Centre is interested, visit: <https://streetsmartaustralia.org/sleepsafe/>



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/>



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 the monthly Carers WA Linking Together groups, starting soon near you.

- FREE attendance and participation as long as you are registered with Carers WA
- 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.



‘St Patrick’s Community Support Centre’

St Pat’s is a not-for-profit organisation which provides community housing and specialist support services for people facing homelessness.

St Pat’s have been working side-by-side with vulnerable people in the south metropolitan region of Perth for 50 years. Their targeted services are aimed at people aged 16 and over, including couples and families, who are experiencing rough sleeping or significant disadvantage.

St Pat’s provides a range of specialist, targeted services and programs aimed at people experiencing, or at risk, of homelessness such as:

Community Centre: The heart of St Pat’s, our Community Centre provides adults experiencing homelessness or in crisis with essential services from food, clothing and showers to emergency relief, social engagement and inclusion activities.

Community Store: St Pat’s Community Store, supported by the Minderoo Foundation, ensures people experiencing, or at risk of, homelessness or on low incomes have access to high-quality clothing, furniture and homewares.

Housing: St Pat’s are an accredited community housing provider with accommodation for single men and women, couples and families. They also offer accommodation support to help you maintain housing.

Aboriginal Support Services: A service for Aboriginal people, by Aboriginal people.

Outreach: St Pat’s assertive outreach teams work in the community to provide tailored, person-centric supports to people experiencing homelessness in Perth, Fremantle, Rockingham and Mandurah.

Youth Place: Specialist homelessness supports, including accommodation, for young people aged 15-25.

For more information about St Patrick’s Community Support Centre

T: 08 6372 4800

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

Location: 12 Queen Victoria Street, Fremantle WA 6160

Opening times: 7:30am to 2:00pm Monday to Friday



GRAI 'Volunteer Visitors Scheme'

Are you living in a residential Aged Care facility, or receiving an Aged Care package at home (or on the waiting list) and would like to have regular social visits from a LGBTIQ+ person?

GRAI can link you with a LGBTIQ+ volunteer.

For more information about referrals to the ACVVS program, email: acvvs@grai.org.au



Aged Care
**Volunteer
Visitors Scheme**



GRAI
GLBTI Rights in Ageing Inc.

Are you living in a residential Aged Care facility, or receiving an Aged Care package at home (or on the waiting list) and would like to have regular social visits from a **LGBTIQ+** person?

GRAI can link you with a **LGBTIQ+** volunteer



Referrals to the ACVVS program:
acvvs@grai.org.au
Funded by the Australian Government

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: 'Good Mental Health and Wellbeing'

What is good mental health and wellbeing?

Things that can contribute to positive mental health and wellbeing include:

- Spending quality time with close friends and family
- Working in a job or finding an activity that is meaningful, which can provide a sense of purpose
- Learning a new skill such as painting, singing, knitting, or a foreign language which can provide a sense of pride and achievement
- Finding a hobby (such as gardening, playing sport, cooking or arts and craft)
- Giving to others by volunteering, being there for friend in need or caring for animals
- Having someone to talk to who can provide support and reassurance
- Eating healthily and exercising regularly
- Spending time with people who share similar interests
- Experiencing new things such as trying different foods, travelling or meeting new people
- Ways to improve your mental health and wellbeing



Learn to relax and do things you enjoy

Having something to look forward to, promotes positive mental health and wellbeing. Everyone is different, so find out what works for you.

Relaxing activities may include: Listening to music; watching TV; playing video games; practicing relaxation techniques such as meditation, yoga or tai-chi; mindfulness techniques are helpful to manage anxiety and negative or intrusive thoughts; gardening; catching up for drinks with a friend; play with pets; going shopping

Get moving

Exercise is a great way to improve your negative mood. Do whatever you enjoy doing that gets you active, for example: ride a bike; go for a walk (or run); go for a swim at the beach or a pool; play a sport you like; kick a football with friends; try yoga; take up a martial art; join a team (rugby, footy, netball, etc.).

Eat healthy

- Try to eat a healthy, balanced diet, as it will make you feel calmer
- Eating regular meals will give you energy and will regulate your blood sugar levels
- Eating plenty of fruit and vegetables will make you feel healthier; reducing your sugar intake is better for your health
- Avoid alcohol and other drugs as they can worsen the symptoms of mental health problems

Get enough sleep

- If you are tired, you are more likely to feel stressed and worried
- Aim for around 8 hours per night to avoid feeling tired
- Get into a good bedtime routine: wind down by drinking a glass of milk or cup of herbal tea, read a book or listen to relaxing music before going to bed
- Try going to sleep and getting up at the same time each day
- Avoid caffeinated drinks after lunch time

Stay connected and keep in touch with families and friends

Feeling connected to people is an important part of staying well. It can help you feel confident and valued, and it can support you during difficult times. A lack of contact with others makes people feel lonely and disconnected.

- Even if you are not contributing to conversations, stay around people
- Spend time on relationships you are interested in
- Care and support other people
- Talk to family and friends and discuss your experiences, worries and feelings
- Visit your GP if you have any physical or mental health concerns



Get involved

Join a local community group in something that interests you. This will also allow you to meet people who have similar interests, for example:

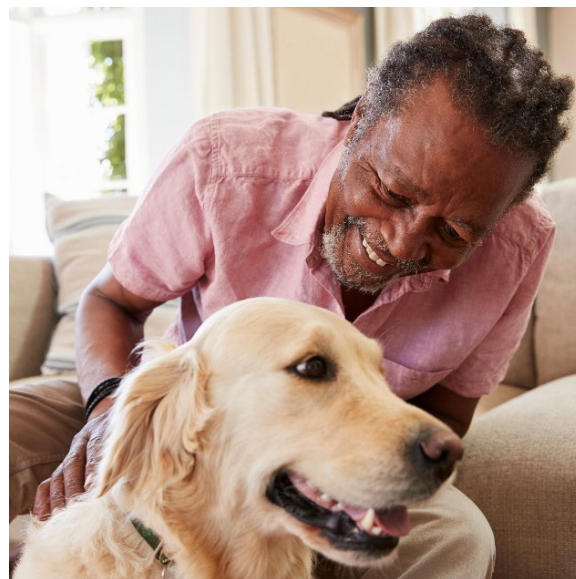
- Find a self-help group, as talking to people who have similar feelings can be a huge support
- Join a craft group
- Join a meditation or relaxation group
- Learn a new hobby through an adult education course

- Join a sporting team
- Problem solving

Learn to anticipate problems before they arise, as it will help reduce worry and stress

You can do this by:

- Learning to understand your own thoughts and feelings
- Planning in advance what you might do in situations that cause you stress
- Identifying at least two people who can help you when you come across a problem in your life
- Planning for a crisis and tell people what you want to happen if you become unwell



Set goals

It is important to introduce a regular routine and structure to your days. Setting and achieving goals can help to organise your time and can give you a sense of purpose in life.

Goals can be related to: Work; study; exercise; eating healthy; joining in on social activities.

Where to get help

See your GP or talk to a mental health worker.

Ring Healthdirect Australia: T: 1800 022 222.

Rurallink for Rural and remote areas: T: 1800 552 002.

Mental Health Emergency Response Line (external site): Perth metro callers T: 1300 555 788 Peel area callers T: 1800 676 822.

For more information about healthy living, visit: [HealthyWA](https://www.health.gov.au/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



WA ScamNet

‘The Benefits of Computer Lessons for Seniors’

Computer Classes for Seniors

Now, more than ever before, computer use among seniors is going up daily. In fact, nowadays, roughly 67% of seniors are using the internet. However, while a lot of seniors are beginning to use computers and technology more, many older adults struggle to know how to use their devices properly and efficiently.



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

If you need a little more help when it comes to navigating all that computers offer in this new digital age, many libraries around Perth now host informative computing classes suited to many different levels of technical skills. The online classes listed below make it easier for those who cannot leave their homes or prefer not to, to learn new computer skills.

The Benefits of Computer Lessons for Seniors

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

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

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

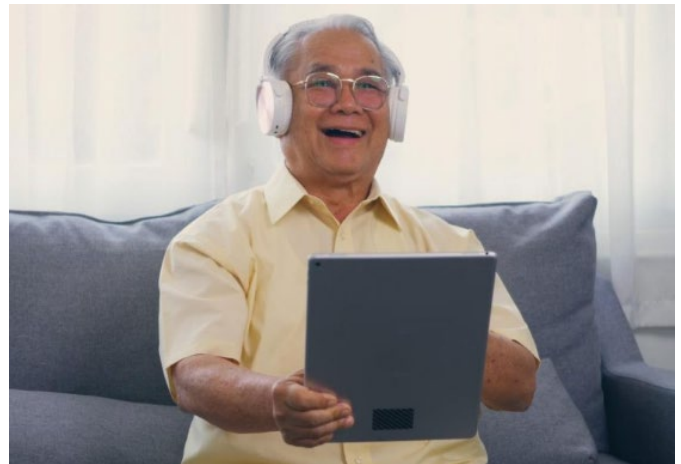
Instead of having to organise a range of things to head out to the doctor’s office, seniors can easily schedule virtual visits to get care from the comfort of their homes. Knowing how to use technology can make life a whole lot easier for seniors. You will find in-person and online computer classes listed below.

In-person Classes

Rockingham Autumn Centre

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

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



Manning Senior Citizens Centre

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

There are regular iPad classes held here and technology classes to help seniors understand more of this new age of technology. If you are keen to get out and about more, you may also enjoy other activities such as chess, bingo, bridge, keep-fit classes, yoga, mah-jong, indoor bowls, dancing and even Tai Chi. New members are always welcomed with open arms.

South Perth Senior Citizens Club

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

There are also other activities run here such as indoor bowls, chess, yoga and bingo. There are even excursions available at shopping centres. All new members are welcomed with friendly smiles. Better yet, if you have any suggestions, the staff here are always happy to add new activities and services. This spot is the ideal place to learn more about computers and enhance your computer skills.

Melville Digital Hub

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

Technology Tea for Seniors

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



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

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

TRY Computing

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

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

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

Keystrokes: City of Joondalup

[Keystrokes](#) Technology Training is a one-on-one training session that covers all of the common beginner technology topics, as well as your choice of topics. Available at Woodvale, Joondalup and Whitfords Library. There is also a Net.Uni program available at the Joondalup Library which is an informative beginner training class that is specifically for Android and iPad technology.

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

Technology Buddies: Armadale Library

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

Bookings are essential if you plan to participate.



Online Classes

The Senior's Guide to Computers

[The Senior's Guide to Computers](#) has been specifically designed to help seniors who are complete beginners when it comes to using technology. They offer excellent computer training in an understandable way. You will learn how to set up your computer to address accessibility, send emails, use different web browsers and understand basic tasks.

This site also offers plenty of detailed information when it comes to saving data, storing data, selecting software and hardware for your set-up and setting up security protocols. The site is mainly geared towards beginners, so you will not find a huge amount of helpful information if you are already pretty clued up on technology.

This site is heavily geared towards helping seniors with computer basics. This online computer class is one of the top places to learn about computers and technology.

Goodwill Community Foundation, INC

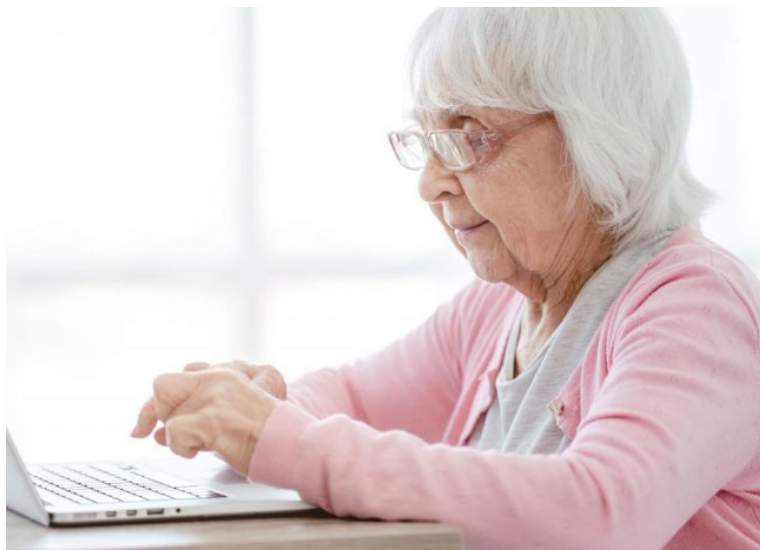
[GCF Global](#) is a great online learning platform that offers over 2,000 interesting lessons on over 180 topics. This online classroom offers classes on how to use emails, Microsoft Office programs, social media, image editing programs and how you can begin a new career. However, this is only a tiny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

You can easily understand these things due to the use of animations, graphics, plain English, step-by-step instructions and more in the classes. This makes it the ideal platform for [senior](#) learning. If you are looking for a simple, straightforward and easily understandable place to learn about computers and technology, this is the ideal online learning platform.

Meganga

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

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



TechBoomers

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

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

YouTube

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

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

Whether it is your very first time using a computer or you just want to advance your skills, there are plenty of computer classes both in-person and online that will suit your needs.

Technology offers up many things that will make your life so much easier. When you learn how to use computers, you can access programs and apps that help you stay safe, access medical care and stay up to date with your friends, family and current event.

For more information

Support: Find support in your area: <https://digitalinclusionwa.org.au/find/>

Teach: Learn how to build digitally inclusive communities: <https://digitalinclusionwa.org.au/teach/>

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 arc on the right side. The text 'Palliative Care Helpline' is in large, bold, white letters. Below it, in smaller white text, is 'Information, support and understanding when you need it most'. A red rectangular box contains the phone number '1800 573 299' in white. Below the box, there are three bullet points with checkmarks: 'Local WA service', '9am to 5pm, every day of the year', and 'Free and fully confidential'. On the right, there is a red logo consisting of a circle of dots with a white map of Australia in the center, and the text 'PalliativeCare WESTERN AUSTRALIA' below it.

Palliative Care Helpline

Information, support and understanding when you need it most

1800 573 299

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

PalliativeCare
WESTERN AUSTRALIA

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

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

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

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

All calls are completely confidential.

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

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

For more information

T: 1800 573 299

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



PalliativeCare
WESTERN AUSTRALIA

TADWA 'How to Access Services'

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

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

Active Ageing

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

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

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



Disability Funding

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

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

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

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

To contact TADWA

T: 08 9379 7400

Email: enquiries@tadwa.org.au

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



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](#)



Kin Disability Advocacy for Diverse Communities 'Multicultural Ambassadors Wanted'

Are you from an ethnocultural or linguistically diverse community and interested in supporting people with disabilities?

Kin is looking for multicultural ambassadors who have a disability or have a family member with a disability, and who want to help others in their community who also have disabilities.

Kin are offering:

- Personal development
- Free training in public speaking, storytelling and more
- Networking opportunities

Your role as an ambassador will be to share your story with the community. By sharing your experience with disability, **Kin** hope to help other people with disabilities by showing them different services or opportunities available to them.

If you are interested in becoming an ambassador or want to find out more, call **Kin** on 08 9388 7455 or email shar@kinadvocacy.org.au



Kin | Disability Advocacy
for Diverse Communities

Legal Aid WA 'Safe Tenancy: Family and domestic violence and tenancy laws in WA'

Family and domestic violence and tenancy laws in WA.

Family and domestic violence and tenancy laws in WA allow a tenant to end their tenancy with as little as 7 days' notice, without any legal or financial penalty, if they or their dependant are in circumstances of family and domestic violence.

Tenancy reforms for renters affected by family and domestic violence started in 2019.

These laws allow a tenant to end their tenancy with as little as 7 days' notice, without any legal or financial penalty, if they or their dependant are in circumstances of family and domestic violence.

To end a tenancy due to family and domestic violence, a tenant will need to give:

- The landlord or their agent a Notice of Termination for either:
 - [Residential tenancy](#)
 - [Residential parks](#) (on-site home)
- Plus one of the following permitted forms of evidence a:
 - Family or Domestic Violence Restraining Order (see [Legal Aid](#) website)
 - Family court injunction or an application for a family court injunction;
 - Copy of a prosecution notice or an indictment detailing a charge relating to family violence having been committed against you or your dependant; OR
 - Consumer Protection [Family violence report – Evidence form](#)

A landlord will need to give each co-tenant a copy of the termination notice only, not the accompanying evidence.

A landlord cannot dispute whether FDV has occurred but can insist on the right termination notice and evidence.

Where can I find out more?

Further information, training packages and factsheets can be found on the [FDV tenancy law Resources and other supporting materials](#) page.

Case studies shared by tenant advocates from a community legal centre are available on the [Safe Tenancy WA](#) page.



Government of **Western Australia**
Department of **Mines, Industry Regulation and Safety**

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>



Legal Aid WA 'Elder Rights WA marks one year of protecting seniors' rights'

A State-wide service which provides legal support and advocates for the rights of older Western Australians experiencing abuse has marked one year of operation.

Elder abuse can be physical, financial, emotional and psychological and can lead to older people finding themselves in complicated and sensitive situations.

Elder Rights WA was established in 2022 by Legal Aid WA, in partnership with the Department of Communities, with \$4 million in funding over four years from the State Government, to respond to a greater awareness of elder abuse and an increased demand for services.

Over the past year, Elder Rights WA has delivered 1729 services to 386 clients across WA. People aged over 80 were the largest cohort of people seeking assistance, comprising 25 per cent of clients. The most common client concerns were guardianship and administration matters, financial abuse, and other property claims.

Elder Rights WA provides equitable access to justice and holistic, wrap-around legal services for older people, which also include access to social workers.

According to a recent National Elder Abuse Prevalence Study, nearly two thirds of older people do not seek help when they are abused, women are more likely than men to experience elder abuse, and perpetrators are often family members, mostly adult children.

To read the Media Statement from The Hon. Don Punch, Minister for Regional Development; Disability Services; Fisheries; Seniors and Ageing; Volunteering go to: [Elder Rights WA Media Statement](#).

For more information about the Elder Rights WA service

T: 1300 650 579

E: elderrightswa@legalaidsa.gov.au

W: www.legalaidsa.gov.au

To view: [Elder Rights WA Fact Sheet](#)



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

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

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

Who can I connect to a care finder service?

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

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

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

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

How does the care finder service work?

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

What help can care finders provide?

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

Updated: 24 February 2023

They can help someone with:

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

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

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

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

What if a care finder is not right for someone?

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

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

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

Other supports and their contact details

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



Care finder program service guide

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

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Updated: 24 February 2023

Feedback Opportunities

Curtin University 'Road Safety improvement in a mixed-used urban area'

What is the Project About?

The research project aims to investigate user-oriented road safety preference and their perceptions and motivation toward a more responsive and comprehensive road safety strategy.

This information will help to establish good governance principles in road safety strategies, understand users' preferences, risk perceptions and motivation within mixed-used development, and develop a sustainable mobility framework for road safety satisfying key components such as universal access/shared space, safety and efficiency based on review and survey results. It will assist local councils in improving their local road safety action plans, strategies and policies to suit the community's needs better.

Curtin University, School of Design and the Built Environment, would like your kind assistance in participating in the survey to emphasise active transport and establish more user-friendly road networks for our community and vulnerable road users. Your input is invaluable and priceless as you contribute from your position to the community and the betterment of society.

This short online survey should take less than 15 minutes to complete (Curtin University Human Research Ethics Approval Code: HRE2023-0239; it is anonymous and incurs no cost).

To complete the survey go to: [Complete the survey here](#)

For more information

T: 0417 925 004 (Shariful A Malik, Academic Researcher)

E: shariful.malik@postgrad.curtin.edu.au

W: <https://www.curtin.edu.au/>



ANSWERS to the 'CROSSWORD' Puzzle (see Page 54)

SEPTEMBER

Solution:

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

COPY AUTHORIZATION BY THE AUTHORS

You may make unlimited copies of this original large print crossword puzzle for personal, senior center, medical facility, or classroom use. Visit www.qets.com for more large print puzzles.

Jimmy and Evelyn Johnson

WIN ONE OF FOUR \$100 VOUCHERS

TELL US YOUR STORY



Would you like your story to feature in COTA Connections?

Share your story about:

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

One story will be selected as the feature article for the
October + November
COTA Connections Newsletter.

Want to share your story?

Maximum 250 Words + Photographs or Images

Email: dana@cotawa.org.au

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



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

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

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

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

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

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

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

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

Share events and updates with our 3000+ subscribers

Email: dana@cotawa.org.au