COTA WESTERN AUSTRALIA

COTA Connections

Working towards a society in which older people can flourish

OCTOBER 2023

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

From the Chair

Our newsletter includes some great information on the following topics:

- Government of Western Australia 'Seniors warned to be wary of Scam Seniors Card Site'
- Bolton Clarke, Ageing Well Report 'Survey reveals key to ageing well'
- COTA Australia backs 'YES' campaign for a Voice to Parliament'
- Australian Government 'Veteran Transition Strategy'
- RSL Active 'Exclusive benefits for WA Veterans and their families'
- Department of Communities 'Auslan Video Translation: Elder Abuse Information Resource'
- Australian Electoral Commission 'Working at Elections and Referendums
- Kimberley Jiyigas (Birds) 'Short animation video to help explain some aspects of the Australian Political System'
- COTA Australia response to the 'Employment White Paper'
- National Ageing Research Institute 'Ageing is not a problem we have to fix'
- COTA Australia 'Ageism and Discrimination'
- Carers WA 'Education and Employment Support for Carers'
- COTA Australia backs 'Seniors Dental Benefit Scheme needed to guarantee access to oral health treatment for all older Australians'
- MSWA 'Unravelling the mysteries of Multiple Sclerosis'

This newsletter contains diverse information and 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, Board Chair

Government of Western Australia 'Seniors warned to be wary of Scam Seniors Card Site'

Western Australian seniors are being urged to be aware of a scam WA Seniors Card website which attempts to charge applicants a fee in exchange for a Seniors Card.

Seniors and Ageing Minister Don Punch and Commerce Minister Sue Ellery have warned seniors of the existence of the bogus portal: www.seniorsportal.au which claims to be 'officially approved' and charges applicants a fee of $29 per card.

Seniors should be aware that the legitimate WA Seniors Card is always free of charge and applicants are never requested to pay a fee or disclose their bank or credit card details in exchange for membership.

The official WA Seniors Card is www.seniorscard.wa.gov.au. Applicants should look for the official State crest to ensure they are accessing a trusted and secure website before proceeding with an application for membership.

The bogus website has been reported to the Australian Cyber Security Centre. If you have provided your information or payment to an unofficial website, please contact WA Consumer Protection on 1300 304 054 or email consumer@dmirs.wa.gov.au.

For further assistance contact the WA Seniors Card team

T: 1800 671 233

E: info@seniorscard.wa.gov.au

W: www.seniorscard.wa.gov.au

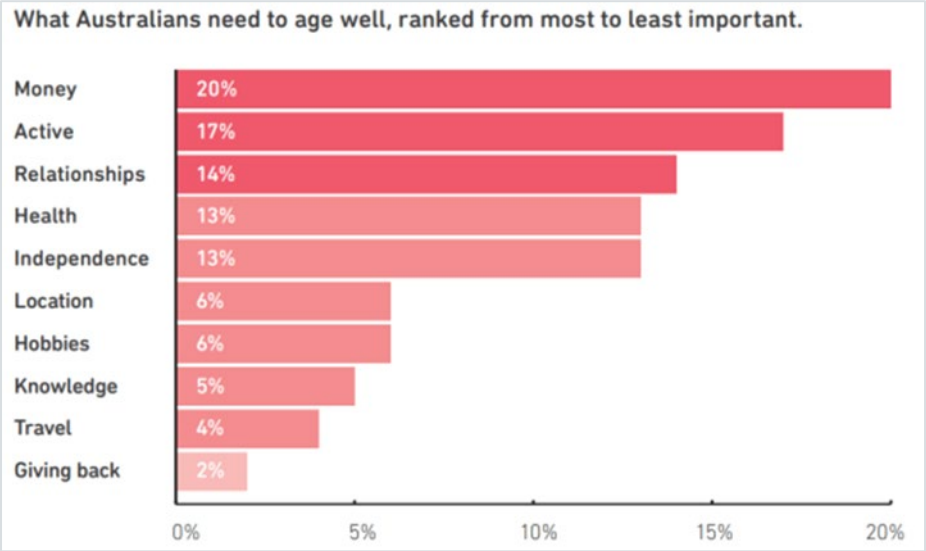
To read the Media Statement: Seniors warned to be wary of Scam Seniors Card Site

Bolton Clarke, Ageing Well Report 'Survey reveals key to ageing well'

Financial security, staying active and good relationships are the three core components to ageing well, according to a national survey.

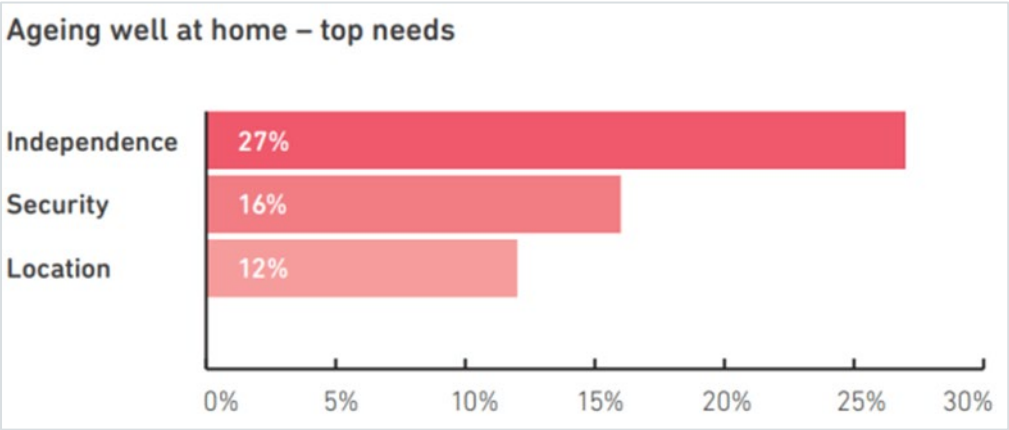
Commissioned by Bolton Clarke and involving 2,000 people aged 25-75-plus, the survey aims to shine a light on people's perceptions about ageing.

"We decided that we needed to survey Australians of all ages to look at the attitudes towards ageing and the priorities that they perceived to be for ageing well," Professor Judy Lowthian (image right), head of research at the Bolton Clarke Research Institute. And those priorities differed according to the participants' age. Younger people felt that financial security was more important than the older cohort who wanted to prioritise an active lifestyle," said Professor Lowthian.



The findings contained in the inaugural Ageing Well Report also show that older people want to preserve their autonomy. "We know that older people feel that independence is really key for them, and they feel that they're responsible for their own care," said Professor Lowthian.

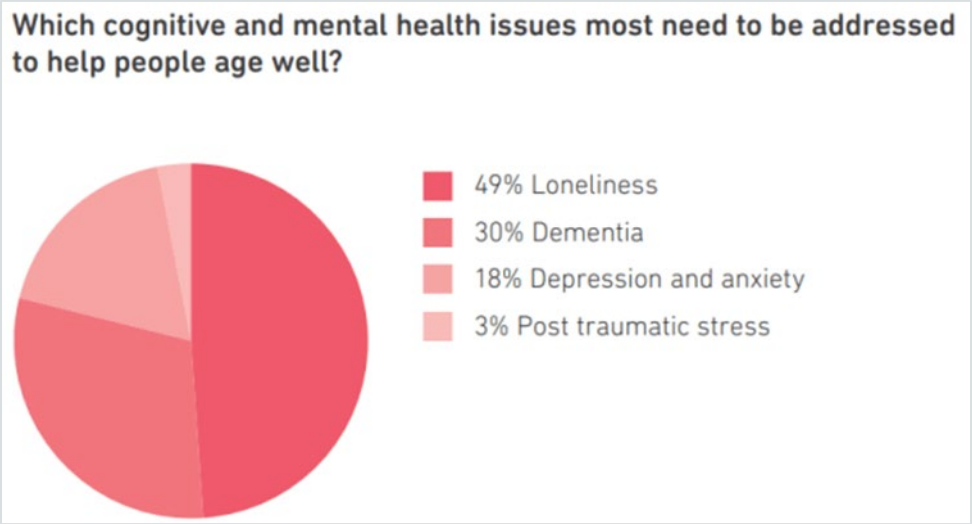
27% of respondents ranked independence their highest priority for ageing well at home.



When it came to ageing well in residential aged care, the care received became the highest priority at 28%.

On the subject of residential care, 68% of respondents agreed that most aged care homes cared about their residents, while 42% said they needed help to do things better.

Meanwhile, one in five respondents said aged care homes did not care well for residents with 12% saying a new model of care was needed to meet future needs. Most respondents over 55 said it's time for Australia to develop a new model of care.



The country's top health priority was considered to be social isolation with 49% of respondents across every age group ranking it as something to be urgently addressed. "They're telling us people do recognise that loneliness is an issue and we've got to do something about it," said Professor Lowthian.

Conversely, relationships were thought to be central to ageing well. "Social connections seemed to be one of the big things that people felt was important for living a fairly good life," said Professor Lowthian. "And we know that if we socially connect people that's going to help them from a cognitive and mental health perspective because social connection is the be-all and end-all."

We are actually living well longer.

Bolton Clarke's report follows the release of the government's Intergenerational Report 2023, which projected Australia's ageing population to grow significantly in 40 years' time.

By 2063, the number of people aged 85-plus will have tripled and those 65 and over will have doubled. "The figures are quite startling," said Professor Lowthian. "However, I think what the intergenerational report is not saying is that yes, people are living longer, but we're actually living well longer."

Professor Lowthian said the findings of the intergenerational report should serve as a motivator to further promote healthy ageing. "It gives us a real opportunity to focus in on health promotion, education, encouraging positive ageing with social connection and keeping physically active and connected with your community."

Source: Bolton Clarke Ageing Well Report

COTA Australia backs 'YES' campaign for a Voice to Parliament

COTA Australia, the leading advocacy organisation for older Australians has officially thrown its support behind the Voice to Parliament.

Patricia Sparrow, COTA Australia Chief Executive Officer, said the organisation support a 'yes' vote in the lead up to the upcoming referendum on 14 October 2023.

"COTA Australia strongly believes that publicly supporting a 'yes' vote in the upcoming referendum is the right thing to do," Ms Sparrow said.

"This wasn't a difficult decision for the COTA Australia Board to make. When you look at the core values of our organisation, providing support for an Indigenous Voice to Parliament became very clear. At COTA we understand the importance of consultation and in providing everyone with the means to have a say in matters that affect their lives and communities. It's central to who we are as advocates for older people. We see those values reflected in the Voice to Parliament."

Ms Sparrow said COTA Australia's eyes are open to the differing views on the Voice currently held within the community and urged respect across the Board.

"Everyone will make their own decision come referendum day. We see COTA Australia's role as providing as much clear and factual information as possible to help people ensure that they're making an informed decision when they head to the polling booth on 14 October 2023. It is important for COTA Australia to always be transparent and clear in its actions and to stay true to its values, which is why we're publicly stating our support for the Voice."

"While we of course respect everyone's right to their opinion, we are hoping for a large 'yes' vote from all Australians, including older people.

"This is an historic opportunity to create a better, fairer Australia for everyone."

Media contact: Tamara Kotoyan, 0430 291 890 or Alana Mew, 0419 929 722 Authorised by Patricia Sparrow, COTA Australia, 17b/16 National Circuit Canberra.

For more information

T: 02 6154 9740

E: cota@cota.org.au

W: https://cota.org.au/policy/first-nations-voice/

COTA
For older Australians

Australian Government 'Veteran Transition Strategy'

The Australian Government has released the nation's first Veteran Transition Strategy to better support veterans' and their families transition to civilian life.

The Strategy represents a joint initiative between Defence, the Department of Veterans' Affairs and the Commonwealth Superannuation Corporation.

Minister for Veterans' Affairs and Defence Personnel, Matt Keogh said the Veteran Transition Strategy sets out the priority areas of work for improving the transition process for Defence members.

The Veteran Transition Strategy is a major step forward to establishing a more connected transition ecosystem, prioritising the individual needs of each veteran and their families.

The six priority areas are:

- Australian Defence Force members, veterans and their families plan and prepare early for their transition.
- Australian Defence Force members, veterans and their families are aware of and able to access support appropriate to their needs.
- Families engaged through transition.
- Veterans and families have access to employment, education and skills opportunities.
- Financial literacy for veterans and families
- Veterans and families feel supported and recognised.

Australian Government
Department of Defence

Australian Government
Commonwealth Superannuation Corporation

Building on the vision outlined in the Strategy, initiatives have already been put in place to improve the services and supports available to veterans on transition.

These include:

1. The skills recognition program which translates military training to civilian qualifications. This means ADF personnel are better recognised for the skills, training and experience they gain in service, in the civilian workplace.

2. Improved, individualised support for personnel transitioning.

3. Amendments to Defence Housing rules to allow members to occupy a rent allowance property before they leave the ADF to help them get established in the community they wish to live.

4. Allowances for transitioning ADF members to attend civilian GP appointments to support the handover of any medical care needs from Defence Health to the GP who will manage their health care after transition.

5. Out-of-hours transition coaching to better support families, to be piloted later this year.

6. Expansion of some transition services to be available throughout an ADF member's career.

The Minister said the Strategy and related action plans will evolve as needed, particularly in response to the findings and recommendations in the Royal Commission into Defence and Veteran Suicide's final report, due in mid-2024.

Read the Veteran Transition Strategy at: Veterans Transition Strategy | About | Defence.

RSL Active 'Exclusive benefits for WA Veterans and their families'

Get fit, have fun and learn something new with RSL Active, a new initiative with exclusive offers for all WA veterans and their families.

RSL Active kicks off this month with a whole range of events and activities available exclusively to veterans and their families. The activities are a great way to meet people and connect with other veterans and their families in WA while having fun, getting fit, learning new skills or spending time in nature.

Kickboxing and functional fitness

Join a free six-week fitness program at 10am at 9Rounds in Rivervale or Lakelands. If you can't make it to the 10am session, you are welcome to join one other session during the week. To sign up please register here.

Yoga

Relax, unwind and get Zen with WA's veteran community state-wide during a free six-week beginner online yoga program. You can join the program from anywhere you can access the internet. To sign up please visit Invisible Injuries' Veteran Yoga Project.

Golf

Hit the driving range at Wembley Golf Course for free at 8am on Tuesday, 10 October 2023. To register please visit here.

Lawn bowls

Join the RSLWA Bowls Section at the Yokine Bowls Club each month on a Friday. The season kicked off in September and runs for six months, the team also plays in other lawn bowls events and carnivals around the Perth metro area.

To join you must be a current member of a recognised Bowling Club in WA and RSLWA. New memberships are $20 a year, and $10 for renewal. Family members may also join for $10. Please email Bill Taylor driverandwife@gmail.com to register.

Painted Teapot Pottery Painting Studio

Let out your inner creative and discover a new talent at The Painted Teapot Studio. Veterans and their families are invited to join a ceramic painting workshop on Thursday, 19 October 2023. To register for the workshop please visit here.

RSL Active Diggers Day

RSLWA Bowls and the Australian Military Bank are hosting an RSL Active Diggers' Day at the Safety Bay Bowling Club on 10 November 2023. The event is open to all veterans, tickets are $10 each and includes lunch. To RSVP email RSLWA Bowls Section president Bill Taylor at diverandwife@gmail.com or phone 0410 008 416.

A number of other programs will be released shortly, keep your eye on RSLWA's social media channels and the RSL Active page for all the latest updates.

Become an RSLWA member

If you are not a member of RSLWA and would like to sign up and take advantage of these great offers please visit rslwa.org.au/members.

For more information

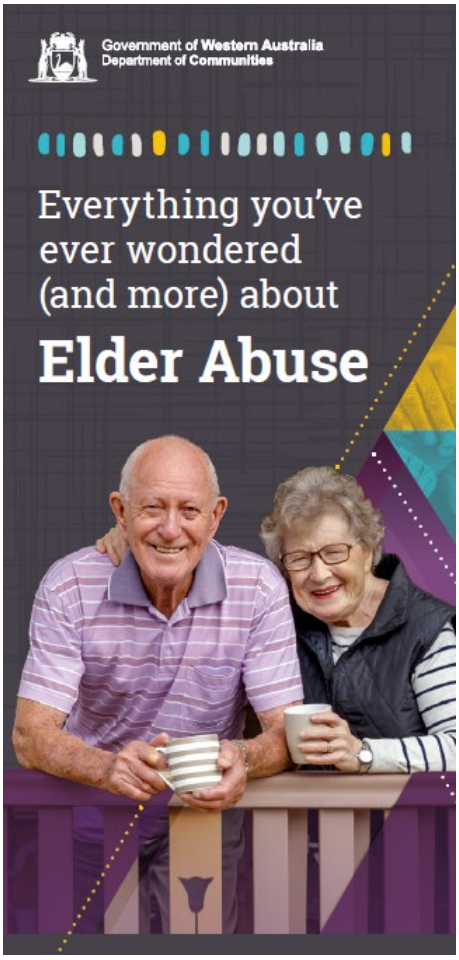
T: 08 9287 3799

W: https://www.rslwa.org.au/news-events/latest-news/254-rsl-active-exclusive-benefits

RSLWA

Department of Communities 'Auslan Video Translation: Elder Abuse Information Resource'

Department of Communities has recently released an Auslan video translation of the information brochure: 'Everything you've ever wondered (and more) about Elder Abuse', a resource which outlines what elder abuse is and the steps that people can take to protect themselves and access support.



The newly released Auslan translation ensures that this information is accessible to the WA Deaf community and has been translated by an accredited National Accreditation Authority for Translators and Interpreters (NAATI) translator.

The Auslan video translation and the Information Brochure in English are available at the following links:

Information Brochure: 'Everything you've ever wondered (and more) about Elder Abuse'

Auslan video translation: Information Brochure: 'Everything you've ever wondered (and more) about Elder Abuse'

Further information is also available via the following media statement.

Media Statement: Access + Inclusion, Auslan video translation of the information brochure: 'Everything you've ever wondered (and more) about Elder Abuse'

For more information

T: 1800 176 888

E: elderabuse@communities.wa.gov.au

W: https://www.wa.gov.au/government/document-collections/elder-abuse-support-services-and-resources

Australian Electoral Commission 'Working at Elections and Referendums'

There is an upcoming referendum on Saturday 14 October 2023. The Australian Electoral Commission (AEC) will be facilitating the referendum.

The AEC have 100,000 employment opportunities for the referendum available in cities, regional and remote areas across Australia. You can join the AEC team and help deliver the first referendum in over twenty years. You'll be contributing to your community and Australia's democracy.

The AEC's role is to deliver the referendum with the highest levels of integrity and impartiality. To work at the referendum, you must be an Australian citizen and be both politically and issue neutral.

There is a need for bilingual workers to work on the day the Referendum is conducted. AEC are wanting to increase support at polling places that service high multicultural populations. If you speak a language other than English, you might be able to use these language skills to offer greater assistance to voters on voting day. When you register online, please tell AEC in the 'Language' section.

The AEC has a register of people who may be offered work during federal elections, by-elections, and referendums. In the lead up to a federal election, by-election or referendum, AEC will check your Registration of Interest and contact you if there's a suitable job.

To access the online AEC Registration of Interest click here.

Working at federal events, like the referendum, offers you an opportunity to:

- Earn income on a casual basis: up to 5 weeks of work depending on the job.
- Receive paid training.
- Learn new and transferrable skills, such as customer service, leadership and operational delivery.
- Achieve work experience for your resume and potential references.

Pay rates vary depending on the role. Please refer to the employment terms and conditions.

For more information

T: 13 23 26

W: https://www.aec.gov.au/employment/working-at-elections/

Kimberley Jiyigas (Birds) 'Short animation video to help explain some aspects of the Australian Political System'

The Date for the 2023 Referendum has been announced as Saturday 14 October 2023.

Through the support of the Australian Electoral Commission (AEC), Kimberley Jiyigas (Birds) has created a short animation to help explain some aspects of the Australian political system.

The Kimberley Jiyigas encourage all eligible citizens to enrol to vote at https://www.aec.gov.au/ to have their say at the upcoming referendum on the proposed Constitutional amendment.

Australia's Democratic system of governance permits every eligible Australian citizen to cast one vote. The votes are then counted and the final decision is determined by what has been voted by the majority of voters, and the majority of States.

To view the video go to: https://www.youtube.com/watch?v=al4CB3CaSSc

Get enrolled, and be ready to vote!

Kimberley JIYIGAS

COTA Australia response to the 'Employment White Paper'

Employment whitepaper takes positive steps towards addressing barriers preventing older people from engaging in the workforce.

Addressing the barriers keeping many older people out of the workforce is crucial and today's employment whitepaper takes some steps towards breaking down those barriers, COTA Australia, the leading advocacy organisation for older Australians says.

Corey Irlam, Acting Chief Executive Officer of COTA Australia (image right), said it was good to see commitments in the whitepaper aimed at addressing the issues facing older people including incentives for people to keep working while they receive the Age Pension or government concessions and action to address ageism in the workforce.

"This whitepaper takes important steps towards breaking down some of the barriers keeping older people who want to work out of the workforce," Mr Irlam said.

"Providing incentives for people to keep working while they receive the Age Pension by making the 'work bonus' a permanent feature will make a difference to many older people looking to continue to work.

"Allowing people to retain access to the government's concession cards for a six month period after they start to earn an income to help jobseekers transition back to work is also a welcome move."

Mr Irlam said the whitepaper's acknowledgement of discrimination as a key structural barrier keeping people out of the workforce is key and COTA Australia looks forward to working with the government to ensure practical changes to address ageism are implemented.

"We know that systemic ageism is a key reason older people are locked out of the workforce and it's good to see that acknowledged in the employment whitepaper.

"The Treasurer says he wants Australians to be masters of their own destiny. Older Australians want that too, but there are a number of barriers getting in the way of that and many of those barriers boil down to ageism at the end of the day.

"As we live longer and healthier lives, we need to make sure older people are being given the opportunity to continue to work, or get back into the workforce, if that's what they choose to do.

That's not just important for older people, but for all of us.

"Older Australians are a resource with valuable experience that can and should be shared. Without harnessing that we're robbing every generation.

“The whitepaper also identified the role of businesses in creating an inclusive workplace including by implementing recruitment practices and providing opportunities that are free of discrimination and designed to allow people to balance work with other responsibilities.”

“Creating an age-inclusive workplace is important not only for older people, but employees of all ages. Having a flexible working environment, free of conscious or unconscious biases like ageism is a good first step towards attracting older workers into your workplaces.”

To view or download the full: COTA Australia Media Release: Response to Employment White Paper

For more information

T: 02 6154 9740

E: cota@cota.org.au

W: https://cota.org.au/

COTA

For older Australians

National Ageing Research Institute 'Ageing is not a problem we have to fix'

There is a misconception that as we age, we stop contributing to both our communities and the economy at large, writes Professor Briony Dow.

The release of the federal government's 2023 intergenerational report reiterated what we already knew, Australians are living longer.

The report projected our average life expectancy to increase with the number of Australians aged 65 and over set to more than double, and the number of Australians aged 85 and over to triple in the next 40 years.

Many of us would assume this news, that Australians are living healthier, longer lives would be warmly received.

Professor Briony Dow, Director of the National Ageing Research Institute

However, disappointingly, the dominant narrative around these projections is a negative one, with an ageing population conceptualised as a problem to fix or a burden on future generations, rather than a remarkable achievement.

It seems our society is depicted as split in two: the young and the old.

Younger generations are portrayed as the poor recipients of this burden, as if they will never grow old themselves and require health and care services.

Older generations are portrayed as entirely dependent, as if they have not paid taxes throughout their working lives that have contributed to building our first-rate healthcare systems.

There is a great misconception that as we age, we stop contributing to both our communities and the economy at large.

Continuing to work into older age is becoming increasingly common in Australia.

According to the Australian Bureau of Statistics, over the past two decades workforce participation for older men has almost doubled, from 10% to 19% while older women's participation almost quadrupled from 3% to 11%.

In April 2021, more than 600,000 older Australians were actively contributing to the labour force.

There are also contributions being made that have an enormous impact outside of direct economic measures.

Family carers account for up to 80% of care for older people, with almost 30% of primary carers aged over 65 years old. Older people are also increasingly called upon to care for grandchildren, enabling their sons and daughters to participate in the workforce.

Of course, an ageing population does require new and innovative support systems to care for the older people of today and provide security and stability for future generations.

And central to this is prioritising the voices of older people through the co-design of health and aged care programs and policies. Informed transformation will create change that lasts.

It is essential that we do not allow ageist thinking to undermine how we view the population shifts over the next 40 years.

More older people, means more Australians living well for longer. And a healthier society means more people able to contribute and participate to both the economic and cultural fabrics of our society.

Ageing is not a problem that we need to fix, it is an opportunity to be embraced and valued.

For more information

T: 03 3 8387 2305

E: info@nari.edu.au

W: https://www.nari.net.au/

COTA Australia 'Ageism and Discrimination'

COTA is opposed to age discrimination in any and all spheres of life. COTA believes all people have the right to dignity, security, access to high quality services and equality in participation in the community regardless of their income, status, background, location or any other social or economic factor.

COTA supports initiatives that recognise the capacities and contributions of older Australians and actively combat ageism and age discrimination. COTA Australia believes that the impact of ageism, based on negative and incorrect age stereotypes, restricts the participation and inclusion of older people in all aspects of Australian life. This has adverse effects on both the community and on older people.

Ageist attitudes in the community mean that older people are perceived to be less deserving or, alternatively, are incapacitated and in need of protection. Ageism is discrimination based on age, without any evidence base, and is especially prejudicial and detrimental to the very old (often called 'the elderly'. In this context, ageism is the inability or refusal to recognise the rights, needs, dignity continuing contributions, and value of people in an older age group. More widely, ageism also denotes the devaluing of various traits of character or intelligence as 'typical' of the members of the older age group.

Ageism is endemic in our society. It is experienced by older people in the forms of speech by which they are addressed, evident in the media where negative and ageist stereotypes are promulgated, and in the health system where organisational and process bias invariably tends to give older people and their illnesses a lower priority. Ageism is also apparent in reduced access to employment, in the attitudes of employers to older workers, in lack of access to appropriate training and professional development and, in general, in the undervaluing of the skills, experience and earned wisdom of most older people.

Older people, like all people, are entitled to those services which are relevant to their physical, social, mental and spiritual needs and which contribute to their quality of life and general wellbeing. In COTA's view, ageist attitudes impact negatively on not only the kinds of services which are available to older people, but also on the ways in which services are accessed and delivered. Are older people able to access and receive the services they need? How appropriate are these services, and do they provide flexibility to meet individual differences? The answers to these questions are currently most often, No!

COTA will continue to work with Governments and service providers to ensure overt and covert ageist behaviours are mitigated and where possible eliminated.

COTA believes that the Commonwealth government should review all Commonwealth legislation and amend any federal law which embodies discriminatory provisions based on age. One such area is the exemptions provided to doctors and hospitals under the Age Discrimination Act that permit age barriers for a range of treatments and procedures.

The Commonwealth government should also exercise maximum pressure on State and Territory governments to remove discriminatory laws, policies and practices at their level of government, starting immediately with longstanding and abhorrent age based workers compensation legislation.

Additionally, COTA believes there needs to be a United Nations Convention on the Rights of Older People to provide a definitive, universal position that age discrimination is morally and legally unacceptable, and to provide legally binding protection with accompanying accountability mechanisms.

Older people and work: Stop the intergenerational wars and start improving systems for Australians of all ages

Australia needs to harness the benefits of older people remaining in the workforce, but those discussions need to be focused on the benefit for older people, the economy and people of all ages rather than be set up to pit one generation against the other, COTA Australia says.

Patricia Sparrow, Chief Executive Officer of COTA Australia – the leading advocacy organisation for older Australians – says it's critical government and businesses don't fall into the trap of framing the challenges, including employment challenges, as intergenerational disputes but rather an opportunity to address ageism in Australia and look at systems changes that benefit all generations.

"In many cases, systemic ageism forces people out of the workforce and into retirement earlier than they want, which isn't just bad for older workers but is bad for every generation," Ms Sparrow said.

"There are huge personal benefits to being able to work as well as benefits to the economy that way, if older people choose to work longer.

"This shouldn't be about creating 'sticks' to force older people to work longer, it needs to be about 'carrots' by tackling the barriers that stop older people from working if they want to.

"Ageism is a key factor. We know that one in three recruiters say they won't hire an older person. When they are employed, both older and younger people report not feeling like their team leaders know how to manage people at either end of the age spectrum.

"Government and business must make training to tackle the systemic ageism in workplaces an immediate priority, starting with those involved in the recruitment process.

“The Federal Government’s employment white paper is due to be released soon and we look forward to seeing how it intends to make sure older workers have choices and chances. If the Federal Government’s employment plans don’t include a plan to improve the rules and processes for age pensioners to work, it will be missing a big opportunity which will hurt every generation.

Ms Sparrow said looking at issues in silos also does everyone a disservice.

“Older people make a huge contribution to society in a myriad of ways, whether it’s through childcare support, volunteering, or countless other means. We need to be looking at this intergenerational report as a springboard for policy reform in a range of areas that will improve the lives of older people and everyone else.

“By treating older Australians like a problem to be solved instead of people with valuable experience and expertise that can and should be shared, we’re robbing every generation.

“We’re an ageing and population, which is fantastic because we’re living longer and healthier. That also obviously comes with its challenges, but framing those challenges as intergenerational disputes is simplistic, naive and doesn’t do anyone any favours,” Ms Sparrow said.

For more information go to: https://cota.org.au/policy/mature-age-employment/

To download or read the ‘Mature Workforce Survey Report’ go to:

https://cota.org.au/publication/mature-workforce-survey-report/

Carers WA 'Education and Employment Support for Carers'

Have you been wanting to explore options to gain paid work? Carers have a wealth of transferrable skills that employers are seeking.

Carers WA have launched a new program that provides support with education and employment pathways.

An Employment Coach works closely with each participant to assist with enrolling into training and applying for work.

What is included?

- Career guidance to assist with identifying skills and potential barriers and create an individualised goal plan
- Ongoing coaching and mentoring to support you on your pathway to employment
- Assistance to select and enrol in accredited training
- Access to a financial assistance package to help you achieve your career goal
- Support with resume building and interview skills

Eligibility

- Current carers (and those who were caring within the last 2 years) between the age of 16-67.
- Must be an Australian Citizen or Permanent
- Resident
- Currently unemployed or under-employed
- Interested in beginning study as a pathway to employment or gaining paid work within the next 3 months

For more information

Places are limited and will be prioritised based on need. To register your interest or for more information, please call 1300 227 377 or email eesc@carerswa.asn.au

Carers WA is COTA (WA) Supporter

Carers WA

COTA Australia backs 'Seniors Dental Benefit Scheme needed to guarantee access to oral health treatment for all older Australians'

The introduction of a Seniors Dental Benefit Scheme is crucial to ensuring all older Australians, no matter what their financial situation, can access the dental services they need, COTA Australia says.

The call comes ahead of an address to the Senate Select Committee into Provision of and Access to Dental Services in Australia being heard in Brisbane today (Wednesday 20 September 2023).

COTA Australia Acting Chief Executive Officer, Corey Irlam (image right), says a Senior Dental Benefit Scheme is long overdue and a lack of political action is putting the health of older Australians at risk.

"Good oral health is important for people of every age, but for many Australians, including many older Australians, access to the affordable dental support they need is out of reach," Mr Irlam said.

"As we get older, the stakes get higher. The risks of poor oral health in young people can be substantial, but as we age the risks increase significantly. Evidence shows that poor dental health does not simply increase embarrassment and social isolation, there is also a relationship with the increased risk of diabetes, heart disease and chronic malnutrition in older people.

"The link between poor oral health and poor general health and quality of life is incredibly strong, however despite all the evidence, dental care in Australia currently receives little public funding. It's particularly difficult for more vulnerable older people and those living in rural and remote areas of the country."

Mr Irlam says COTA Australia, a member of the National Oral Health Alliance which also backs the introduction of a Seniors Dental Health Scheme, is urging the Federal Government to look holistically at the issue.

"The introduction of a Seniors Dental Benefits Program would ensure older Australians get access to the quality, affordable dental care they need will keep us healthier for longer, decreasing the burden on our public health care system and freeing it up for those who need it most.

"As we live longer, the importance of preventative health becomes even more critical, for our quality of life, our healthcare system and for the budget. Including dental in our healthcare system is the kind of prevention focused policy we need to see from our governments.

COTA
For older Australians

To view or download: Media Release: Seniors Dental Benefit Scheme needed to guarantee access to oral health treatment for all older Australians

National Seniors Australia 'Is ageing Australia the problem?'

The latest Intergenerational Report highlights challenges of an ageing population. Let's use this as an opportunity to fix a broken system.

The sixth Intergenerational Report (IGR) has been released and, as usual, it comes with a flood of negativity about older people being a 'burden' on society.

Unsurprisingly, the report highlights we are living longer with slowing population growth and a declining proportion of the population of working age population.

The overriding narrative in the media is that older people are a burden on society, with older people not contributing enough and using up too much of government's limited revenue.

Too often we hear negative language when describing older people. Not only does this reflect poorly on society, but it also fuels the misconception they are a financial burden. It also paints all older people with the same brush, when we know that some are doing well, and many others are doing it tough.

Instead of seeing older people through the prism of a burden, what if we instead viewed older people positively as part of the solution?

In this regard, the IGR could be an opportunity to change the way Australians view older people, their capacity, and their contribution to our country.

As National Seniors Australia research shows, older people are concerned about the future for younger generations and the environment; make invaluable contributions to the economy by stimulating consumption; provide unpaid care and support to grandchildren; and contribute by volunteering and working.

As Australians get older, most will rely on health and aged care services. In this regard, we all have a common interest in ensuring there are adequate services available in later life. The focus on costs must be balanced with an acknowledgment that supporting older people is what a good society does.

While the IGR predicts an ageing population will increase government spending on health and aged care, there are opportunities to leverage off older people, but only if the policy settings are refocused.

By subtly adjusting its policy settings, government could make the most of our ageing population.

For example, there is a vast number of willing older people with experience and skills who could significantly help solve workforce shortages.

Yet, the current system penalises pensioners and veterans who work more than about one day per week. This must change.

This could be done by changing the taper rate applied to work income from 50 cents to 32.5 cents in the dollar and could be trialled first in the health and care sectors, where workforce shortages are critical. By changing the rules in this targeted way, we can reward people who need to work without costing the budget. Best of all, people only get the benefit if they chose to work or work more.

Another option is to use older people's wealth to help address climate change and meet emissions targets. This could be done by allowing individual investors to put the savings they would normally place in term deposit accounts into safe government green bonds, which fund emissions target reduction activities (something the UK Government has already done). The research of National Seniors Australia shows the demand exists for these products.

The point is not to simply say all older people are a burden, but to understand how we can leverage older people as resources to achieve positive results.

Meaningful work options for older Australians

Continuing to work in paid employment, or as a volunteer, can help keep you mentally and physically fit which keeps the ageing process at bay, plus the extra cash from a paid job is a godsend in these times of rising costs.

Are you searching for work fulfilment? For ideas on paid work, you can contact employment agencies that specialise in finding work for those over 50.

State-based websites list volunteer work and sometimes volunteer work can lead to a paid job, if that is what you are looking for:

Australian Hotels Association WA: westernaustralia.jobs

Jobs and Skills Centre: https://www.jobsandskills.wa.gov.au/mature-age

Department of Employment and Workplace Relations: https://www.dewr.gov.au/skills-and-training/skills-support-40-years-and-older

carecareers: https://www.carecareers.com.au/aged-community-care-jobs-in-perth/

National Seniors AUSTRALIA

MSWA 'Unravelling the mysteries of Multiple Sclerosis'

A ground breaking genetic breakthrough. First genetic marker for MS severity identified.

Multiple sclerosis (MS), a complex neurological condition affecting millions worldwide, has long perplexed medical researchers seeking effective treatments.

However, there may be hope on the horizon as the Perron Institute, in collaboration with an international study, achieved a major breakthrough in MS research: the identification of the first genetic marker associated with MS severity.

This remarkable discovery not only advances our understanding of the disease, but also has the potential to revolutionise long-term disability treatments for those living with MS.

Published in the prestigious journal *Nature*, the groundbreaking study involved an impressive collaboration of over 22,000 individuals with MS from across the globe.

Under the leadership of Professor Kermode, spearheading Demyelinating Diseases Research at the Perron Institute and the Centre for Molecular Medicine and Innovative Therapeutics at Murdoch University, the research team also included Dr. Fabis-Pedrini, a Senior Research Fellow funded by MSWA.

Both distinguished researchers have been acknowledged as co-authors from Western Australia for their remarkable contributions to this international study.

Excitement abounds in the scientific community as Professor Kermode shares his enthusiasm for the results, stating that the genetic marker discovery has flung wide open the door to understanding the intricate mechanisms underlying MS.

This unprecedented insight paves the way for developing treatments that can significantly enhance recovery and halt disease progression, ushering in a new era of hope for MS patients.

Dr. Fabis-Pedrini echoes the sentiment, emphasising the significance of identifying the genetic variant linked to MS severity.

This crucial advance not only holds potential for new drug discovery, but also aims to preserve the wellbeing of people living with MS, marking a major stride towards improving the lives of those affected by the disease.

The latest data underscores the far-reaching effects of neurological conditions on people's lives and serves as a poignant reminder of the need for continued dedication to research and fundraising efforts.

The commissioned report by MS Australia reveals that 33,335 Australians were living with MS in 2021, with 3,040 individuals based in Western Australia, indicating an increase from 2017 figures. This growing prevalence highlights the urgency of MS research and support.

MSWA remains resolute in its commitment empowering people to live their best lives and providing the best possible support. Over the past decade, MSWA has contributed an astounding $34 million to research, bolstering hope for advancements in MS treatments.

For more information about Client Health Services and Support

T: 08 9365 4888

W: https://mswa.org.au/news-research/latest-news

MSWA

WE KNOW NEURO

Country Women's Association of WA features 'Honey Fluff Pudding'

This recipe is a great favourite, being light, healthy, quick and easy to make.

Recipe provided by Barbara Dinnie OAM HLM: South Perth/Como CWA Branch.

This recipe has been in Barbara's family since about 1950 when a dear friend in Bencubbin gave it to her mother. Since then, it has been a great favourite, being light, healthy, quick and easy to make. It is delicious served with custard and a dash of cream.

Honey is such a valuable addition to our pantry. It is useful for drawing out splinters, heals wounds, and with the addition of lemon juice it soothes sore throats. Remember too, it is great for the propagation of plants. Dip your cuttings into honey before planting for beneficial results.

The perfect healthy 'day-starter' is to have a dessert spoon of honey, lemon juice and apple cider vinegar in a cup of hot water every morning before breakfast. **Barbara acknowledges that some people are allergic to certain honeys and bee stings, so some caution needs to be exercised.**

Barbara has been a member of the CWA in Western Australia since 1954 and was awarded an Honorary Life Membership in 1996 for her outstanding work for the Association. She is now a member of South Perth/Como CWA Branch having recently moved from Dalwallinu to Perth.

Did you know that there are 27 CWA Branches in the Perth metropolitan area? You do not need to live in the country or be a farmer to be part of this amazing Association! South Perth/Como CWA Branch has been operating for 72 years and offers companionship, compassion and crafting and meet on the first Tuesday of every month at 1.30 pm. For more details contact CWA State Office on 08 9321 6041.

Ingredients for Cheesecake Base

- 1 tablespoon honey
- 1 tablespoon butter
- 1/2 teaspoon bicarbonate of soda
- 1/2 cup milk
- 1 cup SR flour

Method

1. Cream honey and butter.
2. Add bicarbonate of soda that has been dissolved in the milk.
3. Lastly add the flour. Be sure not to have mixture too stiff.
4. Add more milk if necessary.
5. Steam 1½ hours by placing the pudding bowl (with a tightly fitted lid or cover) in a large saucepan with about 3cm to 5cm of boiling water in the bottom. Cover the saucepan with a lid. Allow the water in the saucepan to simmer gently for the required cooking time.
6. Serve with custard and a dash of cream.

Country Women's Association of WA
Est. 1924

Dementia WA 'Five actions to make your community more Dementia-Friendly'

There are simple actions that we can all take to make our communities more dementia-friendly. Dementia WA provides information, tips and resources to help you create a more dementia-friendly future.

Imagine being treated differently just because you have been diagnosed with a disease like cancer or diabetes.

This is often the reality for people living with dementia, their families and carers.

Dementia Australia research shows 81 per cent of those with a loved one living with dementia felt that people in shops, cafes and restaurants treated people with dementia differently.

That is why this Dementia WA is encouraging everyone to take a few simple actions to create a dementia-friendly future for all Australians. Find information, resources and tips on how to get started.

5 actions to create a dementia-friendly future: Find information, tips and resources to support people living with dementia in your community.

Resources to advocate for a dementia-friendly future: Use our resources to contact your local council and tell them you want dementia-friendly communities on the top of the agenda.

Become a Dementia Friend: Sign-up online to access a series of short videos, information and personal stories from people impacted by dementia.

Tips and resources for healthcare professionals: If you work in healthcare, aged care or allied health, find information and resources tailored for your field here.

Help is available

Whether you are grieving or supporting someone with their grief, it is important to remember you are not alone and there is support available for you.

Dementia Australia offers support, information, education and counselling.

The National Dementia Helpline is available 24 hours a day, 7 days a week, 365 days a year and can be contacted on **1800 100 500**.

For more information

T: National Dementia Helpline on free call 1800 100 500

W: Information for Communities

Water Corporation WA 'Free waterwise offers to help get your garden summer-ready'

Households across Perth and Peel are being encouraged to take advantage of free waterwise irrigation offers this spring to help save valuable water and reduce bills.

Available to Water Corporation customers in the metropolitan area, offers include a free garden irrigation check by an endorsed waterwise irrigator and a rebate towards the installation of a weather-based irrigation controller.

With up to 40% of domestic scheme water use being outdoors, installing a weather-based irrigation controller is an easy way for households to save water and adapt to the impacts of climate change.

The controllers detect rain and automatically adjust sprinklers to prevent over-watering. A trial at 60 Perth homes found average water use reduced by around 15% annually, equivalent to about two backyard swimming pools of water.

Through the Weather-based Irrigation Controller Rebate, Water Corporation will provide up to $300 towards a new weather-based irrigation controller, including set up and installation by a waterwise service provider.

In addition, 2000 free visits from waterwise-certified irrigators are available to help ensure scheme and bore reticulation systems are operating efficiently in the lead up to summer.

The offers come at a perfect time for bore users, with penalties now in effect for anyone breaching the revised two-day-a-week watering rosters. This change was introduced by the Department of Water and Environmental Regulation last year to help rebalance Perth's groundwater supply in response to the impact of climate change on water-dependent ecosystems.

More than 3,500 households claimed a waterwise offer last year, with over 4,000 sprinklers replaced and 326 leaks repaired. It helped save 33 million litres of valuable drinking water, equivalent to nearly 15 Olympic-sized swimming pools.

Offers are available until 31 May 2024 or until allocation is exhausted. Offers for regional Water Corporation customers will be announced next month as part of the Waterwise Towns program.

To find out more about the Weather-based Irrigation Controller Rebate and the Spring Irrigation Check visit watercorporation.com.au/waterwiseoffers.

‘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

SUPPORTER
COTA
WESTERN AUSTRALIA
for older Australians

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 'Art @ The Boulevard'

The Town of Cambridge is proud to create opportunities for the community to connect with art and culture in supporting local artists by showcasing their works in an exclusive exhibition at The Boulevard Centre.

Art @ The Boulevard is a Town initiative that offers the opportunity for artists to have their artwork on display at The Boulevard Centre (99 The Boulevard, Floreat, WA 6014) for two months for free.

Selected artists can exhibit their work in the main gallery in The Boulevard Centre, a purpose-built exhibition space. Works are selected to represent a wide variety of styles and media from artists at different stages of their creative career, with a focus on their suitability for viewing by the general public.

Art @ the Boulevard: 'Seethemusic' by Pippa Newby

The exhibition is open for viewing from 9:00am to 4:00pm, Monday to Friday in The Boulevard Centre Gallery.

About the Artist and Collection

After retiring from art teaching after 41 years Pippa began her 'second life' as an artist and adult art coach. Since 2008 she has entered many group exhibitions and produced murals at Loftus Health Club and Lords Health Club, Mt Lawley Tennis Club, garage doors, 20 metres walls, laneways and trees in her backyard during COVID. Pippa has had several small solo exhibitions and personal commissions. She has also experimented with décor items such as wallpaper, lampshades, etc. Pippa's art is eclectic. This exhibition includes drawing, watercolour and acrylic. The work is representational with some abstraction.

If you would like to have your work considered for exhibition at The Boulevard Centre please lodge an Expression of Interest (PDF, 4MB)

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 'The Artist's Place'

The City of Belmont is committed to supporting the work of our local artists and artisans through The Artist's Place located in the Ruth Faulkner Library.

On Level 1 of the Ruth Faulkner Library, The Artist's Place supports local visual artists by providing a free exhibition space. Showcasing the creative talents of our residents, the exhibition space works to promote the growth of arts and culture in the City of Belmont by providing both exhibitors and the public opportunities for creative expression and exchange.

The Artist's Place is open during Ruth Faulkner Library hours.

The Artist's Place also offers opportunities for local artists and artisans to sell their work at our small retail outlet

The Arts and Place team welcomes inquiries from City of Belmont residents interested in showing their work in The Artist's Place.

Exhibit Your Work

The City of Belmont is interested in exhibiting local artists and artisans. Submit an enquiry form to be considered for the Artists' Place Exhibition space.

For further information about 'The Artist's Place' contact the City's Arts and Place Team

T: 08 9477 7409

E: artsandplace@belmont.wa.gov.au

W: City of Belmont: The Artist's Place

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 'Seeing Yourself Workshop'

Carers WA presents 'Seeing Yourself', a unique and informative workshop for carers who may be experiencing challenges in their lives and caring roles.

The workshop is externally facilitated by private practitioner Louisa Holmes, a registered Counsellor, Psychotherapist and Clinical Supervisor. The workshop assists you to see yourself with more clarity and build an understating of how to look after yourself in your day to day life and caring role, in a way that can lift you out of the 'stuckness' and disconnection with ourselves that we at times fall into.

Workshop Details

Date + Time: Tuesday 31 October 2023 10:00am to 12:00pm

Location: Thornlie Park Centre 50-60 Thornlie Avenue, Thornlie WA 6108

For further information and support about the Seeing Yourself Workshop

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

E: wellnessprogram@carerswa.asn.au

If you are interested in the event or would like more information, please fill out the RSVP via the link below, and a Carers WA staff member will be in contact.

W: https://www.carerswa.asn.au/events/seeing-yourself-oct/

For further information and support Carers WA

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

E: info@carerswa.asn.au

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

Carers WA is a COTA (WA) Supporter.

Carers WA

MindSpot GP 'The Big Five'

Activities that improve our mental health everyday

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

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

What are The Big Five?

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

1. Meaningful activities: Actions which give us a sense of accomplishment or satisfaction and can be small things like listening to music, watching a favourite show.

2. Healthy thinking: Having realistic thoughts about ourselves, the world and the future; keeping perspective and treating ourselves with kindness and respect, even in the difficult times.

3. Goals and plans: Having a goal or a plan can not only keep us motivated and energised, it also gives us something to look forward to and stops us from dwelling on past problems.

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

5. Social connections: Staying connected to our family, friends or tribe and regular contact with people we love and value helps us to feel validated, part of a community and reminds us we belong.

The Big Five self-assessment sheet can help us be more mindful and aware of how often we are including these activities into our routines. It also includes suggestions and examples as ideas we can use to do these activities more frequently.

To view or download: The Big Five information and self-assessment sheet

For further information and support

T: 1800 61 44 34

E: contact@mindspot.org.au

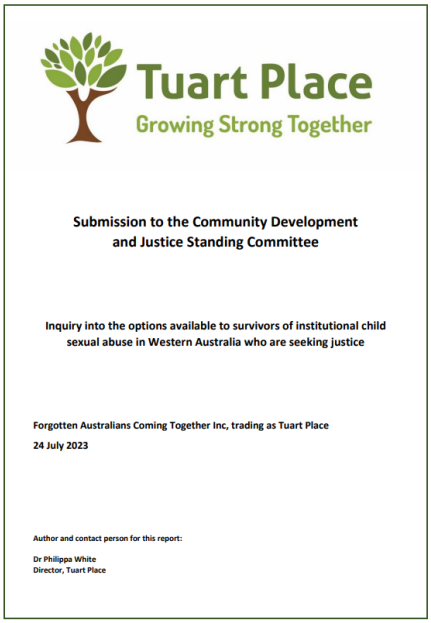
W: https://www.mindspot.org.au/info/the-big-five/

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 'WA Inquiry into options available to survivors of institutional child sexual abuse'

Tuart Place's initial submission to the WA Parliament's Community Development and Justice Standing Committee focuses on one issue, that of descendants of the Stolen Generations being found ineligible for the National redress Scheme, despite their appalling abuse, and despite the extensive State Government intervention in their young lives.


Tuart Place
Growing Strong Together

Submission to the Community Development and Justice Standing Committee

Inquiry into the options available to survivors of institutional child sexual abuse in Western Australia who are seeking justice

Forgotten Australians Coming Together Inc, trading as Tuart Place
24 July 2023

Author and contact person for this report:
Dr Philippa White
Director, Tuart Place

The reason for this sole focus is to highlight a disturbing trend affecting an increasing number of the most disadvantaged Aboriginal survivors in Western Australia. Our submission proposes two potential remedies for preventing a further injustice to people previously harmed while under case management by the Department.

Further details can be found here.

The Tuart Place Submission to the WA Inquiry 25-7-23 can be found here.

Tuart Place Supplementary Submission to WA Inquiry 10-9-23

ABC's Nicolas Perpitch visited Tuart Place to talk with Dr Philippa White, CEO Tuart Place (image right), and participants about the WA Inquiry into the options available to survivors of institutional child sexual abuse in Western Australia who are seeking justice. The story ran online, on ABC radio and the evening televised news on Friday 4th August 2023.

ABC Interview: https://www.abc.net.au/news/2023-08-04/wa-parliamentary-inquiry-hears-from-child-sex-abuse-survivors/102679082

YouTube: https://www.youtube.com/watch?v=3A0sm4h81yI

Drop in and work by yourself or ring Tuart Place to book a time to get individual 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
Growing Strong Together

Tuart Place is a COTA (WA) Supporter

Age Friendly City of Fremantle 'Heritage Sites'

Fremantle is renowned for its well-preserved architectural heritage, including convict-built colonial-era buildings, an old jetty and port and prisons; presenting a variety and unity of historic buildings and streetscapes.

These were often built in limestone with ornate façades in a succession of architectural styles.

Rapid development following the harbour works gave rise to an Edwardian precinct as merchant and shipping companies built in the west end and on reclaimed land.

The Round House

The Round House, the oldest remaining intact building in Western Australia, was built as a gaol between 1830 and 1831. The Round House had eight cells and a gaoler's residence, which all opened up into a central courtyard. In the 1800s, bay whaling was carried out from Bathers Beach below the Round House.

As part of the whaling operations, a tunnel was constructed under the Round House to provide whalers with access to the town from the jetty and beach. The Round House is located in what is now known as Fremantle's West End: a collection of streets characterised by late Georgian and Victorian-style architecture at the southern end of the port.

A process of gentrification in the early 1990s was accelerated by the establishment of the University of Notre Dame Australia, which occupies, and has restored, many of the buildings in the West End.

Fremantle Arts Centre

The Fremantle Arts Centre is another building constructed in the 1860s by convicts from locally quarried limestone: it is a former lunatic asylum building on Ord Street, and is one of Fremantle's most significant landmarks. Today the imposing Victorian Gothic building and its historic courtyards are used for art exhibitions and music concerts.

Fremantle Prison

When the first 75 convicts arrived from Britain in 1850 to support the colony's dwindling population, it became apparent that the Round House was inadequate to house them. The convicts built a new gaol, Fremantle Prison, which was completed in the 1850s and continued to be used as Fremantle's prison until 1991.

Fremantle Prison was once one of the most notorious prisons in the British Empire. It housed British convicts, local prisoners, military prisoners, enemy aliens and prisoners of war.

On 1 August 2010, a meeting of the UNESCO World Heritage Committee in Brazil placed Fremantle Prison and 10 other 'Australian Convict Sites' on the World Heritage List, making it the first built environment in Western Australia to be bestowed this honour.

It continues to be accessible to the public for guided tours and as a venue for artistic and cultural activities.

Fremantle Markets

The Fremantle Markets opened in 1897, forming a precinct providing handicrafts, speciality foods, dining halls and fish and vegetable markets. The area also hosts buskers and other street performers. The then premier, Sir John Forrest, laid the foundation stone for the markets on Saturday 6 November 1897.

Over 150 stalls are housed in the Victorian-era building, which was listed by the National Trust of Australia and the state's Heritage Council in 1980.

For a list of state, national and world heritage listings in Fremantle click here

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
Fremantle

City of Cockburn 'Events for Seniors'

Cockburn Senior Outings for October 2023

Pool Walking

Cockburn ARC: 31 Veterans Parade Cockburn Central, WA 6164

Wednesdays: 11 October 2023 to 15 November 2023; 12:00pm to 1:00pm Cost: $30 for 6-week program.

Join the Cockburn Healthy Lifestyle Service as a new member to qualify for this popular Pool Walking program.

Incorporating gentle exercise supervised by a qualified exercise professional, this is an excellent starting point on your healthy lifestyle journey.

And because the program is run in the inside pool at Cockburn ARC, weather is not a problem and you won't even need sunscreen.

Community Information Sessions: Aged Care Supports

Cockburn Seniors Centre: 9 Coleville Crescent, Spearwood WA 6163

12 October 2023; 9.30am to 10:30am Cost: Free

Run by an Aged Care Specialist Officer from Services Australia, during this information session you'll find out about how they can help you with aged care matters such as: Providing in-depth information on the different types of aged care services. Checking if you're eligible for government-funded services and making a referral for an aged care assessment. Helping you appoint a representative for My Aged Care. Providing financial information about aged care services. Connecting you to local support services.

Women's Activity Hub: Home Maintenance Workshop

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

16 October 2023 to 6 November 2023; 6:00pm to 8:30pm Cost: Free

Being handy around the home is well, handy. Cockburn Women's Activity Hub invite you to this free four (4) week event at the Cockburn Men's Shed covering the following topics:

Week 1: Drills, drill bits, screws and nails

Week 2: Reticulation

Week 3: Tap Washers

Week 4: Ladies choice

Seniors Centre Friday Bingo

Cockburn Seniors Centre: 9 Coleville Crescent, Spearwood WA 6163

Every third Friday 1:00pm to 3:00pm

Cost: Free for Senior Centre Members; $5 for Non Members; $2 per Bingo Book

The game host draws at random, marking the selected numbers with tiles. Come along with friends or meet new ones. Eyes down at 1.15pm.

Fur Run

MacFaull Park, Spearwood 60 Falstaff Crescent Spearwood WA 6163

Sunday 15 October 2023; 10:00am to 1:00pm

Whether you're a proud pup parent or just love spending time with adorable canines, this event is perfect for all dog lovers. Grab a bite to eat, browse the doggo markets or join in with the annual pooch parade. There is plenty of free, fun activities for the whole family.

Show off your pets talents and character at the Pooch Parade (no rego needed just sign up on the day) and prizes to be won. Get your dog on the agility course, jumping through hoops and running through tunnels. Get a discounted dog wash . Free Face painting for the kids. Get your dog a free check up with Perth Pet Vets . Plus there will be a range of pet stalls to browse. Food will be available to purchase on site.

For more information and to contact the Cockburn Events and Cultural Services

T: 08 9411 3444

E: eventsservices@cockburn.wa.gov.au

W: Cockburn Seniors Events

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 Artists Get Ready for the As We Are Art Awards'

Excitement is in the air at Rise's Arts Hub in Warwick WA, where a talented group of artists are busy crafting masterpieces for the upcoming 'As We Are Art' Awards.

The 'As We Are' Art Awards hold a special place as WA's exclusive art award and exhibition for artists with intellectual disability. This year, Rise is proud to sponsor the Aboriginal and Torres Strait Islander Award, and they could not be more excited to see everyone's entries.

At Rise's very own Arts Hub, artists have been felting, painting, stitching and creating their masterpieces in preparation. In the image above, we have (L-R, Clockwise):

Erica: Tree in the Forrest

Helen: Lovely Spring Day

John: Kimberley Waterfall

Denise: Mosaics

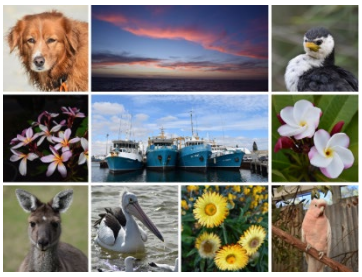
Greg: Great Ocean Reef

The awards night is on Thursday, 19 October 2023 from 5:00pm to 7:00pm at the Wilkinson Gallery, Claremont Showgrounds. The exhibition will then be running 9:00am-2:00pm, Friday 20 October 2023 to Sunday 22 October 2023. Find out all about it on the As We Are website. Best of luck everyone.

Rise Network 'Celebrating Lynne's Eye for Photography'

Lynne fell in love with photography 6 years ago after attending some workshops at Arts Hub in Warwick WA. She purchased her own DSLR camera and began exploring new places and building a folio of fantastic images, some of which have been exhibited at the prestigious 'As We Are' Awards.

Lynne's confidence with the camera has grown over the years and she has built a reputation as a fantastic event photographer. Lynne has worked as the lead photographer at the 'As We Are' Awards where she directed the Minister for Disability and other dignitaries and guests.



Lynne has also volunteered at many events across Rise and proudly displays her Rise volunteer ID card.

Rise offers many opportunities to Volunteer

Have you got a talent or skill you would like to share? 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 Volunteering with Rise

T: 0436 686 897 (Mandy)

E: volunteering@risenetwork.com.au

W: https://www.rise.org.au/join-us

For more Information about Rise Network

T: 08 6274 3700

E: contact@risenetwork.com.au

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

Rise Network is a COTA (WA) Supporter.

Rise
celebrating people

Umbrella Multicultural Community Care 'Rainbow Migrants'

Multicultural LGBTIQ+ immigrants arriving in Perth from the far corners of the globe can now 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 in 2023 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 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.

Headed by sociologist 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.

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.

"The more work we do in this space, the more we identify the gap in social support and networking opportunities for LGBTIQ+ migrants who now call Perth home. I am grateful to Umbrella Inc. for supporting this project. We will be looking for funding to continue it once the pilot ends at the beginning of 2024", said Dr Krzyzowski.

For more information about 'Rainbow Migrants'

T: 09 9275 4411

E: rms@umbrellacommunitycare.com.au

W: https://umbrellacommunitycare.com.au/projects/rainbow-migrants/

You can also find Rainbow Migrants 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.

Southcare Inc. 'Community Support'

Housing. Finances. Relationships. Life can be overwhelming at times. Let Southcare help with confidential advice, practical support, emergency relief and advocacy, including for Aboriginal families, so you can focus on what matters most.

Southcare Supports

- Financial Counselling: Southcare provides a free and confidential financial counselling service, offering advice to help you manage during difficult financial situations.
- Emergency Relief: Emergency relief is available free of charge to residents of the City of South Perth. Make a confidential appointment today.
- Aboriginal Family Support: Southcare can connect you with support services tailored for Aboriginal families and individuals.

For more information about Southcare Inc. Community Support

T: 08 6117 3028

E: enquiries@southcare.org.au

W: https://www.southcare.org.au/community-support/

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.

SOUTHCARE

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.

volunteeringWA

Act Belong Commit 'Mental Health Week'

Mental Health Week is an annual nationwide event held in October which aligns with World Mental Health Day on 10 October. It is organised by the Western Australian Association for Mental Health (WAAMH) and supported by the WA Mental Health Commission.

This year's theme recognises the interaction, and influence of, mind, body, and environment on mental wellbeing:

Mind: Not only is it important to keep our bodies active, it is also important to keep our minds active too. Great ways to stay mentally active include reading, getting creative, learning something new or practising mindfulness.

Body: Keeping our body physically active releases feel good chemicals. Fuelling our bodies with good food also helps to improve our mood!

Environment: The environment where we live, work and play has an impact on our mental wellbeing! Get out in nature often, connect with your neighbours when you can and participate in community actvities.

It is a great time for individuals to reflect on their mental wellbeing and consider strategies they can use to improve how they feel. The WA Mental Health Week website has a dedicated webpage for each of the three themes with information and examples for putting them into practice.

This information can be used in a variety of ways, including to inform social media posts and newsletters. It can also be used to support your affiliates to showcase how you help members Act Belong Commit in connection to the themes.

Want to get involved?

Visit the **'Mind'** Information Page: https://mentalhealthweek.org.au/mind

Visit the **'Body'** Information Page: https://mentalhealthweek.org.au/body

Visit the **'Environment'** Information Page: https://mentalhealthweek.org.au/environment

To find out more about Mental Health Week

T: 08 6246 3000

W: https://waamh.org.au/

For more Information about Act Belong Commit

T: 08 9266 1705

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

Act Belong Commit is a COTA (WA) Supporter.

Office of Donna Faragher MLC 'Meets with Vinnies WA'

Through Donna Faraghers' work as both a local member and Shadow Minister for Community Services, she regularly meets with community service organisations, like Vinnies WA, neighbourhood centres, community resource centres and volunteers who are providing invaluable support and care to Western Australians who need a helping hand.

With rising cost of living and other pressures impacting WA households, Donna is consistently hearing from these organisations that the increase in demand for emergency relief, financial support and crisis assistance is unprecedented and further support is needed to enable them to continue to play a pivotal role in supporting individuals and families across our community.

Recently in State Parliament, Donna moved a motion in support of this essential sector and called on the Cook Labor Government to use its massive Budget surplus to provide an immediate and significant funding uplift. Such a measure would assist charities and non-government community organisations to cope with this increased demand, to support them in retaining their workforce and not force them to cut programs or limit the support they can provide.

A full transcript of the parliamentary debate can be found here.

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

Donna Faragher MLC, recently met with Vinnies WA. **'When times are hard, we're here'**. That is the motto of **Vinnies WA**, an incredible organisation providing essential services, emergency relief and support to West Australians every day. It was valuable for Donna to visit their warehouse to see firsthand the scale of their operations and to learn more about the important work they are doing to support the most vulnerable members of our community. Donna extends a Thank you to all the staff and volunteers for your dedication to making our community better.

For more information about Vinnies WA

T: 08 6323 7500

E: info@svdpwa.org.au

W: https://www.vinnieswa.org.au/about-vinnies-wa/

Vinnies good works

Who are Vinnies WA?

The St Vincent de Paul Society provides a helping hand to many West Australians through food assistance, material aid, budget advice, shelter, advocacy, friendship and support.

The St Vincent de Paul Society in Western Australia has sought to create a more just and compassionate society by responding directly to needs identified in the community through local parish based volunteer groups since 1865.

The Society is made up of dedicated men and women of all backgrounds and ages who have made a commitment to the mission of the Society.

In the spirit of its founder, Frederic Ozanam the Society's core work continues to be Home Visitation, whereby members and volunteers visit people in need in their home, offering them hope and comfort through emergency relief assistance.

Vinnies services and programs are more vital than ever for vulnerable Western Australians through emotional support, financial advice, and help with food, clothing and furniture or through advocacy, members walk alongside our clients every step of the way. In addition to our emergency assistance, Vinnies delivers a range of highly specialised services and programs focussed on improving the lives of thousands of Western Australians, including a recovery focused mental health service, homelessness services that removes barriers and build pathways for the most vulnerable people in our community, housing services, programs for young people, financial counselling and their retail and distribution centre operations.

The Society also has a number of services known as Special Works. Special Works are a professional facility or service run by the St Vincent de Paul Society and arise out of a need which cannot be met within the normal scope of the conference. Special Works provide a specific service and focus on ensuring the social, economic and political pressures placed on disadvantaged West Australians are lessened. Special Works are managed and supported by a combination of members, volunteers and paid employees.

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 'Our City's two rivers, the Swan and Canning'

Our City's two rivers, the Swan and Canning, are iconic symbols of our great capital city.

The Cook Labor Government is committed to protecting and enhancing the riverbanks of these beautiful waterways through funding for local foreshore land managers and partners who care for the riverbanks.

The Department of Primary Industries and Regional Development has received $264,480 to help continue their work of river wall and path remediation along the Swan River.

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.

Chung Wah Community Care 'Awakening the Creativity in Seniors'

Ever consider the therapeutic power of a simple colouring book? See how Chung Wah Community Care (Chung Wah CC) is making waves with its latest offering.

The 'Art and Crafts' class provided by Evergreen College at Balcatta and Willetton Community Hubs under Chung Wah CC is gaining popularity. With the new academic year, there has been a significant uptick in elderly participants joining the colouring sessions.

Participants select their preferred colouring books, adding a splash of colour to the designs based on their choices. Immersed in thought over colour combinations, they colour diligently, staying within the lines. Once finished, the seniors radiate pride, showcasing their artworks, often met with admiration and compliments. Their faces beam with genuine happiness.

The therapeutic impact of colouring on mental health is scientifically grounded. Research indicates that consistent engagement in colouring can alleviate stress. Spending just 10 minutes a day colouring can lead to noticeable improvements in mental well-being. Not only does it enhance concentration, but it also mitigates depression and anxiety. This is because colouring allows participants the freedom to choose colours, engaging their creative side and ultimately producing a calming effect.

Despite its simplicity, colouring offers seniors many benefits:

1. Colouring books refine seniors' aesthetic senses, enhancing their understanding of colour combinations.
2. Colouring serves as a tranquil and patience-boosting activity. As seniors find a quiet and focused moment, they experience joy.
3. Colouring stimulates cognitive processes. During the act of colouring, seniors engage in thoughtful decisions, making it an effective brain exercise that aids in dementia prevention. The finished colouring pieces offer a sense of accomplishment to the seniors, immensely boosting their self-confidence.

For more information

T: 08 9328 3988

E: enquiry@chungwahcc.org.au

W: Chung Wah CC: Awakening the Creativity in Seniors

CHUNG WAH COMMUNITY CARE Chung Wah Association Inc Est. 1909

Men's Sheds of WA 'State Conference 2023 Celebrating Sheds'

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

Conference Details

Start Date: 2 November 2023: 8:30am to 5:00pm

End Date: 3 November 2023: 9:00am to 4:15pm

Location:

University Club UWA, Entrance 1, Hackett Drive, Crawley WA 6009 E: universityclub.uwa.edu.au

To book tickets go to Men's Sheds of WA State Conference 2023: Celebrating Sheds

For further information about Men's Sheds of WA

T: 08 6381 5324

E: admin@mensshedswa.org.au

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

MEN'S SHEDS OF WA

‘How to avoid swooping magpies!’

It is that time of year when we become a bit nervous walking anywhere near trees because of the dreaded swooping magpies! Here is how you can reduce your chance of being 'swooped'.

According to those in the know, only 6-12% of magpie pairs have a swooping male (it is always the males). It is their job to keep predators away and protect the nest. They tend to swoop for about six weeks in spring and can hang around suburban areas with grass and trees. And just like elephants, they have very good memories.

They are likely to return to the same nesting spot each year, and can recognise people from previous years, so if you have been swooped before, there is a good chance it will happen again in the same spot. And there is little rhyme or reason to why they choose some people to menace over others, it is whether they like the look of you, or not.

How to avoid getting swooped

So, what can you do to make it through magpie breeding season unscathed?

If you are out and about enjoying the warmer weather on your bike, walking your dog or going for a jog and you know there is a swooping magpie on the lookout, change your route.

Magpies only swoop within about 100m of their nests, so it is best to stay away from known magpie nesting areas.

Magpies usually go back to the same spot every year, so if there was a swooping danger zone on your route last year, it is likely to be there again this year.

If changing your route is not possible, here are some other tactics to avoid being swooped:

- Travel in groups, as swooping birds usually only target individuals
- Carry an open umbrella above your head
- Wear sunglasses and a broad-brimmed hat
- If you ride a bike, walk it through magpie territory or have a flag on the back of the bike that is higher than your head
- Do not act aggressively; if you wave your arms about or shout, the magpies will see you as a threat to the nest and not just this year, but for up to five years
- Walk, do not run
- Stay calm and keep moving
- Contact your local council to tell them about swooping magpie locations and ask if they will put up warning signs

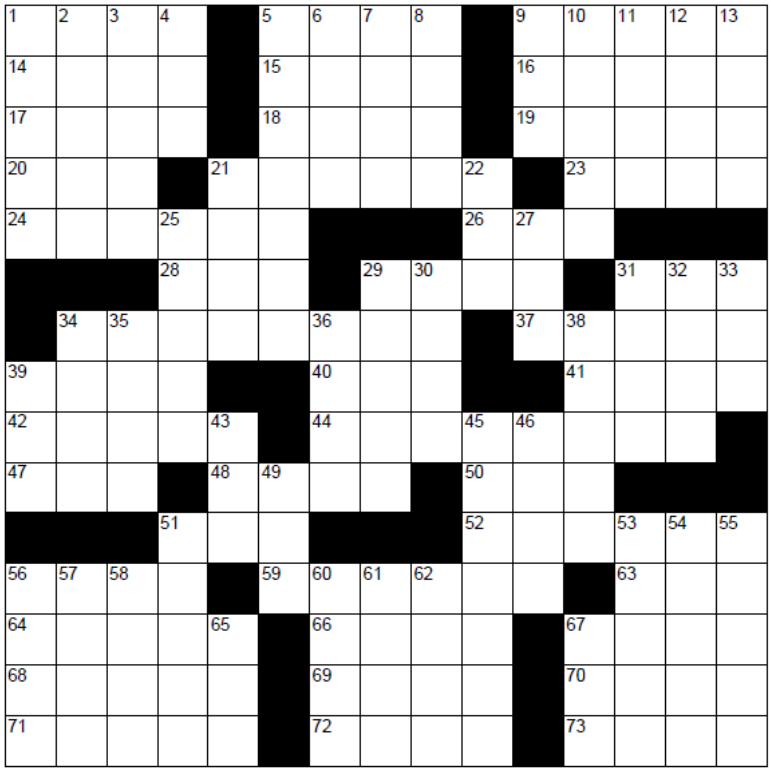
If you have a swooping magpie nearby and do not want to go walking, here are 3 quick exercises you can do from home.

Source: peta.org.au

‘CROSSWORD’ Puzzle

*Answers to crossword available at the end of newsletter at Page 92.

OCTOBER



By Jimmy and Evelyn Johnson - www.qets.com

ACROSS

1 Cat cries
5 Vassal
9 Not before
14 Car rental agency
15 Opaque gem
16 Horde
17 Lavish party
18 Child's transportation
19 Specific areas
20 Business abbr.
21 Withdraw from a body
23 Mailed
24 Precision cut stone
26 Furrow
28 Snacked
29 Floating ice
31 Electric spark
34 Large terrier
37 Award
39 Summon
40 Girl
41 Attorney (abbr.)
42 Writing style
44 Joyful
47 Day of wk.
48 Face covering
50 Tree
51 Give a nickname to
52 Cut in half
56 Ballet skirt
59 Strange and secret doctrines
63 Body part
64 Fire residue
66 Madam
67 Extinct bird
68 Brings in a fish
69 At sea
70 A fox's hole (2 wds.)
71 Lover's meeting
72 List of meals
73 Not there

DOWN

1 Organized crime
2 Levels
3 Halloween broom rider
4 Compass point
5 Reversed intoxication
6 Heroic
7 Garden tool with teeth
8 Ran away
9 Wood tool
10 First sign of fall
11 Firm up muscles
12 Poetic "evening"
13 Repose
21 Fill
22 Make a mistake
25 Small birds
27 Good grief!
29 Halloween cat
30 Snaky fish
31 Negative (prefix)
32 Reserve Officers Training Corps.
33 Whoop
34 Air (prefix)
35 Computer picture button
36 Gets older
38 Formal declarations
39 Tempo
43 Flightless bird
45 Graphic description
46 Continent
49 Alphabet
51 Fights
53 Wear away
54 Fermented apple juice
55 Cut of beef
56 Tangy
57 Consumer
58 Those people
60 Eve's husband
61 Baseball plate
62 Prayer ending
65 Concord e.g.
67 Morse code dash

Events + Activities

Seniors Connecting with Seniors 'Peer Education Sessions'

Older People's Rights Service

OPRS volunteer peer educators play a vital role to the organisation as part of the Older People's Rights Service (OPRS). They are on-the-ground older educators, providing information and support to their peers in the WA community to increase awareness of elder abuse and assist in its prevention.

OPRS volunteer peer educators present to relevant community groups on a range of topics, including elder abuse, self-determination and age discrimination. These important conversations are helping to reduce stereotypes and negative feelings about ageing, as well as providing practical information on where to get help and accessing services that can assist.

Peer Education sessions can encompass

Understanding Elder Abuse: What is Elder Abuse, how do you recognise it and what can you do?

The Purple Road: Raising awareness of Elder Abuse through craft.

Be Seen. Be Heard. Be Listened to: Understanding ageism and positive ageing. Speak up for things that are important to you.

OPRS a specialist program operated by Northern Suburbs Community Legal Centre (NSCLC) to provide free and confidential information, advocacy, legal advice and assistance to adults over 65 years of age who are at risk of or experiencing elder abuse in Western Australia.

OPRS focuses on empowering older adults in their decision making by providing relevant advice, information, education and support. In addition calendars, brochures and support materials are produced to assist older adults in making contact with services that can help them.

For more information and to book

T: 08 9440 1663

E: training@nsclegal.org.au

W: https://nsclegal.org.au/how-we-can-help/older-peoples-rights-service-oprs/

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:

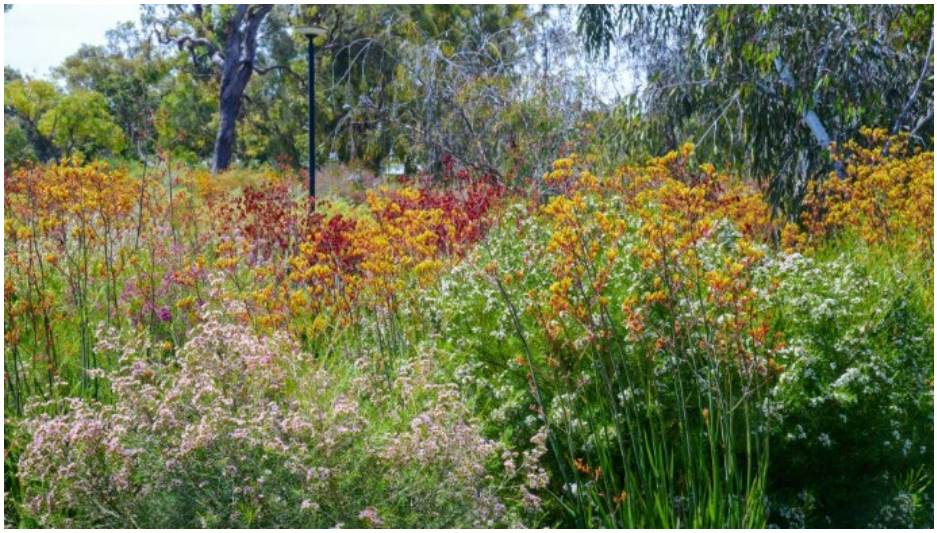
W: https://www.melvillecity.com.au/things-to-do/events/whats-on/south-of-the-river-forum-stay-on-your-feet

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

City of Melville

The Everlasting Kings Park Festival 'Wildflower celebrations in the heart of Perth'

The Everlasting Kings Park Festival marks 60 years of wildflower celebrations in the heart of Perth.



Visitors to Kings Park and Bold Park will discover free and low-cost exhibitions, interactive displays, wellness classes, guided tours and workshops.

The events highlight not only the beauty of Western Australian flora, but also the conservation commitment required for the future.

More than 300,000 visitors are expected to enjoy the spring displays throughout wildflower season.

The festival compliments the success of Kings Park hosting the internationally renowned Lightscape event earlier this year, which attracted thousands of visitors.

The Western Australian Botanic Garden remains the starring attraction with around 3,000 of WA's 12,000 species of native flora.

More information can be found on the new-look Kings Park website at bgpa.wa.gov.au/kings-park

Take part in fabulous workshops, tours, art displays, guided walks, Water Corporation waterwise display and family activities while wandering through Perth's favourite tourist destination. Download the Events Calendar or visit our What's On page.

8 lesser known facts about our very own Kings Park: It is on our doorstep, but here is some interesting information about Kings Park that you may not know.

Bigger than New York's Central Park

Kings Park is one of the largest inner-city parks in the world, even surpassing New York City's Central Park by a whopping 1,000 acres!

Indigenous heritage

The park is not only a beautiful natural space but also holds deep cultural significance for the local Indigenous Noongar people, who have inhabited the area for at least 50,000 years, making them the traditional custodians of this land.

Botanic wonderland

Within Kings Park, you will find the Western Australian Botanic Garden. It showcases over 3,000 species of native Western Australian plants, including rare and endangered ones (and some that are found nowhere else on Earth).

Birdwatchers' paradise

Kings Park is home to a remarkable variety of bird species. Birdwatchers will have a field day spotting colourful parrots, kookaburras and other native birds.

Native wildlife

It is not just plants and birds that thrive in Kings Park; it is a haven for wildlife, including possums and even Western Australia's State emblem, the numbat.

Arts and culture

Kings Park often hosts outdoor concerts and cultural events, making it a vibrant hub for the arts in Perth.

A really, really old tree

Kings Park is home to a 750-year-old boab tree named the Gija Jumulu. This tree was transported over 3,200 kilometres from the Kimberley region to its current home.

Free guided walks

Kings Park offers free guided walks, where you can learn about its history, plants and Indigenous heritage from knowledgeable guides. It is a fun and educational way to explore the park and see parts of it that you may have missed.

KINGS PARK
& Botanic Garden

‘Create a walking group in your street’

Studies have shown that walking helps with everything from losing weight and lowering blood pressure, to reducing the risks of heart disease and depression (not to mention the benefits of having a good old chin wag with friends).

Here are 8 tips on how to get your walking group started

Choose wisely

Think about people you already know and enjoy spending time with. Walking is more fun with friends, so pick those whose company you genuinely enjoy.

The more, the merrier

Aim to have at least two other people commit to joining your group. This way, if one person cannot make it, you will still have someone to walk with.

Keep it small-ish

While you want a group, try to keep it under 12 members. A smaller group is easier to manage, especially if you will be walking near busy roads.

Find the right time

Select a time that works for everyone, or at least most of the group most of the time. Flexibility is key to keeping everyone engaged.

Choose a convenient meeting spot

Pick a meeting place that is easy to get to and close by. While variety in walking locations is great, do not make them too far away or you might find an excuse to not go.

Set a comfortable distance

Start with a distance that everyone is comfortable with. As your group gets used to walking, you can gradually increase the distance.

Warm up and stretch

Before you hit the pavement, make sure to warm up and do some stretching exercises. This helps improve flexibility, prepares your muscles and reduces the risk of injuries.

Walk at everyone's pace

Keep a pace that suits everyone in the group. It is not a race, so make sure no one feels left behind.

Bonus Tip

Consider combining your walk with other social activities, like having a coffee after the walk. You can also turn it into a book club on the move, where you read a book and discuss it while walking, or simply have a friendly chat and share stories along the way. It is all about making your walking group enjoyable and inclusive (and studies show that you tend to walk faster and further than when you walk on your own!)

The benefits of walking

Walking for an average of 30 minutes a day can lower the risk of heart disease and stroke by 35% and Type 2 diabetes by 40%. *(Source: heartfoundation.org.au)*

Regular walking can also:

1. Manage weight, blood pressure and cholesterol.
2. Reduce your risk of some cancers.
3. Maintain bone density, reducing risk of osteoporosis and fractures.
4. Improve balance and coordination.
5. Improve self-esteem, mood and sleep quality.
6. Reduce stress, anxiety and fatigue.
7. Improve cognitive function, memory and attention in older people.

‘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

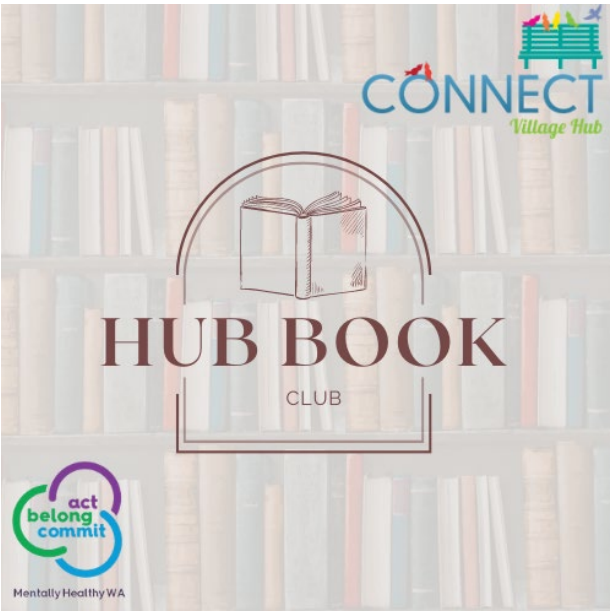
The Carers Week Activity Grants are proudly supported by Lotterywest.

Carers WA is a COTA (WA) Supporter.

Connect Victoria Park 'Hub Book Club'

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.



Hub Book Club Details

Date and Time: Monday 2 October 2023 from 2:30pm to 3:30pm.

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

Cost: No Fee

T: 08 9361 2904

To register go to: Hub Book Club

For further information about Connect Victoria Park

T: 08 9361 2904

E: admin@connectvictoriapark.org

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

CONNECT
Victoria Park

COTA (WA): 'Out and About'

COTA (WA) Strength for Life™ (SFL™)

Participant

Frank

This is Frank one of our participants who has been doing the Strength for Life program.

Below is his story of how the Strength for Life Program has helped him.

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

I actually found out about it by accident. My wife was doing what it was called back then, Living Longer Living Stronger and suggested I join after the GP said I needed to do some cardio because walking wasn't enough.

Did you find the referral process easy?

Very, very easy, it was ideal and necessary.

How long have you been doing Strength for Life?

10+ years' now.

How has the program benefited you?

The structure is important. It has benefited me mentally because I feel guilty if I miss my days. I still do my half hour walk every day.

Paying only $15 per session to have an experienced and trained physio to run the program is worth it. They notice and correct you and give alternatives if they see you struggling or needing to change. They keep an eye on you and they are professionals. Many times they will stop and assist, such as give a quick massage if someone has issues with their calf muscles. They are critical to the system.

They not only correct you, but they also praise you. The Physio's genuinely care about you.

How do you find the exercise?

Some of the exercises are easy and some are hard. Although I hate doing the hard ones, I know it's necessary.

You need a program set by a professional and the sessions are supervised. If you go to an unsupervised program, you are most likely to do the easy things, you're not extended.

What is your favourite part of Strength for Life?

I know on a Tuesday and Thursdays it's my Strength for Life days, it's a routine. You can easily work it into your schedule. Most of us have time to fit in a couple of classes a week.

They have a cap on the class numbers so the classes don't get overloaded.

The music, I just enjoy the program itself. They have a great group of physios. They are all very, very good.

Have you managed to make new friends?

Yes, the participants are genuinely caring and friendly.

I've noticed growth and changes just from the social aspect in members in our group.

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

"Just give it a go. It's a good program."

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

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

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

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

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

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

2. Complete the Exercise Readiness Assessment

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

3. Contact a Strength for Life provider

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

4. Attend your Assessment appointment

Bring your completed **Doctor's Referral** and **Exercise Readiness Assessment** with you to your initial assessment.

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

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

5. Start your Strength for Life sessions

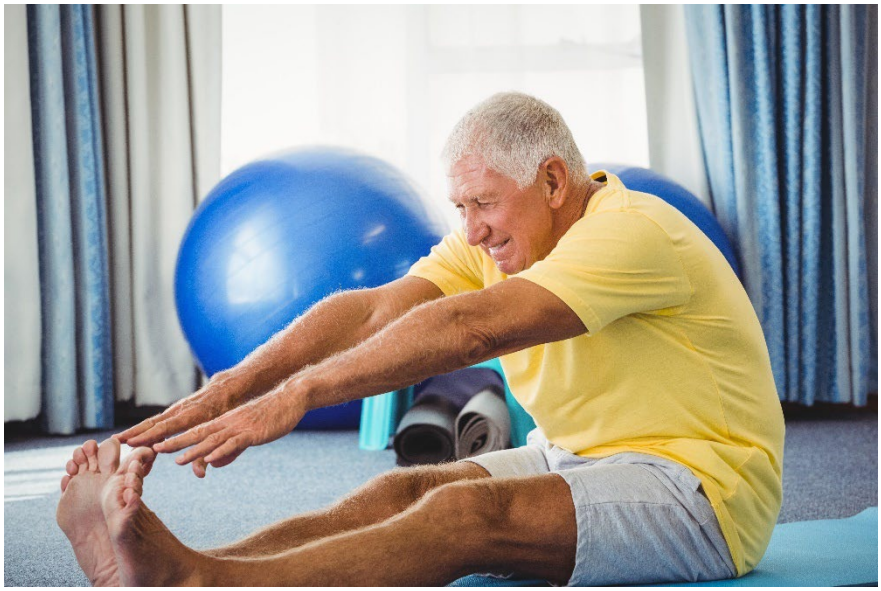
We encourage you to attend 2 to 3 fully supervised classes per week. Strength for Life is progressive training, and your individualised plan will change as your strength increases.

For more information

T: 08 9472 0104

E: kairi@cotawa.org.au

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



Strength for Life

Support Information

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

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

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

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

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

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

This service is available across WA for individuals and groups.

To book a session

T: 08 9440 1663

E: info@nsclegal.org.au

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

northern suburbs community legal centre

oprs Older People's Rights Service

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.

Carers WA

St Patrick's 'Starlight Hotel Choir'

Named after the 'Hotel of Stars' under which many people experiencing homelessness sleep, St. Pat's choir holds weekly rehearsal and song writing sessions from St Pat's Community Centre and is sought after to perform at festivals and events state-wide.

Led by highly respected local musicians Peter Anthony and WAMI award-winning musician and song-writer Dave Johnson, the choir is community-based and open to anyone regardless of talent. The main goal is to provide a fun, friendly environment where people can express themselves and feel part of a team and have a great time singing the songs they love.

Come along to one of St. Pat's choir sessions: Mondays and Tuesdays.

For more information about St Patrick's Starlight Hotel Choir

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

Starlight HOTEL CHOIR

St Pat's | St Patrick's Community Support Centre

GRAI 'The National LGBTI Ageing and Aged Care Community of Practice Project'

Delivered by LGBTI aged care specialists GRAI, these training sessions will prompt a better understanding of the needs of LGBTI people, and equip managers to increase the LGBTI inclusivity in their organisation.

Since 2014, GRAI has delivered our 'Right to Belong' LGBTI inclusivity training to the aged care sector, as part of the federally funded National LGBTI Ageing and Aged Care Training Project.

This training is funded by the Commonwealth Department of Health as part of the National LGBTI Ageing and Aged Care Training Project and is subsidised for those working in the aged care sector.

GRAI is now offering a Community of Practice project in2023. This project will offer organisations the opportunity to send 3-4 people who are sufficiently well-placed to be change agents within their organisation. This may be managers, team leaders, policy, and HR staff in the aged care sector, including, residential facilities, retirement villages, community care providers and all services engaging with older members of the community.

The three-part course will explore how organisations can link the Aged Care standards with a Rainbow Readiness framework. Participants will understand the meaning and rationale of the standards for LGBTI people (why it matters); what implementation looks like on the ground; and how the organisation can develop and self-audit.

Training Program Details:

Participants are expected to attend all three (3) sessions.

Two Full Days: 9am-4pm Thursday 12 October 2023 and Thursday 19 October 2023

One Half Day: 9am-1pm Thursday 26 October 2023

Venue: Institute of Chartered Accountants Level 11, 2 Mill Street, Perth WA

Please register at: https://bit.ly/GRAICoP2023

For more information

T: 0484 639 886

E: training@grai.org.au

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 'COVID-19: Additional vaccine dose recommendation'

The Australian Technical Advisory Group on Immunisation (ATAGI) has updated their advice for the COVID-19 booster dose.

If it has been 6 months since receiving a COVID-19 vaccine, an additional dose:

- Is recommended for people aged 75 or older
- Should be considered for people aged 65-74, following discussion with their health care provider

Aged care residents who have not yet received any booster dose this year are advised to do so.

Residential aged care homes are responsible for ensuring residents have access to recommended COVID-19 vaccine doses.

For more information on recommended COVID-19 vaccine doses

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 visit: Department of Health: HealthyWA

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

Healthy WA

Australian Government
Department of Health and Aged Care

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/carer-gateway-services-/

Carers WA is a COTA (WA) Supporter

Carers WA

Dementia WA 'Advice to support someone who is grieving'

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.

There can be slow grief associated with dementia – not only for the person diagnosed with the condition, but also for their loved ones.

As dementia is a progressive condition, there are often waves of grief at various stages and each person deals with their grief differently.

With dementia the second leading cause of death of all Australians, many of us will be faced with supporting a loved one through grief or dealing with our own loss.

Dementia Australia Family Engagement Counsellor Ken offers some advice on how best to support someone who is dealing with the grief of dementia.

Varying responses to grief

Ken provided some insight into what happens during a counselling session at Dementia Australia, how people respond to grief differently and what people can do during the grieving process.

"When we talk about a diagnosis of dementia, loss is all encompassing. When a client comes in, they are generally dealing with some form of loss, whether that is the person diagnosed with dementia, or a family member/primary carer. It can be anticipatory loss, when they are anticipating what is going to happen to a loved one. It can also be ambiguous loss, when they are physically seeing the person they've been with for many years but cognitively that's not the same person. In every counselling session I'm always aware of individual needs as everyone is different. Firstly, I identify what that person's loss is and what they are grieving, and from there progress the session", said Ken. Navigating through grief

There are no set rules for grieving however Ken provides some suggestions to help you and your loved ones navigate this difficult time:

Accept that grief is normal: Grief affects people in different ways. We can't always assume the person who has lost a loved one will be sad. Feelings of relief, anger and guilt are all extremely common and a normal component of grief. Other feelings may include shock, pain, disbelief, and resentment.

Understand that grief can be shown in different ways: Ken has experienced clients that have said they have never cried and therefore do not believe they are grieving. However, grief can be shown through behavioural changes, emotional changes and/or physical changes, often to search for a euphoric feeling to recapture happiness.

Have the courage to share feelings with others and realise you are not alone: Do not be afraid to let it all out and talk though feelings with friends and family. Feelings can have a domino effect within families, so it is vital to communicate effectively to help support each other.

Listen empathetically: Let your loved ones know you are listening with care.

Remember that timelines are individual: When losing a loved one, it can be hard to see a family member jump straight back into their routine. However, it is important to remember that they may be grieving in different ways.

Become a Dementia Advocate: The Dementia Advocates program provides an opportunity for people living with dementia, as well as carers and former carers of people with dementia, to share their stories, identify current issues and positively effect change.

For more information got to the Dementia Advocates Program

Help is available

Whether you are grieving or supporting someone with their grief, it is important to remember you are not alone and there is support available for you.

Dementia Australia offers support, information, education and counselling.

The National Dementia Helpline is available 24 hours a day, 7 days a week, 365 days a year and can be contacted on **1800 100 500**.

For more information

T: National Dementia Helpline on free call 1800 100 500

W: Is it possible to die well with dementia?

Dementia Australia™

WA Scam Net 'Spotting Scams'

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

If you think you have received a scam via email or on your mobile: Scamwatch Report a Scam

Society is increasingly reliant on computers and the internet across all aspects of life. Computers are central to our communication, our business and our social lives. Looks at several simple strategies that you can use to protect and strengthen the security of your computer: Computer Security

A large amount of personal information is now being shared and stored on computers and in cyberspace. There are many simple steps which you can take to reduce the likelihood that another person can use your identity. Helps you learn how to better protect your identity when using the internet: Identity Crime

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

Too often, emails that appear in our inboxes are not what they seem. While you might get lots of emails from your family, friends and mailing lists that you have signed up to, there are often a lot of emails from people you do not know. Shows you what to look out for and how to protect yourself when using email: Fraudulent Emails

The internet has increased our ability to do many things, including banking. By taking some simple steps to secure your computer, you can enjoy the benefits of internet banking. Shows you how to protect yourself and reduce the chances that you become a victim of fraud: Internet Banking

For more information about WA ScamNet

T: 1300 304 054

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

ACCC AUSTRALIAN COMPETITION & CONSUMER COMMISSION SCAMWATCH

GOVERNMENT OF WESTERN AUSTRALIA WAScamNet

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

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.

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/

TADWA
Technology for Ageing and Disability

Australian Seniors Computers Clubs Association 'Accessibility Update'

Innovative QR Codes Transform Packaging Accessibility for People Who Are Blind or with Low Vision.

A pioneering solution is transforming packaging accessibility for individuals who are blind or with low vision. Developed by UK-based Zappar, these ground breaking QR codes are tailored to provide essential product information with ease. These specialised 'accessible QR codes' have made their debut on UK store shelves, marking the collaboration of technology and social responsibility.

People who are blind or with low vision often rely on smartphone apps to navigate the world, and now a consortium of companies is enhancing these apps with QR codes. The modified codes offer extended scanning capabilities, allowing users to access information from up to 1.20 metres away.

Zappar, known for web-based augmented reality experiences, introduces these codes through their Zapvision app. The app provides a content management system to generate these unique QR codes from standard ones.

In collaboration with respected organisations like the Royal National Institute of Blind People and Connected Experience Consultancy, Zappar aligns its efforts with trusted apps within the disability community. The Zapvision SDK is compatible with Microsoft's Seeing AI app and will integrate with Envision and Be My Eyes.

Upon scanning a product, the Zapvision app announces the product's name and distance audibly, offering an intuitive menu interface for accessing instructions, dietary details, and allergen alerts.

Accessible QR codes launched in the UK in March 2023, with Zappar aiming for global implementation. Challenges remain, including recognising diverse products and organising information seamlessly. Nonetheless, these codes promise a more inclusive shopping experience. For more details, feel free to check out the article by Make Use of about QR Codes.

For more information

T: 0434 857 222

E: office@ascca.org.au

W: https://ascca.org.au/blog/accessibility-september2023/

By Laetitia L. Thompson, Senior Digital Content Editor at the Centre for Accessibility, Australia.

Australian Seniors Computer Clubs Association
ASCCA

Injury Matters 'Move Improve Remove Campaigns'

Injury Matters runs two 'Move Improve Remove' campaigns each year through the Stay On Your Feet® program.

The campaigns focus on modifiable risk factors to prevent falls and promotes the Move Your Body, Improve Your Health and Remove Hazards messages for older adults who live in the community, their families and carers and professionals.

The campaigns consist of a variety of activities throughout Western Australia, including training for health and community workers, local community events for older adults, resources and community grants and advertising on television and social media.

The Remove Hazards campaign runs from September 2023 to the end of November 2023. Remove Hazards is one part of the 'Move Improve Remove' messaging used to encourage older adults to stay active, independent and prevent falls.

An individual's vision, foot health and home environment can influence their falls risk and maintaining overall health and wellbeing is essential for healthy ageing. Remove Hazards looks at simple changes that can improve a person's health and wellbeing, focusing on the following: modifiable risk factors for falls.

- Make Your Home Safer
- Check Your Eyesight
- Wear Safe Footwear

Remove Hazards campaign key messages

1. Removing hazards in and around the house makes your home safer.
2. Your vision helps you maintain your balance and identify and navigate hazards and obstacles in your environment.
3. Taking care of your feet and wearing safe footwear helps you to stay active and mobile.
4. Falls are preventable.

Remove Hazards campaign calls to action

1. Use the Stay On Your Feet® Home Safety Checklist to remove hazards in and around your home.
2. See an optometrist for eye checks every two years or if your vision changes.

3. Use the Stay On Your Feet® Healthy Foot Guide to look after your feet and see a podiatrist if you notice any changes.
4. Use the Stay On Your Feet® Shoe Safety Checklist and wear safe footwear that fits well.
5. Tell a doctor or GP if you have a fall.

Your home is your safe haven, so let's keep it nice and tidy. With over half of all falls happening in and around the home, make sure to clear clutter and spills as soon as they occur, remove sliding mats or rugs and ensure your space is well-lit. Not sure where to start? Use the Stay On Your Feet® free Home Safety Checklist to see where your home could be safer. Removing hazards can help prevent falls. Visit: Home Safety Checks.

You may not even notice when your eyesight starts to degrade, but your optometrist will. Adults with vision impairment are twice as likely to fall, than adults without. Reduce the risk of a fall due to changing vision by seeing your optometrist at least once every two years and see your doctor as soon as you notice any changes to your vision. Removing hazards can help prevent falls. Visit: Check your Eyesight.

Shoes play a big part in our confidence and balance when we move. Make sure you are wearing safe footwear that fits well, has a textured sole and supports your feet. If you have a favourite pair, check how safe they are with the Stay On Your Feet® free Shoe Safety Checklist.

Visit your podiatrist with your results, or if you notice any changes to your feet. Removing hazards can help prevent falls. Visit: Wear Safe Footwear.

Host a Remove Hazards presentation in your community

Are you interested in hosting your own Remove Hazards event in your community? Injury Matters have FREE community presentations. Delivered by one of their trained Stay On Your Feet® Peer Educators and designed for older adults, the Remove Hazards presentation focuses on creating safe environments and looking after eyesight and feet to prevent falls and promote healthy ageing.

To book your free Remove Hazards Presentation

For more information

T: 1300 30 35 40

W: Injury Matters: Move Improve Remove Campaigns

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 LGBTIQA+ person?

GRAI is very pleased to advise that we have been funded to provide a LGBTIQA+ volunteer visitor scheme for older LGBTI people who are either residing in an a aged care facility or receiving an aged care package at home or who are on the waiting list for either option AND who like a LGBTIQA+ regular visitor.

GRAI can link you with a LBTIQA+ volunteer.

LGBTI people can self-refer or can be referred by a service provider.

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

GRAI
GLBTI Rights in Ageing Inc.

Aged Care
Volunteer
Visitors Scheme

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**

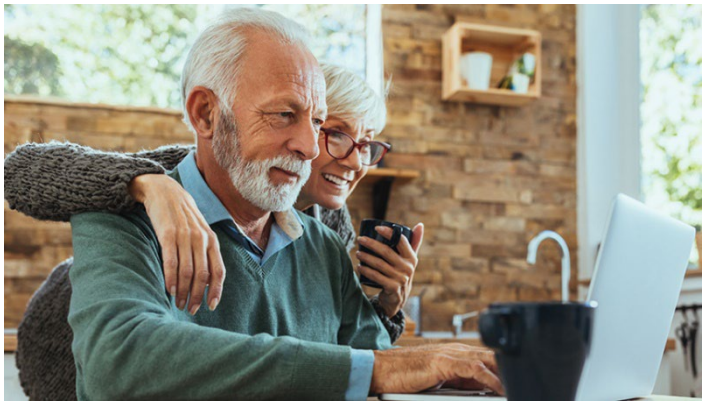
Healthy WA

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

Dementia Australia™

‘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 of support person they feel comfortable or trust to support them
- Be eligible for government-funded aged care

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

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

How does the care finder service work?

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

What help can care finders provide?

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

Updated: 24 February 2023

They can help someone with:

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

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

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

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

What if a care finder is not right for someone?

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

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

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

Other supports and their contact details

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

Care finder program service guide

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

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

Who can I connect to a care finder service?

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

To receive care finder support, a person must:

- have no carer or support person who can help them, or
- not have a carer of support person they feel comfortable or trust to support them, **and**
- be eligible for government-funded aged care.

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

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

How does the care finder service work?

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

What help can care finders provide?

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

Updated: 24 February 2023

Feedback Opportunities

Edith Cowan University Invitation 'To Design a Social Fraility Measure'

Clinicians and researchers in ageing, gerontology, or geriatrics; People aged 65 years and older; and Caregivers of older people are invited to participate in a research project to develop a Social Frailty Scale.

Your expertise and responses are crucial for developing a Social Frailty Measure.

Significance of the study

Social frailty can be defined as a lack of social resources and social activities, reduced social network and support, and compromised fulfilment of social needs. Social frailty is a threat to healthy ageing. It is important to recognise the risk factors associated with social frailty, to develop effective programs to prevent or slowdown social frailty.

Your participation in this research will involve completing an online survey in two rounds.

In each round, there will be statements about potential risks for social frailty. You will need to rank these statements based on how important you think they are, from "Extremely important" to "Not important at all". After you finish Round 1, all the answers people gave will be combined together, and you'll get them back in a few weeks for Round 2. Each round will take about 7 minutes to complete. You will have two weeks to respond.

Your participation is voluntary and confidential. If you would like to participate or want more information about the study.

To participate go to the: Social Frailty Measure Development Survey

Please note that this survey is not trying to measure how socially frail you are. Instead, it is about finding out which statements you believe are the most important in identifying the risk factors for social frailty in people who are 65 and older.

You can ask your family to interpret and help you complete the survey if necessary. You can also share the link with others who are clinicians, researchers, people aged 65 years and older, or caregivers.

For any queries, please email: m.ghosh@ecu.edu.au

This project has been approved by ECU-Human Research Ethics Committee (2023-04208-GHOSH). ECU Sage Lab development of the Social Frailty Scale is supported by the Medical Research Future Fund MRF2016045.

Australian Government Department of Health and Aged Care 'National Aged Care Design Principles and Guidelines'

The aged care accommodation design guidelines are out and available for stakeholder consultation.

Built on evidence-based research undertaken over several decades and in response to a recommendation by the royal commission the National Aged Care Design Principles and Guidelines aim to create safe and comfortable living environments that promote independence, function and enjoyment for aged care residents, particularly those living with dementia.

As well as informing the design of new builds, the principles and guidelines include improvements that can be made to existing aged care homes. The physical environment really does matter in aged care. Good buildings do support people and they make the care easier to deliver for the staff.

The draft document contains four principles that seek to address design issues for all people living and working in residential aged care.

The four principles are: Enable the person, Cultivate a home, Access the outdoors and Connect with community. Each principle comprises a set of guidelines that focus on a particular design challenge.

Feedback requested

The National Aged Care Accommodation Design Principles and Guidelines will be the centrepiece of the government's new Residential Aged Care Accommodation Framework due to commence from 1 July 2024.

The government is inviting input on the draft principles and guidelines from older people, aged care providers, design experts and those involved in the construction and refurbishment of aged care homes.

Feedback on the principles and guidelines can be presented here.

Australian Government

Department of Health and Aged Care

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

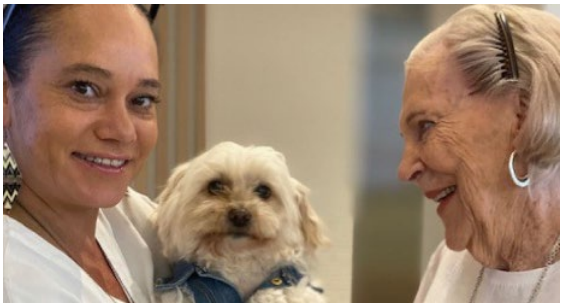
W: https://www.curtin.edu.au/

Curtin University

Companion Animal Network Australia (CANA) 'Finding ways to help older adults retain their pets.'

Even though 40% of older Australians who receive a Home Care Package (HCP) have pets, only 9% of these pet owners receive pet care support.

What happens when you are no longer able to drive to the vet or take your dog for a walk? One of the key reasons driving animal surrenders, according to national animal welfare charity Companion Animal Network Australia (CANA).



CANA has launched a PETITION calling on *Hon Mark Butler MP Minister for Health and Aged Care* and *Hon Anika Wells MP Minister for Aged Care* to help our ageing population maintain a high quality of life and that includes finding ways to help older adults retain their pets.

This comes after announcing the results of a Pets in Aged Care Survey which shows an urgent need to support pet ownership for older Australians who choose to live independently. As a result of feedback to the Survey results, CANA made a SUBMISSION to the Government, "Supporting pet ownership through Commonwealth Home Support Program and the Home Care Packages".

"Increasing the number of pet-friendly in-home aged care support will also help to prevent animals from being euthanised or surrendered to shelters and maximise the physical and emotional health of animal loving older people," says CANA CEO Trish Ennis.

For more information

Companion Animal Network Australia (CANA)

E: info@australiacan.org.au

W: https://australiacan.org.au/

Saving Animals From Euthanasia Inc.

E: founder@safe.org.au

W: https://safe.org.au/

ANSWERS to the 'CROSSWORD' Puzzle (see Page 56)

OCTOBER

Solution:

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

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