COTA WESTERN AUSTRALIA

# COTA Connections

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

NOVEMBER 2023

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## From the Chair

Our newsletter includes some great information on the following topics:

- 'Bevan Sharp 'My Story'
- 'Growing Older is about a Journey not a Destination'
- 'COTA Australia: Older people and work: Stop the intergenerational wars and start improving systems for Australians of all ages'
- Miles Protter Men's Business: 'The Listening Shed'
- 'WA Cricket and Healthway supports Mental Health 'Think Mental Health'
- 'COTA (WA) Policy Update: ACCAN Consumer Congress'
- Noongar Elder Carol Pettersen, Author of 'Following Spirit of the Yirdah Bird'
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- 'Who are the Kimberley Jiyigas (Birds)?'
- National Seniors Australia 'Rising cost of living keeps older people awake at night'
- The City of Fremantle 'Positive Ageing Events November 2023'
- Dementia WA 'Mild Cognitive Impairment-Online Session'
- National Seniors Australia 'Boost for working Pensioners'
- Australian Federal Government 'Shingles vaccination program extended'
- St Patrick's Community Support Centre 'Freo Long Table Dinner'
- WA Scam Net 'Spotting Scams'

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: admin@cotawa.org.au.

**Mary Anne Stephens, Board Chair**

# Bevan Sharp ‘My Story’

**Bevan Sharp was born in Perth, travelled to London for a '12-month working holiday', took a 'temporary job' as a hotel manager, becoming General Manager of the group and returned to Perth 12 years later; he bought a business (doubled the turnover and sold), started a new business (sold after 18 months) retired, became 'self-unemployed' and decided to give something back…**

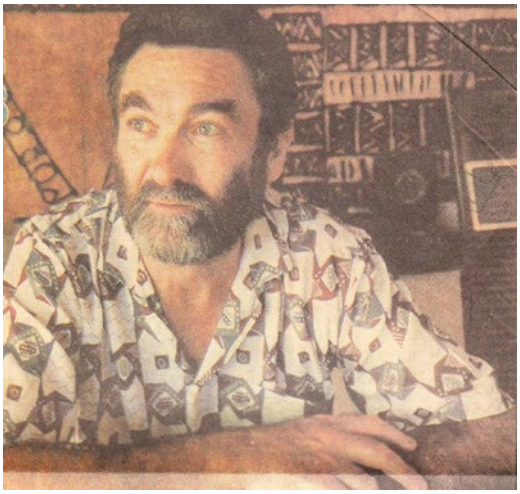
Bevan joined the Australian Business Volunteers (ABV) and successfully completed a record 63 assignments in 16 countries throughout Asia Pacific over 29 years until COVID-19 stopped international travel. **Image right: assignment for ABV in The Kingdom of Tonga.**

Interspersed with the volunteer assignments, he lived on the remote Pacific island of Niue for 2 years where he opened and managed a new resort. Bevan then lived in Papua New Guinea and managed a diverse company with 12 businesses and 130 local employees for 3 years, transforming it from a loss to record profits while enduring challenges like death threats.

**So, at over 80 years of age, and nothing left on his travel 'bucket list', Bevan decided to devote his years to local endeavours.**

Bevan now volunteers with a very active Business Advisory Centre (produce their monthly range of newsletters and other support activities), joined the local Probus Club and look after their website, and joined U3A (University of the Third Age) where he arranges a guest speaker twice a month and produces their monthly newsletter.

Bevan enjoys the essential camaraderie of these active clubs and the interaction with other members keeping his the mind active and involved. **Images below: Bevan Sharp, looking forward…**



# ‘Growing Older is about a Journey not a Destination’

## Ageism: what is it? What is it like to grow older today?

Age is one of the first things we notice about other people. It also should not be a reason why our older years cannot be some of the best of our lives. Challenge and normalise ageing to inspire the change in the perception of older people's lives.

**The definition of ageism**

Ageism can be defined as stereotyping, discrimination and mistreatment based solely on a person’s age. Discrimination on the basis of age is an unacceptable as discrimination on the basis of any other aspect of ourselves that we cannot change.

The impact of ageism, based on negative and incorrect age stereotypes, restricts the participation and inclusion of older people in all aspects of life. In fact, ageism can impact our confidence, quality of life, job prospects, health and control over life decisions.

## Let’s end ageism

**It is not the passage of time that makes it so hard to get older. It is ageism, a prejudice that pits us against our future selves, and each other.**

Ashton Applewhite urges us to dismantle the dread and mobilise against the last socially acceptable prejudice. “Ageing is not a problem to be fixed or a disease to be cured,” she says. “It is a natural,

powerful, lifelong process that unites us all.”

**Watch the Ashton Applewhite TED Talk on the TED website.**

## Call out ageism whenever you see it

Most ageism is more thoughtless than malicious, but that does not mean it is acceptable. If you experience it, just start a conversation and raise awareness.

**Some of examples of everyday ageism include:**

- Referring to a neighbour as a 'sweet old dear'
- Making decisions for grandparents so they don't have to stress
- Assuming older people are bad drivers or can't do something
- Commenting 'You look good for your age'
- Anti-ageing craze, your skin doesn't need fixing!

Download: EveryAGECounts 'The Real Old' e-book

**Learn more about ageism**

The **COTA** website includes information and resources about the rights and interests of older Australians. World Health Organisation released the **Global report on ageism**, which outlines a framework for action to reduce ageism.

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

**"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," Ms Sparrow said.**

"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'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.**

Media contact: Tamara Kotoyan, 0430 291 890 or Alana Mew, 0419 929 722.

**To read the full Statement**

T: 02 6154 9740

E: cota@cota.org.au

W: Older People and Work

COTA
For older Australians

# Miles Protter Men's Business: 'The Listening Shed'

## What is The Listening Shed?

We need to be good listeners so people can talk. Talking openly about our concerns, problems and feelings is essential for our mental health, affinity with others and a positive culture.

**The problem is so many of us don't listen.**

The Listening Shed equips individuals in your organisation, team or group to be good listeners for each other.

## How does it work?

In The Listening Shed participants learn how to:

- Be aware of what they do and how that gets in the way.
- Create a place where people are comfortable to talk
- Allow others to solve their own problems

## The Result?

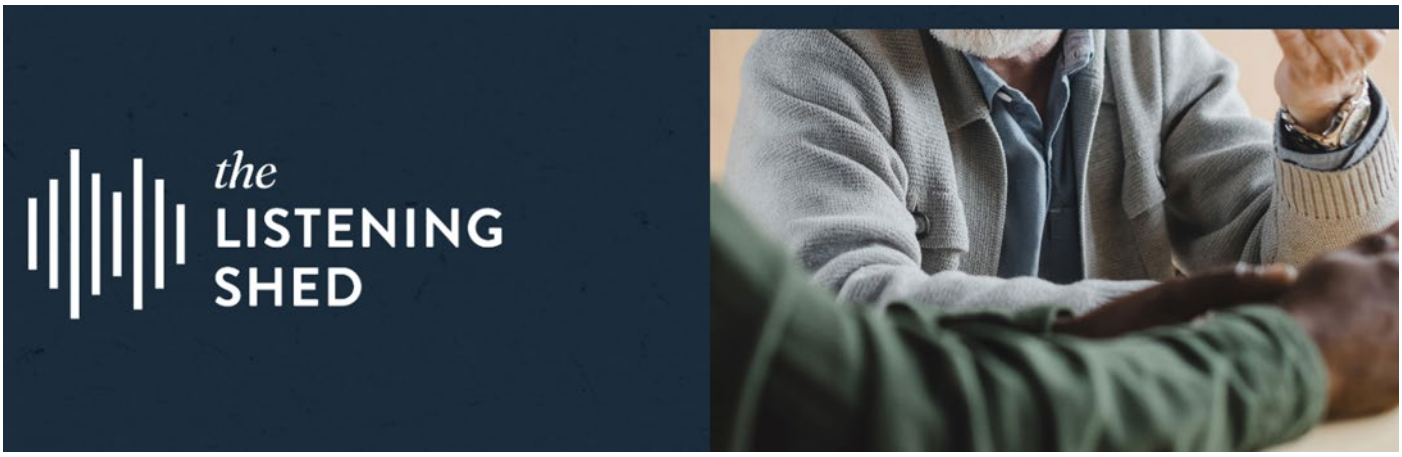
In just over an hour participants in The Listening Shed:

- Experience listening to others and being listened to in a new way
- Gain confidence to support others in their groups, families and communities
- Experience listening to others and being listened to in a new way

Do you want the people in your group or organisation to be better listeners?

**Get in touch to learn about The Listening Shed: W: Contact The Listening Shed**

The Listening Shed has already been delivered to hundreds of people in Men's Sheds and community groups with over 80% reporting they learned something new and three quarters confident to use the tools with others.



## Miles Protter Men's Business 'The hero's journey for those who don't think that they're heroes'

**By mid-life we've probably achieved most of what we dreamed of in our youth yet instead of satisfaction we often feel disappointed, anxious or bored. We ask ourselves, 'Is this it?'**

Our wildest dreams are behind us. We're facing the end of the first half of life. Even if we feel scared, ordinary and don't have a map, we must undertake a hero's journey to find the way to our second half where a new meaning, purpose and set of values awaits us.

**Your hero's journey could begin today.**

**To get started with Lesson 1:**

W: Video Link: To begin your hero's journey

MEN'S BUSINESS

## WA Cricket and Healthway supports Mental Health 'Think Mental Health'

**Healthway and WA Cricket will be working together over the next three years to promote positive mental health and wellbeing through clubs and cricket events across Western Australia.**

Lotterywest and Healthway CEO Ralph Addis and WA Cricket CEO Christina Matthews announce a new mental health partnership.

WA Cricket and Healthway have a track record of driving positive community change and will be transitioning the partnership to focus on mental health through the **'Think Mental Health'** program.

Healthway and WA Cricket's previous nine-year partnership, which centred on Alcohol. Think Again, has made significant gains in preventing harm from alcohol in the WA community.

The Think Mental Health program aims to build mental health and wellbeing and reduce mental health issues. Its latest campaign, 'Find your way to Okay', promotes mental wellbeing among young adults aged 18 to 24 years by encouraging them to discover new ways to increase and maintain mental wellbeing.

Recent data revealed young adults in Western Australia aged 18 to 24 years were significantly worse-off among a range of mental health and wellbeing indicators compared with other age groups.

WA Cricket and Healthway will be working together to strengthen mental health and wellbeing among cricketers of all ages and levels, and across all programs and competitions.

**WA Cricket CEO Christina Matthews says it is wonderful to be moving into a new phase of the major partnership with Healthway and Think Mental Health.**

"We are thrilled to be continuing our relationship with Healthway and after seeing the positive impact the Alcohol. Think Again message had, we feel now is the right time to transition to Think Mental Health so we can assist in spreading that message. We are proud advocates of mental health, so we want to help raise awareness on how to maintain positive mental health, seek support, and reduce the stigma for people experiencing mental health issues. By talking and listening you can create opportunities for mental health and wellbeing, and this is the type of mentally healthy culture we will be creating at WA Cricket. We look forward to continuing our journey of education and role modelling positive behaviours in partnership with Healthway via Think Mental Health," Matthews said.

Lotterywest and Healthway CEO Ralph Addis says that over the next three years, Healthway and WA Cricket will work together to strengthen environments that support the mental health and wellbeing

of the cricket community. We will also build WA Cricket's capacity to provide mental health education programs, establish cricket ambassadors, respond to mental health issues and promote the Think Mental Health message through clubs and cricket events across the state," he said.

**For more information about Think Mental Health's latest campaign, click here.**

**Immediate crisis support providers**

- If you or someone you know is in a life-threatening situation or is at risk of harm to themselves or others call 000
- If you are seeking immediate support, please contact one of the following helplines available 24/7
- Mental Health Emergency Response Line: 1300 555 788 (Perth Metro) or 1800 676 822 (Peel)
- Lifeline: 13 11 14
- Beyondblue: 1300 224 636
- Kids Helpline: 1800 55 1800 (for children and young people aged 5-25 years old)
- Rurallink: 1800 552 002
- Alcohol and Drug Support Line: 08 9442 5000 or 1800 198 024 (country callers toll-free)
- Parent and Family Drug Support Line: 08 9442 5050 or 1800 653 203 (country callers toll-free)
- Call Triple Zero (000) if it is an emergency

# Noongar Elder Carol Pettersen, Author of ‘Following Spirit of the Yirdah Bird’

**"You can't help who you fall in love with," Noongar Elder Carol Pettersen tells her family story in new book ‘Following the Spirit of the Yirdah Bird’.**

Menang and Nadju Noongar Elder Carol Pettersen is the result of an unlikely love story that occurred in the Great Southern of WA.

*Menang Nadju Noongar Elder Carol Pettersen is sharing her family's story in her book Following the Spirit of the Yirdah Bird (ABC Radio Perth: Molly Schmidt.)*

"Mum and Dad were people of absolute diverse background," Aunty Carol said.

"Dad was a white, middle-class man from a private school background.

"My mother was a semi-tribal Aboriginal woman, and they fell in love."

Aunty Carol's parents got married in 1939. At that time, under the Aboriginal Administration Act, a man could be jailed for his relations with an Aboriginal woman.

Aunty Carol's dad had to sign a contract that he would "raise his wife and children as a white family".

Aunty Carol and her siblings grew up living in tents across the Fitzgerald area, Bremer Bay and Jerramungup. They had to hide from police to avoid becoming part of the Stolen Generation.

Aunty Carol says she's still awed by the strength of her mum.

"She sacrificed so much. Mum had to leave behind her people and her culture to keep her marriage and her children safe."

This story is told in Aunty Carols' new book, ‘Following the Spirit of the Yirdah Bird’, which was launched by award-winning Noongar author Professor Kim Scott.

**Professor Scott said the book told a rare story.**

"One of those very rare things is a white man taking responsibility for his Aboriginal partner, lover and the mother of his Noongar children," he said.

"That is a rare thing."

**Aunty Carol said her family story shows how strong love can be.**

**Credits:** Molly Schmidt, Producer

# Australia Post 'New stamp tunes in to radio milestone'

**Australia Post is marking a century of public radio broadcast in Australia with a new stamp release.**

Designed by illustrator, Harry Slaghekke, the stamp image was inspired by a 1940s Max Dupain photoshoot for the AWA 'Radiola' console, which is set to the popular 'Music Lovers Hour' on radio station 2BL (now known as ABC Radio Sydney). Initially named 2SB, radio station 2BL was the first in Australia to make an official public broadcast on 21 November 1923.

The stamp illustration has a late 1940s early 1950s flavour and shows how, from that first broadcast in 1923, radio became a source of entertainment as well as an important essential news service of the era. The introduction of public broadcast radio established a connection between Australian communities and other countries, as well as being a much-loved source of entertainment and news.

As an essential community service ourselves for more than 200 years, Australia Post knows just how important this form of communication and technology is to every Australian.

This iconic scene is a snapshot into many Australian homes during the 1940s. It reminds us how far we have come technologically in the past 100 years.

While Australia and technology has changed over the last century, radio broadcasting remains a valued form of communications for millions of Australians.

The stamp is $1.20, and also includes a sheetlet pack and sheetlet of 10 stamps available to purchase individually. The stamp is on sale now at participating Post Offices, via mail order on 1800 331 794 and online while stocks last.

Australia Post

# COTA (WA) Policy Update: ACCAN Consumer Congress

**Chris Jeffery, Chief Policy Officer COTA (WA) was invited as the only COTA representative to attend the ACCAN Consumer Congress in Sydney, 12-13 September 2023.**

Day One of the Conference was devoted to consumers only (no providers) and designed for consumers to be able to hear from experts before dividing into small groups responding to key issues. ACCAN's intention is to analyse feedback about these consumer issues and to incorporate them into their ongoing and future policies and actions.

## Forum One: Frontiers in Consumer Harm

The Forum was designed to explore the emerging frontiers in consumer harms, including new forms of technology-enabled consumer harms and to suggest opportunities to design consumer protections to prevent harms into the future. Key points included:

- The escalation of data collection and its misuse
- Vulnerable cohorts are especially impacted by an overwhelming range of issues such as lack of customer service; accessing support; stopping direct debits; and scams and fraud
- We are all vulnerable to designed manipulation, data breaches, target marketing, issues with linked devices (collection of data), lack of awareness of impacts of processes such as updates
- Increasing incidence of financial abuse and the common linkages of this to family violence and coercive control and the reluctance of victims of these crimes to report them
- Most products are designed for the majority, not the marginalised
- Financial institution's processes (e.g. banks) are opaque and responses to victims, especially older women, are inadequate
- Increasing use of the internet and the decline in the availability of real people to contact

**Suggested strategies to deal with these issues**

- Providers to voluntarily build in more protections for consumers; legislation needs to enforce protections rather than suggest unenforceable 'guidelines'; consumer groups need to liaise with each other to act collectively rather than as silos; consumer groups need to identify political opportunities to force action (e.g. banking royal commission); possible current issue: aviation; include academics in submissions to ensure rigour and accuracy rather than 'feelings'

## Forum Two: Connectivity in the Community

The focus in this forum was the challenges and opportunities that exist regarding improving access and affordability of communications services for people renting and living in social, affordable and public housing, and those experiencing homelessness. Key points included:

- Problems associated with digital inclusion are exacerbated if viewed through a homelessness prism e.g. affordability, access, capability.
- Homelessness can encompass different forms e.g. non street dwellers such as people in boarding houses; insecure housing; elderly people living with others; severe over-crowding
- Emerging issues related to older single females
- Older people often need help to navigate online the availability of support
- Much help is geared to higher SES cohorts e.g. Tech Savvy Seniors
- Not much help is available in non-group settings e.g. to aid in form filling in
- Many people (especially older people) feel threatened by divulging personal information online

**Suggested strategies to deal with these issues included:** Simplification of language (Telcos especially); adoption of multi-faceted approaches to government services; provision of digital education in aged care facilities; providers to encourage users to adopt the most suitable plan for them, rather than the most expensive; NBN must provide a low-income product and provision of subsidised broadband into all public libraries.

## Conference Day 2

Day Two included the presence and presentations from providers such as Telstra, NBN and Vodaphone, and key governance and complaints handling organisations such as the Consumers Federation of Australia, the Australian Communications and Media Authority (ACMA), the Australian Competition and Consumer Commission (ACCC), the Telecommunications Industry Ombudsman (TIO) and the Australian Information Commission and Privacy Commission (OAIC).

**Key points included:** The need for affordable communication for all; the need for consumer safeguard reforms; disaster resilience measures must be strengthened; consumer protection laws suit the consumer, not the organisation; unfair pricing (e.g. over-charging loyal customers); banks, Telcos not doing enough to protect customers against scams and fraud; too many barriers to appropriate customer service, especially for vulnerable cohorts; difficulties associated with financial hardship (now includes increasing numbers of younger people); difficulties in stopping direct debits and increasing pressure to adopt this model of payment and increasing problems with online platforms and AI e.g. facial recognition; data portability; identity theft; impersonation.

COTA WESTERN AUSTRALIA
*for older Australians*

# MSWA 'Keeping Crucial Neuro Research in WA'

**Research in Focus: A Decade in the Making.**

Over the past decade MSWA has contributed over $34 million to fund research into finding the cause, better treatments and a cure for MS and other neurological conditions.

MSWA are excited and proud to announce that in the 2022-2023 financial year, they are committing a further $5 million to neurological research.

MSWA believe that local, national and international research provides hope for people living with a neurological condition and will improve the lives of our Clients and all people supported by MSWA.

In recent years, thanks to the investment by MSWA into research, their understanding of MS and neurological conditions has improved. This investment would not be possible without the support of West Australians, or their fundraising initiatives and lotteries.

"I am delighted to continue our funding of neurological research including WA research projects which we believe will lead to finding the cause, better treatments, and hopefully one day a cure for many neurological conditions." MSWA CEO Melanie Kiely said of the announcement. "We truly can't thank our supporters enough for continuing to trust us to support people with neurological conditions, and fund vital research not only here in Western Australia but nationally and internationally too."

Some of the exciting local research projects funded by MSWA are:

- Neuro Plasticity Research, Associate Professor Jennifer Rodger
- Ageing and Neurodegenerative Diseases, Professor John Mamo
- Systematic Profiling In Neurological conditions (SPIN), Professor Moira Sim

**For more information about MSWA Research**

T: 08 9365 4888

W: https://mswa.org.au/news-research/commitment-to-research#elucidating-diet-in-ms

MSWA

WE KNOW NEURO

## ‘Who are the Kimberley Jiyigas (Birds)?’

**Kimberley Jiyigas are a dynamic collective of Indigenous women whose heritage links them personally to the Kimberley region.**

Kimberley Jiyigas is a movement of Kimberley Indigenous women united in their passion to lead and speak in order to influence social change within their communities, region and nation.

**Jiyigas is the Jaru word for Birds.**

Kimberley Jiyigas are committed to joining their talents, skills, experiences, passions and networks, and in so doing are united with their voice as Kimberley Indigenous women that influence:

- Indigenous cultural awareness and reconciliation across Australia
- Federal and State Government policy design and implementation that seeks to influence social change for Indigenous people

Kimberley Jiyigas services and products are aligned to tackle social problems, improve communities, provide people access to employment and training and any other kind of community benefit.

**Kimberley Indigenous Women**

The Kimberley is home to hundreds of species of birds who possess various unique features and characteristics, capable of migratory feats that are awe-inspiring. Their presence and activities help to indicate the health of the ecosystem, and they are an important part of the environment.

Similarly, Kimberley Indigenous women have been, and continue to be, an integral part of indigenous societies. Their ability and capacity to positively impact on their community has not been properly credited and many women, and their accomplishments, have largely gone unnoticed.

Still, there is huge opportunity for greater accomplishment and advancing change by empowering women and listening to the collective voices of women who have worked tirelessly on behalf of their communities, and gained the wisdom and experience of a lifetime. Women can be mobilised to achieve great things.

**To learn more about Kimberley Jiyigas**

E: admin@kimberleybirds.com.au

W: https://kimberleybirds.com.au/

## National Seniors Australia 'Rising cost of living keeps older people awake at night'

**New research by National Seniors Australia and Challenger reveals most older people are increasingly concerned about the rising costs of living, with four in five reporting it had negatively impacted their lifestyle and wellbeing.**

The report The Cost of Living and Older Australians' Financial Wellbeing, based on the 2023 National Seniors Social Survey of almost 6,000 people aged 50 and over, unpacks how cost-of-living pressures are affecting the financial security of older Australians.

Over half the survey respondents (53%) said they thought they would outlive their savings, and 85% of them were worried about that. Those concerned about long-term cost-of-living struggles were five times more likely to be concerned about this scenario.

National Seniors Australia COO, Chris Grice, said older people are typically thought to be protected from the more severe impacts of increasing living costs because of their relatively high rates of home ownership, but that is simply not the case. The survey findings show that people aged 50-plus are very diverse in terms of the impact of the increasing cost of living on their financial wellbeing. Older people experience less overt challenges to their financial wellbeing that undermine financial security and overall quality of life and these effects vary depending on age, gender, partner status, health, wealth, home ownership and sources of income.

The results are clear, recent increases in the cost of living in Australia have impacted older people's financial wellbeing across all three of its components: meeting expenses, being in control of finances, and feeling financially secure.

**Long term impact for most vulnerable**

83% of survey respondents believed they would continue to feel cost-of-living impacts on their lifestyle over the 12-month period following the survey. People with less savings, people who don't own their home, younger age groups, those in poor health, and women were the groups most likely to hold long-term concerns about the rising cost of living.

**Being able to afford essentials was the highest cause for concern, with respondents listing health, energy, and grocery expenses as the top three pain points.**

For most, managing their financial situation meant cutting back. Almost two-thirds of respondents (62%) chose this as an option they could use to adjust to increasing cost-of-living pressures.

Cutting spending is not a sustainable long-term strategy for older Australians to manage rising costs of living, with the impacts of this issue set to be long-lasting. An important factor for retirement wellbeing is having the financial capacity to maintain living standards that were enjoyed before

retirement. In general, older people's sense of financial resilience and financial security have fallen since the start of the pandemic and the increasing cost of living has further undermined long-term planning and financial goal setting of older Australians. Certainty of income is vital to give retirees the confidence to spend and peace of mind that they have the financial security to protect their lifestyle, health, and wellbeing throughout their golden years.

**Retirees want money that lasts a lifetime**

To manage the concern about outliving savings, 83%of those surveyed reported they want money that lasts a lifetime, and income that increases with inflation is also a top financial priority for most. Regular income for essentials (91%) and being able to afford care and medical costs (86%) were also crucial to long-term confidence.

Financial wellbeing is critical to quality of life in older age, and rapidly increasing living costs are undermining the financial wellbeing of older people.

Finding ways to mitigate worry and giving greater confidence that they will always have the income to meet these essential expenses will improve people's wellbeing and quality of later life. A guaranteed and adequate income stream provides a lot of reassurance and comfort to older Australians battling rising costs.

After nearly 30 years of relative stability in the cost of living, retirement planning and financial advice must better address the potential effects of inflation in undermining people's control over their finances.

**To read the full report: click here**

National Seniors AUSTRALIA

# Country Women's Association of WA features 'Shortbread By Rachael'

## This recipe one of the popular biscuits at the 'Time for Tea' stand at the Perth Royal Show.

### Recipe provided by Rachael Moser from the Web Branch.

The Country Women's Association of Western Australia recently held its 'Time for Tea' stand at the Perth Royal Show. Offering tea, coffee, and milo along with a baked biscuit for a gold coin donation, this yearly event is a chance for people to relax and enjoy their refreshment along with a good dash of CWA hospitality.

### Utensils

- Stand mixer or hand mixer and bowl
- Rolling Pin
- Spatula
- Cooking Trays
- Baking Paper
- Cooling Rack
- Round Cookie Cutter (optional)
- Cookie Press (optional)

### Preparation

- Preheat oven to 150 C
- Clear space in fridge/freezer for cooking trays. This is essential if using a dough stamp cutter as the dough needs to be chilled.

### Ingredients for Cheesecake Base

- 250 grams softened butter
- 1 tsp vanilla essence
- 1/2 cup caster sugar
- 1/3 cup rice flour
- 1 & 1/3 cup plain flour
- 1/3 cup cornflour
- 1/3 cup icing sugar

Note: Basically 2 cups of flour but you can substitute some of the plain flour for cornflour and icing sugar.

## Method: Easy Option 1

1. Beat butter, castor sugar and vanilla essence until well combined and light and fluffy. Ensure no sugar grains are left in the butter mixture.

2. Add sifted flours and lightly work into butter mixture until all combined.

3. Divide dough into 2 or 3 portions.

4. Put a portion on baking paper and manipulate into a circle/rectangle. Put another sheet of baking paper on top of the dough (to avoid sticking) and gently roll flat with rolling pin or pat lightly with fingers to approx. 7-10 mm thick.

5. When finished rolling, remove top layer of paper and gently cut dough into 6 to 8 pieces using a round cutter (dipped in flour or icing sugar) or cut into a rectangle shape. Leave on the baking paper.

6. If shaping into a circle, crimp the edge of the dough with your fingers, spoon, or fork. Finish by pricking some decorative holes on the surface with a fork and sprinkle castor sugar on top if desired. Lift the baking paper onto the cooking tray.

7. If shaping into a rectangle, process as above.

8. Bake for 35 to 40 minutes.

9. Leave on tray until cooler.

10. Use a spatula to gently lift on to cooling rack to harden.

## Method: Labour of Love Option 2

**If using biscuit cutter shapes or patterns or the CWA biscuit press, the following will help:**

1. Follow steps 1 to 3 in the Easy Option 1 Method.

2. Roll each portion of dough, and place immediately into the fridge or freezer. (The use of either the fridge or freezer depends on your speed and also the temperature of the house). It is important to keep the dough well chilled as this will make stamping and cutting easier.

3. When dough is chilled and firm (but not frozen), cut your shape (see steps 4 to 6).

4. If using regular biscuit cutter shapes, put some flour or icing sugar in a bowl and agitate the cutter in the mixture to stop sticking.

5. If you are lucky enough to have a CWA cutter (now no longer available!), use a round cutter first then sprinkle dough liberally with castor or regular white sugar and then press stamp into circle (Ensure that CWA cutter has a few small 2-3 mm holes drilled into it and sometimes you need to “tap” the cutter to release the dough. If the cutter gets a build-up of dough on the design, wash well using a scrubbing brush to remove dough and then use a hair drier to dry it completely.)

6. If the stamped biscuit doesn’t work, you can add it back to the “left over” dough and re-process.

7. Transfer biscuits to a lined baking tray.

8. Cook for 35-40 mins

9. Leave on tray until cooler and then use a spatula to lift onto cooling rack.

Country Women's Association of WA

Est. 1924

## Dementia WA 'Mild Cognitive Impairment-Online Session'

**This session provides information about mild cognitive impairment, including diagnosis, progression, treatment and management strategies.**

You will gain knowledge in: mild cognitive impairment; strategies to assist with changes related to mild cognitive impairment; and services and accessing support.

**Suitable for: People diagnosed with mild cognitive impairment, people concerned about their cognition and their family carers and family members. This session is not suitable for professionals employed in the health or aged care sectors.**

Dementia Australia's facilitators have specialist dementia knowledge, skills and experience. This session is focused on the carer and is delivered interactively. You will be encouraged to share your experiences alongside other participants giving you an opportunity to develop new support networks.

**Session details**

Date + Time: Tuesday 14 November 2023 from 1:00pm to 3:00pm AEDT

Location: Online

**For more information on the Mild Cognitive Impairment-Online Session**

**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: https://www.dementia.org.au/

Dementia Australia™

## ‘Do some sit-ups, for the mind!’

**How many things are you thinking about right now? Are you planning out dinner, wondering what the capital of Zimbabwe is, while also reminding yourself that you have to pay that electricity bill?**

It’s normal for our minds to spend a lot of time thinking, reflecting and planning, but sometimes this can make us feel stressed or disconnected from what is happening right there in the moment. We all have the ability to be more present in our daily lives, but like becoming physically fitter, it’s something we have to put a little bit of effort into.

Mindfulness is about being fully present and aware of what we are doing and where we are instead of being focused on yesterday, tomorrow, or our worries. Mindfulness practice can be done every day to complement other activities or might be used on a day off from physical activity as a way of staying connected to your body on rest days.

Regularly practicing mindfulness has been linked to many benefits for the mind and body, including increasing motivation; improving our ability to deal with illness, helping us to recover after we have been unwell and decreasing stress and anxiety. You do not have to go ‘full yogi’, even just a few minutes a day of regular practice can be beneficial.

**Mindful breathing**: While mindful breathing is not for everyone, particularly those with PTSD or a background of trauma, it is a great entry point to mindfulness for many people.

**Mindful walking**: is a great way to have a break from work or sitting, stretch your legs and calm your mind. How long you do it for is up to you. You can walk around your house or in your backyard, whatever space you can find.

There are a lot of stressful things happening in the world right now that are out of our control which can feel overwhelming. Practicing mindfulness can put us back in control of our thoughts and feelings and help us to de-stress, we also have more time to try new things.

We can practice being mindful when we eat, exercise, cook or spend time with our family. See if you can tap into your new mindfulness skills in different aspects of your life.

***People who experience psychosis, PTSD or who have had significant trauma in their lives should speak to their doctor or health care professional before trying mindfulness.**

## National Seniors Australia 'Boost for working Pensioners'

**In its Employment White Paper, the Federal Government has announced a permanent increase in the Work Bonus.**

National Seniors Australia has welcomed the release of the Employment White Paper and is hopeful for further changes to boost workforce participation in the care and support economy.

As part of the White Paper, the government has announced it will now permanently increase in the Work Bonus limit by $4,000. This is a significant victory for National Seniors Australia in its ongoing campaign to remove barriers for Australians who want to work after retirement.

Due to our advocacy, the Work Bonus was increased from $7,800 to $11,800 last year so older people could work more without losing 50 cents in the dollar from their pension. This was a temporary measure until the end of 2023, but this change will now be permanent from 1 January 2024.

Welfare recipients will also get to hold onto their concessions for longer if they get a job.

Currently, a job seeker who finds work can retain access to government concessions for up to 12 weeks. This will double to 24 weeks from 1 July 2024 to further smooth out the transition to work and avoid unintended consequences if a person loses their job.

Aside from these immediate changes, the White Paper sets out five key objectives to guide government policy:

- Delivering sustained and inclusive full employment
- Promoting job security and strong, sustainable wage growth
- Reigniting productivity growth
- Filling skills needs and building our future workforce
- Overcoming barriers to employment and broadening opportunity

**Future of the care and support economy**

While the change to the Work Bonus shows the government is willing to listen, it must go further to support jobs in key areas such as care and support.

All Australians, especially older Australians and people with disability, are concerned about access to quality care and support. If the carers aren't there, the care isn't there. Australians deserve to know someone is going to be there for them at a time when they need it the most.

Australia is dealing with desperate workforce shortages. In the health care and social assistance sector, there are 73,000 job vacancies. This is set to worsen in the coming decades as the population ages and health care needs increase.

According to the National Skills Commission, demand for care and support workers is set to double by 2050. The Commission also estimates that Australia could face a shortfall of 211,000 care and support workers (full-time equivalent) by 2050 based on current projections.

In summary, reducing barriers to workforce participation for pensioners would be a win for the government and a win for the economy.

**To join the NSA Let Pensioners Work campaign**

**To read the full report: NSA Employment White Paper Submission 30 November 2022**

# ‘How to eat for a good night’s sleep’

**If you are tossing and turning at night, what you are eating could be having an impact. By adjusting your diet to include certain foods, you can get those much-needed Zzzs.**

**Warm milk**

Milk contains tryptophan, an amino acid that your body can convert into melatonin, the sleep-inducing hormone. Sip on mug of warm milk about an hour before bed.

**Cherries**

Melatonin helps control sleep and waking patterns. For example, when it gets dark, the body produces more melatonin to help a person to fall asleep. Cherries are a great source of melatonin, so try munching on a handful of fresh cherries or sip on some unsweetened cherry juice a little while before bed.

**Almonds**

They are chock-full of magnesium, which can relax your muscles and set the stage for some restful sleep. A small handful of almonds can be your evening's secret weapon against restless nights.

**Chamomile tea**

Chamomile is like a cosy blanket for your nervous system. Sip on a cup of camomile tea around 30 minutes before bedtime to calm your mind and prep it for sleep mode.

**Oats**

Not just for breakfast. Oats are rich in complex carbs that can trigger a rise in insulin, leading to an increase in sleep-inducing tryptophan. Have a small bowl a couple of hours before bedtime for a relaxing night ahead.

**Oily fish**

Fish such as salmon or tuna is high in omega-3 fatty acids and vitamin D, both of which have been recognised to increase levels of the neurotransmitter serotonin. Serotonin is later converted into melatonin, the sleep hormone, so including some in your dinner is a good choice.

**Kiwi fruit**

According to studies on their potential to improve sleep quality, kiwis may also be one of the best foods to eat before bed. It has been suggested that the anti-inflammatory antioxidants in kiwis, such as vitamin C and carotenoids, may be partly responsible for their sleep-promoting effects. They are also rich in serotonin.

**Rice**

Including rice in your evening meal can also lead to increased melatonin production, which can improve your sleep quality.

**Green veggies**

Along with your oily fish, include green vegetables to help the production of melatonin; melatonin naturally occurs in broccoli, asparagus and cucumber so make sure you pack plenty of these into your diet.

**Bananas**

They are loaded with potassium and magnesium, which can relax your muscles and calm your nerves. They also contain tryptophan, a precursor to that lovely sleep-inducing neurotransmitter, serotonin.

Remember, a balanced diet, regular exercise and a sleep-friendly environment all contribute to a good night's rest. So, do not just rely on these foods alone, make sure you are practising healthy sleep habits too. Here are a few pointers to get you started:

Helpful hints for a good night's sleep

How to start you day full of energy

Four ways to faster sleep

**Foods to avoid**

Heavy, greasy or spicy foods close to bedtime can mess with your digestion and even trigger heartburn, which is no one's idea of a good night's sleep.

Also, steer clear of caffeine and sugary treats in the evening, they are like little energisers that can keep you wide awake when all you want to do is snooze.

# ‘Prebiotics and Probiotics, what’s the difference?’

**They might sound similar, but they are a bit different in how they help our bodies stay healthy.**

## Probiotics

Think of your gut as a bustling city filled with trillions of tiny bacteria residents, these are good bacteria and you want them to thrive because they play a crucial role in your overall well-being. They keep everything running smoothly and are all about making sure bad bacteria do not cause trouble. They are not just good for digestion; they can also boost your immune system and help you to absorb nutrients.

Many probiotic foods contain beneficial bacteria. These include: sauerkraut, kimchi, some types of pickles and Kefir (dairy and non-dairy).

## Prebiotics

Now, let's talk about prebiotics. They are like the buffet that probiotics love to feast on. They can be found in foods such as: artichokes, bananas, tomatoes, leeks and onions, garlic, whole grains, legumes, nuts and seeds and oats.

When you eat these types of food, prebiotics head straight to your gut helping probiotics to grow and thrive.

Having a healthy gut is not just about knowing the difference between prebiotics and probiotics. It is about nurturing your gut with a variety of plant-based foods, staying hydrated, managing stress, and getting regular exercise. So, here is to your gut health, may it flourish like a vibrant, well-tended garden.

# ‘Things you should never clean with vinegar’

**While white vinegar is recommended for a whole host of cleaning tasks, there are some items that should steer clear of this magical liquid. Here’s how to avoid some disastrous damage.**

### Stone, granite and marble surfaces

The acid in vinegar can etch and damage the delicate surface, leaving you with a not-so-pretty mess to fix up. Instead, follow the manufacturer’s instructions to keep them looking new.

### Dishwashers and washing machines

Don not use vinegar to clean your dishwasher or washing machine, as it can damage the rubber parts, such as the door seal.

### Hardwood floors and furniture

Vinegar can destroy the finish and make the wood more prone to damage.

### Tech screens and devices

Never use vinegar to clean TVs, smartphones, tablet screens, or tech devices with protective coatings. It can lead to damage, especially with the anti-glare and fingerprint-resistant coatings they often have. Instead, use a microfibre cloth and follow the manufacturer's guidelines for safe cleaning.

### Stainless steel

When it comes to gleaming stainless-steel appliances, do not be tempted to grab the vinegar bottle. It can cause those shiny surfaces to discolour or even corrode over time. Stick to a mild detergent or stainless-steel cleaner to keep them looking sleek and shiny.

### Mirrors

Avoid cleaning mirrors with vinegar, as it can damage the backing that makes them reflect. Then all you are left with is glass.

### Knives

Keep vinegar away from kitchen knives, as it can damage the finish. Use warm water and dish soap to clean your knives and dry them straight away to keep them in good condition.

### Waxed furniture and flooring

Repeated use of vinegar on waxed wooden surfaces can cause the finish to wear over time.

### Cast iron

Vinegar can eat away at the protective layer of seasoning that gives uncoated cast iron cookware its non-stick surface. With regular use, vinegar can cause pitting in the cast iron itself.

### Deteriorating grout

While occasional use of vinegar on grout might be okay, it is best to avoid it in the long run as it can wear away the grout seal and cause it to deteriorate faster.

# ‘What is an Exercise Physiologist and when do you need one?’

**An exercise physiologist is a bit like a fitness detective. They are the experts who help you understand how your body responds to exercise and physical activity. Here is why you might need one.**

Accredited Exercise Physiologists (AEPs) are university qualified allied health professionals who specialise in exercise and movement for the prevention and management of chronic diseases and injuries. They use their knowledge of biology, physiology, and exercise science to create personalised fitness plans that are safe and effective for your specific needs.

### Medical conditions

If you have a medical condition like heart disease, diabetes, or obesity, an exercise physiologist can design exercise programs that help manage these conditions. They work closely with your healthcare team to ensure your workouts are safe and beneficial.

### Rehabilitation

After an injury or surgery, an exercise physiologist can help with your rehabilitation. They will create exercises that aid in your recovery and prevent further problems.

### Performance enhancement

Athletes often consult exercise physiologists to improve their athletic performance. They analyse the body's responses to exercise and develop training plans to boost strength, endurance and overall performance.

### Weight management

If you are looking to lose or gain weight, an exercise physiologist can help you create a workout routine that complements your nutrition plan, making it easier to reach your goals.

### Stress reduction

Exercise is a powerful stress reducer. An exercise physiologist can design stress-relief workouts tailored to your preferences, making it easier to incorporate exercise into your life.

### Chronic pain management

For those dealing with chronic pain conditions, an exercise physiologist can devise exercise strategies that improve mobility, reduce pain and enhance overall quality of life.

### Ageing gracefully

As you age, maintaining an active lifestyle becomes increasingly important. An exercise physiologist can develop age-appropriate exercise plans that help you stay strong, flexible and healthy as you get older.

### Overall health and well-being

Even if you are generally healthy, an exercise physiologist can guide you in creating a fitness routine that promotes overall well-being, helping you stay active and energised.

# ‘A gardeners guide to springtime prep’

**Gardens feel so filled with possibilities in spring. The warm days and scented air make the call of the great outdoors irresistible.**

If you are energised to start on a new project, or maybe just to create a cute potted flower scene, now is one of the best times of year to get onto it. There are plenty of garden chores too, of course, as everything springs back into growth. But remember that gardening is an ongoing process, so take it slowly and enjoy the journey. Separate out your various garden projects, tackle them one by one and above all, give yourself time to enjoy it all.

## Seasonal Delights

There is so much beautiful stuff in bloom in early spring, that it is hard not to experience a little plant envy. If affected, head to the local nursery and indulge in a few seasonal purchases. Selecting a spring-flowering tree or shrub is best done now because you can see them while they are in bloom and select your desired colour. For warm temperate and cooler climates, some of the traditional favourites include the ornamental blossom trees (flowering plums, peaches, cherries and crab apples), while for tropical and subtropical zones, consider the beautiful tabebuia with its rich yellow flowers or, blooming a little later in the season, the orchid tree (Bauhinia blakeana). And if you are into natives, there are some stunning red bottlebrush varieties coming into bloom this month, along with wattles, tea trees, purple mint bush and pink wax flowers (Eriostemon species).

## Lawn Love

Post-winter lawns tend to look a bit sad, but they do pick up quickly if you give them the right attention. Start by removing any weeds, either by hand weeding (if you have the time), or applying a selective lawn herbicide, make sure you choose a product suitable for your grass variety. If there are sparse, compacted areas, use a large garden fork to aerate the ground, plunging the tines in 4-5 cm deep and working across the area. Next, it is feeding time, at this time of year always use a good quality organic-based lawn food, which will both green up the grass the nourish the soil beneath (save the hose-on products for use later in the season, when you are after a quick green-up). To help with water efficiency, it is also a good idea to apply a soil-wetting agent to your lawn in spring and again in summer, these are available in both granular and liquid forms.

## Get Feeding

When the garden wakes up after winter, it is hungry. So if you do nothing else this season, give everything a good feeding to help support new growth and strengthen plants for the summer ahead. For shrub and flower beds, apply an organic food, such as one of the pelletised poultry manures;

prepare veggie beds with a dressing of cow manure and compost a couple of weeks before you plant into them; and feed all potted plants with a slow-release granular fertilizer. As the season winds on, it is worth following up with periodic liquid feeds, especially for annual flowers, vegetable seedlings and hungry shrubs like gardenias.

### Planting Forward

While you are enjoying the spring moment, it is also time to do a little forward planning. Now is the time for planting your favourite flowers and vegetables for the summer season ahead. On the flower front, we're talking petunias, verbena, marigolds, zinnias, cosmos and sunflowers, among many others. You can also plant summer bulbs and tubers right now, think lilies, daylilies, gladiolus, cannas and dahlias.

If you are a home food gardener, it is time to plant that favourite backyard crop, the tomato. As 'tomatoholics' know, the quicker you get them in the ground (or pots) in spring, the longer the fruiting season you will enjoy. If you have not grown tomatoes before, experiment with the cherry types, they are highly productive, get fewer pests and are almost impossible to kill! There is a wide range of other vegetables you can plant now, including salad greens, carrots, beans, radish, silverbeet, sweet corn, zucchini, potatoes and eggplants.

### Mess with the Pests

Quite a few bugs emerge from hibernation in spring too, and they usually head straight for the lush new growth on your garden plants. Keep an eye out for aphids, which cluster on the new shoots of just about anything, squash them with gloved fingers or spray with pyrethrum or horticultural oil. Caterpillars are drawn to freshly planted vegetable seedlings, spray them with a low-toxicity product that targets only caterpillars. If you live in a fruit fly prone area, spring is a good time to hang up a few baits, to monitor for their presence; if you catch any, the most reliable way to protect fruit (including tomatoes) is to use pest exclusion bags, which you slip over the developing clusters of fruit.

### Garden Reading

If you have always wanted to get into the whole composting thing (but never really knew how), check out 'The Compost Coach', a new book by sustainability expert Kate Flood. Pitched at the home gardener, it explains the techniques, dispels the myths and is accompanied by plenty of how-to images and illustrations.

# ‘Growing veggies in a small space’

**If you have not got a big garden but would still love to grow your own produce, here are some tips and tricks to make it happen.**

The trick for a successful small vegetable garden is to grow small amounts of different crops that you will use regularly. Opt for easy bumper crops like salad leaves, chilli plants, fresh herbs, leafy greens, and super-sweet peas straight from the pod.

### Do not underestimate the power of pots

You can grow a variety of edible goodies in containers, from tomatoes to microgreens. Just make sure they get enough sunlight and do not forget to water them regularly. Keep the soil rich and you will be feasting on home grown goodness in no time.

### When space is at a premium, go vertical

- Install wall-mounted shelves or repurpose an old ladder to create tiers of plant space.
- Veggies like lettuce and spinach thrive in wall-mounted planter, it is like a living piece of art that you can eat
- Use trellis and stakes, these support systems are like the personal trainers of the veggie world, they help your plants stand tall and reach for the sky
- Use hanging shoe organiser and hang one up and plant herbs or small veggies in the pockets, it is like a plant party
- Hang gutters horizontally and turn them into planters, these are fantastic for shallow-rooted plants such as lettuce and bok choy and are quirky and functional

### Get crafty with hanging baskets

You can suspend these baskets wherever you like, as long as they get some sun. Plant trailing plants like cherry tomatoes, peppers or even beans. They will cascade down beautifully and you will save precious ground space.

If outdoor space is super scarce, bring the garden indoors

- Grow herbs like thyme, rosemary, oregano or even garlic on your kitchen windowsill, not only do they add a fragrant touch to your cooking, but they also double as stylish décor
- Create an herb hanger using a pegboard and attach small pots or containers and let your basil, thyme, and rosemary hang out together
- And do not underestimate the power of microgreens, these teeny-tiny greens are packed with nutrients and can be grown in as little space as a container on a windowsill, just sprinkle the seeds, keep them moist and watch them transform into a vibrant salad topper in no time

### To grow well and be productive, vegetable plants ideally need

- At least six hours of sunlight a day
- An open spot for good air circulation
- Protection from strong winds
- Soil that is loose, rich and drains well

No matter how small your space, there is always room for a vibrant veggie garden. Get creative, think outside the box (or pot) and enjoy the satisfaction of munching on your very own home grown delights. Happy gardening.

# ‘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.**

**Organic Vegetable Gardening** is not something new: it was what our grandparents or parents were doing only a few generations ago before the large hardware stores, online ordering or soil yards were even 'invented'.

**This workshop will help participants understand:**

- Organic gardening, where to start and how to get the best use of space
- Soil and composting, what you put in is what you will get out
- Companion planting and crop rotation, including succession planting
- Organic pest control and soil builders for healthier plants

**Next date: Thursday 9 November 2023 | 06:00pm to 08:00pm**

**Location: Town of Cambridge Administration Building, 1 Bold Park Drive, Floreat WA 6014**

**To Register: Organic Vegetable Gardening Workshop**

**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 'Volunteering at the Library and Museum'

**There are volunteer opportunities suitable for people of all ages and backgrounds.**

Volunteering in the City of Belmont is a great way to get involved, meet new people, develop new skills and contribute to a vibrant community. Volunteering can help you to develop skills, meet new people, and play an important role in your community.

## Volunteer at the City of Belmont Library

The City of Belmont library offers a range of volunteer opportunities suitable for people of all ages and backgrounds. The City of Belmont recognises the unique skills, experiences and passion that volunteers bring to our organisation.

## Volunteer at the City of Belmont Museum

If you have a passion for local history and enjoy spending time with people, you might enjoy volunteering with the Belmont Museum. They have a range of volunteering opportunities for people of all ages and backgrounds and provide training for all roles.

## Volunteer with the City of Belmont

You can volunteer in a broad range of activities within the City of Belmont, from recording historical stories to helping out at major events or running computer help and conversation classes. If you would like to register your interest, please complete a Volunteer Application Form. You can email your completed form to community.development@belmont.wa.gov.au, telephone at 08 9477 7219 or deliver it in person at the City's Civic Centre (215 Wright Street, Cloverdale).

**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 'Grief and You Workshop'

**Carers WA presents 'Grief and You', to get to know grief and its different disguises a little better and learn skills to tend to your own grief as and when it arises.**

Grief and loss are a natural part of the human experience. We do not often talk about the different types of grief that can range from anticipatory grief to the grief of our identity changing when we become a carer to everything in between. Grief is a very personal and unique journey.

In this workshop, you will Together explore the lighter side of grief and the possibility of relief and comfort in times of mourning.

This session will be facilitated by Erin Griffin, who combines her lived experience as a carer with her background and passion for community mental health, yoga and meditation. A complimentary light lunch will be included.

**Workshop Details**

Date + Time: Wednesday 29 November 2023 10:00am to 12:00pm

Location: Canning River Eco Centre | Corner Kent Street and Queens Park Road, Wilson WA

**For further information and support about the 'Grief and You' 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/grief-and-you-nov/

**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.**

## MindSpot GP 'Direct referral to MindSpot GP available in regional WA'

**GPs based in regional WA can now refer patients directly to the MindSpot GP digital mental health service, formerly known as PORTS.**

GPs no longer need to refer via a regional provider, meaning patients can now more easily access the care they need, when they need it.

This service remains free with no mental health treatment plan required. A referral to MindSpot GP provides a convenient psychological treatment option for patients who cannot afford a gap payment or are unable to access another service.

In addition to the PORTS treatment options, MindSpot GP offers an increased range of services including clinician-guided specialist treatment courses for your patients presenting with mild to moderate: Anxiety and depression; Obsessive compulsive disorder; Post-traumatic stress disorder; Problems managing chronic health conditions including pain or Problematic substance use.

For service criteria, inclusions, and referrer information see HealthPathways WA Online Mental Health Therapy for Adults.

**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 'Volunteer'

**Tuart Place have a vision of creating a meaningful difference in the lives of adults who were in any type of out-of-home care during childhood, and they are always on the lookout for passionate people to join the Tuart Place team.**

## Are you ready to make a difference?

Looking to give back to the community in a meaningful way? Tuart Place relies on the skills and dedication of many volunteers to provide some of our most popular services to our community.

If you would like to help out at Tuart Place as a volunteer then we would love to hear from you.

From computer skills to crochet, they are always on the look-out for volunteers, particularly in the following areas:

- Computer and mobile phone assistance in our computer lab
- Hair and beauty treatments
- Recreational workshops: arts and crafts; music and singing; meditation and relaxation
- Chatting with participants during our drop-in sessions
- Assisting admin staff with photocopying and printing
- Housekeeping and lunchtime help

If you have got a skill or interest you would like to share, please come down to Tuart Place when their drop-in centre is open on a Monday, Wednesday or Thursday; email admin@tuartplace.org; or telephone 08 6140 2380.

**For more information about Tuart Place**

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

E: admin@tuartplace.org

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

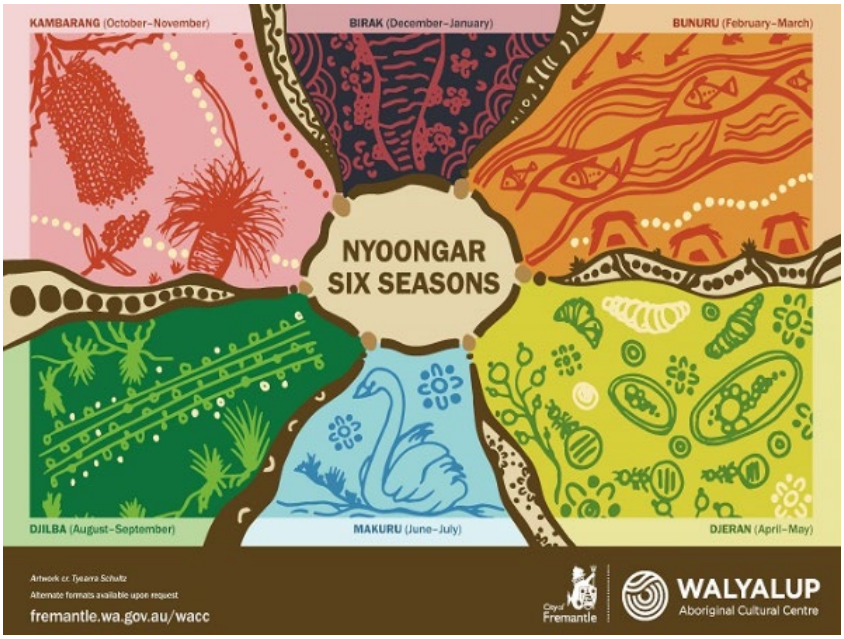
**Tuart Place is a COTA (WA) Supporter**

Tuart Place

Growing Strong Together

# Age Friendly City of Fremantle 'Walyalup Aboriginal Cultural Centre'

**The Walyalup Aboriginal Cultural Centre (WACC) showcases local Aboriginal art, culture and history through various exhibitions, workshops, film screenings and music and tours throughout the year.**




## Programs

The programs coincide with the six **Nyoongar** seasons:

**Kambarang**: October/November. The wildflower season and birth of many birds. View latest program.

**Birak**: December/January. Nyoongars family groups moving together on the coast.

**Bunuru**: February/March. The hot season, camped on the coast, fishing and gathering coastal delicacies.

**Djeran**: April/May. The fat season, salmon schooling and couples paired up.

**Makuru**: June/July. Nyoongars go back inland, fertility seasons and swans.

**Djilba**: August/September. Grass season and time to harvest root vegetables.

## Cultural tour of Walyalup

Watch the video of City of Fremantle Aboriginal Engagement Officer, Brendan Moore give a cultural tour of Walyalup which includes the aboriginal history within Walyalup, six seasons and native plants: Walyalup Cultural Centre: Cultural Walk

**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 'Arts, Culture and History'

## Some of the opportunities to explore the arts, culture and history of the City of Cockburn

### Cockburn History Website

Learn about Cockburn's social, industrial and agricultural heritage, buried treasure, lost sites, Cockburn war stories and more.

### Azelia Ley Museum

Find information about the Azelia Ley Homestead Museum that offers insight into local Cockburn's history. Also find out about group bookings.

### Public Art in Cockburn

The Drive Thru Art Gallery comprises more than 30 public artworks across the City. Access a list of artworks by suburb, including information on the artwork material, location and artist.

### Local Arts, Cultural Groups and Annual Cultural Events

Find out about Artzplace, Cockburn Community and Cultural Council, The Historical Society of Cockburn and the Phoenix Theatre.

### Sister Cities and Friendship Way

Find information on Friendship Way located in Yangebup honouring the history of Nyungar culture in Cockburn and information on the City's Sister Cities.

### 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

City of Cockburn
wetlands to waves

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

# Rise Network 'Mental Health: You have the power to make your own story'

**You have the power to make your own story.**

At Rise, they understand that overcoming mental health issues requires strength and courage.

We work with you individually to understand how we can support you to reach your goals.

Many of their staff have walked in your shoes and have direct experience of living with mental health issues and recovery.

Is there something that brings you joy that you would like to explore again? Do you need help finding or maintaining a home? How about the opportunity to take up some exercise and keep fit?

**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 'Multicultural Village Hub'

**This project is helping to build a supportive multicultural network of people 55+ who live in the City of Belmont and the City of Bayswater, who share skills and experiences and enjoy a wide range of events and activities.**

The program is community-led, so Umbrella work directly with the participants to organise and run the program. The Multicultural Village Hub is supported by Independent Living Assessment (ILA), national grant manager and is funded by the Australian Government Department of Social Services. It aims to create connection and a sense of belonging through group activities such as wellness programs, recreational and educational activities. The activities build confidence and empower participants to share their knowledge, skills and interests. It also provides a peer support network and information about other local services and programs.

The Hub is for people from diverse backgrounds aged 55 years or over (50 years and over for Aboriginal and Torres Strait Islander) connected to the City of Belmont and Bayswater.

**For more information about the 'Multicultural Village Hub'**

T: 09 9275 4411

W: https://umbrellacommunitycare.com.au/projects/multicultural-village-hub/

**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.**

Umbrella
Multicultural Community Care

# Southcare Inc. 'Connection with others is so important, which is why Southcare are helping you connect!'

**If you have a good idea for an activity that brings people together, let Southcare help you bring it to life.**

What you need to provide is your idea and enthusiasm as a volunteer; materials or supplies if needed (e.g. painting supplies, exercise mats etc.); a commitment to running your idea, group, workshop or program for the community to agreed timeframes and days; documentation including police clearance as part of Southcare's volunteer on-boarding program.

Southcare will provide function spaces; complimentary tea, coffee, biscuits; marketing and promotion of your event free of charge; full induction as a volunteer with benefits.

**No idea is too big or small.**

Connecting with others is so important because it: boosts our physical, emotional, and mental wellbeing; offers a sense of belonging and acceptance to a place and community; creates opportunities to learn and grow and opens up networks that can offer ongoing help and skills.

1 in 4 people live alone and many do not have contact with anyone from one day to the next, let's change that statistic. Use your caring hands to partner with Southcare and start making a difference.

**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 'Get on the front foot with your mental health'

**The good news is there are lots of things we can all do to promote good mental health and take control of our mental wellbeing.**

## How Do I Keep Mentally Healthy?

While many things in life are beyond our control, when it comes to our mental health, there are known and trusted things that we can do to help keep mentally healthy.

Being proactive and prioritising our mental health and wellbeing is key. The most effective way to promote and support your mental health is found in the principles of Act Belong Commit.

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

What matters most is putting these three words into action.

**Act**: Do something.

**Belong**: Do something with someone.

**Commit**: Do something meaningful.

**For more Information about Act Belong Commit**

T: 08 9266 1705

W: https://www.actbelongcommit.org.au/my-mental-health/how-do-i-keep-mentally-healthy/

**Act Belong Commit is a COTA (WA) Supporter.**

act belong commit

Mentally Healthy WA

# Office of Donna Faragher MLC 'Meets with Vinnies WA'

**Donna Faragher was delighted to join the chair yoga group for morning tea and to drop off some new yoga equipment for their members. Donna said, it is always a fun morning at the Darling Range Hub.**

### Who is the Darling Range Hub?

The Hub provides an opportunity for older residents in the community to age like people did in 'the good old days', but with added benefits. When you become a Hub member, you join a community specifically convened to support older community residents to continue to live independently in their own homes, streets and neighbourhoods, for as long as possible, as well as possible, and as inexpensively as possible.

**For more information about joining the Darling Range Hub**

T: 0492 807 603

E: hello@drseniorshub.com.au

W: https://drseniorshub.com.au/join-the-hub/

**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 'Guide Dogs WA'

**Did you know that Guide Dogs WA has been helping Western Australians to live their lives with hope, independence, and freedom for more than 70 years? And now you can be part of that legacy.**

### Who is Guide Dogs WA?

Guide Dogs WA is calling for more volunteer puppy raisers as it continues to welcome pups from the state's new breeding program, which our Government is helping to deliver with our election commitment to provide $5 million over 5 years to assist the organisation to set up a world-class guide and assistance dog breeding program in WA.

This program helps them meet the growing demand for Guide Dogs, Autism Assistance Dogs and Therapy Dogs, Dementia Dogs, Court Dogs and post-traumatic stress disorder dogs.

The funding also allowed Guide Dogs WA to re-establish its cadet training program, to increase the number of local, highly qualified dog trainers and mobility instructors in the state. Having more dog trainers will be critical to meet the increased number of assistance dogs coming out of the breeding program and match the dogs to the individuals and organisations in need.

**For more information about joining the Darling Range Hub**

T: 08 9311 8202

E: marketing@guidedogswa.com.au

W: https://www.facebook.com/guidedogswa1913

**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 'Holding Hands and Ageing Together'

**In a world where tales of resilience resonate, meet Mr. Nguyen, whose love story and life journey encapsulate the essence of overcoming challenges together.**

Mr. Nguyen, well into his eighties, considers himself fortunate in life. Despite facing numerous adversities, a harmonious marriage has always been his sanctuary. Together with his wife, they have shared mutual respect and trust, and have weathered many storms hand in hand. Their bond has enabled Mr. Nguyen to navigate life's challenges fearlessly.

Educated in Vietnam, Mr. Nguyen was a dedicated engineer. During his prime years, Vietnam plunged into a war that lasted two decades. The war concluded in 1975, but with political shifts came the rise of communism. At 37, the post-war political instability and economic chaos deeply unsettled Mr. Nguyen. As the refugee crisis surged between 1975 and 1995, he and his wife embarked on a perilous sea journey. Despite the life-threatening challenges of their odyssey, fortune favoured them, and they found refuge in Malaysia. Three months later, they relocated to Australia, reuniting with their siblings. Though childless, the couple lavished care on their nieces and nephews, fostering harmonious relationships. As these children grew, they reciprocated with gratitude, caring for the couple as if they were their own parents.

Due to linguistic and cultural barriers, Mr. Nguyen could not resume his profession in this new and unfamiliar place they call home. Thus, the couple ventured into the catering business, starting from scratch. As the years passed, their lives became increasingly stable. Tragically, five years ago, Mr. Nguyen suffered a stroke. Fortunately, timely medical intervention saved him. During his recovery, his wife's relentless care and encouragement were paramount. They applied for the government-supported 'My Aged Care' program and opted for Chung Wah CC's Home Care Package (HCP) services.

The couple is grateful for Australia's aged care welfare policies and appreciates the culturally apt services provided by Chung Wah CC. They regularly participate in activities at the Balcatta Community Hub and participate actively in the exercise classes. Mr Nguyen firmly believes in exercise's therapeutic power for his recovery, hoping it will restore his autonomy and allow him to continue enjoying his golden years.

**For more information**

T: 08 9328 3988

E: enquiry@chungwahcc.org.au

W: Holding Hands Together

CHUNG WAH COMMUNITY CARE Chung Wah Association Inc Est. 1909

# Men's Sheds of WA 'Our Story'

**Men's Sheds of WA is the peak body representing Men's Sheds throughout Western Australia.**

A men's shed provides a place for men to talk and contribute to their local community when they have retired, where practical skills and knowledge can be shared.

All sheds are different, some like to do woodwork, whereas others can be more outgoing and like to contribute their time to helping the local community. Whatever your shed does, the shed experience will improve your wellbeing by keeping physically, mentally and socially active.

Men's Sheds of WA supports over 180 men's sheds throughout the state of WA, ranging from Albany in the west to Broome in the north. Men's sheds play an incredibly important role in the WA community.

**Men's Sheds WA**

- Foster the development and sustainability of men's sheds in Western Australia
- Advocate on behalf of Sheds to government, private, and community sector organisations
- Provide opportunities for bringing Sheds together to share and learn

Men's Sheds WA exist only through the efforts and commitment of volunteers from sheds around WA.

**For further information about Men's Sheds of WA**

T: 08 6381 5324

E: admin@mensshedswa.org.au

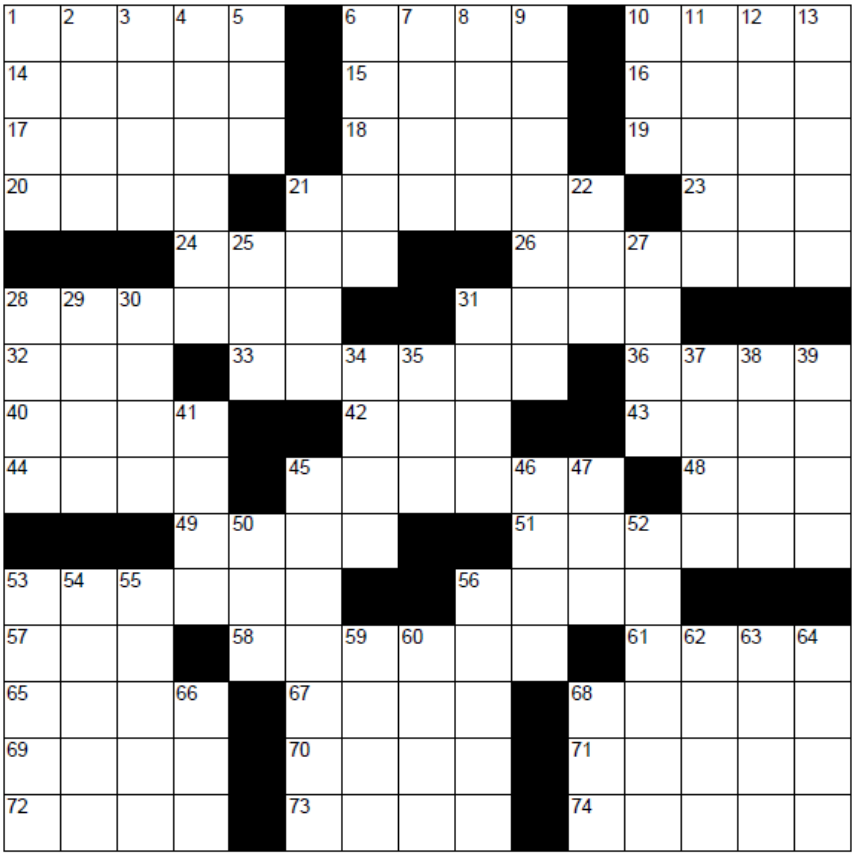
W: https://mensshedswa.org.au/about/our-story/

MEN'S SHEDS OF WA

# ‘CROSSWORD’ Puzzle

## *Answers to crossword available at the end of newsletter at Page 77.

NOVEMBER



Jimmy and Evelyn Johnson - www.qets.com

**ACROSS**

**1** Gravy
**6** Tel __
**10** Hook part
**14** Fable writer
**15** Traveled by car
**16** Native ruler in Africa
**17** Australian bear
**18** Rampage
**19** Not any
**20** Information
**21** Tons
**23** North American nation
**24** Northwest by west
**26** Made a menacing noise
**28** Egyptian paper (plr.)
**31** Female child
**32** Possessive pronoun
**33** Navy cleric
**36** Winter precipitation
**40** Quit moving
**42** Earnings
**43** Not far
**44** Where a family lives
**45** Type of star or watch
**48** Her
**49** Snow gliders
**51** Nissan's former name
**53** Cringe
**56** Trail
**57** Time period
**58** Gleaming
**61** Imitated
**65** Opera solo
**67** Poles
**68** What people do in their sleep
**69** Cob vegetable
**70** Bulb flower
**71** Bundle of yarn
**72** Helen of __
**73** Dole out
**74** Painter Richard

**DOWN**

**1** Rice wine
**2** Long time
**3** U.S. Air Force
**4** New territory dwellers
**5** Environmental protection agency (abbr)
**6** Indian weapon
**7** Invalidate
**8** Teen hero
**9** War returnee
**10** TV lawyer Matlock
**11** 'love' (Italian)
**12** Wash
**13** Bun
**21** Off-Broadway award
**22** Distress call
**25** Sarcastic
**27** Association (abbr.)
**28** Ritzy
**29** Motor vehicle
**30** Cotillion
**31** "You can't eat just one" brand
**34** Musical composition
**35** Bad (prefix)
**37** Loch __ monster
**38** Next to Kauai
**39** Small bird
**41** Mexican money
**45** Early American
**46** First man
**47** Rodent
**50** Killed in action
**52** What you say after "please"
**53** Act in response to something
**54** Mistake
**55** Egyptian capital
**56** Old-fashioned
**59** Traditional knowledge
**60** Modify
**62** Bard
**63** Canal
**64** Fox holes
**66** Some
**68** South southeast

# Events + Activities

## The City of Fremantle 'Positive Ageing Events November 2023'

The City of Fremantle received funding from the Department of Communities to connect older and younger people. The projects will focus on intergenerational activities encouraging relationship-building between the generations to enhance overall wellbeing for both young (12-17) and older people (65+) in our community.

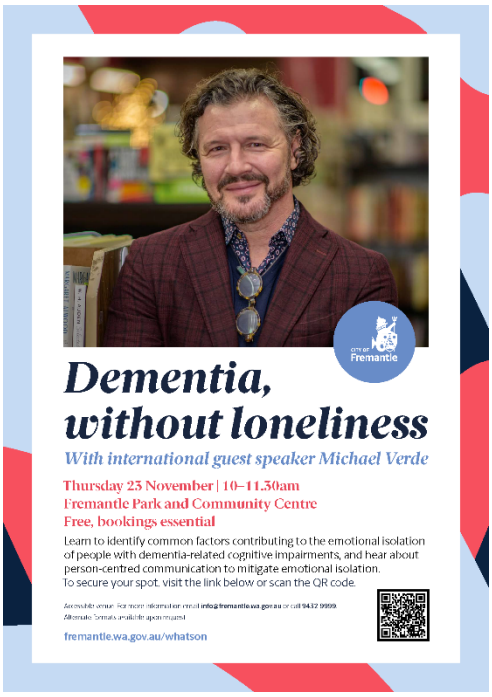
### Sing Swing and Mingle

**Two streams of activities are planned:**

1. Four visits to age care facilities: 10-12 students (years 10 & 11) will be activity leaders for morning events with residents. Activities could include, performance, music, games, crafts and most importantly to mingle and chat. Students will lead a variety of activities tables.
2. Three open house concerts performed by high school students, followed by refreshment time to mingle, meet and chat. The first concert is coming up **Friday 17 November 2023 10:30am-12pm Fremantle Town Hall**.

**To Book**: 'Sing swing and mingle' link https://events.humanitix.com/sing-swing-and-mingle

### Dementia without loneliness




Learn to identify common factors contributing to the emotional isolation of people with dementia-related cognitive impairments, and hear about person-centred communication to mitigate emotional isolation.

Date + Time: Thursday 23 November 2023 10:00am to 11:30am

Location: Fremantle Park and Community Centre

**Free and Bookings are essential via link below:**

https://events.humanitix.com/dementia-without-loneliness

**For more information**

W: https://www.fremantle.wa.gov.au/whats-on

E: info@fremantle.wa.gov.au or T: 08 9432 9999

TOWN of EAST FREMANTLE

Government of Western Australia Department of Communities

## ‘Death Cafe hosted by City of Stirling and Palliative Care WA’

**Are you ready to discuss death?**

This **free event** is open to community members 18+ and is part of a City of Stirling project to help build Compassionate Communities and is proudly supported by the Western Australian Department of Health.

Bookings are essential as tickets are limited. To book your place visit **Death Cafe – Mirrabooka**

The Death Cafe will be hosted by Dr Margaret Sealey and aims to increase awareness and conversations around death.

Come along for stimulating and free ranging conversations over a cuppa and a delicious complimentary morning tea.

**Please note, a Death Café is a discussion group, not a grief support group or counselling session.**

**For more information**

T: 08 9205 8579

W: To find out more about what a Death Cafe is visit **HERE**.

**Event Details**

Date + Time: Friday 10 November from 10.00am to 11.30am

Location: Sitirling Leisure Centres Herb Graham Mirrabooka 38 Ashbury Crescent, Mirrabooka, WA Australia

The City of Fremantle received funding from the Department of Communities to connect older and younger people. The projects will focus on intergenerational activities encouraging relationship-building between the generations to enhance overall wellbeing for both young (12-17) and older people (65+) in our community.

PalliativeCare WESTERN AUSTRALIA

City of Stirling City of Choice

# 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/

## WA Seniors Card members 'Golden Lens Photography Competition for Seniors 2024'

**The Golden Lens photography competition is back for 2024, showcasing the photography skills of Western Australian seniors.**

The Golden Lens photography competition is back for 2024, showcasing the photography skills of Western Australian seniors.

The competition provides an opportunity for WA Seniors Card members to share photos which reflect the lives of seniors across the State.

The competition aims to promote ageing well by celebrating the skills of Western Australians through the art of photography and to demonstrate that people can learn and create at any age.

The 2024 competition has returned with four categories including Active Ageing, Cultural Identity, Wander out Yonder and Blast from the Past.

There will also be a People's Choice category in which the public can vote via the WA Seniors Card Facebook page.

The winners will be invited to a lunch at Parliament House hosted by Seniors and Ageing Minister Don Punch. Selected photos will also be featured in the next edition of the WA Seniors Card Discount Directory, which will be published in the 2024-25 financial year.

Prizes have been donated by participating WA Seniors Card business partners for the winner and runner-up of each category.

The competition closes on 17 March 2024. Further information about entry requirements is available at www.seniorscard.wa.gov.au/goldenlens.

The Golden Lens competition is a fantastic opportunity for WA Seniors Card members to share the stories of their lives and interests through the power of image.

Western Australian seniors lead diverse and interesting lives and what better way to share their stories than through photography.

There is a growing imperative for 'whole of community' commitment and action to ensure older people remain active and participate in their community.

SENIORS CARD

## 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**

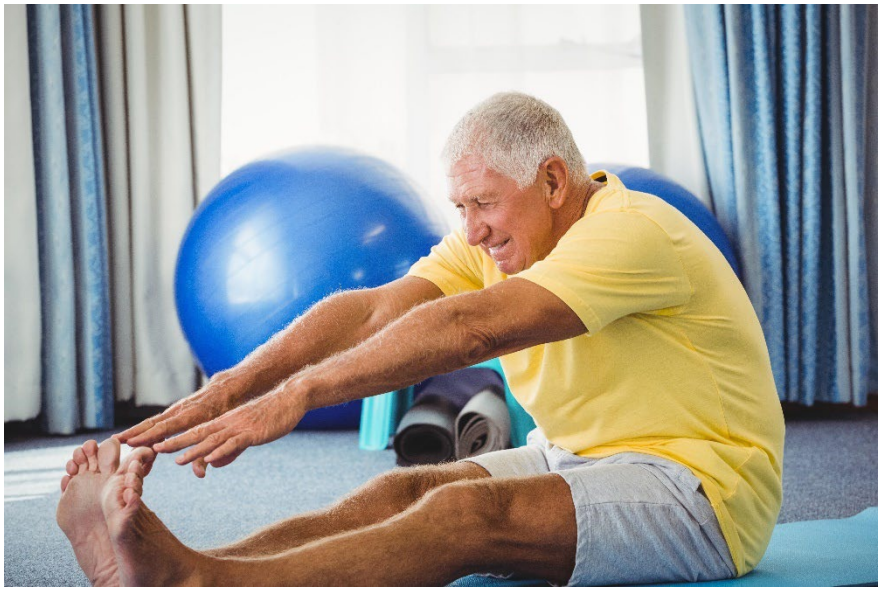
We encourage you to attend 2 to 3 fully supervised classes per week. Strength for Life is progressive training, and your individualised plan will change as your strength increases.

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

## Australian Federal Government 'Shingles vaccination program extended'

**Older Australians will have free access to the best available protection against shingles starting on 1 November 2023.**

The Australian Federal Government will spend $826.8 million vaccinating almost 5 million people, including everyone aged 65 and over, against shingles.

The free Shingrix® vaccine will be made available under the National Immunisation Program (NIP) from 1 November 2023.

The scheme replaces and expands on the previous government's program to provide free Zostavax® shingles vaccine to people aged 71 to 79, which expires on 31 October 2023.

**The new scheme will see free vaccines for all people aged 65 years and over, First Nations people 50 years and over, and immunocompromised people 18 years and over who are at high risk of herpes zoster infection.**

**The Health Department said the Shingrix® vaccine provides around 10 years of protection and can cost up to $560 per dose. For almost 5 million people, that will now be free.**

Shingles is caused by reactivation of the virus that causes chickenpox and presents as a painful blistering rash on one side of the face or body that lasts 10-15 days.

One in five people with shingles will develop severe nerve pain known as post-herpetic neuralgia that can last months or even years. In some cases, it may be permanent.

The risk of developing shingles increases with age and people aged over 65 are at the highest risk of complications such as post-herpetic neuralgia.

**How to identify shingles**

The initial symptoms of shingles are: a burning, tingling, or itching sensation; sensitivity to light; headache and tiredness.

About two to three days after the initial symptoms, a rash will appear on sensitive skin. This rash usually appears on one side of your body around a skin nerve (called a dermatome).

At first, the rash consists of painful red bumps. These bumps quickly develop into fluid-filled blisters, which can be painful and itchy. These blisters will burst, and then heal into a crusty surface over two weeks.

Shingles rash can affect your face, chest, back, abdomen and pelvis. The rash usually lasts for around 10 days, but it can take several weeks to settle.

**The Australian Health Department**

The Health Department said Shingrix® will replace Zostavax® on the NIP following advice from independent medicines experts at the Pharmaceutical Benefits Advisory Committee (PBAC) and the Australian Technical Advisory Group on Immunisation (ATAGI).

Health Minister Mark Butler said, "Without vaccination, almost one in three Australians will get shingles in their lifetime. Older Australians will now have free access to the best protection against shingles through one of the most comprehensive and widely available vaccination programs in the world. Shingles can be severe, so it's really important that eligible people talk to their GP or pharmacist about getting the shingles vaccine."

**For more information and related reading:** Health Direct, ABC, Minister's statement

Australian Government

Department of Health and Aged Care

## 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

## St Patrick's Community Support Centre 'Freo Long Table Dinner'

**Tickets are on sale now for the Freo Long Table Dinner 2023, Fremantle's favourite event, 25 November 2023.**

Dine under the stars in the heart of our beautiful city on the finest local produce, prepared by top Perth chefs and accompanied by premier wines, beers and non-stop entertainment.

**More than a fabulous night out**

In 2016, with the support of The National Hotel, a new way of raising vital funds for St Pat's was created – Fremantle's first Long Table Dinner. In the years since the event has continued to grow, drawing artists, artisans, entertainers, musicians, chefs, food producers and guests from across the community together in support of a good cause.

The event is made possible thanks to our team of volunteers and the generous support of many local businesses who spare their time, money, resources and expertise to create a celebration to remember each and every year.

Join St Pat's in Fremantle's newly refurbished Walyalup Koort/Kings Square on 25 November 2023, from 5.30pm until late for one of the city's biggest annual celebrations. Tickets include a gourmet dinner, boutique wines, craft beers and fabulous entertainment.

Ticket price includes a 3 course gourmet meal, boutique wines and craft beers during dinner service and world class entertainment: $225 Ticket Price; $215 Discounted for 10 or more Tickets.

All money raised supports St Pat's, the key homelessness service for the south metro region.

**For more information about St Patrick's 'Freo Long Table Dinner 2023'**

T: 08 6372 4800

W: St Patrick's 'Freo Long Table Dinner 2023

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

# 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.

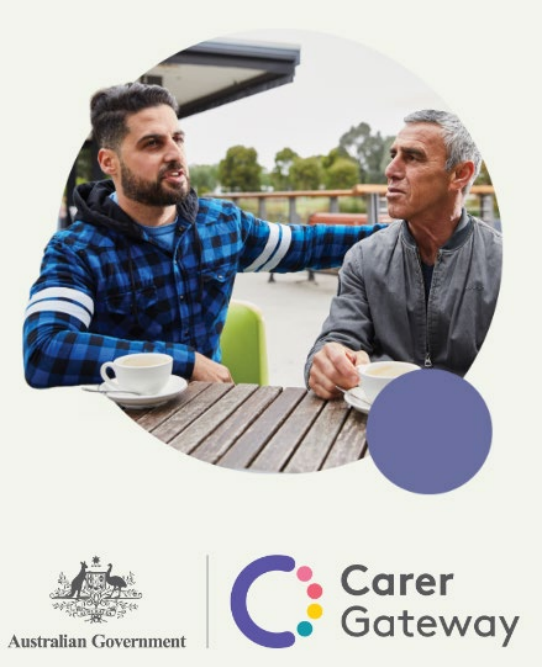
Mental Health Emergency Response Line (external site): Perth metro callers T: 1300 555 788 Peel area callers T: 1800 676 822.

**For more information visit**: Department of Health: HealthyWA

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

**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

## 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

## 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**

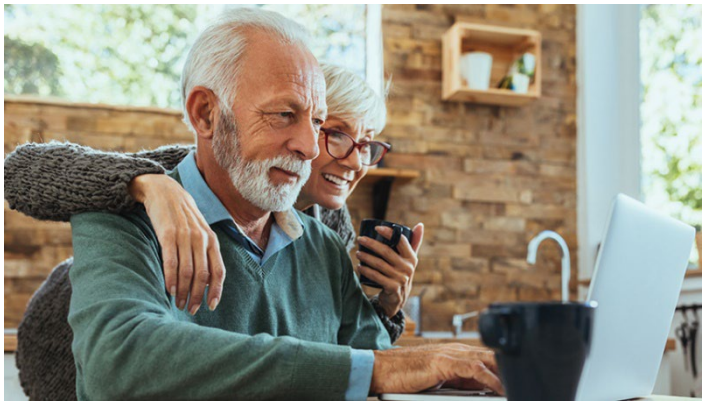
Healthy WA

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.

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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

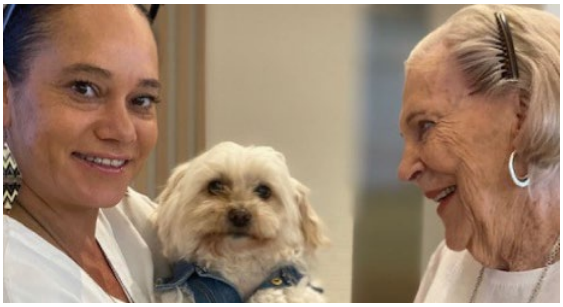
W: https://www.curtin.edu.au/

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/

SAVINGANIMALS FROM EUTHANASIA INC.

Companion Animal Network Australia CAN

## ANSWERS to the 'CROSSWORD' Puzzle (see Page 50)

# NOVEMBER

**Solution:**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 S | 2 A | 3 U | 4 C | 5 E | | 6 A | 7 V | 8 I | 9 V | | 10 B | 11 A | 12 R | 13 B |
| 14 A | E | S | O | P | | 15 R | O | D | E | | 16 E | M | I | R |
| 17 K | O | A | L | A | | 18 R | I | O | T | | 19 N | O | N | E |
| 20 I | N | F | O | | 21 O | O | D | L | E | 22 S | | 23 U | S | A |
| | | | 24 N | 25 W | B | W | | | 26 R | O | 27 A | R | E | D |
| 28 P | 29 A | 30 P | Y | R | I | | | 31 L | A | S | S | | | |
| 32 O | U | R | | 33 Y | E | 34 O | 35 M | A | N | | 36 S | 37 N | 38 O | 39 W |
| 40 S | T | O | 41 P | | | 42 P | A | Y | | | 43 N | E | A | R |
| 44 H | O | M | E | | 45 P | U | L | S | 46 A | 47 R | | 48 S | H | E |
| | | | 49 S | 50 K | I | S | | | 51 D | A | 52 T | S | U | N |
| 53 R | 54 E | 55 C | O | I | L | | | 56 P | A | T | H | | | |
| 57 E | R | A | | 58 A | G | 59 L | 60 E | A | M | | 61 A | 62 P | 63 E | 64 D |
| 65 A | R | I | 66 A | | 67 R | O | D | S | | 68 S | N | O | R | E |
| 69 C | O | R | N | | 70 I | R | I | S | | 71 S | K | E | I | N |
| 72 T | R | O | Y | | 73 M | E | T | E | | 74 E | S | T | E | S |

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*Jimmy and Evelyn Johnson*