



# COTA Connections

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

MARCH 2022

w: [www.cotawa.org.au](http://www.cotawa.org.au) | t: (08) 9472 0104

## From the CEO

How well do you know your neighbours? Or do you even know them at all? This year marks the 20 year anniversary of Neighbour Day in Australia. Neighbour Day was brought about after the remains of an elderly woman were found inside her suburban home after two years forgotten by her neighbours, friends and family and in recognition of the impact loneliness and lack of social connection has on an individual, as well as community. Relationships Australia became the custodian of Neighbour Day in 2014 and the day has since grown into an ongoing, year round social connection campaign that seeks to address loneliness across Australia.

Sunday 27 March 2022 is an opportunity to connect with your neighbour and the importance of this initiative takes on extra meaning as our national and international borders open up and many seniors choose to isolate over the coming weeks or months. In this newsletter we have provided some tips to connecting with your neighbours.

We are pleased to launch the new 'Interruptions to Daily Living Guide' for Seniors which has been developed in collaboration with the Seniors Sector Partnership. This comprehensive Guide will provide you with information on how to access services such as transport, shopping, technology support and aged care services. It also advises what to do if you get COVID. The Guide will be updated as required, or as circumstances change, and for this reason the online version will always have the most current information however printed copies will be available for individuals who do not have access to technology or the internet. You can view the Guide here:

Link: <https://www.cotawa.org.au/seniors-resources/interruptions-to-daily-living-guide/>

COTA  
WESTERN AUSTRALIA  
for older Australians

## Interruptions to Daily Living Guide

Supported by  
Seniors Sector Partnership Western Australia

Radio station 6PR has been highlighting some of the challenges for seniors on its Saturday afternoon talk back program with Mark Gibson. Chris Jeffery and myself, along with other organisations (Jane Chilcott, CEO of Linkwest and Paul Coates, CEO of Carers WA) have been discussing topics such as the lack of technical support for seniors to install the ServiceWA app, anxiety among seniors in regard to the WA border opening and the challenges for carers. We look forward to more discussions in the coming weeks.

Have you seen the new LiveUp digital platform designed to help Australians aged 65 and over? This initiative is funded by the federal government and aims to, 'empower older australians to make daily choices and small changes that can have a dramatic positive impact on health and wellbeing in a very short amount of time.' It starts with a five minute quiz which then results in personalised advice and suggestions on products, services and supports in your local area or online. Give it a try and let us know what you think. You will find more information on the LiveUp website in this newsletter.

Also in this edition we meet Alan Cockson, a local senior who remains active in his community, even teaching computer skills as a volunteer. Thanks for sharing your story with us Alan and we look forward to seeing the photographss of your 60 years' wedding anniversary in 2023.

Finally, our thoughts are with our east coast neighbours as they battle horrendous floods and of course words cannot express our horror as we watch the atrocities of war as Russia invades Ukraine. Its yet another reminder of just how lucky we are to live in Western Australia.

Stay safe.

**Christine Allen, CEO**



## 'Meet' Alan Cockson

Hi I'm Alan, eighty-three years' old battling metastatic prostate cancer. Born in a woollen mill town in Yorkshire, UK and trained as a toolmaker and served as a Cold War warrior as a casualty evacuation medic with the R.A.F.

I retrained as a biomedical technologist and after qualifying worked in the Zoology Department, Oxford University. This was followed by a stint in the University of Malawi and as Lecturer in Lae Technical College, PNG.

Retired age 63 years after 33 years as an histologist/electron microscopist with the Anatomy School, UWA. The guys said I'd be bored to tears....not me.

I volunteered as a Literacy and Numeracy tutor with 'Read Write Now', teaching English to immigrants and refugees. I did a few years with the SES on Search and Rescue/Radio Officer.

I also teach volunteer computer skills to seniors with the Addie Mills Centre, Gosnells WA. In 2020 I was awarded a Certificate for five years' service as a volunteer with the Addie Mills Centre.

I intend to get to April 2023 when I can celebrate 60 wonderful years with the best lady in the land. My three daughters, two grand-daughters and five grandsons help keep me young.

As they say 'keep on truck'n'.



## Neighbour Day ‘Connecting Communities for 20 Years’

**Help address loneliness across Australia and build the communities you want to live in, one relationship at a time.**

Neighbour Day is Relationships Australia’s social connection campaign. It aims to support and enable sustainable respectful relationships across communities, while also helping to address loneliness across the nation.

Research shows that communities where people know each other have better mental health, are safer and are more resilient. Connecting with people outside of your family and friends is important for tackling Australia’s loneliness crisis.

Loneliness can affect anyone, at any time throughout their lives, and addressing loneliness across Australia is everybody’s business. Let’s work together to shift the tide and help create the Australia we all want to live in, brimming with respectful relationships and connected communities.

### ‘Connecting Communities for 20 years’

Neighbour Day has progressed from a reminder to connect with elderly neighbours, to an annual celebration of respectful relationships and strong communities.

Neighbour Day ‘**Sunday 27 March 2022**’ provides the perfect opportunity for people to increase social connection in their local areas. You can celebrate in a variety of ways including hosting or supporting events, or by taking simple neighbourly actions that assist and engage your communities. The Neighbour Day website has lots of information and free resources to help you do that.

Together with Relationships Australia and Neighbour Day, every Australian can play an important role in building sustainable social connections and respectful relationships in our communities.

**Every body. Every where. Every Day.  
Neighbour Day.**

W: <http://neighbourday.org/>

### Relationships Australia

Relationships Australia works in a variety of ways to support respectful relationships across Australia.

Broadly, Relationships Australia advocates and promotes the importance of respectful relationships with respect to positive individual mental health outcomes and general community outcomes.

Their research is relevant and purposeful and further enables them to provide our ongoing trusted services and supports.

Neighbour Day:  
Connecting  
Communities  
for 20 years



Helping to connect people and communities across Australia to end loneliness

**Every day is Neighbour Day**



# 5 steps to being neighbourly

Some people find it difficult to build relationships. This Neighbour Day, encourage members of your community to use these 5 simple tips to establish respectful relationships with those around them.



## 01

### Start with a smile

Make it a habit to flash a friendly smile or say hello, even in chaotic moments, it is sure to make a difference!

## 02

### The initial chat

Strike up a conversation with a genuine compliment, or a query, as this can be a great icebreaker.

## 03

### Follow up

Next time you catch each other, follow up on what you spoke about last time, this shows your interest and people will generally appreciate feeling listened to.

## 04

### Kind gestures

Kind gestures are the ideal way to build positive connections, so consider what you might be able to offer e.g. bring in their bins, water their garden, or share surplus produce or cuttings.




## 05

### Host your event

Organise a Neighbour Day get together or engage in a neighbourly action – perhaps on Neighbour Day, or whenever is convenient for you. Think of something your neighbours might enjoy e.g. BBQ, morning tea, some friendly games, or perhaps leave a thoughtful note.

 **neighbour day** | *Relationships Australia.*

Connecting Communities for 20 years

[neighbourday.org](http://neighbourday.org)  [@NeighbourDay](https://twitter.com/NeighbourDay)  [/neighbourday](https://facebook.com/neighbourday)  [/neighbourday](https://instagram.com/neighbourday)

## What is 'LiveUp'?

### Welcome to the Upside of Ageing

Take charge and own your independence! While ageing is inevitable, science says only 25% of our ageing journey is determined by genetics. The other 75% is down to the choices we make every day! Empower yourself to make choices that mean you can age your way and stay independent for longer.

### What is LiveUp?

Independence means doing what you want to do every day. Throw out tired stereotypes and charge up your life by making informed choices that are right for you.

LiveUp is a national platform designed to help you re-imagine, reset and reconnect with living your life to its fullest. You will find personalised suggestions for your healthy ageing journey, including tailored activities, assistive products, social connections and more, all in your local area or online.

### What is Healthy Ageing?

It's time to own ageing. There is no such thing as a typical older person, because everyone is unique! While society seems to think in stereotypes, we know age should not define how we choose to live life.

Healthy ageing is a term coined by the World Health Organisation (WHO) that aims to help everyone focus on thriving at any age. Part of this philosophy is recognising that health encompasses physical, mental and emotional wellbeing and that we can always learn, change and evolve.

You can make the choice to turn up your independence today!

### Strength and Exercise

Regular exercise has dramatic positive effects on health and wellbeing. The Department of Health recommends people aged 65 and over complete 30 minutes of moderate intensity activity on most days, preferably every day.

If you cannot do 30 minutes yet, start with 10 minutes and build up every 2 weeks by 5 minutes. If you can reduce the amount of time you spend sitting, this has huge health benefits too. Incorporating different activities is good for your mind and body and keeps it interesting.

Just a slight increase in activity each day can improve your health and wellbeing.

If you have an existing health condition, it is a matter of taking the time to work out what's right for you. Talk to your doctor or specialist about what activity suits you and your body that also considers your medical history.

### Support

T: 1800 951 971

E: [support@liveup.org.au](mailto:support@liveup.org.au)

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

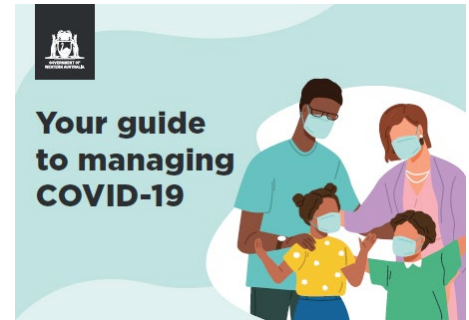


## Department of the Premier and Cabinet 'COVID-19: Managing COVID-19 Booklet'

On Wednesday 3 March 2022, the WA Government's Managing COVID-19 booklet went live. With COVID-19 case numbers increasing in Western Australia it is important to know what to do to keep yourself, your family and community safe.

The guide is available in 12 languages on the Managing COVID-19 translated advice page and includes information on:

- How to reduce the risk of COVID-19
- How to be prepared for COVID-19
- What to do if you or a family member tests positive for COVID-19
- The recommended contents of a home COVID-19 kit
- What to do if you live alone and test positive to the virus
- Details of the WA Government's COVID Care at Home program
- The importance of mental health



### Next steps

- Hard copies of the guide will start to be distributed to community organisations over the coming weeks
- A First Nations Australian version of the Managing COVID-19 booklet is under production
- Further materials are currently being produced and will be released as a CaLD and ATSI resource toolkit, this will include an audio book, downloadable posters and social tiles with accompanying copy
- Please share the link to Managing COVID-19 booklet with your family, carers, friends and community
- Please continue to check the COVID-19 coronavirus <https://www.wa.gov.au/> pages for up to date information and advice

Department of the Premier and Cabinet are pleased with this resource and believe it will be a great tool for the entire community.

### For more information and to view or download the booklet

WA Government's Managing COVID-19 booklet: <https://www.wa.gov.au/government/document-collections/covid-19-coronavirus-posters-and-signage#managing-covid-19>

Managing COVID-19 translated advice page: <https://www.wa.gov.au/government/publications/covid-19-coronavirus-translated-managing-covid-19-and-public-health-and-social-measures-information>

Managing COVID-19 booklet (PDF): <https://www.wa.gov.au/system/files/2022-03/Managing-COVID-19-booklet.pdf>

COVID-19 coronavirus (www.wa.gov.au): <https://www.wa.gov.au/government/covid-19-coronavirus>



Government of **Western Australia**  
Department of the **Premier and Cabinet**

## WA Safe Transition Plan with border opened Thursday 3 March 2022

In a media statement from the WA Premier Mark McGowan on Friday, 18 February 2022, an announcement was made that the WA Border opened 3 March 2022 as apart of the updated transition plan.

Following a review of Western Australia's border controls based on the latest health advice, the updated Safe Transition Plan took effect from 12.01am March 3, 2022.

The full border opening plan was previously delayed on January 20 2022 due to rising Omicron cases, hospitalisations and lives lost around Australia, and the uncertainty surrounding the full impact of the new highly transmissible variant.

WA's short delay of the full border opening allowed WA's third-dose vaccination rate to climb to record levels and given children the opportunity to be vaccinated, while the Omicron wave peaked and declined in the Eastern States.

Based on the current vaccination pace, WA will achieve a 70% third dose vaccination rate (16+), including 90% for people aged 70 and over, by 3 March 2022, providing Western Australians with the best protection possible against the Omicron variant.

The full border opening allows for safe travel into WA from interstate and overseas with vaccination and testing requirements on arrival, pending latest health advice.

### **Interstate travel into WA will be permitted with the following requirements:**

- Have a registered G2G Pass
- Be triple dose vaccinated, if eligible
- Undertake a rapid antigen test on arrival (within 12 hours and report any positive result)

### **International travellers into WA will be permitted with the following requirements:**

- Meet Commonwealth Government requirements to enter Australia
- Be fully vaccinated under the Commonwealth requirements, if eligible
- Have a registered G2G Pass
- Undertake a rapid antigen test on arrival (within 12 hours and report any positive result)
- Unvaccinated returning Australians will be required to complete hotel quarantine

The State Government is currently providing all interstate and international arrivals with two Rapid Antigen Tests so they can self-administer at home and from Thursday 3 March 2022, one test will be provided to each arrival to meet the new interim controls.

**These interim testing arrangements will be in place for a minimum of two-weeks and then be subject to an ongoing review.**

**Current health and social measures remain in place, including masks to be worn as required, proof of vaccination for certain venues and businesses and contact registration including check-ins using SafeWA or ServiceWA.**



## You do not need to present identification if you show proof of vaccination through the ServiceWA app

**If you do not have the ServiceWA app you must provide another form of proof that you have been double vaccinated.**

**These include:**

- Certificate stored in a smartphone's wallet
- Hardcopy of your certificate
- Digital or hardcopy of your immunisation history statement

**You will also need to show an acceptable form of identification such as:**

- Driver's license (Australian or overseas)
- Passport (Australian or overseas)
- Proof of Age Card (all States/Territories)
- Medicare card or Centrelink basics card
- Credit, debit, or cashless debit card
- Bank statement with name and address details
- Student ID card
- Seniors card
- Utility or phone bill with name and address details
- Skippers ticket
- Current residential tenancy agreement
- Local government or water rates notice
- Letter or infringement notice from Local, State or Commonwealth Government entity displaying name and address e.g. Centrelink, local Shire, WA Police
- Evidence of electoral enrolment
- Armed services discharge papers
- Centrelink pensioner concession card, health care card, seniors health card
- Department of Veteran Affairs pensioner concession card, repatriation health care card
- Citizenship certificate or naturalisation document from the Department of Home Affairs
- Evidence of immigration status card
- Permanent resident evidence card
- Residence Determination ImmiCard
- Birth certificate
- Australia Post Keypass ID

**In some cases, for Aboriginal and Torres Strait Islander people, assurance that the person is known may be sufficient (e.g. a community member may vouch for their identity).**

**It is not essential to show photo ID.**

### **Step by Step Guide to Service WA**

A Step by Step Guide to the ServiceWA app is available: [https://www.wa.gov.au/system/files/2022-01/ServiceWA\\_Set\\_Up\\_Guide.pdf](https://www.wa.gov.au/system/files/2022-01/ServiceWA_Set_Up_Guide.pdf)

## Palliative Care WA ‘New Service for the WA Community’

Palliative Care WA is delighted to announce a new, free service that is already providing members of the WA community with individualised help with their advance care planning.

Palliative Care WA know from many years of delivering workshops on advance care planning in the community, that some people do not put what they have learned into practice. Sometimes they struggle with starting the conversations with loved ones, or they do not get around to progressing or completing their advance care planning documentation. They need a bit of extra assistance to take the next steps.

The ‘**Advance Care Planning Support Service**’ is designed to help people to take those next steps with their advance care planning.

Their Advance Care Planning Support Officer can visit people in their home, at their office, or at another suitable venue. Having a discussion online is also an option. Any WA resident who has previously attended one of their free Advance Care Planning Community Workshops is eligible for this service.

Palliative Care WA are pleased to partner with Carers WA to provide this new service for the WA community. The ‘**Advance Care Planning Support Service**’ is free and fully confidential.

### Palliative Care WA

T: 1300551 704

W: <https://palliativecarewa.asn.au/advance-care-planning-support-service/>

### Carers WA

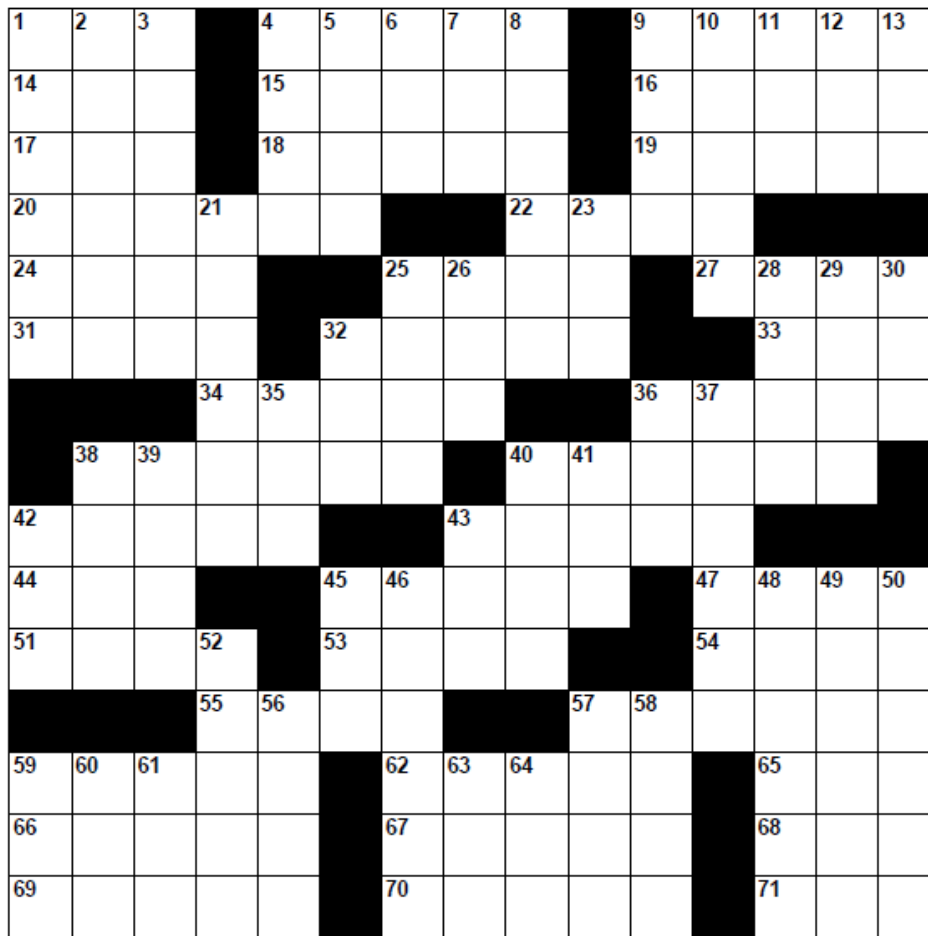
T: 1300 227 377

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



# 'CROSSWORD' Puzzle

\*Answers to crossword available at the end of newsletter at Page 17.



By Jimmy and Evelyn Johnson - www.qets.com

## ACROSS

- 1 Unfold
- 4 Association (abbr.)
- 9 What a dropped melon does
- 14 Bard's before
- 15 Frown
- 16 Hawaiian 'hello'
- 17 Pig meat
- 18 Hi
- 19 Midwestern state denizen
- 20 Pseudonym
- 22 Unattractive
- 24 Grape plant
- 25 Yield
- 27 Coke
- 31 Asia
- 32 Free
- 33 Time period
- 34 Follows
- 36 Gantry
- 38 Removed the dandelions
- 40 Stone
- 42 Flying singers
- 43 Fish basket
- 44 Make a mistake
- 45 Imbecile

- 47 Tigers
- 51 Bird's home
- 53 Animal stomach
- 54 Location
- 55 Fencing sword
- 57 Mr. Schwarzenegger
- 59 Wood
- 62 Athletic field
- 65 Wet dirt
- 66 Police force
- 67 Many
- 68 Grow older
- 69 What you raise in poker
- 70 Asian country
- 71 Heat giver

## DOWN

- 1 Mother's warning
- 2 Venus
- 3 Fiends
- 4 Wan
- 5 Filthy film
- 6 Sun's name
- 7 Night bird
- 8 Rain bringers
- 9 Jib
- 10 Clever plans
- 11 Close to the ground
- 12 Expression of surprise
- 13 Beige
- 21 Got as profit
- 23 "To the right!"
- 25 Arctic
- 26 Aurora
- 28 Information
- 29 Mined metals
- 30 Struggle
- 32 Fib
- 35 Advertisements
- 36 Stinger
- 37 What the Tin Man needed
- 38 Metal thread
- 39 Goofs

- 40 Cultivate
- 41 Fisherman's tool
- 42 TV lawyer Matlock
- 43 Central Intelligence Agency
- 45 Winter hazard
- 46 Divine
- 48 Scents
- 49 South-Central Dravidian
- 50 Make unhappy
- 52 Frustrate
- 56 V.P.'s boss
- 57 Parlay
- 58 Shower
- 59 Certified public accountant
- 60 Long time
- 61 Daylight Savings Time
- 63 Fear
- 64 Shade tree

## Chung Wah Community & Aged Care

### ‘Evergreen College (Wellness)’

Wellness | Independence | Reablement

This program aims to increase presence and nurture personal wellbeing beyond day-to-day living. Clients can participate in activities and outings based on their interests and develop useful skills.

The **Evergreen College** offers a unique service that promotes wellness among Culturally and Linguistically Diverse individuals. This program helps to increase awareness to nurture personal wellbeing beyond the day-to-day living and CACs clients can choose to participate in activities and outings that interest them.

Different classes include English, computer, Tai Chi, memory support, storytelling, calligraphy, singing and cooking.

Everyone across all ages can participate in our one-of-a-kind wellness program, Evergreen College, which allows you to learn or refresh skills, resume a hobby, take part in activities and outings and receive general information.



### ‘Day Long Respite Centre (DLRC)’

The Day Long Respite Centre (DLRC) helps transport clients to the DLRC hubs so they can enjoy culturally relevant group activities, physical exercise and a range of food, while also interacting with other clients in a meaningful way.

If you are looking for a vibrant, friendly place to meet people who share the same language and beliefs with you, or if you simply want to meet new people from different ethnic groups, this is the right place for you. The CAC Day Centres provide a relaxed, warm atmosphere for you to take an active role in improving your own wellbeing and quality of life.

We also provide culturally appropriate meals that are prepared by our lovely volunteers on location and organise many gatherings and celebrations for our clients and also their family members and friends, who are warmly welcomed.

CAC centres are located both North and South of the river for your convenience. Door-to-door transport is also available to and from your home.



The Chung Wah Association

Community & Aged Care 

## Seniorocity 'Guide to Health and Fitness'

### What is Seniorocity The Over 55's Guide to Perth?

Seniorocity is the first Perth-specific guide for the over 55 community in Perth WA.

Showcasing places to visit all around Perth and WA, cafes and restaurants to eat at (including details on senior specials and accessibility), meet-ups, markets and events. Seniorocity's mission is to empower the over 55's of Perth to go out and try something new, be it a museum exhibition, art class, caravan park or café or to meet like-minded people.



As we age, our bodies change. This can lead to increased health risks and chronic conditions. To live a healthy life, it's important to be aware of what changes are happening. The key to a healthy senior lifestyle is staying active and maintaining good mental health.

'Staying active' includes exercise, eating well and socialising with friends and family. Getting the right balance of these three areas is vital for living well into your golden years.

Below are some tips on how you can create a healthy lifestyle for yourself here in Perth.

### Leisure Centres

Visit your local leisure centre - they offer a lot for seniors! Many leisure centres in Perth offer specialist exercise classes and programs for over 55s, as well low impact aqua aerobics groups, gyms, swimming pools, saunas, hydrotherapy pools, cafes and more. See the Seniorocity guide to Leisure Centres in Perth here <https://seniorocity.com.au/things-to-do-perth/seniors/leisure-centres/>

### Exercise Classes

Good health is the key to a happy and fulfilling life. With age, the body becomes more vulnerable to medical conditions, especially for seniors. One of the best ways to improve your overall health is through exercise. But what if you are over sixty? There are many exercise classes specifically designed for seniors, but it can be hard to find one that's perfect for your lifestyle and abilities at <https://seniorocity.com.au/activities-in-perth/seniors/exercise-classes/>

### Walking in Perth

Walking is an enjoyable pastime. You may enjoy a gentle stroll along a flat path, or even something a little more challenging – like a bushwalk through the Perth Hills. Here is the Seniorocity Guide to walking in Perth, whatever your fitness level <https://seniorocity.com.au/walking-in-perth-for-seniors/>

### Fitness Parks for Seniors

Senior-focused equipment is popping up at parks all over Perth. It is designed to enhance physical and mental well-being for seniors of all abilities. Many parks also offer exercise equipment for all, perfect for those who are on a budget, do not want a gym membership and prefer to work out in the great outdoors <https://seniorocity.com.au/fitness-parks-for-seniors-in-perth/>

Facebook: <https://www.facebook.com/groups/Seniorocity/>

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

## **Umbrella ‘Multicultural Village Hub + Seniors Activities’**

**Umbrella Multicultural Community Care, based in Belmont, is very excited to offer a Multicultural Village Hub for older adults living in the Cities of Belmont and Bayswater.**

The Multicultural Village Hub aims to help alleviate loneliness and social isolation and promote active ageing by providing social, educational, and active activities. The program offers a range of member-selected and led activities which will also provide a supportive network for older adults and engagement in the local community. In doing so, Umbrella Inc. hopes that the program will be an opportunity for people to improve their mental and physical health through the benefits of increased community connections.

### **Opportunity**

If you can see yourself helping to establish this community-led initiative for older adults from diverse communities, Umbrella would love to hear from you! They are looking to involve volunteers in many Village Hub activities. Eligible volunteers may also join the Hub as members!

Umbrella have room for volunteers in multiple areas such as event set-up, activity leader, program support, peer support, administrative support and as translators.

Or if you think you can contribute your time and talents in another way, please feel free to get in touch with the coordinator at:

E: [villagehub@umbrellacommunitycare.com.au](mailto:villagehub@umbrellacommunitycare.com.au)

T: 08 9275 4411

### **Multicultural Library and Seniors Community Hub**

The Library is an innovative and exciting project at our Belmont office and is the first of its kind in Perth. It has a focus on providing a safe and supportive space for seniors, including seniors from culturally and linguistically diverse, gender and sexuality diverse backgrounds and their carers to enjoy more than 3000 books in over 30 different languages and to access information about the aged care system in their own language. This project would not have been possible without the support of the City of Belmont.

Currently, the library has books and media in English, Polish, Spanish, Italian, Czech, German, Dutch, French, Slovak, Hungarian, Danish, Thai, Chinese, Japanese, Tamil, Vietnamese, Serbian, Hindi, Serbian, Macedonian, Swedish, Portuguese, Croatian, Indonesian, Russian, Maltese, Ukrainian, Hebrew, Malay languages and the collection is still growing.

### **Support**

T: 08 9275 4411

W: <https://umbrellacommunitycare.com.au/multicultural-library-and-seniors-community-hub/>

## Golden Age Club

The Golden Age Club provides an opportunity for seniors to people to get together, generally at a fixed location on a regular basis and participate in a range of activities including excursions, concerts, physiotherapy with music, arts and crafts, picnics and BBQs, guest speakers and movies. People participating in the Golden Age Club program are assisted with transport to and from home to the centre, if required, and enjoy a cooked lunch.

The Golden Age Groups provide opportunities for people from many different backgrounds, such as Polish, Ukrainian, Italian, Indian, Italian, Latin-American (Spanish), Yugoslavian, English, Czech, Slovak, Hungarian and Jewish communities.

T: 08 9275 4411

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

## Support

T: 08 9275 4411

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



## Events

### Compass 'Guiding Action on Elder Abuse'

#### Free webinar 'Family Agreements'

Learn about what a Family Agreement is, what it covers and why you might need one.

Living with your adult child? Co-purchasing property with a friend? Or building an extension or granny flat with family? These common arrangements often involve an older person exchanging their property or assets in return for housing and/or care as they age. Learn more about why you should establish a formal family agreement.

- Find out what a Family Agreement is and why you might need one
- Learn more about what a Family Agreement should include
- Discover the steps to making a Family Agreement
- Get advice on what you can do when things go wrong
- Learn more about gifting money or property to a family member or other person, or moving house and how it can affect the amount of age pension a person receives

**Register now and have your questions answered by esteemed panellists.**

Webinar Registration Details

Date: Thursday 17 March 2022

Time: 12.30pm AEDT

Website:

[https://us02web.zoom.us/webinar/register/WN\\_EFQ7WF60QIeN2F0EGllkUA?mc\\_cid=0d13f87ae4&mc\\_eid=3048b621ce](https://us02web.zoom.us/webinar/register/WN_EFQ7WF60QIeN2F0EGllkUA?mc_cid=0d13f87ae4&mc_eid=3048b621ce)





## Feedback Opportunities

### WA Seniors Strategy 'Have your Say' Survey

The Department of Communities is keen to hear the thoughts and opinions of older Western Australians to help shape the State's 10-year Seniors Strategy.

#### Online survey

Communities is keen to hear the thoughts and opinions of older Western Australians.

We would like to hear from you if you are:

- Aboriginal and Torres Strait Islander people aged 55 years and over
- Non-Aboriginal and Torres Strait Islander people aged 65 years and over

Communities would also be interested in hearing from you if you are approaching your senior years to identify any emerging themes or issues.

**To participate in the survey go to:** <https://www.wa.gov.au/organisation/department-of-communities/wa-seniors-strategy-wa-have-your-say>

Have your say on how you can age well in your community and live your best life.

WA has been an affiliate to the World Health Organisation's Global Network for Age-friendly Cities and Communities since 2017, and is the only Australian State or Territory to have achieved this status.

An age-friendly approach ensures active engagement at the local level with older people, their families and carers, and the service providers who interact with them.

- As at June 30, 2019, 388,708 Western Australians were aged 65 years and over. This age group currently represents 14.8 per cent of the total WA population
- It is projected that by 2031, the proportion of people aged 65 years and over will represent 18 per cent of the population. People aged 85 years and over are forecast to nearly double during this time



## ANSWERS to the 'CROSSWORD' Puzzle (see Page 10)

**Solution:**

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

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Jimmy and Evelyn Johnson

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