



Same same but different

Jane Mussared
Chief Executive

20 May 2022

- is an older people's movement run by, for and with older people
- represents the rights, interests and futures of more than 633,000 South Australians aged over 50
- engages every day with older people from all over SA
- founded in 1957
- part of the COTA Federation with a COTA in every state and territory of Australia and in Canberra.





powers...

The Plug-in.

 **Strength for Life**



Policy and Advocacy - We work closely with older people to inform and influence policy through our advice, communications and advocacy.

Let's Talk Aged Care - We support older people, their families and networks to navigate and access aged care services and explore the options available including to link with My Aged Care.

Strength for Life - Strength and balance programs run by accredited fitness providers and designed for older people.

The Rainbow Hub - A one-stop-shop for policy, programs, services, events and activities for older members of the LGBTI community.

The Plug-in - We provide a platform for older people to have an influential voice to innovate and improve products, services and policies for the growing older market.

COTA Visitors - We match volunteer visitors with older people who could do with a friend. We are always on the look-out for both volunteer visitors and for people wishing to be visited.



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Fleurieu Neighbourhood Network - Older people of the Southern Fleurieu support one another to age well through activities, events and volunteering, and to access services, advocacy and representation about issues that matter.

Climate Change Group - COTA SA takes the threat of climate change seriously and has committed to join the movement for action on climate change.

Yorke Peninsula Advisory Group – Older people coming together regularly to share information and provide advice and feedback about ageing on the Yorke Peninsula.

Membership - COTA SA offers individual, household and club membership to older people who want to support and assist our work.

COTA Supporters – We connect with organisations that share our ambition to overturn ageism and reimagine ageing.

Exercise – Word Association #1

*Write down the first 5
words that come into your
head when I say –*

YOUNG

Exercise – Word Association #1

*Write down the first 5
words that come into your
head when I say –*

OLD

Ageism

Stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or oneself based on age.

Serious and wide-ranging consequences for health and well-being – poorer physical and mental health and premature death, increased social isolation and loneliness, greater financial insecurity and decreased quality of life.

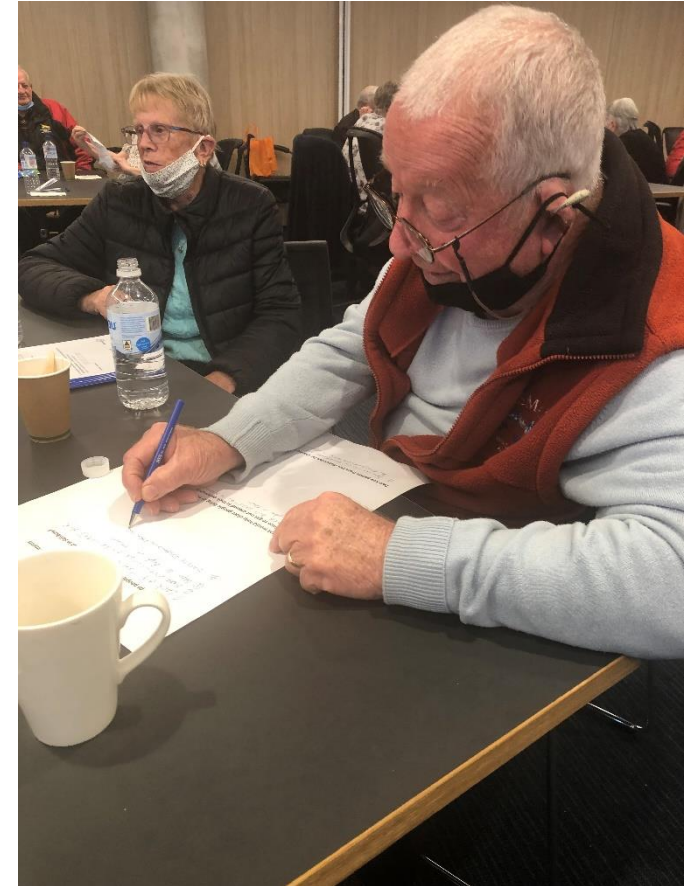
AGEISM MATTERS FOR AGED CARE

- Low expectations as we age
- Low expectations of aged care
- Low pay and status
- Not enough staff



What older people tell us matters

- Implementation of Royal Commission recommendations
- New Aged Care Act based on human rights
- Co-design in everything
- Workforce – pay, training, attraction, retention
- No one wait longer than a month for a package
- Transparency and accountability in costs and quality
- Quality wherever you live
- Help to get what you need – Care Finders



COTA Australia analysis

<https://www.cota.org.au/news-items/policies-for-older-people-at-the-2022-federal-election>

Let's Talk Aged Care

- Our **Let's Talk Aged Care** service starts with a phone call
- A welcome then **triage, information and referral**
- Support over the phone through our **Ageing Well Coordinators**
- Or referral for home visits to our **Specialist Support Workers** where situation is complex
- **Webinars** – informal conversations for an hour over lunch about aged care
- **Information Sessions** in the community – Maximising My Independence for those getting started

COTA SOUTH AUSTRALIA *Let's Talk Aged Care...*

Julie Lawrie
Specialist Aged Care Navigator



Are you overwhelmed or struggling to understand My Aged Care and other associated services?

COTA SA's Julie Lawrie is here to offer free help to you and your family to support you in accessing the aged care services you need. Make a call to chat or meet up with Julie.

Contact Julie Lawrie at COTA SA on:
Phone [08] 8232 0422
Free call 1800 182 324
Email acs@cotasa.org.au

FREE & INDEPENDENT

The Aged Care Navigators Trial is delivered by COTA SA as part of a consortium led by COTA Australia and funded by the Australian Government. www.AgedCareNavigators.org.au

Aged Care Navigators

- Aged Care System Navigator trial announced in the 2018-19 Budget
- Rolled out by COTA Australia (with 30 providers including COTA SA, ARAS and Ethnic Link)
- Trial evaluated in April 2021 reflected importance of extra help to navigate
- Will become the Care Finder program announced in 2021-22 budget to be commissioned by the PHNs and start January 2023



Sandy



Sandy is in her 70s and recently moved to Adelaide

She attended the Rainbow Hub's monthly lunch and asked about aged care and other services

She linked up with our Ageing Well Coordinator and got the information she needs sensitively and in time. She is now part of our Hub.

"I would like to congratulate your team on the excellent work I have witnessed firsthand as a new LGBTIQ+ community member."

Mary and Joe



- Mary and Joe live in a country town
- Joe has dementia and Parkinson's disease and is supported by Mary.
- Joe approved for Level 3 package, but no provider will take on the referral because there are no staff
- Patched together support – rails in toilet and bathroom, domestic assistance once a fortnight, GP surgery practice nurse.
- Mary very stressed. Needs support including for Joe to enjoy his garden without falling.
- Advocacy with providers – rang around over and over. Staying in touch, liaising with GP and Country Connect over a couple of months.
- Most important feedback from Mary when Joe finally received package - grateful that she was not alone.

The national Care Finder Network will...

- Provide specialist and intensive assistance to help people understand and access aged care and other supports
- Specifically target people who have one or more reasons for requiring intensive support
- Address local needs
- Includes transition of the ACH program
- Is Integrated into the local aged care system
- Continuously improve
- Support improvements in the integration of health, aged care and other systems.



What we know so far about Care Finder...

- The Care Finder program was announced in the 2021-22 budget
- Replaces the Aged Care Navigator trial
- Will be commissioned for SA by the Adelaide and SA Country PHNs
- Will start 1 January 2023.



COTA SA would love to be part of Care Finders in the future.

People trust our independence and we have learnt lots and made a difference through the trial.

We need you! - COTA Visitors



We have matched well over 50 people but have more than 80 waiting.

A chance to share conversation, discuss on news, friendship and meet ups and downs.

More than 80 brave older people have put their hand up – they don't want to be lonely any more.

Are you, or someone you know, game to do the same?

Helping someone else has a boomerang effect. We get back what we give — joy! Beverley, COTA Visitor

STANDING WITH OLDER SOUTH AUSTRALIANS



Phone: 08 8232 0422 Free call: 1800 182 324

Email: cotasa@cotasa.org.au

Check out our website - www.cotasa.org.au

The Plug=in.



Strength for Life

