

COTA
TASMANIA



Who is Council on the Ageing?





years of supporting
older Tasmanians

COTA Tasmania has over 60 years representing
and supporting older Tasmanians



Today I hope you will

- Gain an awareness of who we are and what we do
- Learn more about our key areas of advocacy
- Know how to get in touch with COTA Tasmania
- Share your views and experiences



Community Organisations

The Men's Shed
Neighbourhood Houses Tasmania
Advocacy Tasmania
Relationships Tasmania
Legal Aid
Carers Tasmania
Palliative Care
Multicultural Community of Tasmania
Older Persons Advocacy Network
Australian Institute of Intergenerational Practices
Youth Network of Tasmania

WHO WE WORK WITH Education

TAFE
University of
Tasmania

Government

Department of Premier & Cabinet (DPAC)
Department of Education, Children and Young People (DECYP)
Tasmanian Health Service (THS)
Primary Health Tasmania (PHT & PHN)

COTA Tasmania's Programs

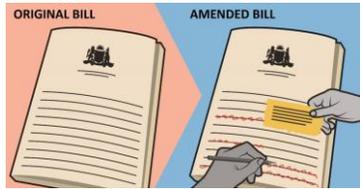
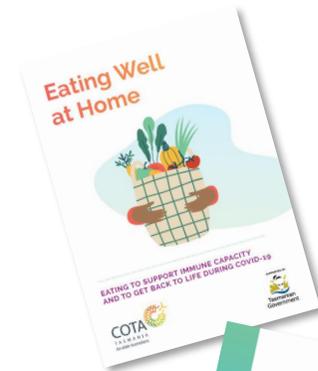


Policy Submissions



Care Finder

A free and friendly community service to help you navigate the Aged Care System.



An age diverse workplace is good business

Tips, tools and training for recruiting:
www.work45plus.org.au



Find community activities in your area

cotatas.org.au/information/activities



Stay up-to-date!

COTA Tasmania's *Rethink Ageing* monthly e-newsletter presents COTA's ongoing projects and raises awareness of issues affecting older Tasmanians.

Signing-up to receive the e-newsletter is easy and free – simply scan this QR code and fill-in the online form.

You can also call us on (03) 6231 3265.



We are for everyone.

ALL AGES: BUSINESS FOR EVERYONE





Projections
estimate
1 in 4
Tasmanians
will be over
65 by 2030

More older people will live, work, and visit Tasmania than ever before.
This is a great thing!

How we plan for and respect the life journey has a huge impact on how we age. Policy makers and service providers need to focus on:

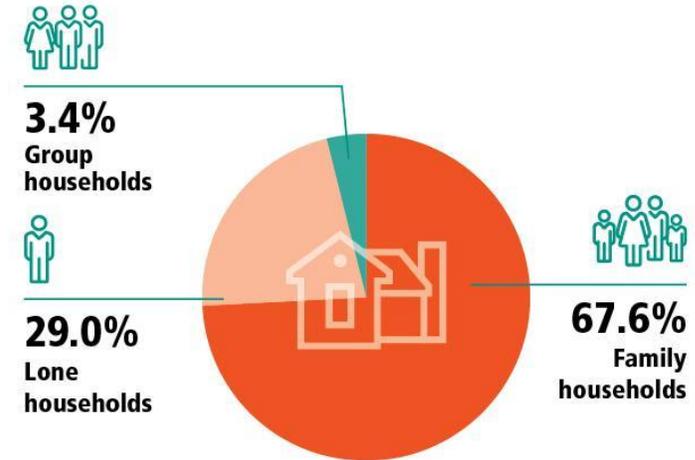
- age-friendly infrastructure
- accessible healthcare
- social support systems

Tasmania's population – 2021 Census

❖ Total population	557, 571
❖ Males	49.1%
❖ Females	50.9%
❖ Median Age	42 years
❖ Over 50yrs	40.9%
❖ Within that, the over 65yrs	20.9%

❖ 7,500 people over 85yrs reside in Regional Tasmania (5,900 in Hobart)

Source: ABS 2021 Census: Quick Stats & Centre for Population



The number of Australians aged 65 and over will more than double and the number aged 85 and over will more than triple in the next 40 years.

The number of centenarians is expected to increase six-fold.



ELECTION COMMITMENT SECURED

Tasmania now has a dedicated Minister for Ageing



COTA Tasmania looks forward to working with Minister Archer MP

COTA Tasmania is committed to advocating for and supporting the rights and wellbeing of all older people in the community.

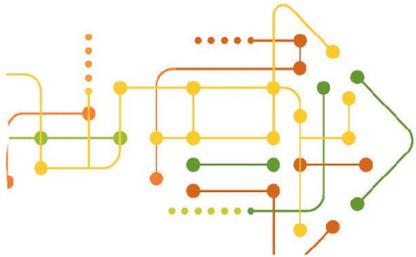
We regularly visit and talk to communities across the state to hear about their experiences, challenges and the things that are working well in their communities

Some of our work includes:

- Care Finder Program
- Lifelong Respect Program
- Community Engagement
- Ageism Awareness
- Seniors Week
- Policy submissions
- Seniors Week
- Media representation



Care Finder Program



The Care Finder program is designed to help older people who are eligible for government-funded aged care but need extra support to navigate the system.



The program is a free and friendly community service. We offer guidance through the Aged Care system for those experiencing challenges and have circumstances that make it difficult to navigate alone.



Care Finder

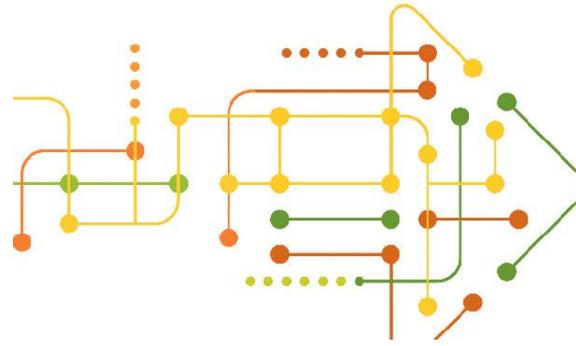
Who can access
the program?



Care Finder

What help can the program provide?

Care Finder Program



Please contact our Intake Team on [1800 518 048](tel:1800518048) during office hours Monday to Friday

or email carefinder@cotatas.org.au



Lifelong Respect Program

- Free legal clinics with Legal Aid Tasmania
- World Elder Abuse Awareness Day Walks & events
- Lifelong Respect Community of Practice
- LGBTIQ+ Awareness Resources
- Information session to raise awareness about elder abuse prevention, identification and response



Everyone should be able to live their life with respect and free from abuse.

It's ok to ask the question.

Elder Abuse Helpline:

1800 441 169

www.elderabuse.tas.gov.au

Free confidential statewide information and referrals.

Interpreter available
Phone 131 450



Data visualisation art - turning Tasmanian LGBTQ+ statistics and history into colourful images. Marks and glyphs are representing people, dates or events. 2023. [sabine_wagner_visual_art](https://www.instagram.com/sabine_wagner_visual_art)



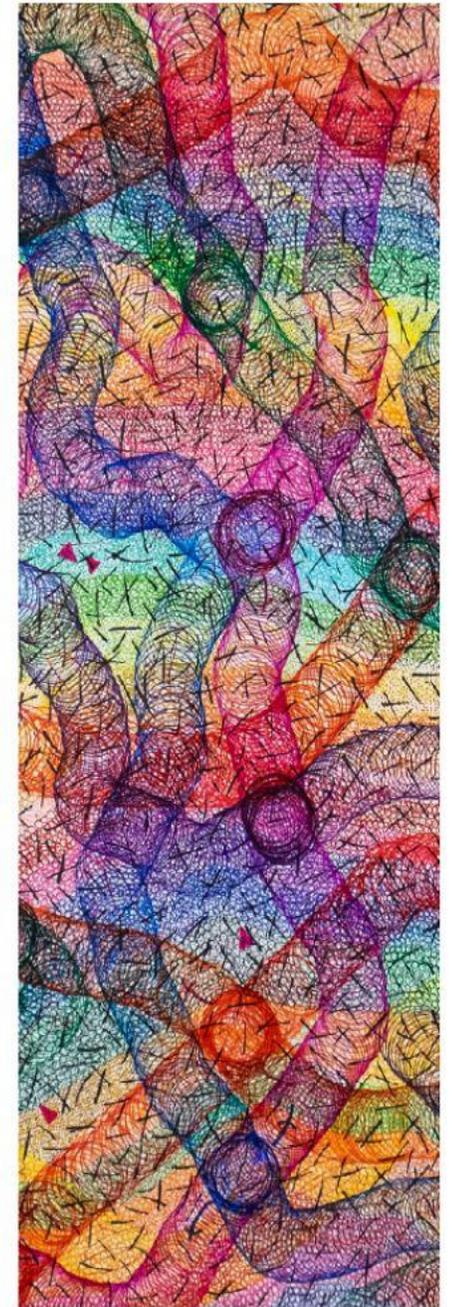
Advocacy Tasmania
in your corner



LIFELONG RESPECT



Lifelong Respect Program



Community & Engagement Program

- Ageism Awareness Workshops and Presentations
- Information and activities on our website
- Liveable Communities toolkit
- Supporter and memberships options
- Rethink Ageing eNews
- Intergenerational programs & events



~~“You don’t seem old. You’re so young at heart!”~~



~~“The elderly...”~~



COTA Tasmania Policy & Advocacy

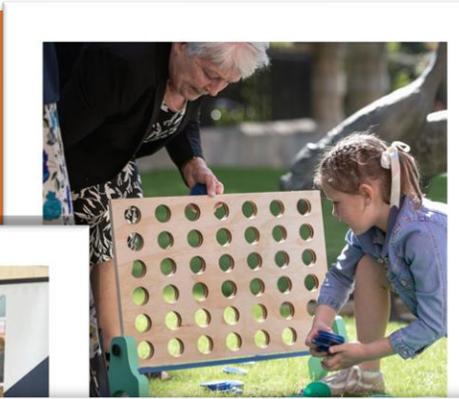
- In 2022 COTA facilitated statewide H.E.A.R. consultations on behalf of the State Government to help in shaping this action plan.
- 1500 Tasmanians shared their views, concerns and recommendations about ageing well in Tasmania.
- COTA Tasmania has advocated and supported many important issues for older Tasmanians. In the last 12 months this has included:
 - Long Term Residency in Caravan Parks
 - Accessible voting processes
 - Aged Care Act Reforms
 - National Plan to end Elder Abuse
 - Energy policy
 - Digital inclusion

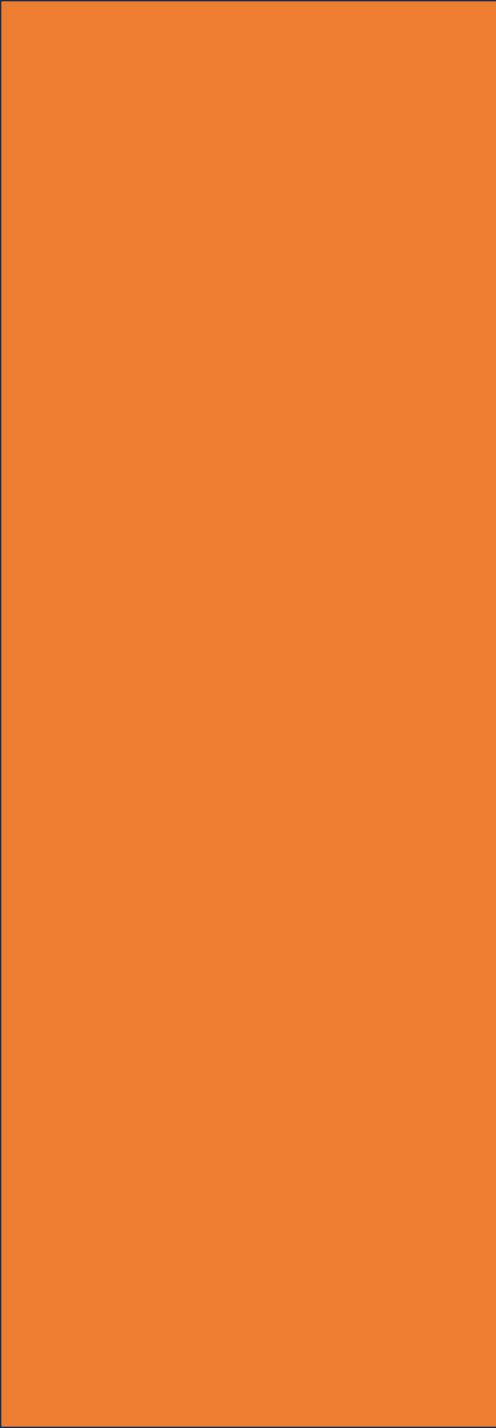
Seniors Week

An annual celebration of older Tasmanians.

Around 370 events and activities across the state

Most events are low or no cost





COTA



T A S M A N I A

Resources



Volunteer, part-time worker, gym junkie, lobbyist...older person.



Staying Strong at Home

STRENGTH AND BALANCE TRAINING FOR OLDER TASMANIANS



Eating Well at Home

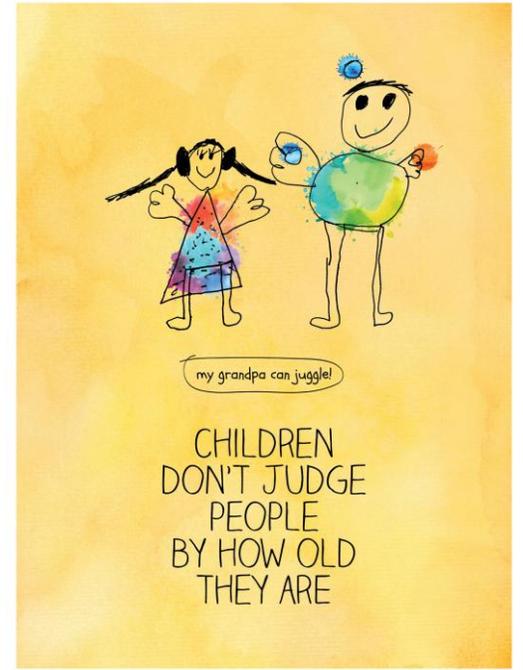


EATING TO SUPPORT IMMUNE CAPACITY AND TO GET BACK TO LIFE DURING COVID-19

Living Well at Home



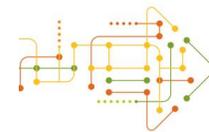
Improving personal wellbeing
Living well during COVID-19



COTA (Council on the Ageing) Tasmania

Care Finder

Are you struggling to access Aged Care services and have no one to help?





Our Vision

Tasmania is a place where all people are treated with respect, kindness and dignity, and where ageing is a time of opportunity, contribution and celebration.

Our Mission

We challenge ageism and promote the rights, interests and value of all Tasmanians as they age.

Our Values

Respect Diversity Trust

Collaboration

Our Tree of Hopes



Tree of Hope

What are your hopes for ageing your way?

What support do you need to age well?

How can we create a more age friendly community?

How would you like to keep contributing as you age?

What would you like us to know about so we can best support and represent you?

Brigid Wilkinson

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Please sign up to our e-news and
follow us on Facebook!



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“
WE ARE NOT
BORN BELIEVING
THAT WRINKLES
ARE UGLY.

WE LEARN IT.

-Ashton Applewhite