

Who is COTA SA?

COTA [Council on the Ageing] SA is the peak body representing the rights, interests and futures of more than 630,000 South Australians aged over 50. We are an inclusive older people's movement engaging every day with diverse older South Australians all over our state.

Along with providing a platform to ensure that older people are part of decision-making by government and industry, we also offer a range of independent supports and services.

Policy and advocacy

Our key focus is to advocate for reform that benefits older people whatever their background and wherever they live.

Representation

We represent older people's interests in a wide range of state and Commonwealth government, non-government, consumer advisory, and research forums.

Programs and activities

We develop and deliver a range of programs and activities across SA for older people and those engaged in their lives.

Benefits

COTA SA offers great savings and benefits available exclusively to members.

Let's Talk Aged Care

Get independent trusted information and support about navigating My Aged Care and aged care services and supports.



What we do...

- **Policy & Advocacy Work**
- **Let's Talk Aged Care**
- **COTA Visitors** - Friends for older people
- **The Plug-in** - Research of the 50+ market
- **Strength for Life** - 50+ fitness program
- **Rainbow Hub** - Working with LGBTI people
- **COTA Social Connections**
- **Maximising My Independence**
- **Advance Care Directives**
- **Talks for Community Groups**
- **Volunteering Opportunities**
- **Membership & Legal Services**



Although funding for the Maximising My Independence program has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

COTA SA

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Let's Talk Aged Care...



Maximising My Independence

Free information sessions for groups and clubs on **My Aged Care** and the **Commonwealth Home Support Programme [CHSP]**

This program is funded by the Australian Government Department of Health.



The Commonwealth Home Support Programme [CHSP] supports older people to maximise their independence at home and in their community

The Commonwealth Home Support Programme [CHSP] will:

- Support people over 65 to live in their own homes
- Provide a range of entry-level aged care services
- Focus on working with you, rather than doing for you
- Work with your individual goals, preferences and choices
- Have a strong emphasis on wellness
- Support you to maintain, regain or restore your independence at home and in your community



Key Messages

Maximise your wellness and quality of life

Stay living at home longer

Maintain or regain independence with support from the Commonwealth Home Support Programme [CHSP]

Find out more and register with My Aged Care

Know your rights

Free information sessions for your seniors club or group

Our friendly trained volunteer peer educators will provide information about the Commonwealth Home Support Programme [CHSP] and how it can help you maintain or regain independence to live at home and in the community.

- Stay in your home
- Eligibility
- Assessment
- Costs
- Choice and control
- Your goals
- Your rights

The session also covers My Aged Care

- Access information
- What to expect
- How to register

Maximising My Independence sessions are available for groups of older people (and families and carers) not yet accessing aged care or those receiving Commonwealth Home Support Programme services. It is not suitable for those receiving a Home Care Package or in an Aged Care Home.

Sessions can be held at your venue, at a time that suits you and handouts are provided for everyone attending. Our volunteer peer educators welcome group conversation and sharing of experiences during the session.

BOOKINGS

Book a free session for your seniors club or group. **Phone:** 08 8232 0422 or **Free call:** 1800 182 324 **Email:** bookings@cotasa.org.au **Online:** www.cotasa.org.au, [click on programs, then Maximising My Independence]