

FOR IMMEDIATE RELEASE
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Older people to have their say on ageing

Older people in South Australia's south-east and Murraylands are invited to have their say on issues affecting them, as part of 'Country Conversations' by COTA SA.

An initiative of the state's peak body for older people, Country Conversations will see listening posts pop-up in Kingston SE, Millicent, Mount Gambier, Naracoorte, Keith and Murray Bridge during August, where older people can discuss their experience of living in a regional community, what unique challenges they face and talk about what matters to them, what works, and what doesn't.

COTA SA Chief Executive Jane Mussared, together with the organisation's Country Programs Officer Helen Morley, will hit the road to chat with older people and use their feedback to advocate for and represent regional areas when running programs and lobbying government.

Ms Mussared said COTA SA was keen to hear from older people first-hand and encouraged them to attend their nearest listening post.

"We get lots of letters, emails and phone calls from older people in regional areas however our Country Conversations initiative is an opportunity to speak with them face-to-face," she said.

"There are more than 630,000 older South Australians, many of which live in regional areas, and we're committed to representing them and ensuring they have an opportunity to say what matters to them as they age.

"Older people living in regional towns often tell us they love their communities and their local friendships. However, they're often concerned about social isolation and loneliness if they must give up driving, they're frustrated by not being able to access information if they are not online, and they're worried about access to the health and support services they need to continue living independently.

"We would love to hear their side of the story, the ups and down of growing older in a regional area and about their ideas that will help them live and age well."

Times and locations for the Country Conversations:

Monday 23 August

- Kingston SE – 10.30am to midday, outside Foodland (1 Hanson Street, Kingston SE)
- Millicent – 2pm to 3.30pm, outside Foodland (1 Kentish Place, Millicent)

Tuesday 24 August

- Mount Gambier – 10am to midday, Mount Gambier Marketplace (248 Penola Road, Mount Gambier)
- Naracoorte – 2pm to 3.30pm, outside Foodland (63 Ormerod Street, Naracoorte)

Wednesday 25 August

- Keith – 10am to 11.30am, outside IGA (Hender Street, Keith)
- Murray Bridge – 1.30pm to 3pm, Murray Bridge Marketplace (21/53 South Terrace, Murray Bridge)

For more information about Country Conversations or to confirm times, dates and locations, visit <https://www.cotasa.org.au/news/newslist/2021/country-conversations-august.aspx>.

COTA SA is an older people's movement and the peak body representing the rights, interests, and futures of more than 630,000 older South Australians aged over 50.

For media interviews or more information, please contact:

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