

# 633,000 older South Australians are powering new possibilities for modern ageing.



**PEER EDUCATION**

**5,457 participants**

24 Peer Educators delivered 253 peer education sessions



**STRENGTH FOR LIFE**

**3,500 people attend each week**



**COTA SA MEMBER CLUBS**

**18,252 people**  
part of  
122 COTA SA Member Clubs



**COMMUNITY ENGAGEMENT**

**Up to 7,500 people having their say**



**COTA SA MEMBERS**

**9,924 members**



**COTA SA VOLUNTEERS**

**4,000+ volunteer hours**  
by 109 volunteers



**ZESTFEST**

**115,000 participants**

**COTA is an older people's movement, run for, by and with older people.**

# Life is full of possibilities.

## #ReframingAgeing



Anne Edwards, President COTA SA & Jane Mussared, CE COTASA

COTA is an older people's movement, run for, by and with older people. The last year has been important for COTA SA as we improve and extend the ways we tap into the voices and views of more than 630,000 older South Australians.

This year we launched The Plug-in, a social enterprise that is, very literally, a community of people who will influence South Australian research and innovation. The Plug-in will enable older people to be part of the vibrant SA Ageing Well industry and Living Laboratory Network that the State Government has supported as part of its economic priorities.

The new look ZestFest has worked with more than 200 partners throughout SA

to connect, challenge and celebrate our modern ageing.

We are reflecting more and more the rich diversity of older SA including by creating new opportunities for older LGBTIQ people to have a say, and for the Strength for Life program to better reach rural and CALD older people. The Ambassador for Mature Women, Dr Susan Mitchell, heard the stories of older women, including groups for whom English was not their first language, as she explored their experiences of struggling to find work.

COTA SA is a small not for profit and we greatly value 109 volunteers who extend our reach. Our peer education program continues to use the power of

older people to support and inform their peers on topics from road safety to aged care. Staff and volunteers (including our Policy Council members) are right now harvesting the issues and priorities of older South Australians in the lead up to the 2018 State election.

COTA SA celebrated its 60th year in 2017 and is part of an Australia-wide COTA federation with representation in all states and territories along with a national policy and advocacy body, COTA Australia. We share a vision that ageing in Australia is a time of possibility, opportunity and influence and a mission to advance the rights, interests and futures of Australians as we age.

### COTA SA thanks its partners, sponsors and supporters

- Aboriginal Health Council
- ACH Group
- Adelaide Fashion Festival
- Adelaide Primary Health Network
- Adelaide Symphony Orchestra
- Adelta Legal
- ARAS
- Art Gallery of South Australia
- Australian Government Department of Health
- Carers SA
- Catalyst Foundation
- CEDA
- City of Marion
- City of Mount Gambier
- City of Onkaparinga
- City of Playford
- City of Port Adelaide Enfield
- City of Salisbury
- City of Unley
- Kommunikate et al
- COTA ACT, COTA A, COTA NSW, COTA NT, COTA Qld, COTA Tas, COTA Vic, COTA WA
- COTA Insurance
- Council of Aboriginal Elders Council (CAESA)
- Country Arts SA
- Country SA PHN
- Department of Communities and Social Inclusion (DCSI)
- Department of Planning, Transport and Infrastructure (DPTI)
- ECH
- Economic Development Board of SA
- Energy Consumers Australia
- ESCOSA
- Ethnic Link
- FEAST Festival
- Festivals Australia
- Flinders University
- Good Shepherd Micro Finance
- Greven Financial Services
- Health Consumers Alliance (HCA)
- Health Performance Council
- Healthy Cities Onkaparinga
- Helping Hand
- History Trust of SA
- Housing for the Aged Action Group
- Illuminant
- Kalyra Communities
- Lifecare
- Local Government Association
- Media Resource Centre
- Multicultural Aged Care
- Multicultural Communities Council SA
- National LGBTI Health Alliance
- New Venture Institute
- Office for the Ageing
- Open State
- Oztrain
- Palliative Care Council SA
- Police Credit Union
- Port Augusta City Council
- Pride of the South
- Renewal SA
- Resthaven
- Royal Australian College of GPs
- SACOSS
- SA Health
- SA Health and Medical Research Institute (SAHMRI)
- SA Innovation Hub
- SA Power Networks
- SA Residential Parks Residents' Association
- SA Retirement Villages Residents' Association
- SA Water
- Shelter SA
- South Australian Rainbow Advocacy Alliance (SARAA)
- Southern Cross Care
- State Theatre Company of SA
- Telstra
- Tenx9
- The Australian Centre for Social Innovation (TACSI)
- Tonsley Innovation Precinct
- Torrens University
- Ubercare
- UniSA
- University of Adelaide
- Whyalla City Council
- Wicking Trust
- Windmill Theatre Company
- Yup Yup Labs
- 6 Degrees



### POLICY

COTA SA advances the rights, interests and futures of all South Australians as we age. We lobby to influence government, the private sector and the community. Our advocacy in 2017 has focused on housing, health, the cost of living, age discrimination and employment, as well as responding to emerging policy issues.



### STRENGTH FOR LIFE (SFL)

Since 2004, Strength for Life has increased the strength, health and well-being of over 50s across SA. In 2017 Strength for Life continues to evolve with the introduction of SFL Aqua. Aqua was launched on October 23 to cater for those who prefer the water to manage health and wellbeing.



### PEER EDUCATION

COTA SA peer educators continue to share information with older South Australians. Topics include Maximising My Independence (about the Commonwealth Home Support Programme) and Moving Right Along – obligations and opportunities for older drivers and motorised mobility scooter users.



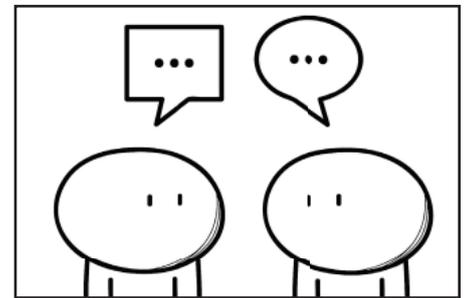
### THE PLUG-IN

The Plug-in, a new social enterprise established by COTA SA, is a diverse community of older people who are willing to be 'plugged in' to design, research and innovation processes to create and improve technology, products and services that suit the needs, preferences and priorities of older people.



### ZESTFEST 2017

To mark our 50th festival, we launched a new brand and vision - Zestfest - a festival of Modern Ageing. The three themes of Celebrate, Connect, and Challenge lead the programming as new partnerships were forged with South Australia's leading festivals, arts and cultural institutions.



### COTA CONVERSATIONS

COTA SA is conducting surveys and conversations with older people in preparation for the State Election in March 2018. We are hearing about what is working in their communities and what isn't. We are taking key issues and findings to the election candidates via the COTA SA State Election platform. Findings will also inform our advocacy throughout 2018.



### LGBTIQ PEOPLE AGEING WELL PROJECT

a partnership with the SA Rainbow Advocacy Alliance (SARAA), has been engaging with older LGBTIQ people across South Australia to understand the things that matter most to them. In early 2018 we will bring older LGBTIQ people together to prioritise and plan an ongoing user movement for older LGBTIQ people, linked with both COTA SA and SARAA.



### AMBASSADOR FOR MATURE WOMEN

The State Government has funded a project to engage Dr Susan Mitchell to be the Ambassador for Mature Women. Women, particularly single women, typically enter older age significantly poorer than their male counterparts with associated risks around precarious housing and health. Dr Mitchell's focus has been on increasing the participation of older women in the workforce.



### INFORMATION ACCESS

Information Access is a new service coordinated and implemented by a dedicated team of 12 volunteers. In its first few months, the service assisted 13 people over the telephone or in person, with issues from completing an Advance Care Directive, to navigating My Aged Care to renewing of a Drivers Licence.



"I hadn't realised that I might be nearing the point of not driving, so I was happy to learn about other ways of getting around."



"Raised many questions and all were answered."



"I am very appreciative of the support offered."



"Lyn was very responsive to questions and concerns"



"I found the session interesting and helpful"



"Everything was very clearly explained"



"Made us aware that we could do it!"

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