



*Love your life!*



*Get active! Make friends!*



## COTA SA

### *What we do...*

COTA SA is an older people's movement, working to advance the rights, interests and futures of more than 630,000 South Australians as we age.

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 & 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
- Maximising My Independence
- Advance Care Directives
- Talks for Community Groups
- Volunteering Opportunities
- Membership & Legal Services



## COTA SOCIAL CONNECTIONS

*Get back out after COVID*

**Connect with community**

**Engage in your interests**

**Make friends**

**Find support services**



Funded by  
**phn**  
ADELAIDE  
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[www.cotasa.org.au](http://www.cotasa.org.au)







## WHAT IS COTA SOCIAL CONNECTIONS?

COTA Social Connections has been developed in response to the disruption COVID-19 has had on older South Australians regular social interactions and activities.

It is a one-to-one service designed to help people connect with social activities and supports that match their interests and needs, and hence improve wellbeing.

The sky is the limit. You may want to help others, learn something new, volunteer, find a fitness group or pursue a hobby. You tell us and we will do our best to connect you!

It is a free, confidential and respectful service.

**We want you to have more of the good things in life!**

## HOW DOES IT WORK?

COTA Social Connections is delivered by peer volunteers who meet with participants over a number of weeks to help them identify and link with activities and supports.

Your volunteer will meet to discuss your existing social network and areas where you would like to develop or strengthen connections.

They will then research options for you and return to talk them through with you. Once you have identified activities you would like to be a part of, your volunteers can help you join and get started.

## CONNECTIONS MATTER

Research shows being connected with others is important for physical and mental wellbeing.

Relationships with family, friends and the community provide people with happiness, security, support and a sense of purpose.

## Sign up for your own COTA SA Social Connector

### LOCATION ELIGIBILITY

This program is delivered in the Adelaide Metropolitan area.

### TO

- ☐ Receive help finding activities and/or supports, or  
☐ Refer someone else to this service

Phone COTA SA on 8232 0422 or 1800 182 324

### OR

Fill in the form below and send it back to:

REPLY PAID 85717, HUTT STREET SA 5000

### OR

Complete a referral form at [www.cotasa.org.au](http://www.cotasa.org.au)  
[click Programs, then COTA Social Connections]

Title \_\_\_\_\_  
First Name \_\_\_\_\_  
Last Name \_\_\_\_\_  
Email \_\_\_\_\_  
Mobile \_\_\_\_\_  
Phone (Home) \_\_\_\_\_  
Address \_\_\_\_\_  
Suburb \_\_\_\_\_  
P/code \_\_\_\_\_

☐ Please add me to the COTA SA enews list

We will not release your personal information to a third party without your consent.