

FOR IMMEDIATE RELEASE
September 2020

Free events to help Fleurieu Peninsula's over 50s live their best life

COTA SA will host six free 'Ageing Well in Your Community' events in Victor Harbor and Goolwa over the next three months, as the over 50s peak body seeks to better advocate for older people on the Fleurieu Peninsula and support their wellbeing.

Victor Harbor and Goolwa will each host three events covering issues COTA SA's local advisory group agreed most impact the lives of older people in the community today.

The first two events will be held on Thursday 24 September and will cover how to navigate the Federal Government's My Aged Care system to help you live the life you choose, and Advance Care Directives for supporting your end-of-life decisions.

Events on Thursday 29 October will focus on mental and physical wellbeing to address the potential impact the COVID-19 pandemic may be having on older people's health in regional areas.

The final two events on Thursday 26 November will provide advice and information on services to help protect yourself and older loved one's from financial, emotional and physical abuse.

The events will feature guest speakers from local organisations who provide on-the-ground support and services to the local community.

Chief Executive Jane Mussared said it was important COTA SA were active in the community, given approximately 60 percent of people living in Victor Harbor and Goolwa are aged over 50.

"We want to make sure the region's older people are supported and have the information and advice they need to make decisions and live the life they choose," Ms Mussared said.

"The events will be in a safe and welcoming environment, with industry expert speakers and an opportunity for attendees to ask questions and meet like-minded people.

"This is the first step in COTA SA being much more active in the area. We would love to hear from people attending what they'd like next and how we can keep connecting in 2021.

"Event places are limited, as we're implementing COVID-safe practices, so we'd encourage those who are interested in attending to contact COTA SA to register as soon as possible."

COTA SA's six free community events include:

- **Thursday 24 September, 10am in Victor Harbor & 2pm in Goolwa**
Navigating the Services (focussed on My Aged Care and Advance Care Directives)
- **Thursday 29 October, 10am in Victor Harbor & 2pm in Goolwa**
Living Life and Feeling Good (covering physical and mental health, LGBTI matters, transport and driving, and accessing local community programs)
- **Thursday 26 November, 10am in Victor Harbor & 2pm in Goolwa**
Safeguarding and Futureproofing (including financial literacy and elder abuse)

Victor Harbor events will be at the Gospel Centre's Auditorium (2 George Main Road) and Goolwa events will be at Uniting Church's Open Door Centre (1 Collingwood Street).

To register to attend any of these events:

- Email events@cotasa.org.au
- Call (08) 8232 0422 or country callers 1800 182 324

Places are limited due to COVID-19 physical distancing and hygiene requirements.

COTA SA is an older people's movement and the peak body representing the rights, interests and futures of more than 633,000 older South Australians aged over 50.

For interview requests or more information, please contact:

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