



Need help navigating the Aged Care Systems

Penola

Drop in and chat to local **Roz**, volunteer Aged Care Navigators who is here to support you to understand and navigate the aged care systems, including My Aged Care.

What help is available

Do you have a question to ask, need some assistance to connect with organisations providing Aged Care support in your home, help with a form or even just how to register with My Aged Care, then Roz will guide you. If you have a social group or club, ask her how she can also provide group talks too.

The Aged Care Navigators Trial is delivered by COTA SA as part of a consortium led by COTA Australia and funded by the Australian Government.

www.AgedCareNavigators.org.au

Where can you chat to Roz

Dates:	August	10 th & 24 th
	September	7 th & 21 st
	October	12 th & 26 th
Time:	10am - 12noon	
Venue:	Penola Visitor Information Centre	

www.cotasa.org.au | cotasa@cotasa.org.au
08 8232 0422 | 1800 182 324 (country callers)