

Who is COTA SA?

COTA SA is powered by 633,000 older South Australians #ReframingAgeing.

We engage daily with older people across the state, and through our engagement with decision-makers and national COTA federation we influence policy and programs at both the state and national levels.

We look forward to the future challenges of supporting the rights, needs and interests of older people.

COTA SA key roles are:

- **policy and advocacy**
 - our key focus is to advocate for reform that benefits older people whatever their background and wherever they live
- **representation**
 - we represent older people's interests in a wide range of state and Commonwealth government, non-government, consumer advisory, and research forums
- **programs and activities**
 - we develop and deliver a range of programs and activities in both SA and interstate for older people and those engaged in their lives
- **benefits**
 - COTA SA offers great savings and benefits available exclusively to members





Join the conversation.
Join COTA Today!



COTA SA

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Adelaide SA 5001
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Country Callers 1800 182 324

Session bookings: bookings@cotasa.org.au

-  cotasa@cotasa.org.au
-  www.cotasa.org.au
-  www.facebook.com/COTASouthAus
-  twitter.com/COTASouthAus

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Although funding for the Commonwealth Home Support Programme "Maximising My Independence" Information Sessions, has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

Free Information sessions
for your club or group

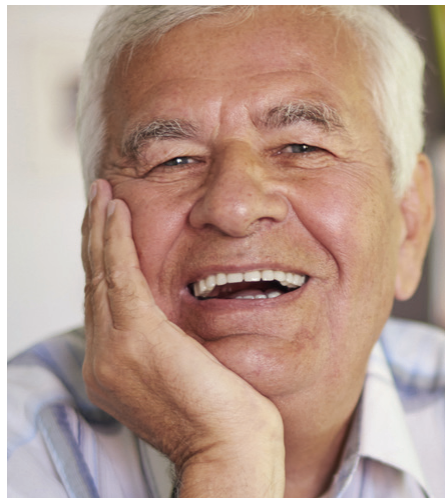
Maximising My Independence



Learn about My Aged Care
and the
Commonwealth Home
Support Programme (CHSP)

This COTA SA program is funded by the
Australian Government Department of Health.





Free information sessions for your seniors club or group

Our friendly trained volunteer Peer Educators will provide information about the Commonwealth Home Support Programme and how it can support you to maintain or regain independence to live at home and in the community.

- Stay in your own home
- Eligibility
- Assessment
- Costs
- Choice and control
- Your goals
- Your rights

The session also covers My Aged Care

- Access information
- How to register
- What to expect

Maximising My Independence sessions are available for groups of older people (and families and carers) not yet accessing aged care or those receiving Commonwealth Home Support Programme services. It is not suitable for those receiving a Home Care Package or in an Aged Care Home.

Sessions can be held at your venue at a time that suits you and handouts are provided for everyone attending. Our peer educators welcome group conversation and sharing of experiences during a session.

To book a free session for your seniors club or group, call us on 08 8232 0422 or Country Callers on 1800 182 324, email bookings@cotasa.org.au or book online at www.cotasa.org.au/programs/MaximisingIndependence.

The Commonwealth Home Support Programme aims to support older people to maximise their independence at home and in their community.

The Commonwealth Home Support Programme will:

- Support people over 65 to live in their own homes
- Provide a range of entry-level aged care services
- Focus on working with you, rather than doing for you
- Work with your individual goals, preferences and choices
- Have a strong emphasis on wellness
- Support you to maintain, regain or restore your independence at home and in your community

Key Messages

- **Maximise your wellness and quality of life**
- **Stay living at home longer**
- **Maintain or regain independence with support from the Commonwealth Home Support Programme**
- **Find out more and register with My Aged Care**
- **Know your rights**