



## Need advice on My Aged Care?

COTA SA's experienced volunteer Aged Care Peer Champions are available to provide free information, support and practical assistance to help you understand aged care services in your own home and navigate My Aged Care.

The COTA SA Peer Champions are local and independent and can meet you individually or in a small group.

### Fleurieu Peninsula

**Dorothy Hewitt**  
0476 179 609

**Marilyn Henderson**  
0456 390 059

### Mid North

**Vera Miller**  
0499 464 844

### Murray Mallee

**Tim Hobbs**  
0456 390 061

**Toni Murray**  
0448 512 796

### Yorke Peninsula

**Su Bell**  
0419 251 598

**Julie Johnston**  
0438 662 510