



STANDING WITH OLDER SOUTH AUSTRALIANS





COTA SA acknowledges the Kurna people of the Adelaide Plains as the traditional custodians of the land our headquarters occupy. We also acknowledge all Aboriginal nations throughout South Australia. We honour Aboriginal peoples' continuing connection to Country and recognise that their sovereignty was never ceded. We pay our respects to Elders past, present and emerging and extend that respect to all Aboriginal people.



Who We Are



COTA SA is the peak body representing the rights, interests and futures of more than 700,000 South Australians aged 50+, who together make up more than a third of our population



What We Do

- Policy
- Advocacy
- Engagement
- Programs and Services



The Plug=in.



- A specialist market insights program
- Gives older people an influential voice
- Free to get involved

The Plug-in





Strength for Life



**Strength
for Life**
Stay Strong



**Strength
for Life**
Easy Moves



**Strength
for Life**
Better Balance



**Strength
for Life**
Aqua



**Strength
for Life**
At Home



Overview

- An initiative of COTA SA, running for 21 years
- A range of affordable evidence-based exercise programs for older Australians
- Led by expert instructors in gyms and community centres, making it easy for people to get involved in ways that suit their goals and lifestyle



Facts

- From age 20 we can lose as much as 5% of our muscle mass per decade. After 50, especially for women following menopause, that can be as much as 15% per decade.
- As we age, some activities that used to feel easy, suddenly become hard.
- While muscle loss is a natural effect associated with ageing, it's not an inevitable fate.





How does Strength for Life help you live longer and stronger?

Improves:

- Balance
- Cardiovascular fitness
- Muscle strength
- Can help manage chronic conditions



How do you join Strength for Life?

- Visit www.strengthforlife.com.au
- Complete the Enrolment and Screening form
 - Download from the Getting Started page on the website or
 - Call COTA SA on 08 8232 0422 to have them posted or
 - Contact the Strength for Life Provider you wish to attend
- If needed, ask your doctor to fill out the Referral Form
- Call your provider to book your assessment or first class
- Talk to me after the presentation for other information



COTA
SOUTH AUSTRALIA



Aged Care
Volunteer
Visitors Scheme



COTA Visitor volunteers bring:

- conversation, news, new interests
- friendship, and a special connection
- Socially isolated people over 50
- Eligibility requirements



Become a COTA Visitor volunteer

Do you want to enrich the life of an older person?

We are currently recruiting volunteers in the Adelaide metropolitan area, Fleurieu Peninsula, Hills and Mallee regions.



COTA SA takes the threat of climate change seriously and has committed to join the movement for action on climate change. COTA SA aims to:

- Facilitate learning
- Reflect the concerns of older people
- Learn from and share stories of older people
- Partner with others



Let's Talk Aged Care

Provide a care finder
service to eligible older
people living in the
Adelaide metropolitan
area

COTA
SOUTH AUSTRALIA

Funded by
phn
ADELAIDE

An Australian Government Initiative



What help can Care Finders provide?



The care finders program is there to help people who are not yet receiving aged care services and have no family or friends to help them, to understand and connect into My Aged Care, get assessed, and to choose and engage aged care providers. In the process of this support, the care finders can also refer people onto other community services and supports.

Membership



- Through our membership, COTA SA is connected to thousands of older people across South Australia
- We offer free membership



Questions?

Contact

If you have a question or would simply like more information about any of COTA SA's services, programs or activities, please contact us by phone, email, post or visit us at our Adelaide office, Tuesday to Thursday, 9am – 5pm (subject to change)

