

FOR IMMEDIATE RELEASE
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COTA SA to engage with regional South Australians

COTA SA, the state's peak advocacy body for over 50s, is embarking on a state-wide road trip to hear from older people in South Australia's regional areas.

The organisation is conducting listening posts in the Riverland, Barossa, Eyre Peninsula, Mid North, Yorke Peninsula and Fleurieu Peninsula this September and October to hear first-hand the unique challenges facing residents more than 50-years-old.

The listening posts will "pop-up" in public areas and provide opportunities for older people to talk to us about what matters to them, what works for them and what doesn't.

COTA SA chief executive Jane Mussared said the organisation was keen to hear from people first-hand.

"We get lots of letters, emails and phone calls and we did a comprehensive national online survey of older Australians last year but the listening posts are a chance to talk face-to-face throughout country SA," she said.

COTA SA will use the feedback and information they collate from the listening posts to better advocate for and represent older South Australians in regional areas when running its own programs and lobbying government.

Ms Mussared is encouraging over 50s to come along to the listening post in their area.

"COTA SA is committed to ensuring the more than 600,000 older South Australians we represent have the opportunity to be heard about what matters to them as they age," she said.

"We are an older people's movement run by, for and with older people. We seek to represent the aspirations, interests and rights of all older South Australians.

"Older people living in regional South Australia often tell us they love their communities and the long-term friendships and opportunities offered by them. However, they also worry about becoming isolated if they give up driving or are frustrated by lack of online access.

"We would love to hear the whole picture, the ups and the downs of growing older in country SA, and the ideas people have for solutions."

Ms Mussared said COTA SA had worked hard to increase government priority for improved transport options and digital access.

"We are keen to hear more about those experiences but also about the other things that either work or don't work," she said.

Listening posts will be held in the following regional South Australian locations:

Eyre Peninsula

- Port Lincoln – Monday 9 September
- Wudinna – Tuesday 10 September
- Kimba – Tuesday 10 September
- Whyalla – Wednesday 11 September

Riverland & Barossa

- Kapunda – Tuesday 17 September
- Waikerie – Tuesday 17 September
- Berri – Wednesday 18 September
- Loxton – Wednesday 18 September
- Nuriootpa – Thursday 19 September
- Lyndoch – Thursday 19 September

Mid North

- Port Pirie – Monday 23 September
- Peterborough – Tuesday 24 September
- Jamestown – Tuesday 24 September

Yorke Peninsula

- Ardrossan – Tuesday 1 October
- Minlaton – Tuesday 1 October
- Kadina – Wednesday 2 October
- Moonta – Wednesday 2 October

Fleurieu Peninsula

- Goolwa – Wednesday 16 October
- Victor Harbor – Wednesday 16 October

Over 50s seeking to attend a listening post can receive more information about times and venues by contacting COTA SA on cotasa@cotasa.org.au, (08) 8232 0422, 1800 182 324 for country callers, or by checking www.cotasa.org.au for updates.

For all interview requests, please contact:

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