

7 April 2020

Dear friend of COTA SA,



As Easter is upon us and our community works together to manage the outbreak of COVID-19, COTA SA would like you to know that our team and services are very much here for you.

### **PLEASE STAY SAFE AND UP TO DATE**

While Government recommendations for how we conduct ourselves during this pandemic are constantly being updated, the need for us all to practice social distancing, impeccable hygiene and social isolation where there is particular threat, remain paramount.

Older people are particularly urged to avoid unnecessary physical interaction with others. Please keep up to date about how to keep safe through –

- o The Australian Government Department of Health website at [www.health.gov.au](http://www.health.gov.au) then click on the “learn more” button for COVID-19
- o SA Health at [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au) and look for the link to “Coronavirus Disease (COVID-19) information and resources”
- o The COVID-19 hotline on 1800 020 080.

### **CHECKING IN WITH YOU**

If you do not have an email address, one of our COTA SA team members will phone to check in with you over the next few weeks. We want to see how you are, collect your tips and stories and make sure you have what you need. If you can't wait for us to call, then please ring us using the phone numbers included in this letter. If you would like us to touch base with you regularly as the pandemic continues, let us know and we'd be pleased to do so.

### **WE WANT TO COMMUNICATE WITH YOU**

Our e-newsletters are sent every three weeks and are an easy way to stay in touch. They contain the latest information on what's happening within COTA SA as well as links and information from other organisations. If you have an email address but you're not currently receiving COTA SA emails, please email your details to us at [cotasa@cotasa.org.au](mailto:cotasa@cotasa.org.au) or sign up via our website [www.cotasa.org.au](http://www.cotasa.org.au). If you use Facebook, please follow our page [www.facebook.com/COTASouthAus/](https://www.facebook.com/COTASouthAus/) for regular updates.

### **KEEP MOVING**

It is tempting for all of us to stop regular physical activity as we stay at home. We should be doing the opposite. Keep your walking up, keep your exercises up, keep moving – just adapt your routine to meet the social distancing and hygiene guidelines. If you need help, leave a message for our Strength for Life team and we will help you with some ideas.

### **STAY CONNECTED**

Isolation over a long period may make us feel very lonely, anxious or disconnected. We encourage you to stay in touch with friends and family by writing a letter or sending an email, making a phone call or contacting over video chat, like FaceTime or Skype. The COVID-19 Mental Health support line is available on 1800 632 753.

### **OUR ADVOCACY**

COTA SA is continuing to advocate on a wide range of issues both within our state and on a national basis. We work closely with other state and territory COTAs and with COTA Australia to ensure that we are influential across the issues that matter to older people.

## **OUR SERVICES ARE STILL HERE!**

### **Strength for Life**

Please stay fit and strong! Visit the COTA SA website in the coming weeks as we will be uploading some videos for you to follow at home. Alternatively ring us and ask our Strength for Life team for some ideas.

## The Plug-in

Now more than ever we need your voices to be heard. You can register to be an Influencer and take part in surveys and research projects from the comfort of your lounge room by visiting us at [www.theplugin.com.au](http://www.theplugin.com.au) or phoning us on 8224 5526.

## Aged Care Support

If you need to connect with My Aged Care and you are having trouble, please ring our Aged Care Specialist Support Worker, Helen Morley on 0484 143 772 or 1800 182 324.

If you live in one of the country areas below then one of our local COTA SA team members can help you access My Aged Care or learn about aged care.

**South East:** Karyn Baker 0404 606 134, Cathy Brewin 0402 145 317, Roz Minion 0428 348 129 or Kathy Griffen 0427 122 987

**Yorke Peninsula:** Su Bell 0419 251 598 or Julie Johnston 0438 662 510

**Fleurieu Peninsula:** Marilyn Henderson 0456 390 059 or Julianne Smithson 0476 179 609

**Mid North:** Su Bell 0419 251 598 or Vera Miller 0499 464 844

**Murray Mallee:** Toni Murray 0448 512 796

## Advance Care Directives

Support for completing an Advance Care Directive is available through Su Bell on 0419 251 598.

## COTA Visitors

Virtual visits are being conducted until we can resume face-to-face visits. If you live in residential aged care or receive (or are waiting for) home care and would like to connect with a new friend, phone us or email [Germaine Rowberry cvs@cotasa.org.au](mailto:Germaine.Rowberry@cotasa.org.au).

## The Rainbow Hub

The Rainbow Hub is continuing with its active support and connection with LGBTI elders through its newsletter, regular telephone contacts, aged care support and advice. The Rainbow Hub's Project Officer Jackie Wurm is available [jwurm@cotasa.org.au](mailto:jwurm@cotasa.org.au) or by phoning 8232 0422.

## Legal Services

COTA SA is continuing to work with Adelta Legal to offer free 20-minute phone appointments. Please ring us to make an appointment.

## ZestFest 2020

As you might expect we are reviewing our options for ZestFest 2020 and exploring opportunities to challenge ageism, connect people to new possibilities and celebrate our longevity in spite of COVID-19. ZestFest 2020 Director, Jayne Boase can be contacted at [jboase@cotasa.org.au](mailto:jboase@cotasa.org.au) and she will keep you posted!

## STAY IN TOUCH WITH US

While our Hutt Street office has temporarily closed, our staff and volunteers are working as hard as ever. If you are in doubt, need our help or have an idea to share, please contact us –

- o Telephone - 8232 0422 or country callers 1800 182 324
- o Email – [cotasa@cotasa.org.au](mailto:cotasa@cotasa.org.au)
- o Mail - GPO Box 1583, Adelaide SA 5000

Please stay in touch with us and with one another.

Yours in health and solidarity,



Jane Mussared  
Chief Executive



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**The Plug-in.**

