

Let's Talk Aged Care...

in Mt Gambier



We're here to help...

COTA SA volunteer Aged Care Navigators in Mt Gambier, are available to talk with you face-to-face to help you understand and access My Aged Care. There will be three drop in sessions at the Mt Gambier Library during Sept - Nov.

**MONTHLY,
FREE,
INDEPENDENT
SUPPORT**

Turn up at the library and talk to local volunteers Kathy [0427 122 987] and Andrew. You can ask questions, receive and take home information about My Aged Care.

MT GAMBIER LIBRARY

WEDNESDAY, 30 SEPTEMBER

10:00am - 12noon

WEDNESDAY, 21 OCTOBER

10:00am - 12noon

WEDNESDAY, 18 NOVEMBER

9:30am - 11:30am



For more information or support contact:

Helen Morley,

Country Programs Officer

P: 1800 182 324 E: acs@cotasa.org.au

The Aged Care Navigators trial is delivered by COTA SA as part of a consortium led by COTA Australia and funded by the Australian Government. www.AgedCareNavigators.org.au

CONTACT COTA SA

E: cotasa@cotasa.org.au

P: 8232 0422

Mail: GPO Box 1583, Adelaide SA 5001