

# Let's Talk Aged Care...

## **VOLUNTEER WITH WITH COTA SA in the Eyre Peninsula**

**Are you 50 or older, familiar with My Aged Care, or have lived experiences of the My Aged Care systems?**

COTA SA is seeking a volunteer Aged Care Peer Champion in the Eyre Peninsula. As a Peer Champion you will support older people, individually or in small groups to understand, navigate and engage with the My Aged Care systems.

Contact Paloma Wraith, Volunteer Coordinator at COTA SA on (08) 8232 0422 or email [pwraith@cotasa.org.au](mailto:pwraith@cotasa.org.au) to connect with your community in this rewarding and supported volunteer role.

More information about the My Aged Care Support Program is available at [www.cotasa.org.au/programs](http://www.cotasa.org.au/programs)