



How's your Nan?

OLDER, Not Alone

COTA WISE Helpline

1300 135 090

cotavic.org.au/information/wise-services

Victorian Government support

Nurse-On-Call

1800 022 222

healthdirect.gov.au/australian-health-services

Victorian Government Coronavirus Hotline

1800 675 398

coronavirus.vic.gov.au/information-for-seniors-covid-19

Seasonal influenza vaccine information

health.vic.gov.au/immunisation/seasonal-influenza-vaccine

Seniors Online Victoria

seniorsonline.vic.gov.au/get-involved

Your local council

viccouncils.asn.au/find-your-council

For more support systems and why you should connect with the older person in your life, visit **OlderNotAlone.com**



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Vaccinations



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Victorians can and should look after one another this winter, especially when it comes to our most vulnerable cohort...

older people.



It's proven older Victorians connected to community support and assistance programs have better health and wellbeing outcomes and an increased ability to live independent lives.

COTA Victoria, Seniors Rights Victoria, the Victorian Government, the Municipal Association of Victoria, and your local council have supports available for you, a loved one, or neighbour.

Is there an older person in your life who might not know the supports available for them around covid and flu vaccinations?

Check in and make them aware!



COVID-19 AND FLU VACCINATIONS

Did you know?

As you get older, your immune system can become less effective at protecting you from some diseases.

With COVID-19 and flu cases set to increase this winter, vaccinations are a proven and safe way to protect yourself against these diseases that can cause serious illness, and even death.

In 2022, older Australians were more likely to die with COVID-19 compared to other age groups, while those aged 65 or over have also been found to be more susceptible to long COVID symptoms. Traditionally, this is a time when hospitals come under pressure, so reducing the likelihood that you need help there is a wise choice.

Vaccinations can help people live a longer and healthier life – which is so important as we head into these colder months.

So, do you know if the older person in your life has their immunisations up-to-date? If they don't, there is help available.





How's your Pop?

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COTA WISE Helpline

1300 135 090

cotavic.org.au/information/wise-services

Older Men, New Ideas

1300 135 090

cotavic.org.au/our-programs/omni-mens-discussion-group

Probus

1300 630 488

probussouthpacific.org

FriendLine

1800 4 CHATS (1800 424 287)

friendline.org.au

Neighbourhood Houses Victoria

nhvic.org.au/find-a-neighbourhood-house

Seniors Online Victoria

seniorsonline.vic.gov.au/get-involved

Your local council

viccouncils.asn.au/find-your-council

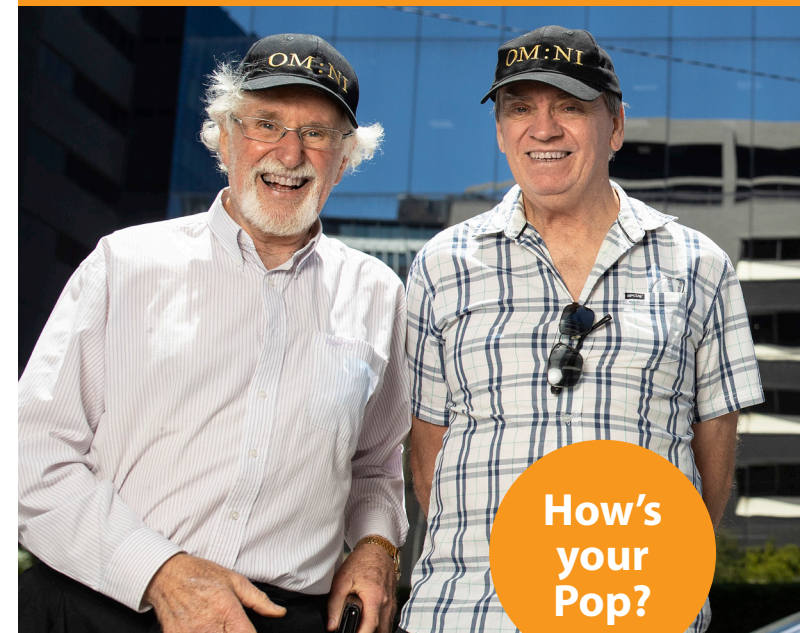
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Community and Peer Groups



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Is there an older person in your life who might not know the supports available to reach out and connect with others?

Check in and make them aware!



COMMUNITY & PEER GROUPS

Did you know?

Most Australians will experience loneliness at some point in their lives.

While not as obvious as a cut or bruise, social isolation and loneliness can affect both your mental and physical health. They are considered significant health and wellbeing issues because of the impact they have on peoples' lives.

While there are a range of complex factors that lead to social isolation and feelings of loneliness, research has suggested that living alone is a key factor.

For many people, communicating with others can help them to have a healthier mindset, improved self-worth, and greater enjoyment of life, which is even more important as we age. Around one-third of Australian adults are not involved in any social or community groups – and there are so many out there.

So, do you know if the older person in your life is socially isolated? If they are, then there is help available.



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COTA WISE Helpline

1300 135 090

cotavic.org.au/information/wise-services

Victorian Government support

Concessions

1300 475 170

services.dffh.vic.gov.au/concessions-and-benefits

\$250 power saving bonus

1800 000 832

compare.energy.vic.gov.au

Seniors Online Victoria

seniorsonline.vic.gov.au/get-involved

Your local council

viccouncils.asn.au/find-your-council

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How's your mate?

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Financial Supports



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COTA Victoria, Seniors Rights Victoria, the Victorian Government, the Municipal Association of Victoria, and your local council have supports available for you, a loved one, or neighbour.

Is there an older person in your life who might not know the supports available for them around financial rebates?

Check in and make them aware!



FINANCIAL REBATES AND SUPPORTS

Did you know?

According to a recent survey, 18% of older Victorians have overdue bills due to payment difficulties.

The cost of living has dramatically increased in the past year. Inflation reached 8.1% in December 2022, electricity prices are set for at least another double-digit percentage increase and the price of gas has increased by over 20% in 2023.

While we can't do much about price increases, the good news is that there is a lot of support available. There are many concessions for older Victorians, covering energy and other rising costs, and it's important that they can access them – especially the ones that may be a bit harder to reach online. While money can be a sensitive issue for some people, every little bit helps.

So, do you know if the older person in your life is struggling with increasing bills? If they are, then there is help available.



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COTA WISE Helpline

1300 135 090

cotavic.org.au/information/wise-services

Care Finder

1300 135 090

cotavic.org.au/our-programs/care-finder

Victorian Government support

Choosing a retirement village

1300 558 181

consumer.vic.gov.au/housing/retirement-villages/choosing-a-retirement-village

Supporting independent living

1300 650 172

health.vic.gov.au/ageing-and-aged-care/supporting-independent-living

BeConnected

1300 795 897

beconnected.esafety.gov.au

Seniors Online Victoria

seniorsonline.vic.gov.au/get-involved

Your local council

viccouncils.asn.au/find-your-council

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Independence



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COTA Victoria, Seniors Rights Victoria, the Victorian Government, the Municipal Association of Victoria, and your local council have supports available for you, a loved one, or neighbour.

Is there an older person in your life who might not know the supports available for them so they can keep their independence?

Check in and make them aware!



INDEPENDENCE

Did you know?

According to the recent census, over 700,000 Australians over the age of 65 reported a need for assistance.

Independence is vital as we get older – and we all want to keep it. Despite the focus on aged care facilities, most older Australians live successfully at home. Retaining your independence as you age has been shown to support better mental health, physical health and people's sense of wellbeing and connection.

But keeping your independence gets harder as you get older. Sometimes you need some assistance so you can maintain it. This is why it so important we make sure that we help older Victorians to make sure they can get the support they want – so they can live their life on their terms.

So, do you know if the older person in your life is getting the support they need to keep independent and living well? If not, there's help available.





How's your
neighbour?

OLDER, Not Alone

Victoria Police
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Call immediately if you or someone you know is in
an unsafe or life-threatening situation.

Seniors Rights Victoria Helpline
If you or someone you know are experiencing elder abuse
1300 368 821
seniorsrights.org.au

Elders Rights Advocacy
For support with Commonwealth funded aged care services
1800 700 600
era.asn.au

Seniors Online Victoria
seniorsonline.vic.gov.au/get-involved

Your local council
viccouncils.asn.au/find-your-council

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Elder Abuse



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Is there an older person in your life who might not know the supports available to them when facing elder abuse?

Check in and make them aware!



ELDER ABUSE

Did you know?

Approximately 15% of older people will have experienced elder abuse in the past 12 months.

Elder abuse is a unique, and often very personal, form of abuse. It includes financial, emotional, psychological, physical, and sexual abuse; it also includes mistreatment or neglect. It can range from a person not considering an older person's needs to someone intentionally causing harm.

Most often, elder abuse is carried out by someone known to the older person and in a position of trust, with two thirds of abusers being an adult child. It affects people of all genders and all walks of life, but it does disproportionately affect women.

Elder abuse is a real and ongoing threat in our community. Abuse of older people can have serious impacts on physical and mental health as well as significant financial, and social consequences.

So, if you know or suspect that an older person in your life is experiencing elder abuse, there is help available.

