



How's your Pop?

# OLDER, Not Alone

COTA WISE Helpline

**1300 135 090**

[cotavic.org.au/information/wise-services](http://cotavic.org.au/information/wise-services)

Older Men, New Ideas

**1300 135 090**

[cotavic.org.au/our-programs/omni-mens-discussion-group](http://cotavic.org.au/our-programs/omni-mens-discussion-group)

Probus

**1300 630 488**

[probussouthpacific.org](http://probussouthpacific.org)

FriendLine

**1800 4 CHATS (1800 424 287)**

[friendline.org.au](http://friendline.org.au)

Neighbourhood Houses Victoria

[nhvic.org.au/find-a-neighbourhood-house](http://nhvic.org.au/find-a-neighbourhood-house)

Seniors Online Victoria

[seniorsonline.vic.gov.au/get-involved](http://seniorsonline.vic.gov.au/get-involved)

Your local council

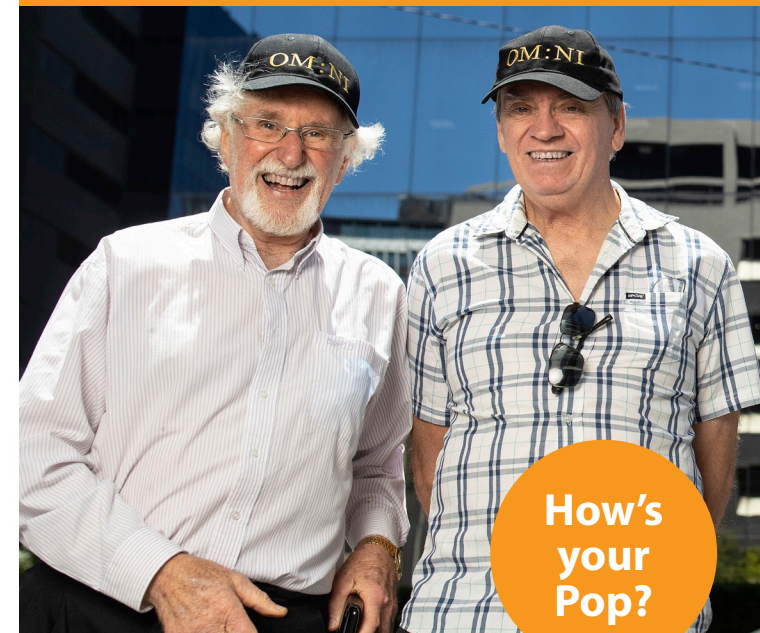
[viccouncils.asn.au/find-your-council](http://viccouncils.asn.au/find-your-council)

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

# OLDER, Not Alone



Community and Peer Groups



How's  
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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 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.