

**COTA**  
V I C T O R I A



*Seniors Information*

COTA VICTORIA

# FREE INFORMATION SESSIONS FOR SENIORS' GROUPS ANYWHERE IN VICTORIA



**TO BOOK, CALL**  
**1300 13 50 90**



(telephone interpreters available)

**IN PERSON OR VIA VIDEO LINK**

*Information session details overleaf \**

*COTA Victoria is supported by financial  
assistance from the Commonwealth and  
Victorian governments*

## 1 **NEW Wills – what you need to know before seeing your lawyer**

This topic is the perfect preparation before making your Will. It offers an overview of the legal process and highlights key things to think about. The session ends with a brief Q&A with a lawyer.

## 2 **Your Wellbeing, Your Plan**

Your Wellbeing, Your Plan provides practical information on the benefits of staying well; helping you to identify and achieve the personal goals to maximise better health outcomes and to get the most out of support services.

## 3 **Moving out of the Family Home – Your Options**

Thinking about downsizing or moving into residential aged care? Accommodation options for older people can be complex so it helps to have information before you have to move. This session covers the accommodation options available to older people.

## 4 **Understanding Pensions and Concessions**

Both State and Federal governments offer seniors a range of benefits and concessions to ease cost-of-living pressures; some available only upon application. This session provides seniors with a better understanding of the concessions and benefits they can access and how.

## 5 **Transitioning to Retirement**

The concept of retirement was developed when only 3% of the population lived long enough to enjoy it. Now we average around 20 years of life after 65! Transitioning to Retirement considers how we can embrace the gifts and challenges of ageing and ageism in Australian today.

## 6 **Staying Connected through Technology**

Are you curious about Facebook and how people connect through technology? Then this talk is for you! Social media can allow you to see photos, videos and family news in real time, let you post your own news and make FREE video phone calls. No prior knowledge needed and tips of privacy included.

## 7 **Managing in the Heat**

The Australian climate can be deadly, with more people dying in heatwaves than in fires, floods and cyclones. This session helps you to plan sensibly and stay safe in the heat; to understand how the heat affects certain medical conditions and medicines and shares tips on staying cool.

## 8 **Understanding the Aged Care System – Consumer Directed Care**

Recent reforms of Aged Care have resulted in significant changes to how services are accessed and delivered. In-home aged care is now delivered under a Consumer Directed Care (CDC) model, which aims to put choice and flexibility in the hands of the 'consumers' through individualised aged care packages. Understanding how the system works is key to empowering seniors in CDC.

## 9 **Saving on Power**

Concerns about soaring energy bills are growing, yet research shows that 'households save up to \$715 - \$920 per annum'<sup>i</sup> by switching energy provider. We show you how to find the best deal for you; how to access energy grants and concessions, and how to be energy smart.

## 10 **Need help finding the best Electricity and Gas deals?**

91% of people who compared their current power plan with other offers on *Victorian Energy Compare* are able to save money, with 50% finding they could save more than \$330 per year! This session shows you how and you might not even have to change provider: simply ask for a better deal!

## 11 **Services for Seniors**

Lifelong learning, exercise, home care, personal alerts and many other services are tailored specifically for seniors. If you are interested in finding out what services are available for you now or in the future, this is the session for you!

*\* Topics offered are current as of February 2017. Please note some changes may occur due to funding or other reasons.*

*<sup>i</sup> St Vincent de Paul Society, Tariff Tracking Project, 2016*

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