



COTA Ageing ACT

Council on the Ageing (COTA) ACT is a local organisation working to improve the lives of older people in the Canberra community.

We work with older people, their families and friends, community organisations, business and government to identify gaps, to implement services and programs so older people are encouraged to participate in the community and contribute fully to life around them.



02 6282 3777



contact@cotaact.org.au



www.cotaact.org.au



2 Wisdom St Hughes ACT



[Facebook.com/COTAACCT](https://www.facebook.com/COTAACCT)



COTA

Ageing ACT

Basil La Brooy

Housing and Ageing Options

02 6282 3777

COTA ACT | Hughes Community Centre

2 Wisdom Street Hughes ACT 2605

blabrooy@cotaact.org.au | www.cotaact.org.au



How we help on your ageing journey

Since 1973 COTA ACT has been the peak body for seniors in the ACT. We provide a range of services for both COTA ACT members and the wider Canberra community.

A range of assistance

COTA ACT will work with you (or friends, family or neighbours) to get the best outcomes for your circumstances. This includes accessing in-reach support from our partners like Advance care, Care Inc, Legal Aid and the Australian Taxation Office.

Housing and Ageing Advice

We can provide you with help you to make decisions about your housing situation, access services or to support someone else through the process. Get information about the options available to you as you age.

Digital Support

Our free Get IT program provides one-on-one support for older people to gain confidence using their mobile phone, tablet or laptop.

ACT Seniors Card

COTA ACT manages the ACT Seniors Card program, including the ACT Seniors Card Discount Directory.

COTA Visitors

Part of the Aged Care Volunteer Visitors Scheme (ACVVS), COTA Visitors provide friendship and companionship to older people at risk of isolation.

Active Ageing

We run evidenced-based active ageing programs like Strength for Life - a progressive fitness program designed to improve a participant's strength, balance, coordination, endurance and mobility.

Community Education and Events

Get involved and attend one of the many events COTA ACT hosts across the year - ranging from information seminars, concerts and the annual ACT Seniors and Better Ageing Expo.

FREE Advance Care Planning and Enduring Power of Attorney service

Advance Care Planning (ACP) ensures that your end-of-life preferences are known and respected, providing clarity for both medical professionals and families during critical decision-making moments.

COTA ACT hosts ACP and EPoA sessions with trained facilitators from ACT Health. Appointments are available weekly at the Hughes Community Centre.

Book your appointment by calling COTA ACT
on 02 6282 3777.

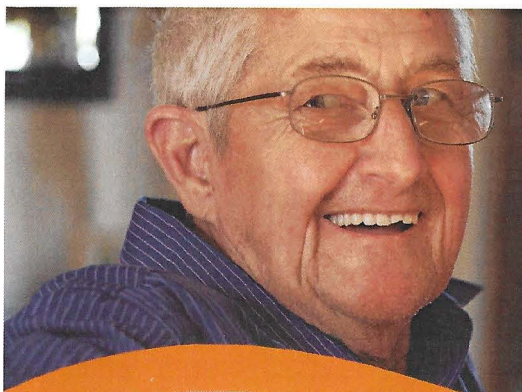


COTA

Ageing ACT

www.cotaact.org.au/services/community-education | info@cotaact.org.au | 02 6282 3777





HOUSING AND AGEING SUPPORT

COTA ACT's experienced staff can provide you with advice and information on your housing and aged care support options. We have a wide network of professional services and knowledge of local services to help you explore your options to make the best choice for your individual circumstances.

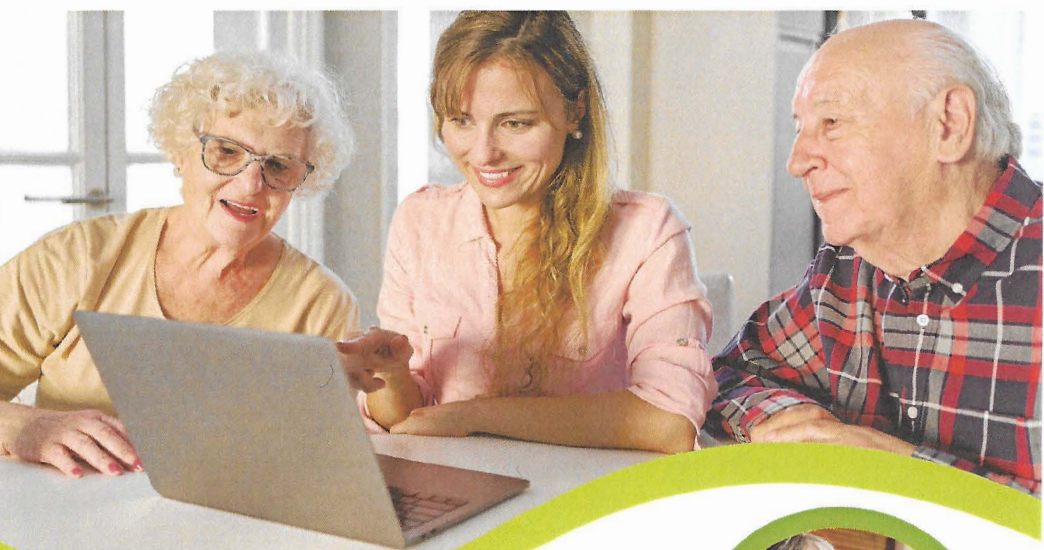
Explore your options:

- ✔ Staying in your own home
- ✔ Downsizing/Rightsizing
- ✔ Retirement Villages
- ✔ Accessing support
- ✔ Public and private rental
- ✔ Residential Aged Care

Book a free appointment for yourself or a family member by calling COTA ACT on 6282 3777.



www.cotaact.org.au
P: 02 6282 3777



GET IT

Digital help for seniors

Do you (or someone you know) need help to better use or understand a phone, tablet or laptop?

COTA ACT's Get IT program helps seniors to gain confidence and learn more about their phone or device.

FREE appointments with our team of friendly and patient digital mentors run for up to an hour and are one-on-one.

Sessions currently take place on Wednesday and Friday mornings at the Hughes Community Centre and can be booked by calling 6282 3777.

Please note the Get IT program is unable to provide technical advice or troubleshooting.



COTA ACT
www.cotaact.org.au | info@cotaact.org.au
02 6282 3777

Supported by



Be Connected

Every Australian online.



Strength for Life

Strength for Life is an evidence based exercise program for people over the age of 50. The program is a safe, effective and affordable way for people to improve their strength, balance, mobility and social connections. The sessions are available in health professional clinics, fitness centres, retirement communities and community centres. All participants are assessed and provided with an individualised program before attending their group based sessions.

Provider	Phone
COTA ACT (Hughes)	02 6282 3777
SpotsCare (Mawson)	02 6283 6467
SportsTec Clinic (Mitchell)	02 6156 1308
Empower Better Health (Gungahlin/Dickson/Belconnen)	02 61403282
Higher Function Physio & Pilates (Civic)	02 6262 9664
Equipd Community Gym (Chifley)	02 5135 6600
The Henry (Higgins)	02 6210 9865
LDK Greenway Views (Tuggeranong)	0414 706 022
Canberra Physio Clinic (Manuka)	02 6189 5445
Danielle Chesher - Health and Wellness (Mitchell)	0438 091 109

Strength for Life sessions are delivered by Strength for Life accredited physiotherapists, exercise physiologists and personal trainers in the following provider locations around Canberra



Strength for Life

Joining the Strength for Life program

1

Complete the Pre-Exercise Screening Questionnaire and Enrollment.

All forms are available on the COTA ACT website and hardcopies at the COTA ACT office.

If required, visit your GP for a referral.

2

Contact a Strength for Life provider where you'd like to do classes.

Tip: ask about class times, availability and costs here to make sure they suit you!

3

Book an assessment at your preferred provider.

It's important you do your assessment where you intend to do classes to ensure an accurate program can be written for you.

4

Attend an assessment.

Bring your paperwork to the assessment (including GP referral and enrolment form)

The assessor will develop a program tailored to you based on this assessment.

5

Start attending classes using your individual program!

Check with your instructor/provider about how to book in and pay for classes.

For more information and to download referral forms for the program, visit:



phone: 6282 3777 or email: strengthforlife@cotaact.org.au

Strength for Life is managed by Council on the Ageing (COTA) ACTStrength

