

# COTA (ACT)

Connecting Over 50s Throughout Australia

SPRING  
SPECIAL

07

NEWSLETTER

E  
L  
E  
C  
T  
I  
O  
N  
  
M  
E  
E  
T  
I  
N  
G  
  
S  
E  
N  
I  
O  
R  
S  
  
D  
A  
Y  
  
H  
Y  
P  
O  
T  
H  
E  
T  
I  
C  
A  
L  
  
A  
G  
M

## President's Welcome



This is the note that you get when you are not getting a Newsletter. It is still Spring and so we can't give you another Spring Newsletter but there are important issues which we need to bring to the attention of members.

The next couple of months are very busy and we have interesting activities that you may wish to be involved with.

Firstly, COTA (ACT) is re-establishing the Policy Council. We anticipate that the Policy Council will meet every couple of months and that there will be specific sub committees that will advance a particular policy issue. The first meeting of the Policy Council will be on 18 September.

Secondly, COTA holds an Election Forum prior to both Federal and ACT Elections. On 25 September we will be having the Election Forum for the Federal Election. (I hope that the election date is known by then.) The format of the forum is for a speaker from the Liberal, Labor and Greens to present their initiatives relating to older people in the ACT. At the conclusion of the presentations, seniors in the audience will be given opportunity to ask policy questions.

Thirdly, COTA is organizing a Seniors Day at the Ainslie Arts Centre as our initiative for the International Day of Older People. The Seniors Day will be on 27 September, a couple of days before the International Day for Older People which is 1 October. You may remember that the event for Seniors Week was cancelled due to the hail damage to the venue. This should be interesting, informative and entertaining.

Fourthly, the Annual General Meeting of COTA (ACT) will be on 9 October. The organisation's reports will be presented. In addition, the election will be for all Board members. Members are still able to nominate for these positions.

Consideration of amendments to the Constitution is another important task for the Annual General Meeting. The proposed changes are aimed at better representing our approach to the other COTAs and COTA Over 50s, the services that we provide and the environment in which we operate. Copies of the draft constitution and nomination forms are available from the COTA Office.

Finally, on 18 October we will be conducting a 'hypothetical' on issues for people who have been primary carers but are no longer in this role. Peter Leonard will be the MC and the panel of experts covers the practical, emotional, financial, social and management changes. The aim is to consider establishing a support group for people in this post-caring, twenty four hours a day and seven days a week, situation.

Elizabeth Grant AM

Ask about the policy that most interests you!

Hear the policies our politicians have for older people!

## COTA Election Forum

Hear from Annette Ellis, Gary Humphries; and Kerry Tucker.

The Candidates will respond to questions from the floor.

Hughes Community Centre  
2.00pm on 25 September 2007

## Have you been or are you a carer?

A 'Hypothetical' forum has been arranged to discuss the issues and problems arising after being a primary care giver.

Peter Leonard will be the facilitator. The experts on the panel include a carer, a Residential Aged Care manager and an estate manager. The panel will cover a range of care, emotional, financial and physical issues that arise following the care recipient's transfer to a residential aged care facility, or after their death.

The aim is to consider the issues and to determine if there is a need for a support group.

2.00 pm on Thursday 18 October at the Hughes Community Centre, followed by afternoon tea.

Bookings essential on 6282 3777.

**Supported by COTA, Carers ACT and Lake Burley Griffin Lions.**

### Seniors Day

Ainslie Arts Centre  
Elouera Street ,  
BRADDON

Thursday  
27 September  
9:30am – 2:30pm

Hearing Tests  
Nutrition Centre  
Lifestyle Centre  
Financial Advice  
Entertainment  
Free Sausage Sizzle  
**Entry is Free**

### COTA and U3A Lunchtime Forums

Only two forums left this year.

#### 18 September

**Globalisation – is Australia being left behind?** Speakers are  
Chris Peters, Kim Sattler and Colin Adrian

#### 25 September

**Quo vadis - Iraq and should Australia be vading with it?**  
Prof William Maley, Rory Steele and Phillip Peters

Start promptly at 12.15pm.

Can you suggest a topic for next year?

### Enduring Power of Attorney

Some changes to the Power of Attorney Act came into effect on 30 May 2007.

A new form, which is very user friendly, has been created and is available from:

Public Advocate Office (ph 6207 0707)  
Public Trustee of the ACT (ph 6207 9800)  
ACT Registrar-General's Office (ph 6207 0491)  
COTA (ph 6282 3777) or on line at

[www.publicadvocate.act.gov.au](http://www.publicadvocate.act.gov.au)

**Previously signed Power of Attorneys are still valid.**

### Seniors Card

Don't forget to take your Seniors Card with you when you travel. You will not be able to get a discount on public transport but many businesses recognise interstate Seniors Cards. If in doubt, ask!

### COTA Constitution

The COTA Constitution will be discussed at the AGM. Copies are available for collection from the COTA Office.

### Driving Refresher Courses for Seniors

COTA are often asked if we could recommend Driving Instructors who would be willing to provide a refresher driving course for Seniors. A number of Accredited Driving Instructors have been approached and the following instructors have agreed to provide refresher courses:

Rod Giles ph 6259 5005 or 0411 112 172 (prefers South Canberra)  
Christine Jefferies ph 0415 333 190 (prefers South Canberra)  
Greg Madigan ph 0419 416 365 (prefers North Canberra)  
Greg Austin ph 6295 5005 (prefers North Canberra)  
Matthew Ogilvie ph 6259 5005 0406 209 508 (prefers North Canberra)

COTA have copies of the Older Drivers Handbook and Retiring from Driving available in their Hughes Office.

**COTA ANNUAL GENERAL MEETING – Tuesday 9 OCTOBER 2007  
2:00pm in the Hughes Community Centre**