



SENIORS GUIDE

Seniors Guide

Support Services

COTA WA

Council on the Ageing provides useful information, resources and programs to support older people. Whether you are looking for help with navigating the aged care system or looking to improve health and fitness, they are here to help.

- Carer support
- Dementia
- Financial support services
- Health and wellbeing
- Living well at home
- Mental health
- Navigating aged care
- Senior's rights
- Support services

Phone: 9472 0104

Website: cotawa.org.au

Healthdirect Australia

24-hour-free health service providing information and advice provided by a Registered Nurse.

- Dementia
- Exercise for seniors
- Falls
- Locations: GP, Hospital, Pharmacy
- Medical procedures
- Medicines
- Symptom checker

Phone: 1800 022 222

Website: healthdirect.gov.au

My Aged Care

If you need assistance around the house or think it's time to look into aged care homes, My Aged Care is your starting point to access Government-funded aged care services.

Find the care you need with My Aged Care:

- Aged care home support
- Short-term care to help you get back on your feet
- Support services to help you live independently at home
- Service provider options
- Face-to-face assessments to determine which services you may be eligible for
- Support to estimate out of pocket expenses

Phone: 1800 200 422

Website: myagedcare.gov.au

WA Seniors Card Centre

This service allows you to access a range of State Government concessions and rebates available to seniors in WA.

For further information on eligibility, please contact the Centre directly.

If eligible you could receive discounts on the following, amongst other categories:

- CCTV and alarms
- Chemists and supplements
- Computers and repairs
- Home maintenance

Phone: 1800 671 233

Website: seniorcard.wa.gov.au

Activities

Wanneroo Community Directory

Find local groups, events and activities for seniors:

- Exercise classes
- Friendship groups
- Hobby clubs
- Learning and training classes
- Senior citizens centres
- And more

Website: wanneroo.wa.gov.au/communitydirectory

Libraries

Visit your local library at Clarkson, Girrawheen, Wanneroo or Yanchep, and enjoy selecting your next read or taking part in a seniors friendly activity.

- Adult crafters
- Chess club
- Knitters group
- Meditation
- One-on-one technology support
- Senior game time

Phone:

Clarkson - 9407 1600	Wanneroo - 9405 5940
Girrawheen - 9342 8844	Yanchep Two Rocks - 9561 1110

*Activities will vary at each location.

Wanneroo Gallery & Regional Museum

Visit the Wanneroo Gallery or Regional Museum and enjoy a leisurely stroll through the exhibition and museum displays. ACROD parking bays are just outside and entry is accessible via an elevator for the gallery.

Website: wanneroo.wa.gov.au/wanneroogallery

wanneroo.wa.gov.au/wannerooregionalmuseum



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Heritage Houses

Reminisce about yesteryear at one of our local heritage houses:

- Buckingham House - 10 Neville Dr, Wanneroo
- Cockman House - Ancestor Retreat, Woodvale

Phone: 9405 5920

Aquamotion

Stay active and explore the fully equipped gym, fitness classes suited to seniors, tailored personal training and fantastic aquatic facilities at Aquamation.

Ready to join? Contact the team to discover a suitable membership.

Phone: 9405 5999

GOLD Program (Growing Old and Living Dangerously)

A physical recreation program providing a range of exciting and challenging activities for residents aged 50 years and over.

Activities may include:

- Boot scooting
- Group fitness sessions
- Magic shows
- Mini golf
- Scenic wildflower bus tours

Phone: 9405 5000

Act Belong Commit

Protect and promote your mental wellbeing by focusing on three key elements.



Act: Take a walk, say g'day, read a book, do a crossword, dance, play cards or stop for a chat.

Belong: Join a book club, take a cooking class, go along to community events or join a bowls team.

Commit: Take up a cause, help a neighbour, learn something new, take on a challenge or volunteer.



wanneroo.wa.gov.au/actbelongcommit