

## Who is COTA SA?

COTA SA is powered by 570,000 older South Australians #ReframingAgeing.

We engage daily with older people across the state, and through our engagement with decision-makers and national COTA federation we influence policy and programs at both the state and national levels.

We look forward to the future challenges of supporting the rights, needs and interests of older people.

### COTA SA key roles are:

- **policy and advocacy**
  - our key focus is to advocate for reform that benefits older people whatever their background and wherever they live
- **representation**
  - we represent older people's interests in a wide range of state and Commonwealth government, non-government, consumer advisory, and research forums
- **programs and activities**
  - we develop and deliver a range of programs and activities in both SA and interstate for older people and those engaged in their lives
- **benefits**
  - COTA SA offers great savings and benefits available exclusively to members

**Join the conversation.  
Join COTA Today!**



COTA SA

16 Hutt Street,  
Adelaide SA 5000  
GPO Box 1583  
Adelaide SA 5001

P: (08) 8232 0422

F: (08) 8232 0433

Country Callers 1800 182 324



[cotasa@cotasa.org.au](mailto:cotasa@cotasa.org.au)



[www.cotasa.org.au](http://www.cotasa.org.au)



[www.facebook.com/COTASouthAus](https://www.facebook.com/COTASouthAus)



[twitter.com/COTASouthAus](https://twitter.com/COTASouthAus)

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Although funding for the Commonwealth Home Support Programme "Maximising My Independence" Information Sessions, has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.



## FREE COMMUNITY INFORMATION SESSIONS FOR YOUR GROUP

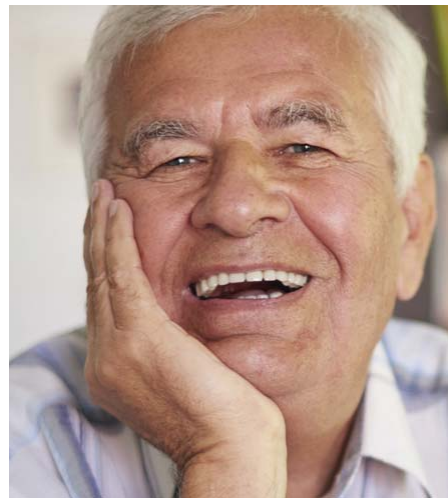
# Maximising My Independence

AT HOME AND IN THE COMMUNITY



## Commonwealth Home Support Programme (CHSP)

This COTA SA program is funded by the Australian Government Department of Health. Visit the Department of Social Services website ([www.health.gov.au](http://www.health.gov.au)) for further information.



## The CHSP WILL **help frail older people** living in the community to **maximise** their independence.

On the 1st of July 2015 the Australian Government launched the **Commonwealth Home Support Programme (CHSP)** as part of their overall changes to the Aged Care System.

### **CHSP Programme will:**

- Help frail older people [65+] to live in their own homes longer or for as long as they wish. [50 years and over for Aboriginal and Torres Strait Islander people.]
- Deliver subsidised “entry level” support services
- Be client focussed
- Work with clients individual goals, preferences and choices
- Work with a strong emphasis on wellness, reablement & restoration
- Support carers
- Focus on independence
- Build on client strengths, life goals and special needs.

## Key Messages

- **Maximise your independence & quality of life**  
Stay living at home longer with support from the CHSP.
- **Wellness, Reablement & Restoration**  
Your participation, your goals, your choice & your rights.
- **Access information about CHSP at MyAgedCare**  
Your one-stop-shop for all Aged Care information and services.

### **Free information sessions for your group.**

COTA SA has been funded by the Australian Government Department of Health to deliver information sessions to older people in the community, particularly those who participate in:

- groups
- clubs
- associations
- service clubs.

Our trained Peer Facilitators will provide information about the Commonwealth Home Support Programme (CHSP), in particular wellness, reablement and restoration and how to access the CHSP through My Aged Care.

**To book a free group session call COTA SA on 8232 0422 or Country Callers on 1800 182 324.**

**Visit COTA SA website: [www.cotasa.org.au](http://www.cotasa.org.au)**

### **Let's talk**

### **We want to hear from you.**

Following on from the information sessions COTA SA will also be facilitating discussions with groups about The Aged Care Reforms and the Commonwealth Home Support Programme.

Your valuable information and experiences will help us to understand the best way to support you in the future to be empowered and understand the new Aged Care System.

**[www.myagedcare.gov.au](http://www.myagedcare.gov.au)**

**1800 200 422**