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# SENIORS CARD

## NT Seniors Card e-Newsletter: Issue 5, April 2020

# From the CEO



Dear Seniors Card members,

We find ourselves in uncharted waters with the coronavirus pandemic and like everyone in the Territory, and around the world, we are responding to the crisis as best we can.

In this edition we will be concentrating on information for seniors about coronavirus, where you can get information, activities and resources to help those at home in isolation and much more. Please visit our [NT Seniors Card](#) and [COTA NT Facebook](#) pages for the most up to date information.

The NT Seniors Card office is open at COTA NT headquarters from 9am to 3pm, Mondays to Fridays. We do prefer that you contact us by phone or email. However, if you require a seniors card urgently you can arrange collection from Spillett House.

We have postponed the printing of the 2020 Discount Directory for the time being. We are hoping that all businesses will be signed up by May and that the design and printing of the directory can happen in June. In the meantime we are promoting those Territory businesses that are still operating through our [facebook page](#) and our [online directory](#).

Kind regards  
Sue Shearer  
CEO COTA NT

## What's On

### COTA NT, Spillett House, Darwin

We have resumed normal office hours at COTA NT Monday to Friday 9am to 3pm, however, to minimise the risks to our staff and community, we prefer that seniors contact us by phone or [email](#) at this stage. Please call 8941 1004 for assistance.

Please note, entry restrictions and social distancing measures are still in place. To minimise risk to our staff and community, please do not visit Spillett House in person, if you are unwell with cough or fever (or other respiratory systems), or if you have not isolated yourself for at least 14 days following overseas travel.

Persons who require a seniors card urgently can phone and arrange for collection from Spillett House.

All activities at COTA NT Spillett House are cancelled until further notice.

### Online Exercise Classes

Sharon Kelly, our fabulous seated aerobics and pilates instructor at Spillett House has developed some great online classes specifically designed for over 50s. Please read Sharon's advice before using the presentations and also let her know how you're going. You can subscribe to [Sharon's Results YouTube](#) channel directly or visit the [COTA NT - online exercise classes for seniors](#) page.

## Coronavirus Resources and Information

COTA Australia have a dedicated [COVID 19 \(coronavirus\) information](#) website with comprehensive resources, links and factsheets for seniors.

You can also get information specific for senior Territorians from the [COTA NT website](#) including links to the Northern Territory Department of Health information, Federal Department of Health websites, information on social services, scams and shopping support.

Visit NT Government [Coronavirus](#) for information and information specific for [seniors](#). If you have any concerns or require specific information, please contact the hotlines listed or COTA NT on 8941 1004.

**1800 020 080 - Coronavirus National advice hotline for information, 24 hours, 7 days.**

## COVID19 Centrelink payments

If you are on an eligible pension (see below) or are the holder of a federal concession card (**Pensioner Concession Card, Commonwealth Seniors Health Card, Veteran Gold Card**) you may be eligible for one of two Economic Support payments. The first \$750 payment has already been paid to most people on around the 17 April 2020. If you have not received this payment and you believe you are eligible you should contact Centrelink on 132 300 or check the [Information for Older Australians](#) website.

Eligible Pension types for *Economic Support Payment* include the Age Pension, Disability Support Pension, Carer Payment, Carer Allowance, Parenting Payment, Wife Pension, Widow B Pension, Bereavement Allowance and a number of other pensions.

You'll also get the payment if you receive one of the following Department of Veterans' Affairs payments: Veteran Service Pension, Veteran Income Support Supplement, Veteran Compensation payments, including lump sum payments and War Widow(er) Pension.

## Is your legacy sorted?

Preserve your legacy with Wilbr Wills.

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. . .Plus, if you apply before 30 April you'll also get **two months cover free\*\***

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### Shopping Support

If you're a vulnerable customer, you can access groceries in four ways:

- Ask a friend, neighbour or family member to shop for you, or check if your local store has a Community Hour dedicated to the elderly and those with a disability, and use that time to shop for your needs.
- Register with the National Disability Insurance Scheme or with My Aged Care for access to their services.
- If you've ordered using online services dedicated to vulnerable customers, you can ask a friend, neighbour or family member to pick up your shopping via in-store collection.
- Finally, if the above isn't possible, use the online services dedicated to vulnerable customers to have your order delivered to you at home.

### NT Seniors Card welcomes its new Business Partners (links are to Facebook pages or websites)

[All Paints](#)  
[Big Mitch Pies](#)  
[DX Print Group](#)  
[E-Ride Solutions](#)  
[Everyday Pets](#)  
[Form Function NT](#)  
[Gamer Gear Direct](#)  
[Janome Sewing Centre](#)  
[One Week Websites](#)  
[Outdoor Living Essentials](#)  
[Suzanne Laidlaw – Business Coach](#)  
[Up Here Photography](#)  
[Vision Direct](#)  
[Wilbr Wills](#)  
[Xclusive IT](#)

For an up to date list of business partners visit our [Online Discount Directory](#)

## Shopping Support: Coles

### **Coles Home Delivery and Click and Collect services:**

Eligible COPS customers are able to shop via Coles Online by logging in with their registered account details.

Coles Online Priority Service (COPS) The Coles Online Priority Service (COPS) provides a home delivery service for eligible customers who can't currently get to a store to buy everyday grocery essentials, as well as a Click&Collect service for friends, family or neighbours to pick up groceries on their behalf.

Existing Coles Online and flybuys customers aged over 70 and who previously registered their date of birth as part of their account details have already been invited to join COPS. Other eligible customers include: People over 65 years of age with a My Aged Care number or NDIS number; Indigenous Australians over the age of 50 with a My Aged Care number or NDIS number; and aged care, disability care and other businesses that support vulnerable members of the community.

Community Box: the Coles Community Box will be available to all eligible Coles Online Priority (COPS) customers.

## Shopping Support: Woolworths

Basic Boxes \$80 including delivery for customers who are currently unable to visit our stores and are in genuine need.

It helps provide meals, snacks and a few essential items you may need, including toilet paper.

Delivered within approx 5-15 business days via Australia Post in the NT depending on postcode-estimated delivery times.

You can now order on behalf of someone in your family or community, in genuine need.

Priority Assistance Service with dedicated delivery windows. Eligible customers include seniors, people with a disability and those with compromised immunity or who are required to self isolate.

Community Pick Up is available to vulnerable customers who have applied for Priority Assistance. They can place an order for Pick up at selected NT locations for a community member (including friends & family) to pick up the order on their behalf. View NT locations.

**Stay Connected with COTA NT**

**COTA NT**  
Connections  
Conversations  
Community  
Care

- Call 08 8941 1004 to speak with us
- Email us via [admin@cotant.org.au](mailto:admin@cotant.org.au)
- Send a message via our website contact form
- Start an online chat via our website
- Follow us on Facebook
- Sign up for our news
- Join online conversations, surveys and events
- Become a COTA NT member

COTA NT operates during business hours, 9am to 3pm Monday to Friday excluding public holidays

**COTA**  
For senior Territorians  
[www.cotant.org.au](http://www.cotant.org.au)

The graphic features a central orange circle with the text 'Stay Connected with COTA NT'. To the left is a dark blue circle with 'COTA NT' and a list of services. To the right is a list of contact methods. At the bottom right is a photo of a smiling man in a hat and floral shirt looking at his phone. The background is a light orange with a network of white lines.

Contact us on 1800 441 489  
Spillett House, 65 Smith Street, Darwin  
[www.ntsensorscard.org.au](http://www.ntsensorscard.org.au)  
<https://www.facebook.com/ntsensorscard/>