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# SENIORS CARD

## NT Seniors Card e-Newsletter: Issue 4, March 2020

# From the CEO



Dear Seniors Card members

Welcome to the fourth edition of our e-Newsletter and the first for 2020.

COTA NT and NT Seniors Card program have been very busy over the Christmas period and we have big plans for this year for Territory seniors.

We are currently in the process of confirming details of all of our business partners and the discounts offered to seniors card holders for the printed edition of the Discount Directory. The 2020 Directory will be printed in April and available at all distribution points in early May.

We are still recruiting business partners every week to the Seniors Card program, so please, if you know of a business that provides a discount, let us know and we can add them to the program.

There are many opportunities for Territory seniors to be involved in activities and events, providing feedback, volunteering and participating. The [COTA NT](#) and [NT Seniors Card](#) Facebook pages are the perfect place to get up-to-date information on what's happening for seniors in Darwin and throughout the Territory.

Kind regards  
Sue Shearer  
CEO COTA NT

## What's On...

### **Aged Care Navigator Information Session**

**Katherine**, Anglicare Community Room, 3rd Street  
**Tuesday 3 March from 10:30am - 12noon**  
Call Janet on 0466 544 552 for more information.

### **Aged Care Navigator Information Session**

**Pine Creek**, Council Rooms, Main Terrace  
**Wednesday 4 March from 10:00am – 12noon**  
Call Janet on 0466 544 552 for more information.

### **Activities at COTA NT, Spillett House, Darwin**

**Mondays** Pilates from 9:30am to 10:15am  
**Tuesdays** Musical Jam from 10:00am to 12:00noon  
**Wednesdays** Seated Aerobics from 9:30am to 10:15am

### **COTA NT Coomalie Branch**

**Community Shed** Tuesdays 9:00am to 2:00pm  
**Grey Panthers** Tuesdays from 10:30am to 2:00pm

### **Walking Netball (Darwin and Alice Springs)**

**Wednesdays from 10:00am – 12noon**

**CDU Stadium, Sitzler Netball Centre, Darwin**  
Call 08 8945 1733 or email [office@netballnt.org.au](mailto:office@netballnt.org.au)  
**Pat Gallagher Netball Centre in Alice Springs**  
Call Hayley Ross on 0428 779 700 or email [participationsouth@netballnt.org.au](mailto:participationsouth@netballnt.org.au)



# Relationships Australia<sup>®</sup>

## NORTHERN TERRITORY

Relationships Australia NT has a new, free support service for seniors who feel unsafe or worried when they have problems with their family, friends or carers.

The new 'Senior Relationship Services' is a pilot service, funded by the Australian Government to 30 June 2022, and is available for people who are 65 years old and over, and Aboriginal and Torres Strait Islander people who are 50 years old and over. Family members, friends or carers can also contact the service if they are worried about an older person's well-being.

The 'Senior Relationship Services' can help when there is a risk for an older person of:

- being physically or emotionally harmed (for example: being physically hurt, sexually abused or socially isolated)
- not being well cared for (for example: not being fed or other personal care needs not being met; not having a good quality of life)
- being bullied or feeling pressured (for example: about independence, finances or end-of-life arrangements)
- being taken advantage of by others (for example: someone is using money/assets without permission or in a way that doesn't help the older person, or is against their wishes).



The service can assist people before these problems get too big or overwhelming, and can help older people to talk with their family, friends or carers to resolve difficult issues.

Seniors can get information or referrals, speak to a professional counsellor about the problem, or have a professional mediator help with family meetings. Support from experienced Aboriginal staff and/or interpreters services is also available.

You can find more information on the [Relationships Australia website](#). The service is now open in Darwin call: (08) 8923 4999 or email [darwinseniors@ra-nt.org.au](mailto:darwinseniors@ra-nt.org.au) and Alice Springs, call (08) 8950 4100 or email [aliceseniors@ra-nt.org.au](mailto:aliceseniors@ra-nt.org.au).

### COTA Across the NT

Our friendly COTA NT, Seniors Card and Aged Care Navigator staff are regularly out and about in Darwin, Palmerston and the rural area.

We can give you information and advice on activities and support for seniors in the Territory, update your Seniors Card details, and provide assistance with access to My Aged Care.

Come and see us at Casuarina Square Shopping Centre on 24 March from 9am to 2pm;  
and Hibiscus Shoppingtown on 28 April from 9am to 2pm.

# COTA NT 2020 Surveys



COTA NT 2020 Survey  
A cost of living survey for senior Territorians

This year to assist COTA NT in its efforts to lobby and advocate on behalf of senior Territorians, regular surveys focusing on topics that are important to seniors will be conducted. Surveys will be available online, in print from COTA NT offices, or from COTA NT information stalls at shopping centres. Please complete the surveys and have your say!


## Cost of Living

In the 2018 survey of senior Territorians conducted by COTA NT, 46% of seniors indicated that cost of living was the thing that most concerned them. In our 2019 survey, 59% indicated that they felt that the cost of living was leaving them behind.

The theme of COTA NT's current survey is **Cost of Living**. Our online survey can be completed [here](#).

- Email address or phone number \_\_\_\_\_
  - What is your postcode? \_\_\_\_\_
  - What was your postcode 5 years ago? \_\_\_\_\_
  - How long have you lived in the Territory?  
 0 - 5 years     10-15 years  
 5-10 years     More than 15 years
  - Where do you think you will be living in 5 years time (2025)?  
 In my current community  
 In an alternative NT location  
 Interstate  
 Overseas  
 Not sure
  - If you plan to move in the next five years, what would be the main reason?  
 To be closer to family and friends  
 Cost of living  
 Climate  
 To pursue hobbies and leisure interests  
 Access to health services  
 Other \_\_\_\_\_
  - If you are planning to leave the Territory, what might change your mind and encourage you to stay?  
 50 to 54     70 to 74     90 to 94  
 55 to 59     75 to 79     95 to 99  
 60 to 64     80 to 84     100 +  
 65 to 69     85 to 89
  - Please indicate your gender  
 Female     Male     Other  
 Prefer not to say
- Financial Security**  
Do you agree or disagree with the following?
10. I feel that the cost of living is increasing at a rate that is leaving me behind.  
 1 2 3 4 5  
      
 Disagree Strongly Agree Strongly
11. Once I've covered my basic living needs, I have money left over to spend on leisure and social activities.  
 1 2 3 4 5  
      
 Disagree Strongly Agree Strongly
12. I have difficulty understanding the changing rules around retirement income and superannuation.  
 1 2 3 4 5  
      
 Disagree Strongly Agree Strongly
13. I have difficulty understanding or accessing government services to assist me with my financial situation.  
 1 2 3 4 5  
      
 Disagree Strongly Agree Strongly
14. What changes would you like to see the government make for better financial security outcomes for older Territorians?  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



## LIFE INSURANCE FOR NT SENIORS CARD MEMBERS

**RECEIVE TWO MONTHS FREE\*\* PLUS 17% LIFETIME DISCOUNT\***



**\*\* DON'T MISS OUT - OFFER ENDS 31 MARCH 2020**

## Protect your family & save on your Life Insurance

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## NT Seniors Card welcomes new business partners (links to Facebook pages):

[Cardio Online](#)  
[Custom Neon](#)  
[Fletchers Plumbing and Gasfitting](#)  
[Gove Warehouse](#)  
[Hair Obsession Nightcliff](#)  
[Humpty Doo Dental](#)  
[Kalidonis Village](#)  
[Mindil Beach Casino](#)  
[Mobility Aids Plus](#)  
[Mr Barra](#)  
[Neatspiration](#)  
[Nitmiluk Tours](#)  
[NobleOak](#)  
[NTJ Onsite Welding and Maintenance](#)  
[PNP Golf](#)  
[Prestige Celebrations](#)  
[Red Light Therapy Kits](#)  
[Sealink](#)  
[Steve's Kitchen & Barista Bar](#)  
[Subway](#) (Eight Darwin Stores).  
[Telstra Store Darwin](#)  
[Your Wills](#)  
[We FIX I.T.](#)  
[Websites n More](#)  
[Web Wizards](#)

## New Activities Coordinator for COTA NT

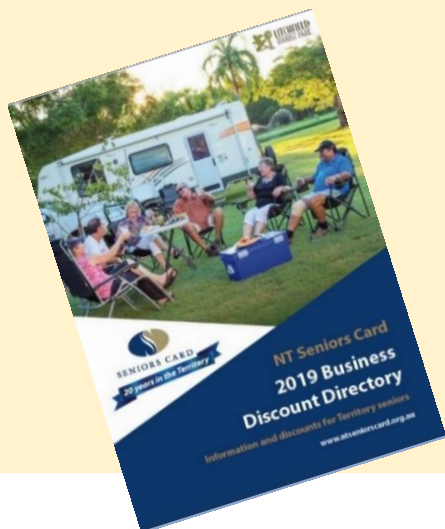
COTA NT is pleased to announce that Ms Fran Smith has joined the Darwin team as the Activities Coordinator for the Territory. Fran has been a valued member of the volunteer team for some time and now is welcomed on board as a part-time Activities Coordinator.

Fran will be also be moderating submissions to the online [Territory Seniors community events calendar](#) hosted on the COTA NT website. If you want to know 'what's on' in the Territory for 50+, check out the event listings for your region.

Fran can be contacted by phone on (08) 8941 1004 or by email [activities@cotant.org.au](mailto:activities@cotant.org.au)



## NT Seniors Card 2019 Discount Directory



Don't forget to pick up your 2019 Business Discount Directory available at COTA NT, Spillett House, Smith Street, Darwin and 50 Plus Community Centre in Alice Springs, electoral offices, libraries and local councils and Territory Families' shopfronts.

Check our website for locations:

<https://ntsensorscard.org.au/directory-distribution/>

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/>

  
SENIORS CARD

  
COTA  
NORTHERN TERRITORY  
for senior Territorians

  
Proudly sponsored by  
NORTHERN  
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