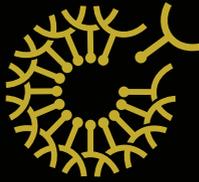


COTA
For senior Territorians



50 YEARS
gold
IN THE TERRITORY

COTA NT 1969 – 2019

Serving NT Seniors for 50 Years

www.cotant.org.au



Our vision: to embrace the shaping of a just, equitable and humane community in which people over 50 are enabled to contribute and grow to their fullest capacity and have access, with dignity, to appropriate care and support.

COTA NT's mission is to empower people over 50 years and those who work with them, including government and the community, to achieve well-being, an inclusive and equitable society, and social justice for older people.

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the Honourable Vicki O'Halloran AM,
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Patron: Her Honour the Honourable Vicki O'Halloran AM,
Administrator of the Northern Territory

Board of management: Janette Jewell *Chair*, Michael Walker *Treasurer*,
Ida Anderson *Vice Chair and Berry Springs Representative*, John Whyte *Public Officer*,
Dr Vino Sathianathan, Dr Sadhana Mahajani, Christine Simpson, Joe De Luca,
Alderman George Lambrinidis *City of Darwin Representative*

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Fran Kilgariff, Ridhy Krishan, Chrissy Mills, Debbie Pepper, Yvonne Smith,
Suzanne Stewart

Volunteers: Aki Tomita, Ann Richards, Bernie Trinne, Fran Smith, Ian Willis,
John Carriere, Ken Cohalan, Lesley Ash, Mick Sheridan, Peter Hazelman,
Scott Beaton, Steve Allen

50 Years Bold in the Territory

Celebrating a strong voice in the Territory since 1969



During the last 50 years, COTA NT has grown with the Territory it serves.

Today the organisation is widely recognised for its work as the leading peak body for seniors in the Northern Territory.

I am proud to work within a team of dedicated volunteers and professional staff, who are committed to a shared vision in achieving the organisation's mission.

While we celebrate our 50 years of service, we know we have much to do, and that our work will become even more significant in the decades to come. We remain committed to building a strong, safe Territory where every senior Territorian can age with dignity and joy, and with the care, support and compassion we hope for our own loved ones.

I am delighted that our work has been recognised by so many this year. In particular, I would like to extend my thanks and appreciation to our board members, volunteers, staff and patron, Her Honour the Honourable Vicki O'Halloran AM.

Sue Shearer

Sue Shearer, CEO COTA NT





From our Patron

As Patron of COTA NT, it is with great pleasure and gratitude that I congratulate the organisation on your 50th anniversary. What a remarkable achievement.

Since 1969, COTA NT has provided a voice for thousands of Territorians. As the peak body for seniors in the Territory, your advocacy and support ensures the interests of Territorians are represented at the highest levels. Your work plays an essential role in enhancing the lives not only of seniors, but of all Territory residents.

I am proud to be Patron of such a meaningful Territory organisation. The issues that affect so many of us – employment, aged care, health and mental wellbeing, isolation and accessibility – are central to COTA's mission. COTA provides the means to ensure these concerns are heard and addressed where it matters.

On behalf of all Territorians, I thank you, COTA NT, for your ongoing hard work and commitment to improving the lives of senior Territorians. Your advocacy, support programs and activities have, and continue to enrich the lives of so many.

Congratulations on this wonderful achievement. I wish you every success into the future.

Her Honour the Honourable Vicki O'Halloran AM
Administrator of the Northern Territory



About COTA NT and its History

Council on the Ageing (Northern Territory) was incorporated as a not for profit organisation in 1969. It is governed by a Board elected by financial members, with a small staff supported by volunteers. The organisation formally joined the COTA federation in 2010 and was re-branded as COTA NT in the following year. Since its earliest days, COTA NT has provided support and a voice for Territory seniors through its connections and activities.



In 2019, COTA NT has representatives and active branches in Coomalie (est. 2009), Berry Springs (est. 2017) and Alice Springs (est. 2018). Darwin Pensioners & Senior Citizens Association resolved unanimously to become a Darwin branch of COTA NT in 2011. COTA NT continues to operate from the original premises occupied by this association – Spillett House, located in the centre of Darwin central business district. (Spillett House was named for Peter Spillett, a former President of the Darwin Pensioners & Senior Citizens Association.)

As the peak body for seniors in the Territory, COTA NT continues in its role to empower seniors and those who work with them, government and the community, into achieving well-being and social justice.



Highlights

Since its earliest days, COTA NT has been active in the promotion and delivery of initiatives, projects and programs designed to improve the circumstances and well-being of Territory Seniors.

A selection of COTA NT's milestone projects and programs:

- Aged Care Navigators Trial (2019)
- Sue Shearer, COTA NT CEO wins *Darwin Citizen of the Year Award 2018* (2019)
- Release of *NT Seniors Survey 2018* major findings (2018)
- Launch of regional social media pages for Coomalie, Alice Springs and Berry Springs regions (2018)
- Acquisition of new COTA NT shuttle bus for *COTA Across the NT* project (2018 – 2019)
- New schemes launched by Northern Territory Government *NT Concession Scheme (NTCS)* and *NT Seniors Recognition Scheme (NTSRS)* replacing *Pensioner and Carer Concession Scheme (NTPCS)* (2018)
- Publication of *Tales of Tracy: Stories Shared with COTA NT* (2018)
- Launch of new NT Seniors Card website – ntsensorscard.org.au (2018)
- NT Seniors Card (2018)
- Launch of year-round online Territory Seniors Calendar (2018)
- Publication of *Seniors Month Calendar* for Northern Territory Government (2018, 2017)
- Naming of *Robyn Lesley Park* Koolinda Crescent Karama (2016)
- Major submission to *Seniors Participation Framework* (2016)
- Petition to Northern Territory Government to review *Pensioner and Carer Concession Scheme (NTPCS)* (2016)
- Opening of *AUSPOST: Surf Space* at Spillett House (2016)

- Chair of Board, Jan Jewell
Winner of *Seniors of Excellence NT* 2016 award
- COTA NT, Winner of *Seniors of Excellence NT* 2016 award
- Launch of new COTA NT website – www.cotant.org.au (2016)
- Winner of *Darwin Community Event of the Year: Seniors Expo 2015* (2016)
- Chair of Board, Jan Jewell, nominated finalist for *Pride of Australia Community Spirit Medal* (2015)
- COTA NT manages membership independently of COTA federation (2015)
- CoolMob: Smart Cooling in the Tropics (2015)
- Publication of *Cyclone Planning for Seniors in the NT* (2015)
- Consumer Directed Care including Step Forward-Together – *Peer Education Program* (2015)
- First *Elder Abuse Awareness Day* event (2015)
- Publication and launch of *Now You See Us – A Report on the Policy and Economic Impacts from Rapid Growth in the Number of Senior Territorians* (2015)
- Inaugural *COTA NT Seniors Expo* (2015 to date)
- Finalist in *Community Event of the Year: Seniors Month 2013* (2014)
- Re-launched *COTA NT newsletter* (2014)
- Launch of *Multicultural Stories of the NT* (2014)



- COTA NT representatives appointed to *Ministerial Advisory Council – Senior Territorians* (2014)
- Re-establishment *Independent Seniors Round Table (ISRT)* (2014)
- Proposal to Northern Territory Government submitted to manage NT Seniors Card (membership and directory), Seniors Month and Seniors Month Calendar (2014)
- Re-launch of social media page, *facebook.com/COTANorthernTerritory* (2014)
- Launch of *iPad Training – Peer Education Program* (2013 – 2017)
- Digital Switchover (2013)
- *Beyond Maturity Blues – Peer Education Program* (2013 – 2012)
- Crown Lease for Spillett House transferred to COTA NT (2012)
- Quality Use of Medicines (2010 – 2009)
- Partners in Culturally Appropriate Care – PICAC (ongoing since 2005)
- Tracy Lodge, Darwin Aged Care Facility (1978 – closed 2014)
- Seniors Month (ongoing)
- Multicultural Affairs Sponsorship Program – MASP (ongoing)
- Age Friendly Communities (ongoing)
- Seniors Round Tables (ongoing)





People – The COTA NT family

COTA NT is, and always has been, about connections. Those people who gave, or who continue to give, their time, energy, resourcefulness and expertise into the organisation become part of an extended COTA family. Without this family at its core, COTA NT could not offer the support that it does for Territory seniors today.

In this our 50th year, we thank and acknowledge the dedication and service of our past and present members, lifetime members, presidents and board members, CEOs, staff and of course our volunteers.





Advocacy

COTA NT's main purpose is to advocate for the rights of senior Territorians, and we now have 50 years of history in ensuring seniors have a say in the development of public policy. We work towards positive social change by developing relationships with governments, political parties, public services, the media, other community sectors and the general public.

Key to COTA NT's success are its depths of its connections, communications and community engagement. Through these means, we gain a very comprehensive understanding of the needs and concerns of all seniors in the Northern Territory, not just our members.





Programs – Serving Senior Territorians

Over the last 50 years, COTA NT has run countless events, activities and programs for senior Territorians. Some financed with the assistance of Territory and Commonwealth funding, others independently run and self-financing – all enabled by the ongoing support of volunteers as well as staff.

Programs, events, activities and workshops have focussed – and continue to focus – around topics such as health (mental and physical), fitness and well-being, multiculturalism, rights and discrimination (age, gender, disability, employment), elder abuse prevention, nutrition, finance, cyber security, safety, retirement planning, advance personal plans, first aid, social inclusion and many more.



Join Us – How to Become a Member

COTA NT's membership is from 1 July to 30 June.

Your details



Title Mr Mrs Ms Miss Dr

First name _____ Surname _____

Postal address _____

_____ Postcode _____

Phone _____ Mobile _____

Date of birth _____ Email _____

Joint membership

Title Mr Mrs Ms Miss Dr

(for joint membership only – must be at the same address)

First name _____ Surname _____

Date of birth _____ Email _____

Continued on next page...



Payment and membership details

Select your membership type: Single \$44 Joint \$56

I would like to make an optional donation of \$ _____

Visa Mastercard Cheque Cash

Total payable – thank you \$ _____

Card Number _____

Cardholder's Name _____

Card Expiry Date ____ / ____ Signature _____

OR please find enclosed my cheque

(made payable to COTA NT) for \$ _____

To help us represent you, please indicate:

I am: Working Not working

On a Pension or Government Allowance

Self Funded Retiree

Do you identify as Aboriginal or Torres Strait Islander? Yes No

How long have you lived in the Territory? _____

Your personal details may be used to contact you with information about COTA NT services. By providing us with your details, you give us permission to contact you unless you advise us otherwise.

If you do not wish to receive information or if you want to access or change your personal details, please call COTA NT on 8941 1004.







50 YEARS
gold
IN THE TERRITORY

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 www.ntsensorscard.org.au

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Further reading and resources:

More about COTA NT and the COTA movement

www.cotant.org.au/about-us

Information for seniors in the NT

www.cotant.org.au/information

COTA NT photo gallery

www.cotant.org.au/photos