

HOUSING OPTIONS

About COTA (ACT)

COTA is the peak organisation concerned with all ageing issues. It is an independent, non-party political and non-religious organisation working to protect and promote the well-being, rights and interests of all older people in the ACT irrespective of socio-economic, ethnic, religious or cultural background.

COTA (ACT) is a member of the Australia wide organisation COTA Australia, through which it contributes to the development of national policies and agendas.

COTA talks to Governments, the media and the community about topics concerning older people in the ACT. We make regular submissions to government on current issues affecting older people.

As a member of several ACT government standing committees, 'round tables' and departmental groups, COTA has ongoing input into the advice going to government.

COTA also provides a range of services for Canberra citizens.

Become a member of COTA (ACT) and Belong, Benefit and Be Heard.

COTA (ACT) is a people before profit organisation with over two thousand individual members. Becoming a member both increases the effectiveness of COTA and provides information and direct benefits for you. Please contact COTA for more information on membership. Call 1300 1400 50 or visit www.cotamembership.org.au.

Contact Us

Council on the Ageing (ACT)
Hughes Community Centre
Wisdom Street
HUGHES ACT 2605

PHONE: (02) 6282 3777
EMAIL: contact@cotaact.org.au
WEB: www.cotaact.org.au

About This Brochure

This brochure is one in a series of topic specific service listings extracted from COTA (ACT)'s Directory of Services for the Ageing. The directory can be obtained at www.cotaact.org.au or by contacting the COTA office.

Other brochures include:

- Learning Opportunities
- High Care Accommodation
- Respite Accommodation
- Ageing in Place Accommodation
- Low Care Accommodation
- Retirement and Self Care Accommodation
- Dementia Specific Accommodation
- Palliative Care and Accommodation
- Crisis Accommodation
- Respite Services
- Help Lines
- Transport
- Services for the Ageing
- Carer Services
- Dementia Services
- Hearing Services
- Women's Groups
- Senior's Groups and Activities



“HOUSING IS CRUCIAL TO THE QUALITY OF LIFE”



Appropriate housing can promote:

- Security
- Independence
- Confidence
- Good health
- Well-being

If you would like to explore ways to improve your home or current living situation:

Contact The Housing Options
Advisor at COTA
on 02 6282 3777

HOUSING OPTIONS

“Older people do have choices”

If you are over 50 and need help with housing issues, we can advise on:

- Funding your housing
- Staying in your present home
- Ways to access equity in your home
- Public and private options
- What to look for in buying a home
- The range of retirement villages
- Residential aged care facilities
- Rental options

We can offer assistance to help you find information!

- Access to community support systems
- Appropriate financial advice
- Government services
- Support groups
- Community organisations
- Publications available

