

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)
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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.cota-act.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

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Help Lines



Produced with assistance from ACT Health



ACT Older Persons Abuse Prevention, Referral and Information Line

P: 6205 3535

Adverse Medicine Event Line

P: 1300 134 237

Aged Care Information Line

P: 1800 500 853

beyondblue - the national depression initiative

P: 1300 224 636

W: www.theshedonline.org.au

Canberra Connect - ACT Government

P: 132 281

Cancer Council Helpline

P: 13 11 20

Carer Advisory Service - Carers ACT

2/80 Beaurepair Crescent, HOLT ACT 2615

P: 1800 052 222

W: www.carersaustralia.com.au

CareSearch - Palliative Care

P: 08 7221 8233

W: www.caresearch.com.au

Community Health Intake

P: 6207 9977

E: actcc.ccintake@act.gov.au

W: www.health.act.gov.au

Community Options Inc

P: 6295 8800

E: admin@communityoptions.com.au

W: www.communityoptions.com.au

Free Legal Advice Phone Line - Legal Aid Helpline

P: 1300 654 314

Griefline

P: 03 9935 7400

E: administrator@griefline.org.au

W: www.griefline.org.au

Heart Foundation Information Service

P: 1300 362 787

E: health@heartfoundation.org.au

W: www.heartfoundation.org.au

Lifeline

P: 131 114

E: office@act.lifeline.org.au

W: www.act.lifeline.org.au

Medicines Line

P: 1300 633 424

W: www.mater.org.au/ame

Mensline Australia

PO Box 2335, FOOTSCRAY VIC 3011

P: 1300 789 978

E: talkitover@mensline.org.au

W: www.mensline.org.au

National Continence Helpline

AMA House, 293 Royal Parade, PARKVILLE VIC 3052

P: 1800 330 066

E: info@continence.org.au

W: www.continence.org.au

National Dementia Helpline

P: 1800 100 500

National Prescribing Service

P: 1300 633 424

E: info@nps.org.au

W: www.nps.org.au

National Security Hotline

P: 1800 123 400

E: hotline@nationalsecurity.gov.au

W: www.nationalsecurity.gov.au

Poisons Centre

P: 13 11 26

Quit Line

5 Richmond Avenue, FAIRBAIRN ACT 2607

P: 137 848

E: reception@actcancer.org

W: www.actcancer.org

Seniors Information Line - COTA ACT

P: 6282 3777

State Emergency Services (ACT)

P: 132 500

E: emergencyserviceauthority@act.gov.au

W: www.esa.act.gov.au

Telstra Disability Enquiry Hotline

P: 1800 068 424

E: disability@online.telstra.com.au

Women's Services Network (WESNET)

P: 6247 1616

E: wesnet@wesnet.org.au

W: www.wesnet.org.au