



# Community Connect July Edition

Connecting Communities

Welcome to the July mail-out,

As you may be aware Community Connect are gradually recommencing programs and services. Some of you may have already recommenced a program or service with us. As part of our COVID-19 safe plan, extra precautions are being put in place to keep everyone safe. These include:

- Hand sanitiser is to be used on entry and exit of Community Connect venues and vehicles.
- Physical social distancing must be maintained at all times.
- No shared food and people are encouraged to make their own refreshments
- Please do not attend any program if you display any signs or symptoms of respiratory illness. Symptoms include; fever, dry cough, tiredness, loss of taste or smell, shortness of breath, sore throat, and aches and pains.
- In the event you are tested for COVID-19, please self-isolate as directed by your healthcare professional/ medical practitioner.
- Please contact our offices on 8555 7230 or 8555 7277 if you need to cancel your service/program.

We will contact you by phone when your service or program is due to recommence. If you have any questions queries please contact Community Connect staff on the number above.

*The Community Connect Team*

## MYSTERY PENPAL

We invite you to become a Mystery Pen Pal and look forward to some good old-fashioned letters in the post! Meet a new friend with some common interests.

It's easy to join, just call Community Connect on 8555 7230 or 8555 7277.

Once you've filled in our fun questionnaire about your favourite pastimes, you will be matched with your Mystery Pen Pal.

We will supply a starter pack of stamps and envelopes, some writing ideas (if you need them) and a promise of a get-together for pen pals down the track.

## COTA COMMUNITY VISITORS SCHEME

The Community Visitors Scheme is an Australian Government initiative that provides friendly volunteers for older people who are at risk of loneliness or social isolation. There are times when people may need a little help to stay connected to the wider community. This can happen whether living alone in their own homes, or in Aged Care Homes. Volunteer visitors bring conversation, news, new interests and friendship. Visitors may also bring a special connection through a shared language, life experience, or cultural understanding.

If you would like to enquire about being a volunteer COTA Visitor or if you would like to receive a 'visit', these will be done by phone. Please contact Germaine or Paloma on 08 8232 0422 or email [cvs@cotasa.org.au](mailto:cvs@cotasa.org.au)

# OLDER PERSONS ADVOCACY NETWORK

The Older Persons Advocacy Network (OPAN) is a national network comprised of nine state and territory organisations that have been successfully delivering advocacy, information and education services to older people in metropolitan, regional, rural and remote Australia for over 25 years. Older Persons Advocacy



Network's free services support older people and their representatives to address issues related to Commonwealth funded aged care services. Older Persons Advocacy Network is funded by the Australian Government to deliver the National Aged Care Advocacy Program (NACAP). OPAN aims to provide a national voice for aged care advocacy and promote excellence and national consistency in the delivery of advocacy services under the Program. For more information visit: [www.opan.com.au](http://www.opan.com.au) or call 1800 700 600.

## COTA SA IS STILL HERE TO HELP YOU

COVID-19 is placing many restrictions on all our lives. However during this time we know you, perhaps now more than ever, will be requiring independent guidance and support with My Aged Care, regarding how to access it and understand what is available to you, including keeping socially connected if you are remaining indoors away from family and friends. It is very important to COTA SA that you know we are still available to help you, not in person for now, but in some different ways!

We strongly encourage you to phone one of our COTA SA Aged Care volunteers or staff to get the assistance you need. We really want to hear from you, so please ring and we will call you back.

### Fleurieu Peninsula Volunteer Aged Care Peer Champions

Julianne Smithson 0476 179 609  
Marilyn Henderson 0456 390 059

For more information or support: Helen Morley, Aged Care Specialist Support Worker, COTA SA, 08 8232 0422 or 0484 143 772 or [hmorley@cotasa.org.au](mailto:hmorley@cotasa.org.au)

## 1000 HEART PROJECT

The 1000 heart project began in 2016, where pocket hearts are made to share to bring comfort and joy to anyone who needs it. If you are interested in receiving a free kit to make your own hearts to share please contact the Community Hub 8555 7230 to express your interest in receiving one of these free kits.

The kit contains enough woollen felt, embroidery thread and enough stuffing to complete 4-5 small hearts- please note they are in assorted colours. More information about the project can be found at [www.1000hearts.com.au](http://www.1000hearts.com.au)



## GET IN TOUCH!

Community Connect Goolwa	Community Connect Strathalbyn
The Community Hub	Strathalbyn Library
1 Loveday Street PH. 8555 7230	1 Coleman Terrace Ph. 8555 7277
The Team	
Community Services Coordinator	Anna Schmidt
Community Connect Team Leader	Deb Gregory
Community Connect Project Officer	Angela Fleming
Community Connect Program Development	Kylie Markow
Community Connect Program Support Officer	Carol Kusznr
Community Wellbeing Administration/Support	Ashleigh Darrie and Julie Payne

*We hope to see you soon!*

# COVID-19 Fact Sheet

## Information for older South Australians

### Easing of COVID-19 restrictions: What you need to know

**Important:** This information is only current from **Friday 19 June to Sunday 28 June**

This fact sheet provides older people with important information about easing COVID-19 restrictions in South Australia.

South Australia is taking a measured, staged approach to easing restrictions, which balances health, economic and social considerations.

COVID-19 remains a risk to the community, particularly older people. Unlike some other risks present in our community, an uncontrolled COVID-19 outbreak can grow considerably if there are no measures in place.

More information on current restrictions is available on the [SA Government COVID-19 website](#).

#### Why are restrictions being lifted gradually?

It is important that we continue to limit the ability for COVID-19 to be transmitted and spread, and continue to test everyone with COVID-19 symptoms.

We all have a responsibility to play our part by physically distancing and following good hygiene practises.

#### What does this mean for older South Australians?

The current risk of COVID-19 transmission in South Australia is low, however, older people and people with chronic health conditions are more at risk of serious infection from COVID-19 and should continue to take extra precautions. Those at risk should talk to their doctor about what is appropriate for them.

To maintain social connections and improve wellbeing, older South Australians are encouraged to resume activities, within the current level of restrictions.

Good hygiene practices like washing your hands regularly, covering your coughs and sneezes with a tissue, and maintaining physical distancing wherever possible are the best ways to protect you and others from COVID-19.

#### What is changing from 19 June?

- > **Density requirements:** The total number of people at a place must not exceed 1 person per 4 square metres and there is a maximum number of 75 people per room/area and a maximum of 300 people in any one venue.
- > **Physical distancing:** You should attempt to stay at least 1.5 metres from others wherever possible.

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### What can we do to protect ourselves?

- > Cover your coughs and sneezes with your elbow or a tissue.
- > Dispose of used tissues immediately into a rubbish bin and wash your hands.
- > Wash your hands often with soap and water, including before and after eating and after going to the toilet, and when you have been out to shops or other places.
- > Use alcohol-based hand sanitiser when hand washing is not possible.
- > Regularly clean and disinfect surfaces you have touched.
- > Stay 1.5 metres away from other people as much as possible.
- > Make sure any medical conditions are well managed or under control so you are as healthy as possible:
  - speak to your GP about what is best for you, including a health action plan that suits your personal circumstances, your immune system and medications.
- > Look after your mental and physical wellbeing, and maintain or resume connections with family, friends, your community and activities or interests that are important to you.
- > Ask for help if you need support:
  - the SA COVID-19 Mental Health Support Line is available 7 days a week from 8am to 8pm on **1800 632 753** or visit [www.SACOVIDMentalHealth.org.au](http://www.SACOVIDMentalHealth.org.au)
- > Download the COVIDSafe app to your smartphone for the times you do need to go out:
  - the Older Persons COVID-19 Support Line can help you with this by calling: 1800 171 866.
- > Stay home if you feel unwell and talk to your GP about being tested for COVID-19 if you have cold or flu like symptoms. Alternatively you can visit a dedicated COVID-19 or Respiratory Clinic to get tested.

### What activities can now resume (with certain restrictions in place)?

- > Retail and shopping
- > Restaurants, cafes, pubs, breweries, wineries and hospitality (food and alcohol)
- > Cinemas, theatres, galleries and museums
- > Libraries, community centres and RSL halls
- > Beauty salons, nail salons, tattoos, massage (non-therapeutic)
- > Regional travel, campgrounds, caravan parks and pools
- > Worship, funerals and weddings
- > Private gatherings of up to 75 people
- > Gyms, indoor fitness and dance classes. Indoor classes limited to a maximum of:
  - 10 people - if the space can accommodate 1 person per 4 square metres

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- 20 people - if the space can accommodate 1 person per 7 square metres)
- > Non-contact outdoors and indoor sports, and indoor recreation activities (training and competition)
- > Face-to-face social support groups under the Commonwealth Community Home Support Program, provided that the organisation has a COVID-Safe Plan
- > From 25 June, contact indoor and outdoor competition and training can commence

### Can I resume activities and interests?

If you do go out or resume some of your usual activities or interests, you should continue to stay 1.5m away from others where possible, and keep up good hygiene and handwashing practices.

You must **self-quarantine** if you are returning from overseas, interstate (other than Northern Territory, Western Australia, or Tasmania) or have been in close contact with someone who has received a positive test result for COVID-19.

### Can I see my grandchildren?

There are no restrictions on seeing your grandchildren. Remember to keep your distance (if possible), keep up your handwashing and use hand sanitiser before, during and after the visit.

### Can I have visitors to my home, visit others, go camping or travel to regional South Australia?

There are no additional restrictions for this. Remember to keep your distance from others where possible, and maintain your handwashing and regularly use hand sanitiser.

### Can I go to the cinema, pub or out for dinner?

There are no additional restrictions for this. Remember to keep your distance from others where possible, and maintain your handwashing and regularly use hand sanitiser.

### Can I resume my social support group activity/s provided through the Community Home and Support Program?

Face to face social support activities can recommence with appropriate safeguards in place, e.g. organisations must meet the density and COVID-safe planning requirements.

**Remember- Stay home if you are sick or feel unwell and talk to your GP about being tested for COVID-19 if you have COVID-19 symptoms.**



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## Information for older South Australians

### What are the symptoms of COVID-19?

Fever, chills or an acute respiratory infection e.g.: cough, sore throat, runny nose, shortness of breath, loss of taste and smell (with no alternative illness that explains these symptoms).

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## Information for older South Australians

### Where can I go for more information?

- > **SA Government COVID-19 website:** [www.covid-19.sa.gov.au/recovery](http://www.covid-19.sa.gov.au/recovery)
- > **SA Health website:** [www.sahealth.sa.gov.au/COVID2019](http://www.sahealth.sa.gov.au/COVID2019)
- > **SA COVID-19 Information Line** 1800 253 787
- > **SA COVID-19 Mental Health Support Line** (8am-8pm, 7 days) 1800 632 753  
[SACOVIDMentalHealth.org.au](http://SACOVIDMentalHealth.org.au)
- > **Older Person's COVID-19 Support Line** 1800 171 866  
(advice, support, referrals and connection for Older Australians)
- > **Aged Rights Advocacy Service** 1800 700 600  
(free, confidential service to older people, or their representatives, living in a retirement village) [sa.agedrights.asn.au](http://sa.agedrights.asn.au)
- > **COTA SA** [cota.org.au/information/covid19](http://cota.org.au/information/covid19)

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### For more information

Office for Ageing Well  
Department for Health and Wellbeing  
SA Health, Government of South Australia  
[www.sahealth.sa.gov.au/COVID2019](http://www.sahealth.sa.gov.au/COVID2019)

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