

WHAT We Offer

1. QUALITY USE OF MEDICINES

In partnership with the National Prescribing Service

Discuss how you can safely manage your medication, or for an older person in your care. Find out how to: avoid medicine mix ups; where to get reliable information about your medicines; how to become more confident talking with your GP and pharmacist about your medicines needs.

2. BRAND NAME OR GENERIC MEDICINES - CHOOSING WISELY

In partnership with the National Prescribing Service

What are the similarities and differences between brand and generic medicines? Find out with this session, and you'll be able to make an informed choice between them.

3. MORE THAN MEDICINES - LIVING WELL

In partnership with the National Prescribing Service

Find out: how to become an active partner with your GP and Pharmacist in your health management; what lifestyle changes you can make to improve your health?; be able to assess information on your medicines for reliability and credibility; and the benefits of informing your GP of any problems or concerns you have keeping to your medicine plan. Those living with diabetes, chronic pain or hypertension will be interested in this session.

4. BEYOND MATURITY BLUES

In partnership with beyondblue: the national depression initiative

Increase your awareness and understanding of depression in older people; discover what depression is; what are the symptoms and causes; available treatments and where to go for them; and how to pay for treatment. Depression is not a normal part of ageing and is a treatable illness.

Duration: 45-60 minutes + free handouts

NSW SENIORS PEER EDUCATION CENTRE

How do you Request a Session?

It's easy! You can:

- Call us on (02) 9286 3868
- Email us at spec@cotansw.com.au
- Visit our website at www.cotansw.com.au and click on Contact Us
- Fax your request to (02) 9286 3872
- Postal Address:
Level 4, 280 Pitt Street
Sydney NSW 2000

Hours of Business

Monday to Friday: 8.30 am to 4.30 pm

About COTA NSW

Established in 1956, COTA (NSW) is the voice of seniors over 50. It is a peak body providing leadership in social policy and community information for all older persons in New South Wales and Australia. Nationally, COTA (NSW) is part of COTA Over 50s.

Membership Enquiries - call 1300 1300 50

It's the fast and easy way to join COTA.

COTA (NSW)

Council on the Ageing (NSW) Inc
Estab. 1956

NPS

National Prescribing Service Limite



Free INFORMATION SESSIONS

To bring your
HEALTH TO LIFE!



**NSW SENIORS PEER
EDUCATION CENTRE**

NSW Seniors Peer Education Centre
is a program of COTA NSW

Did you know?

- More than 70% of Australians use medicines at any one time.
- Around 140,000 visits to hospital each year are medicines-related, many due to a lack of information on Quality Use of Medicines.
- It's important that the information you rely on about medicines is credible, up to date and from a reputable source.
- One million people in Australia currently have depression (1 in 5 women/1 in 8 men)*
- About 50% of people with depression do not seek help from a health professional *
- Depression is not a 'normal' part of ageing, but it is a treatable illness.
- Our information is well-researched, credible, up to date, independent and relevant to the needs of older people.
- **It's FREE!**

* Australian Bureau of Statistics, 2008

WHAT is Peer Education?

We promise you it's not like going back to school! Peer education is very informal. It means someone from a similar background to the group, sharing information with them in a way that will encourage them to enhance the quality of their life by making positive changes. In our case, this means the sessions are led by a fully trained volunteer, also a senior.

The information we provide is independent, credible, and relevant to the needs of older people and those caring for them.

WHO is our service for?

- Seniors' groups and clubs
- Seniors in support groups operated by a service
- Support groups for those caring for an older person, including those living with diabetes, chronic pain and/or hypertension
- Support groups for older people caring for another person, such as a spouse, adult offspring or grandchild
- Seniors living in retirement villages (independent living)
- Volunteers in contact with older people

Our sessions are aimed at members of the public aged 50 and over. We also provide our free service to public libraries for special events aimed at older people.

All sessions have a practical focus and easy to use strategies are discussed to help you deal with the issues.

Session handouts are available in a variety of languages, as well as in English.

Please note, as we provide peer education, we do not provide our service to paid workers or health professionals.

Who are our volunteers?

Our volunteers come from all walks of life and are the backbone of our service. Each volunteer is fully trained in the topic they present, and receive on-going support from paid staff. Volunteers are reimbursed for out of pocket expenses.

If you would like to find out more about volunteering with us, contact NSW SPEC: Telephone: (02) 9286 3868 or by Email: spec@cotansw.com.au

What area does our service cover?

We cover New South Wales. The majority of our work happens in metropolitan Sydney, Newcastle, the Central Coast, Tamworth and other locations where we have volunteer peer educators. We are happy to consider other areas of NSW on request.

Information for services and local councils

- We can provide our free service as part of any training you provide to your volunteers in contact with older people.
- Our service regularly participates in Expos and other events aimed at seniors.
- Volunteer Information and Referral Centres are encouraged to contact us about volunteering opportunities with us.

FREE

INFORMATION SESSIONS to bring your health to life!

