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To: gcc@spiderweb.com.au
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Dear Grace,

Welcome to our second newsletter for 2026. With the Federal Budget just days away, there is much to share with you.

You will no doubt have heard the Government's framing: this budget is about intergenerational equity. Most older Australians genuinely support making sure their kids and grandkids are set up for the future.

What is concerning is the narrative arising around blaming older Australians for simply following the rules that successive governments put in place to help them provide for their own retirement. That leaves many people feeling unfairly targeted.

Budget leaks are already in the media. Possible changes to Capital Gains Tax and negative gearing are clearly in discussion, though exactly what will happen remains unclear. COTA Australia has been advocating that while change may be necessary, nothing should be applied retrospectively. Governments can't invite people to play by the rules, then rewrite them in hindsight. Older Australians have spent decades trying to stand on their own feet and not be a burden on others. That effort should be respected, not penalised.

The announcement on private health insurance rebates came out of the blue. We've already heard from older people concerned about what this means for their household budgets and access to healthcare. There is also a real risk that if people can no longer afford their cover, older people won't get the care they need and more Australians will be

pushed back into the public health system, which is already under significant pressure. That would not be good for anyone.

The other narrative is that all older Australians, often referred to as the Baby Boomers, are wealthy, simply does not stack up. For every older Australian living comfortably, there is another counting every dollar, skipping meals, or delaying healthcare. One in four older Australians lives in poverty. Good policy needs to reflect that reality.

In recent media in The Australian and across the ACM media group, COTA Australia is pushing back on these narratives and some of Government's proposals. We know that older people support equity for all ages, but looking at it, only through an age lens, won't address the real issues facing people of all ages, and that's what we want to change.

COTA Australia's pre-Budget submission called on the Government to commit to a ten-year plan ensuring equity and genuine respect for an ageing Australia. Once the Budget lands, we'll go through it carefully and share what it means for you during budget week.

Your experiences and perspectives are central to our advocacy. There will be opportunities to have your say and contribute to the conversations that matter most to older Australians.

We will keep you informed. Stay tuned.



Aged Care Reforms Explained Free Webinars – You're invited.

We find ourselves approaching the six-month mark since the aged care reforms were introduced, a milestone that highlights the ongoing issues and questions for older Australians, their families and carers.

There has also been some progress in addressing issues older people have experienced. In April, the Federal Government announced it will expand clinical care supports to include showering, dressing and continence management. This is a welcome revision we have championed loudly and consistently. As a member of the Aged Care Taskforce, COTA Australia has taken every opportunity to make the case that personal care must be recognised as part of clinical support, just as it is in hospital settings.

While this is a positive step forward, we hear every single day from older Australians, their families and carers about the complexity of navigating these reforms and the impact the changes are having on them financially and in the support they receive.

That's why COTA Australia and OPAN are hosting a series of aged care webinars – there are three sessions, designed specifically to give you space to ask your questions and have them answered. We'll walk through the reforms, explain what they mean in plain language, and listen to what you're experiencing.

We encourage older Australians, their families and other supporters as well as interested community members to attend.

Register Here: www.cota.org.au/project/aged-care-reform-explained-webinar-series

We've heard from many older people and their families about the impacts they've experienced since the reforms commenced, and the webinars will address a number of these topics including:

- How does the announcement to include showering, dressing and continence management in the fully funded by government clinical care category affect me?
- The aged care Integrated Assessment Tool (IAT) algorithm is leading to poor service allocation outcomes.
- Higher Everyday Living charges in residential aged care for basic services such as in-room TV, choice of meals and Wi-Fi.

You can be assured that we will be continuing to advocate for needed changes to these reforms but in the meantime these webinars are designed to equip you with information and support you as you navigate the system.

WEBINAR: SESSION 1 Friday 8 May 2026 2.00pm - 4.00pm AEST.

WEBINAR: SESSION 2 Monday 1 June 2026 2.00pm - 4.00pm AEST.

WEBINAR: SESSION 3 Tuesday 30 June 2026 2.00pm - 4.00pm AEST.

You can register to attend any one of the webinars or all three of the sessions and as part of your registration, you can submit a question on any aged care reform issue that you would like answered.

These sessions are not designed for aged care providers or professionals.

[REGISTER HERE](#)

The 2026 Aged Care Reform Explained webinars conclude the sessions held nationally in September and October 2025, funded by the Department of Health, Disability and Aged Care.



Stay Connected and Involved with Your Local Community this Census.



There's a Census job for you

Australian Bureau of Statistics
Census

- ✓ Stay connected, stay involved
- ✓ Support your community
- ✓ Temporary, flexible work

Apply now
census.abs.gov.au/jobs

The Australian Bureau of Statistics (ABS) is hiring thousands of Field Officers and Community Field Officers in locations all over Australia.

Whether you're a retiree with volunteer experience or travelling and looking to earn extra money on the road, these jobs are perfect for seniors looking to support Australian communities.

Census data helps governments, not-for-profits and businesses make important decisions that directly impact your community. It is used to help plan local services like schools, health centres, transport and infrastructure.

Emily Walter, Census National Spokesperson, said the ABS is looking for people from a range of backgrounds and ages to apply. "These temporary jobs are a great opportunity for retirees and seniors to use their skills and experience to help collect high-quality data for Australian communities," Ms Walter said.

"You'll have the opportunity to work flexible hours across a mix of weekdays, weekends and evenings."

More than 16,000 Field Officer jobs are now available.

Applications for Field Officer jobs are now open right across Australia, in our major cities, suburbs and regional areas.

Field Officers work in their community delivering Census letters and forms, answering questions, and following up with those who have not yet responded. "No prior

experience is required and we will provide paid training before you commence work," Ms Walter said.

Community Field Officer jobs are opening soon.

Do you have experience working in social or community services? Applications for Community Field Officer jobs are opening on 11 May.

As a Community Field Officer, you'll support people in person to complete their Census form. This can include running Census Pop-up Hubs and information sessions.

Ms Walter said the ABS is looking for people with experience supporting people living with disability, people experiencing homelessness, Aboriginal and Torres Strait Islander peoples, and people who speak a language other than English.

"Whether you've retired from community services, are starting to wind down your hours, or volunteer with community service organisations, your experience and connections would be a valuable asset in a Census job," Ms Walter said.

"You'll play a crucial role in ensuring everyone feels safe and respected when participating in the Census."

Applications are fast and easy. All applications are done online, with assistance available if needed from the **Recruitment Support Line on 1300 100 557**.

Support Australian communities this Census.

For more information and to apply, visit census.abs.gov.au/jobs

The Hatchery 2 Day Support at Home Summit.



The Hatchery and COTA Australia's Support at Home Summit and Residential Care Summit took place on 29–30 April in Sydney, bringing together aged care leaders for two days of strategic discussion and sector-wide reflection.

The conference comprised two connected summits: the Support at Home Summit, and the Residential Aged Care Summit, serving as the first major forum for leaders to come together following implementation of the reforms.

Among the presenters was Greg Pugh, First Assistant Secretary of Access and Home Support at the Department of Health, Ageing and Disability, alongside COTA Australia CEO Patricia Sparrow, who co-presented across both days. Other notable presenters included Anne Burgess from the Council of Elders, lived experience participants Gwenda Darling, Val Fell OAM and Dr John Davis as well as Natalie Siegel-Brown, the Inspector General of Aged Care who spoke passionately about the need for support at home services, and aged care more generally, taking a preventative approach. We agree!

Held in partnership with The Hatchery, the summits are designed to ensure that aged care providers are hearing directly from older people and from COTA Australia itself - a purpose that was captured with striking clarity by older persons advocate Gwenda Darling, who told attendees: "It's our lives, but we are in your hands."

For COTA Australia, these summits are a meaningful avenue for advocating culture change and advancing the rights of older people in aged care. At the end of the event a participant said that the COTA/Hatchery conferences are the only ones they attend that focus on the why of aged care not just the how.

Medicare Bulk Billing Changes.



The Australian Government is investing in strengthening Medicare, making it easier for Australians to find a bulk billing GP.

Bulk billing is now becoming more accessible for all Australians. The Australian Government has expanded eligibility for MBS bulk billing incentives and established the Bulk Billing Practice Incentive Program meaning more GPs are now offering bulk billed appointments for Medicare-eligible patients.

These changes are helping to make healthcare more affordable, with patients and families expected to save hundreds of dollars each year in out-of-pocket costs.

The Department of Health, Disability and Ageing has produced resources to help all Australians understand and navigate the changes and how to find a bulk billing GP

View the Fact Sheet [HERE](#).

Understanding Medicare bulk billing for Medicare-enrolled patients.

Watch the Video [HERE](#).

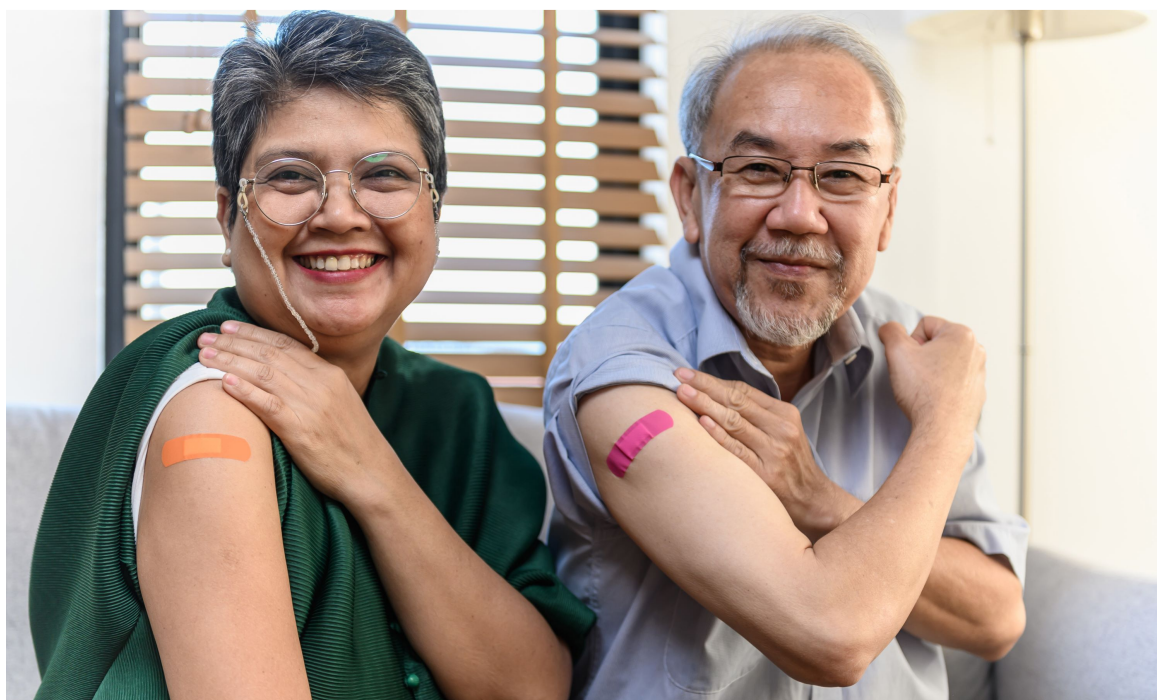
How to access bulk billing – what bulk billing is and how to find a bulk billing practice.

Watch the Video [HERE](#)

The full range of community information resources on bulk billing are available at:

www.health.gov.au/bulkbilling/resources

Translated: www.health.gov.au/bulkbilling/translated-resources



Staying Well This Winter -

What Older Australians Need to Know.

Australia's 2026 respiratory season has arrived earlier than usual, and it is shaping up to be one of the more serious in recent memory.

This month, more than 28,500 laboratory-confirmed influenza cases had already been reported nationally, and the traditional winter peak is still months away. For older Australians, who face the greatest risk of severe illness, now is the time to act.

At the heart of this season's concern is a strain of influenza A known as "Super-K," a variant within the H3N2 subtype that began spreading during summer and well ahead of

the typical May - September season and has since become the dominant strain in more than 30 countries.

The 2026 flu vaccine still provides meaningful protection against severe illness and hospitalisation and covers other circulating strains including H1N1 and influenza B, but getting vaccinated early gives it the best chance to work.

RSV- respiratory syncytial virus, is another virus that deserves more attention than it typically gets. Often mistaken for a common cold, RSV can escalate into serious illness in people aged 60 plus, particularly those with chronic lung conditions, heart disease, or diabetes.

Australian research has shown that older adults hospitalised with RSV tend to stay longer and fare worse than young children, with some taking months to recover. COVID-19 also continues to circulate and remains a risk for older people, especially in shared living environments.

The most effective steps anyone can take this winter are straightforward:

- Get vaccinated early.
- Wash hands regularly.
- Wear a mask in busy indoor spaces.
- Keep rooms ventilated
- Stay home when unwell.

If flu symptoms develop, contact a GP promptly. Antiviral medications work best within the first 48 hours of onset.

COTA Australia welcomed the Federal Government's announcement in April, that the RSV vaccine Arexvy will be free through the National Immunisation Program from 15 May. Previously costing around \$300, it is now funded for Australians aged 75 and over, and for Aboriginal and Torres Strait Islander people aged 60 and over, as part of a \$445.3 million investment reaching more than two million people.

People aged 60 to 74 with certain medical conditions are also recommended to receive the RSV vaccine, and others in that age group may choose to. Anyone unsure should speak with their GP or pharmacist. Arexvy can be given at the same time as the flu jab, making a combined appointment a practical option.

The annual flu vaccine remains free for all Australians aged 65 and over through the National Immunisation Program, at GP clinics and many local pharmacies without a referral. With the season already underway, don't wait, book in your jab now!

Read the full media release [HERE](#).

The Transition of the CHSP to the SAH Program.



COTA Australia has submitted a response to the Senate Community Affairs References Committee Inquiry into the transition from the Commonwealth Home Support Program (CHSP) to the Support at Home (SAH) Program. COTA Australia CEO Patricia Sparrow appeared at the inquiry hearing on 6 February 2026.

COTA Australia supports a single, integrated, rights-based home and community care system that provides timely access to support, within 30 days, and spanning basic assistance through to higher-level care. The current division between CHSP and SAH is not fit for purpose, producing inequitable outcomes driven by inconsistent funding rules rather than individual need.

Importantly, COTA Australia's position is not that the CHSP should simply be absorbed into the existing SAH Program in its current form. The early rollout of SAH has already left many older Australians worse off, with insufficient investment, reduced package values, implementation failures, and a deeply flawed pricing framework rendering services unaffordable for many.

The goal should instead be the creation of a genuinely integrated support system, one that is easier for older people to access regardless of where they live, and that delivers the support they actually need. Integration alone, however, will not fix the system.

Without urgent action to address existing deficiencies, the transition risks entrenching disadvantage rather than alleviating it. Any integrated program must preserve the locally delivered, community-based services currently operating under the CHSP, including meals, transport, social connection and respite, while also addressing well-known systemic weaknesses such as postcode-based disparities in access, inconsistent fees, and opaque provider waitlists that leave older people navigating the system without adequate information.

Achieving a truly integrated program requires a staged transition that prioritises fixing what is broken. This includes stronger local planning to meet demand, transparent reporting of waiting times, real-time service availability, fair and consistent pricing,

greater provider choice, more flexible funding, a single accessible entry point, and enforceable, standardised consumer protections.

A transcript of Patricia Sparrow's appearance at the inquiry and those of other presenters is available on the [Parliamentary website](#).

Read the submission [HERE](#).

Take Action with COTA Australia.



Global progress on the rights of older people:

The United Nations has agreed to establish an Intergovernmental Working Group on older persons, a significant shift from dialogue to formal action in the long-standing push for a UN convention on the rights of older people. This milestone has been recognised by the Australian Human Rights Commission and reflects growing international momentum.

COTA Australia, through its engagement with Rights of Older Persons Australia (ROPA) and the Global Alliance for the Rights of Older People (GAROP), is actively contributing to this work, ensuring Australian perspectives are represented in shaping international rights frameworks.

Key developments:

- Establishment of a UN intergovernmental working group, moving from dialogue to formal action.
- Direct opportunity for COTA Australia, via ROPA and GAROP, to influence global rights protections.
- Long-term potential to strengthen international standards and Australian policy alignment.

For further information, visit the [UN working group page](#).

Older Australians need to see fairer credit rules for retirees

We're pushing for fairer credit access for retirees and recently met with Simon Birmingham at an Australian Banking Association meeting, to explore solutions to the barriers facing older Australians with assets but non-traditional income streams.

Read our full media release [HERE](#).



Patricia Sparrow, CEO, COTA Australia and Simon Birmingham, CEO, Australian Banking Association.

COTA Australia attends Australian Dental Expo.

Primary Dental from Maroubra Medical & Dental Centre in Sydney, presented the results of the Seniors Dental Benefits Scheme Demonstration Trial to ADX Sydney (Australian Dental Expo) in March.

The Seniors Dental Benefits Schedule (SDBS) pilot trial patients had their regular GP-provided health care plans expanded to include free individualised dental plans, marking the first time in Australian history that oral healthcare has been included in formal health management frameworks.

The program was designed by a group of dental industry leaders in response to urgent calls from the Royal Commission into Aged Care Quality and Safety and the 2023 Senate Inquiry into Access to Dental Services in Australia.

Acting CEO Corey Irlam joined a panel discussion on the importance of such programs alongside Australian Dental Association, Central and Eastern Sydney PHN, Race Dental and Sydney University.

Each year in Australia, there are over 70,000 dental-related presentations to emergency departments, costing the healthcare system millions and highlighting the urgent need for accessible preventative dental care.

Read our media release on a Dental Benefits Scheme [HERE](#).



Panellists who presented the results of the Seniors Dental Benefits Scheme Trial at the ADX, Sydney.

Aged care consumer advisory bodies: provider insights and next steps:

Our Better Practice Project on consumer advisory bodies is progressing with a strong focus on improving the experience of older people in aged care. Funded by the Department of Health, Disability and Aged Care, this work explores how these now-mandated bodies are functioning in practice and how they can be strengthened.

We have completed a survey of aged care providers nationally and are now moving into more in-depth interviews to better understand provider experiences, challenges, and opportunities. The next phase will centre on engaging directly with older people, including our subscribers to ensure their voices inform and shape what best practice looks like.

What's happening next:

- In-depth interviews with aged care providers underway.
- Planning engagement with older people – we will call for participation soon.
- Identifying practical improvements to support meaningful participation.

You can keep up to date on our website www.cota.org.au and viewing pages including **Take Action**, **Resources** and **News**.

Presentation at Palliative Care Australia's Forum

In March COTA Australia presented at the Palliative Care forum alongside the Older Persons Advocacy Network (OPAN). The forum addressed one of the most pressing challenges facing Australia's aged and palliative care sector: how to

uphold the dignity, choice, and human rights of older people as the population ages rapidly.

Drawing on research from COTA Australia, the Australian Human Rights Commission, and the World Health Organisation, the central argument was both simple and profound: relationships are the foundation of good care.

COTA Australia's research reveals that the top two quality indicators identified by older people themselves are 1. being treated with respect and dignity, and 2. staff friendliness. Neither is clinical. Both are relational. This challenges a sector often preoccupied with compliance frameworks and physical environment standards, and redirects attention to what people actually experience day to day.

A striking finding from the 2025 State of the Older Nation report is that 38% of older Australians experience ageism. In care settings, this manifests as dismissiveness, condescension, denial of treatment, and the normalisation of pain, the harmful assumption that suffering is simply an expected feature of old age. This is not merely attitudinal; it carries measurable consequences for care quality and human dignity.

On the question of what works, the evidence points in a clear direction. Education programmes that incorporate reflective practice, journaling, peer debriefing, open discussion, consistently outperform those that simply deliver information. Addressing death anxiety and personal beliefs among care workers matters too, as these shape how staff show up each day. Above all, leadership culture drives change at scale. Organisations that genuinely champion person-centred values demonstrate it in practice.

The forum's most resonant moment came from a family carer: "I tell them about Mum, she's a real person." That instinct to share someone's story and identity is both the simplest and most powerful thing a family can offer and the most meaningful space a service can create.

The closing message was clear: poor attitudes and broken relationships are the most costly failures in aged and palliative care. And every person within the system has the power to change that.



Sophia Petrov, National Manager, Policy and Engagement for COTA Australia, co presenter at the Palliative Care Conference.



Planning for Retirement?

The Government Has Free Tools to Help.

Retirement planning can feel overwhelming, but it doesn't have to be. Moneysmart, a free service by the Australian Securities and Investments Commission (ASIC) on behalf of the Federal Government, is designed to take the complexity out of planning for your financial future.

As a trusted, unbiased government resource, Moneysmart covers everything from superannuation and debt to insurance, giving Australians reliable information they can act on with confidence.

To make retirement planning more accessible, Moneysmart offers a suite of easy-to-use, independent tools, including the [Retirement Planner](#) and the [Super and Pension Age Calculator](#).

These resources help you estimate your retirement income, see whether you're on track, and make informed decisions about the road ahead, all at no cost.

Whether you're just starting to think about retirement or fine-tuning your plans, these tools are a smart and simple place to start and deliver in peace of mind when planning your future.

Access the free Moneysmart Retirement Planning Tools [HERE](#).

Let's Talk About Submissions.

Submissions are a core component of COTA Australia's organisational function and advocacy mandate. The policy team collaborates on research and development to present comprehensive, evidence-based documents to government on behalf of older Australians.

These submissions articulate key issues, policy positions, and lived experiences, ensuring they are formally recorded and considered within decision-making processes. They play a critical role in influencing reform by providing a structured, credible mechanism through which the voices and interests of older people are represented in government consultations, policy development, and legislative change. Submissions are varied and cover subject matter such as aged care, energy, consumer rights, banking and financial and retirement.

Below are some of our current submissions and all submissions can be viewed on our website [HERE](#).

COTA Australia's 2026/27 Federal Pre-Budget Submission called for six priority actions, including a whole of government plan for ageing: an urgent aged care / SAH transition plan; improved economic security for older women and carers; fairer retiree credit access, improved digital confidence in banking, and a Seniors Dental Benefit Scheme. Read Submission [HERE](#).

Prices for Support at Home services have increased significantly. Some older people have informed us that they are now receiving lower levels of service for the same amount of funding. There is a genuine risk that older people may decide to forgo services they are assessed as needing because they decide they are not affordable.

The rapid increase in hardship applications is also a sign that there are affordability pressures for participants in the Support at Home program. Read Submission [HERE](#).

COTA Australia made a submission to the Senate Select Committee examining the operation of the Capital Gains Tax (CGT) discount.

This submission highlights the need for balanced, evidence-based reform that protects people on low and modest incomes, noting that not all older Australians are wealthy and that one in four people over 65 live in poverty.

COTA also emphasises the importance of grandfathering existing arrangements to maintain confidence in retirement planning, and calls for targeted reform that supports housing stability, fairness, and a dignified retirement. Read Submission [HERE](#).

Understanding Memory and Thinking Changes – An Invitation to Participate in a Study.



The MInD Sub-study is investigating brain activity associated with age-related cognitive changes, with the goal of identifying early signs of cognitive decline and better understanding memory and thinking changes linked to conditions such as Alzheimer’s disease.

The study has been approved by the St Vincent’s Hospital Melbourne Human Research Ethics Committee (HREC 249/22).

Participation is open to people aged 50–85 years, either with a diagnosis of Mild Cognitive Impairment or who are healthy adults with no cognitive concerns. Participants will take part in up to four visits across 2 weeks involving a cognitive testing appointment followed by brain imaging (fMRI, EEG and fNIRS). Participants will be reimbursed for their time/travel costs.

To register your interest please fill out the registration form and a team member will get back to you: [REGISTER HERE](#).



Improving Your Health Literacy.

COTA Australia has been working with the Quality Use of Medicines (QUM) Alliance since 2023 to improve consumer health literacy – particularly around medication.

Over the past 3 years, we have provided a consumer perspective on the development of medication information and resources for older people. The current resources focus on: Eczema, gout, antidepressants. Future areas of focus include: menopause, osteoporosis and secondary stroke prevention.

We have created a web page on our COTA Australia website with helpful resources including:

- Quality Use of Medicines resource and information Hub.
- Antidepressant Medicines – Frequently Asked Questions.

There is also a video series - My Journey with Antidepressants. Hear older adults share their experiences with antidepressants. They talk about what to expect, what changed for them and how they managed their depression and/or anxiety. The webpage will expand with resources as they come to hand.

View Resources [HERE](#).



We Need to Stop Equating Home Ownership with Financial Comfort.

A February [realestate.com.au](https://www.realestate.com.au) report is shining a national spotlight on the growing disconnect between housing wealth and everyday financial security for older Australians, and calling for more credible alternatives to the tired "just downsize" narrative.

The core issues:

- Despite 85% of older households (55+) having two or more spare bedrooms, most aren't moving, because suitable, appropriately designed housing simply isn't available. Smaller homes built for older Australians accounted for less than half of all new builds between the 2016 and 2021 census.
- The financial case for downsizing is often illusory. Stamp duty, agent fees and transaction costs frequently swallow much of the gain from selling.
- Downsizing can trigger unintended consequences for Age Pension eligibility, leaving some worse off.
- Many retirees are asset-rich but income-poor, struggling with rising living costs and healthcare costs while sitting on property wealth they can't easily access.

Policy, financial products and public conversation must catch up with reality. The focus should shift toward enabling older Australians to access home equity without being forced to sell - whether to support their own living costs or help adult children enter the property market.

The big picture:

- Downsizing is a genuine policy outcome related to older people and housing but only one among many.

- There is a lack of flexibility in Australia's mortgage products. A recent **report** by Mortgage Stress Victoria and the Consumer Policy Research Centre (CPRC) found that better mortgage design would benefit households and the financial system. It concluded that government intervention is needed to reform mortgage products, improve hardship protections and reduce unnecessary costs.
- COTA Australia's State of the Older Nation 2025 (**SOTON25**) report directly challenges the "wealthy boomer" myth: one in four Australians over 50 is living in poverty, and nearly half believe conditions for people their age are getting worse. SOTON reveals that, whilst the majority are unlikely to move, some older people have downsized and there is a willingness amongst others to consider it.

Older Australians are Drowning at Record Rates.

A report released late February by Royal Life Saving Australia has uncovered an alarming reality: older Australians are drowning at record rates.

Despite making up just 16% of the population, Australians aged 65 and over account for 26% of all drowning deaths, a significant over representation. In 2024/25 alone, 115 older adults lost their lives to drowning, a 55% spike above the 10-year average. Over the past decade, 736 older Australians have drowned.

With Australia's population continuing to age and older adults remaining active and spending more time in and around water, targeted prevention strategies are now critical. Tailored education, improved risk awareness and age-specific water safety programs must be prioritised to reverse this concerning trend.

Royal Life Saving Australia eBook on Report and mapping prevention. [Read **HERE**.](#)



Therapeutic Goods –

Ensuring Sunscreen is Being Represented Accurately.

The TGA is aware of reporting by the ABC in late 2025 regarding companies allegedly using the same Australian Register of Therapeutic Goods (ARTG) listing number (called an AUST number) for multiple sunscreen products that have different names and/or different intended uses from those recorded in the ARTG.

The therapeutic goods framework is designed to make sure that things that are in the ARTG are the same as the goods that are being manufactured, advertised and supplied in the Australian market. The TGA does not promote or endorse individual products, it is a neutral regulator and independent of commercial interests.

The inclusion of a sunscreen in the Australian Register of Therapeutic Goods (ARTG) means that the sponsor (product owner) must comply with all Australian regulatory requirements.

Understand what to look for when choosing a sunscreen, including Sun Protection Factor (SPF), broad spectrum and an AUST number. [Resource HERE.](#)

The TGA statement is to provide guidance and information about sunscreen labelling. [Resource HERE.](#)

The Problem and Politics of Health Cover – An Amplieo Video.



Australia often views the US Healthcare system as an example of what not to do.

The introduction of “Obamacare” Affordable Health Insurance Act lead to nearly 20 million additional Americans signing up for health insurance, however inequity and the inability to access care, even when covered in the US is something our policy makers should be watching closely.

The Ampleio video series is hosted by Dr Katherine Bassett and this video discusses the price problem and the politics of health coverage. Dr Bassett asks Harvard health economist Dr Benjamin Sommers what universal insurance solves, why US healthcare costs so much, and what countries like Australia should watch as pressures grow.

It’s a timely conversation as we process the April announcement that the Federal Government will adjust the higher private health insurance (PHI) rebates for Australians aged 65 and over to help fund a \$3 billion investment in aged care.

Over 3 million Australians aged 65plus will be affected by this rebate change.

Watch video [HERE](#).

Listening and Viewing



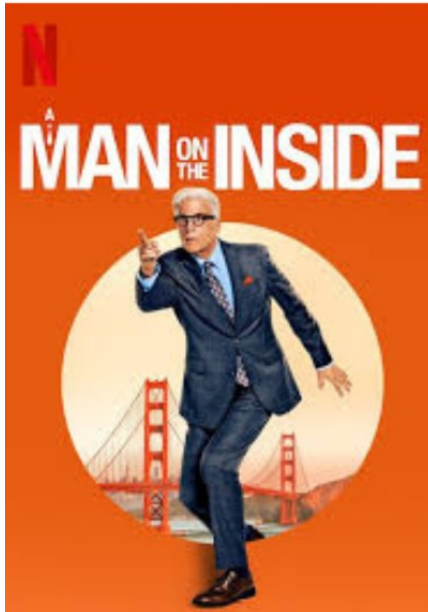
Podcast: Ageless with Roz



Roz Townsend has created a podcast dedicated to exploring how Australians are redefining ageing through curiosity, contribution, lifelong learning and community engagement.

As host and creator, Roz interviews leading thinkers, historians, medical experts, creatives and community leaders whose stories challenge traditional assumptions about later life. The podcast's central aim is to help reshape public conversations about ageing - moving from narratives of decline toward possibility, purpose and continued participation. Episodes are available on all the standard podcast apps. Sample Episode: Get Your Affairs in Order - about wills [LISTEN HERE](#)

Netflix: A Man on the Inside (2025)



Ted Danson stars as a retired professor, who gets a new lease on life when a private investigator hires him to go undercover inside a San Francisco retirement home to investigate a crime.

The comedy has a nice balance of colourful characters, a snapshot of comfortable retirement living, a fun story line and a theme that living life is better than watching it pass by. It is based on the 2020 documentary film *The Mole Agent*.

I encourage you to register for our webinar series running through May and June. If you can't join us live, the webinars will be available on our website from mid June. COTA Australia and OPAN have created these sessions to support our community and all older Australians who want to know more about the aged care reforms.

If you know someone who would benefit from staying informed and adding their voice, please encourage them to sign up for this newsletter. It's free, and every new supporter strengthens the community we're building together. [SIGN UP HERE](#)

Until next time...

Regards,

Patricia Sparro

Patricia Sparrow
Chief Executive Officer

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*COTA Australia
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Advocating for older Australians since 1958.

In the spirit of reconciliation, COTA Australia acknowledges past and present Traditional Custodians of Country and Elders of this nation. We recognise their connections to land, sea and community and the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait Islander peoples.

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