

# Council on the Ageing Tasmania wants to H.E.A.R from you!

*Every person – in every country in the world – should have the opportunity to live a long and healthy life.*

*Healthy ageing is about creating the environments and opportunities that enable people to be and do what they value throughout their lives.*

World Health Organisation

Whether you are 40, 75 or 105 years of age (or anything in between!) we want to hear about your experiences of ageing in Tasmania.

- What does ageing mean to you?
- Have your views on ageing changed over time?
- What do you think Tasmanians need in order to age well?

Your experiences, thoughts and wishes will help shape the next Strategy for Older Tasmanian's 2023–2029.

- What has helped you as you've aged?
- What has been challenging?
- What local services and initiatives have supported you and kept you connected to your community?

## HOW CAN I SHARE MY VIEWS?

COTA Tasmania will be partnering with local organisations and councils to visit various locations across Tasmania from March–June 2022. Alongside this you can contribute in the following ways:

- Complete our survey— whether you have 2 minutes or 10 minutes to spare, please complete and share survey links as widely as you can



- Phone or email COTA to have a hard copy of the survey posted to you – **62 313 265 / admin@cotatas.org.au**

- Order some postcards to distribute in your workplace, local community group or local businesses
- Text your thoughts of what healthy ageing means to you to **0477 011 112**
- Head online to COTA's website to access links and further information (and pass onto to any friends or community newsletters!) **www.cotatas.org.au/information/consultation/**
- Join an online conversation (see COTAs website for details: **www.cotatas.org.au/information/consultation**)

If you'd like to see when a community conversation will be held in your area, or offer to host one, please contact Brigid on **62 313 265** or **brigidw@cotatas.org.au**.