



Rethink ageing

AGEING IS A TIME OF
POSSIBILITY, OPPORTUNITY
AND INFLUENCE.



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COTA Tasmania (Council on the Ageing [Tas] Inc) is a peak body for organisations and individuals that are committed to encouraging our community to think positively about ageing.

We promote and encourage social inclusion and actively champion the rights and interests of Tasmanians as they age.

CALL US

03 6231 3265

admin@cotatas.org.au
www.cotatas.org.au



Get Involved

*Ageing is a time of possibility,
opportunity and influence. We strive
to make ageism a thing of the past.*

WHAT WE DO

LISTENING TO COMMUNITY

We connect with and listen to older Tasmanians, valuing their lived experience of the ageing journey.

POLICY

We actively research, consult, and write submissions on a range of policy areas.

REPRESENTATION

We represent older Tasmanians on committees, forums and within the media to ensure their needs and experiences are considered.

CARE FINDER SERVICE

Our free Care Finder service supports eligible older Tasmanians to navigate the aged care system and find services in their local area.

PARTNERSHIPS AND COLLABORATIONS

We work alongside other organisations on initiatives, advocacy, and projects that support older Tasmanians.

EVENTS AND WORKSHOPS

We coordinate the Seniors Month program, the World Elder Abuse Awareness Day events, monthly legal clinics, workshops on a variety of topics, and opportunities for connection through our Community Activities webpage.