

COTA TASMANIA

Rethink ageing

Advocating for older Tasmanians for over 60 years.

Impact Report

2025
2026



WEAAD Walk 2026 – Devonport.

ABOUT COTA TASMANIA

COTA TASMANIA

Rethink ageing

For more than 60 years, COTA Tasmania has been the peak body representing older Tasmanians.

Established in 1964, we are a registered not-for-profit organisation committed to ensuring that people are valued, respected and included as they age. Through advocacy, programs, partnerships and community engagement, we challenge ageism, strengthen social connection and promote the rights, interests and contribution of older Tasmanians.

Funded through grants from the Tasmanian Government, the Commonwealth Department of Health and Aged Care, Primary Health Tasmania and other partners, we work towards an age-friendly Tasmania where people of all ages can participate and thrive.

Our organisation is guided by our values:

- Respect
- Diversity
- Collaboration
- Trust

COTA Tasmania acknowledges with deep respect the resilience and knowledge of the Tasmanian Aboriginal community, the traditional custodians of Lutruwita, Tasmania. We value the wisdom of Aboriginal elders past and present and the role they play in continuing to care for Country.

www.cotatas.org.au

ADVOCACY AND ENGAGEMENT

Peak body

COTA Tasmania is part of the COTA Australia Alliance, with representation in every Australian state and territory and nationally through COTA Australia. As the peak body for older Tasmanians, we advocate at all levels of government, particularly for people experiencing vulnerability or disadvantage, and raise systemic issues affecting their wellbeing that require policy change.

5.4
STAFF FTE

1,641
E-NEWSLETTER SUBSCRIBERS

27
AGEISM PRESENTATIONS DELIVERED TO

369
COMMUNITY MEMBERS

44
POLICY SUBMISSIONS

REPRESENTATION IN
25
ADVISORY/ WORKING GROUPS

Website and media representations

22 "Conversations for the Ages" episodes with ABC Northern Tasmania, including 6 featuring COTA Tasmania.

50K
WEBSITE VISITS

381K
INTERACTIONS

Our website was relaunched in March 2026. The figures above reflect activity during the first three months following the launch.

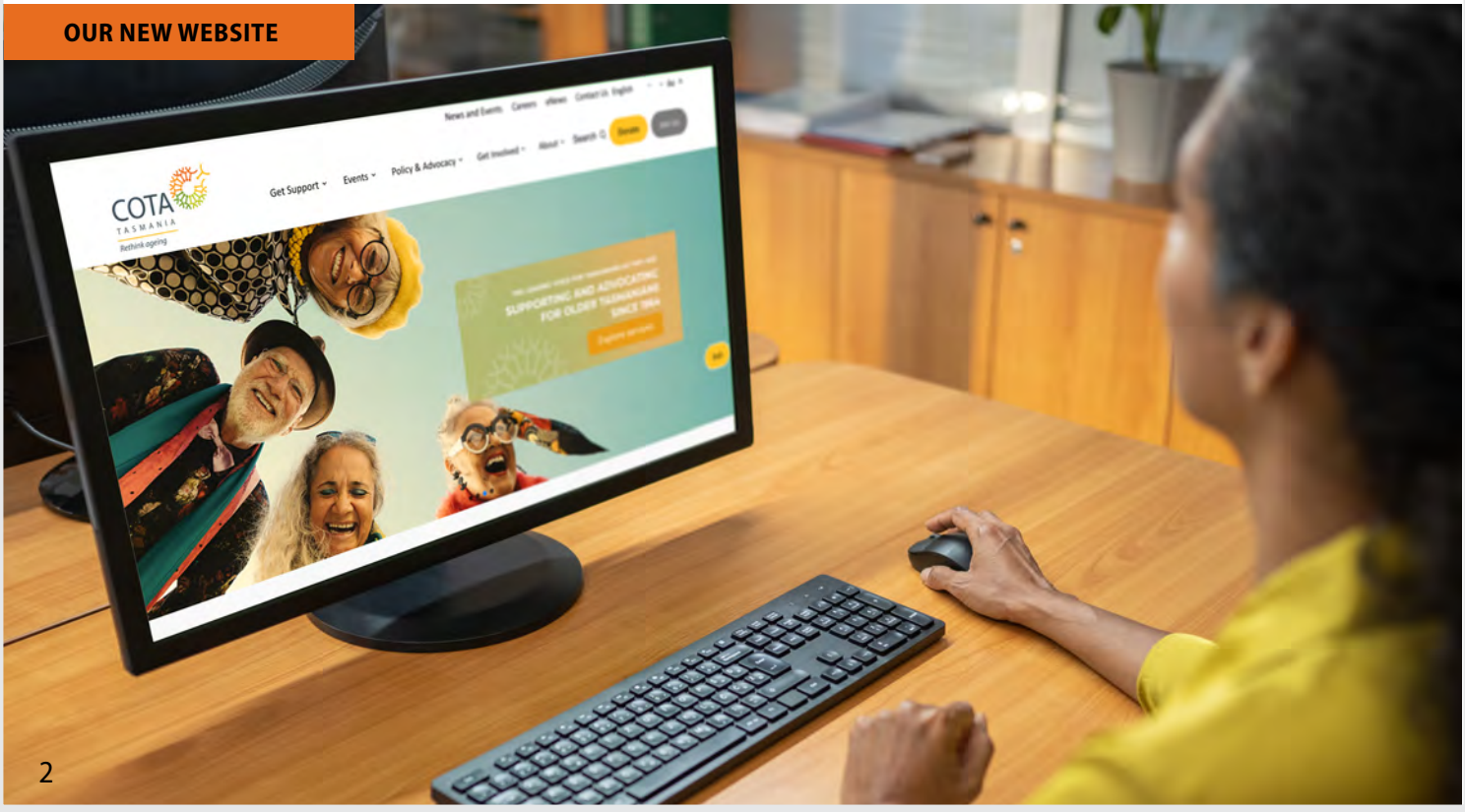
15
MEDIA RELEASES

7
TV MEDIA APPEARANCES

19
RADIO INTERVIEWS

7
OPINION PIECES IN MAJOR NEWSPAPERS

OUR NEW WEBSITE

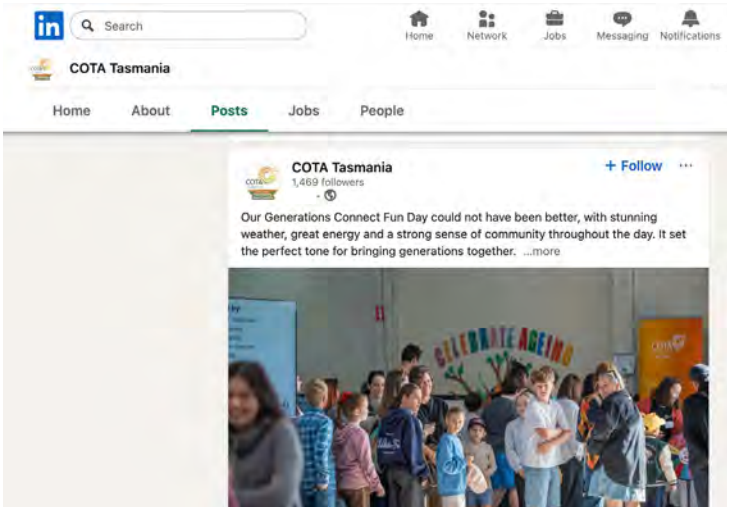


Social Media

6,067
SOCIAL MEDIA FOLLOWS

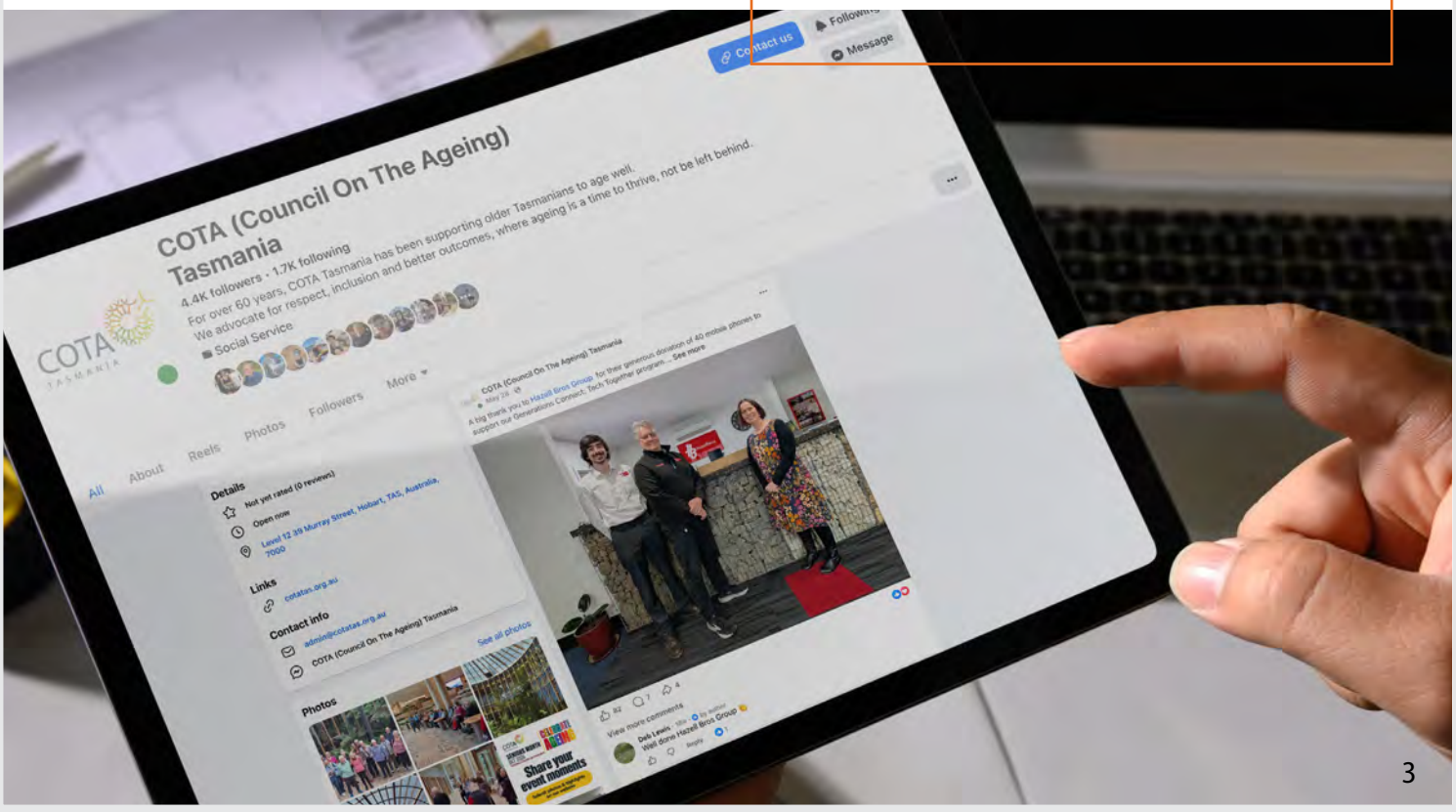
30%
GROWTH OVER SOCIALS

1,386 LINKEDIN	**72,245** IMPRESSIONS	**407** NEW FOLLOWERS	**2,712** ENGAGEMENTS
4,258 FACEBOOK	**670,000** VIEWS	**703** NEW FOLLOWERS	**28,210** ENGAGEMENTS
423 INSTAGRAM			



"Ageing has taught me to be kinder to myself and to appreciate the person I have become."

"Ageing is not about losing who you are. It is about continuing to become who you are."



OUR PEOPLE

It is my privilege to present this report on behalf of the Board for what has been a year of genuine challenge and genuine resolve.

The operating environment for our sector has tightened considerably, and COTA Tasmania has met that reality with clear eyes and an unwavering commitment to the people we exist to serve: all Tasmanians as they age.

The Board's primary responsibility is to ensure COTA Tasmania remains a strong, credible, and sustainable organisation, one that can advocate effectively not just today, but for years to come. That principle of sustainability has shaped every major decision we have made this year. Our Treasurer's Report, which is available separately from this Impact Report, provides a detailed account of our financial position and I commend it to you.

Like most organisations in the community services sector, COTA Tasmania is reliant on State Government funding. This year, that dependency came into sharp relief as early signals pointed to a State Budget that would be a difficult one for the sector. I want to be transparent with our members and stakeholders about what that has meant for us.

I am pleased to report that our peak body funding has been primarily maintained, an outcome that reflects the value government places on the independent voice COTA Tasmania brings to policy and advocacy on behalf of older Tasmanians. However, our program funding, including for important community activities such as Seniors Month, has been confirmed only for 2026–27. The absence of any forward commitment beyond that single year is a genuine concern that the Board is actively monitoring.

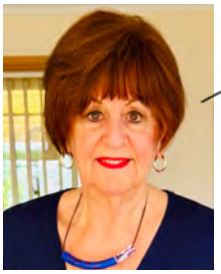
This is not a challenge unique to COTA Tasmania. Across the community services sector in Tasmania, organisations that deliver critical work are facing the same short funding horizons, in most cases with no alternative revenue base. The uncertainty this creates affects our capacity to plan, to retain skilled staff, and to commit to the communities we serve. It is a situation that the sector as a whole continues to raise with government, and one I will not shy away from naming here.

I have long held, and will continue to assert, that the work of the community services sector and organisations like ours, could not be replicated by government. This is not a criticism. It is a statement of structural reality. The work our sector undertakes is built on relationships of trust, deep community connection, and the ability to operate with agility and resourcefulness that government structures, however well-intentioned, are simply not designed to deliver. We achieve what we achieve with limited resources, both human and financial, and we do it well.

We will continue to work hard to demonstrate our worth and the vital importance of what we do. Advocacy for older Tasmanians is not a luxury. It is essential if we are to ensure that people age well in this State, with dignity, security, and full participation in community life.

In times of uncertainty, it is our mission that grounds us. Everything we do flows from our commitment to challenge ageism and advocate for the rights, interests, and value of all Tasmanians as they age. That mission is held uppermost in our daily work, and I see it reflected in the actions of every person connected to this organisation.

I extend my sincere thanks to my fellow Directors for their counsel and commitment throughout the year. To our CEO, Brigid Wilkinson, and to every member of the COTA Tasmania staff: thank you. Your untiring efforts to realise our mission, often in the face of real uncertainty, speak to a dedication that goes well beyond professional obligation. You are the reason COTA Tasmania continues to matter. Together, we look forward to the year ahead with clear purpose and an unshakeable commitment to the Tasmanians we serve.



Ingrid Harrison
COTA President and Chair of the Board



Launceston World Elder Abuse Awareness Day Walk.



Beyond Age workshop, Launceston.



Beyond Age workshop, South.





Hobart World Elder Abuse Awareness Day Walk.

OUR PEOPLE

As Tasmania's population continues to age, ensuring that every older person can live with dignity, independence and opportunity has never been more important.

At COTA Tasmania, we are privileged to work alongside older Tasmanians, communities, governments and organisations to create a state where people can age well and feel respected.

Throughout the year, we have continued to champion the rights, interests and aspirations of older Tasmanians while delivering practical programs that help people navigate services, build connections and remain active participants in their communities.

As the state with Australia's fastest growing ageing population, we have worked hard this year to support the newly appointed Minister for Ageing, Bridget Archer MP, and her team to strengthen the voice of older Tasmanians in government decision-making and advance policies that promote healthy, active and connected ageing. It has been a productive relationship to date, and we look forward to continuing a strong partnership with Minister Archer and the newly appointed Older Tasmanians Ministerial Advisory Council.

It has been a busy and productive year of advocacy, media engagement and representation. As you have likely seen, COTA Tasmania continues to strengthen its reputation as a trusted, independent voice for older Tasmanians – one that provides evidence-based advice informed by research, data and, most importantly, the lived experiences of people in our communities. Through constructive engagement with government, the media and stakeholders across the state, we have continued to ensure that the perspectives of older Tasmanians are heard and reflected in the policies and decisions that affect their lives.

At the same time, our dedicated team has worked directly with older people across the state. Whether through our Care Finder service, digital inclusion initiatives, community events, elder abuse prevention work or in delivering opportunities via Seniors Month, we have supported thousands of Tasmanians to access the assistance they need and remain connected to their communities.

None of this happens without the commitment of our staff, volunteer Board, partners, and the older Tasmanians who trust us with their stories. To everyone who walked alongside and supported COTA Tasmania this year – thank you.

While there is much to celebrate, we also recognise the challenges that remain. Tasmania has the oldest population in Australia, and demographic change presents both opportunities and responsibilities. As demand for services grows and systems continue to evolve, COTA Tasmania will remain a strong, independent voice advocating for policies and services that enable people to age with choice, respect and security.

With ongoing uncertainty surrounding funding for community service organisations, we have continued to work closely with the Coalition of Peaks Network to advocate for longer-term, sustainable funding arrangements that include appropriate indexation. A strong community sector is essential to delivering the services, advocacy and support that Tasmanians rely on. Achieving this requires funding models that recognise the true cost of delivering quality services and enable organisations to plan, retain skilled staff and invest in long-term outcomes. We remain committed to working with government to build a more sustainable, respectful and collaborative partnership that delivers lasting benefits for the community.

Our Impact Report is more than a record of activity – it reflects the collective efforts of older Tasmanians and those who work alongside them to build a more age-friendly Tasmania. We are proud of what has been achieved together and look forward to continuing this important work in the years ahead.

With almost half of Tasmania's population over 50, the work we do isn't a niche concern, it's central to what kind of state we want to be. A state where ageing is met with respect, not resignation. Where the wisdom, contribution, and rights of older people are recognised, not overlooked. And that's precisely why organisations like COTA Tasmania exist: to keep showing up for older Tasmanians, especially when the impact of ageism leaves them feeling ignored, or the system makes it harder for them to be heard.

Thank you for your ongoing support of COTA Tasmania and our vision of a Tasmania where every older person is valued, respected and empowered to live well.



Brigid Wilkinson
Chief Executive Officer



Devonport (below) and Launceston World Elder Abuse Awareness Day Walks (right).

"A strong community sector is essential to delivering the services, advocacy and support that Tasmanians rely on."

Brigid, CEO

OUR PEOPLE

COTA Tasmania Policy Council (TPC) was established in 2010 to provide advice and policy direction on issues of concern for older Tasmanians.

As a sub-committee of the COTA Tasmania Board, TPC is made up of volunteers from both the Board and the general public including those with lived experience and professional expertise – all whom have strong connections within their local communities. It is a forum through which older Tasmanian's and all who support them can give voice to their interests; strengthen efforts to promote and advocate for solutions to problems; and, to celebrate the contribution, achievements and legacy of older people from across Lutruwita.

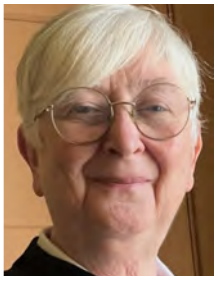
TPC meets five times a year. Over the past 12 months our focus has been on advocacy and policy development across a wide range of topics affecting people as we age. Following a request from the Board, we have finalised a position statement on Ageism; are near completion of a position statement on Digital Inclusion; and have commenced the development of position statements on Navigating Access to Aged Care and the promotion of Age-Friendly Communities. These concise, evidence-based and lived experience informed statements, when finalised and endorsed by the Board, will be used by COTA Tasmania to support submissions and comments on, as well as advocacy and media work and in response to policy and service developments impacting older persons across our diverse community.

During the 25/26 financial year, in addition to work undertaken to develop the first set of formalised position statements, Council members have also contributed to discussions and supported COTA Tasmania advocacy work and submissions on a wide range of issues affecting healthy ageing. These included:

- the impact of changes to the Aged Care Act and home support packages,
- State and Commonwealth budget decisions of consequence to older people,
- health, mental health and preventive health strategies,
- elder abuse and lifelong respect,
- housing, renting and cost of living pressures
- transport and community access,
- voluntary assisted dying and advance care planning, and;
- disaster resilience and emergency preparedness

Over the past year we have also farewelled some members and welcomed new voices, including welcoming a new COTA Tasmania Policy Officer to help support our deliberations. We thank those who have stepped down for their valuable contribution, acknowledge those who continue to serve, and warmly welcome our new members. Thank you all for your time, commitment and dedication.

Your tireless efforts and your loud and persistent voice for the community we serve, is inspiring. Your input has helped COTA Tasmania listen, test ideas, identify emerging concerns and advocate for practical changes that support dignity, inclusion, security and choice of individuals and communities as we all age.



Sue Wilson
Chair, Tasmanian Policy Council



Hobart World Elder Abuse Awareness Day Walk.

OUR CORE PROJECTS

Care Finder

7.1
FTE staff

332
clients

176
females

156
males



5,428.5
hours of support provided to Care Finder clients over the 12 month period.

COTA Tasmania's Care Finder program is a free and friendly service that guides people through the aged care system when challenges or personal circumstances make it difficult to navigate alone.

Care Finder is specifically designed to assist older people eligible for government-funded aged care who need extra support to understand and access the system.

Over the past 12 months, the Care Finder team continued to provide intensive navigation support to older Tasmanians while also responding to the significant system changes introduced through Support at Home from November 2025.

Statewide reach

Care Finder continued to deliver a statewide service across Tasmania, with support provided to older people in all regions. The Hobart office supported the Southern region, including Hobart, Glenorchy, Clarence, Kingborough, Brighton, Sorell, Tasman, Huon Valley, Derwent Valley, Central Highlands, Southern Midlands and Glamorgan-Spring Bay. The Launceston office covered Launceston, West Tamar, George Town, Dorset, Meander Valley, Northern Midlands, Break O'Day and Flinders Island. The Penguin office covered West Coast, Waratah-Wynyard, Circular Head, Burnie, Central Coast, Kentish, Latrobe and King Island.

A small number of clients were also supported by staff outside of their office regions at different times, reflecting a flexible statewide response when local capacity or allocation required cross-regional support.

Region	Clients	
South	183	55%
North	86	26%
Northwest	63	19%



No wrong door

Alongside direct Care Finder support, COTA Tasmania's Intake team also assisted people who were not eligible for the program but still needed help to understand aged care pathways, referral options and next steps.

During 2025–26, **613** people who were not eligible for the Care Finder program were supported through Intake, with a total of **452** hours spent helping older Tasmanians, their families, carers, support networks and referral partners.

This fluctuation in demand was particularly visible in non-Care Finder Intake activity, with increased enquiries before the November 2025 transition to Support at Home, followed by a renewed rise in contact from January to March 2026 as assessment outcomes and funding decisions began to reach clients.

This work reflects the continuing importance of a no wrong door approach. Even where matters did not progress into ongoing Care Finder case work, timely information, referral and short-term navigation support helped people move forward with greater confidence and clarity.

Support at Home implementation

The introduction of Support at Home on 1 November 2025 significantly shaped the work of the Care Finder team during the second half of the reporting period. During the first six months of implementation, Care Finders were often supporting clients through confusion about new funding arrangements, interim allocations, provider availability, co-contributions and digital system changes.

Consistent ground-level concerns included funding classifications that did not always match client need, interim funding that was often insufficient while people waited for full allocations, wide variation in provider pricing, and increased difficulty navigating My Aged Care and related digital processes. Across this period, the team supported older people through significant confusion about funding, provider availability, co-contributions, appeals and digital access, while also escalating emerging systemic issues through formal reporting and advocacy channels.

What clients told us

"Thank you so much for following up on this matter and giving me the relevant info so I can progress in finding a better way to live. As I've previously mentioned, people often don't return calls or turn up for appointments they've made with me, so I truly appreciate your support."

"I think you're very professional and can't thank you enough for your help. I wouldn't have thought of half the things you've suggested or been able to help us with."

"Thank you for all you've done for me. I know it's your job, but it's the way you help, talk to and treat people that feels much more than just a job.

I've appreciated everything and wondered where I'd be now without you."

"Yes, it all makes perfect sense. My head is spinning just from our chat and Centrelink this morning, so I can imagine that my head would have blown off by now if I was trying to do what you have done for us.

So, I want to say once again, humongous thank you from us. We really do appreciate your continued support, and I'm not just putting words down – I mean it."

OUR CORE PROJECTS

Rethink Ageing

27

Ageism Awareness Sessions

369

community members

> "It can be very lonely as you get older, especially since I lost my husband. Neighbours don't talk like they used to."
>
> George Town Ageism Session

> "I feel much more positive now about how to fight ageism."
>
> Clarendon Vale Ageism Session

Community Engagement & Ageism Awareness

COTA Tasmania's Rethink Ageing and Active Ageing programs encourage people of all ages to recognise the value of ageing and build communities where everyone can participate, contribute and feel included. Our work challenges ageism by encouraging people to reflect on the attitudes, assumptions and behaviours that can disadvantage older people, and to take practical steps towards more respectful, age-positive communities.

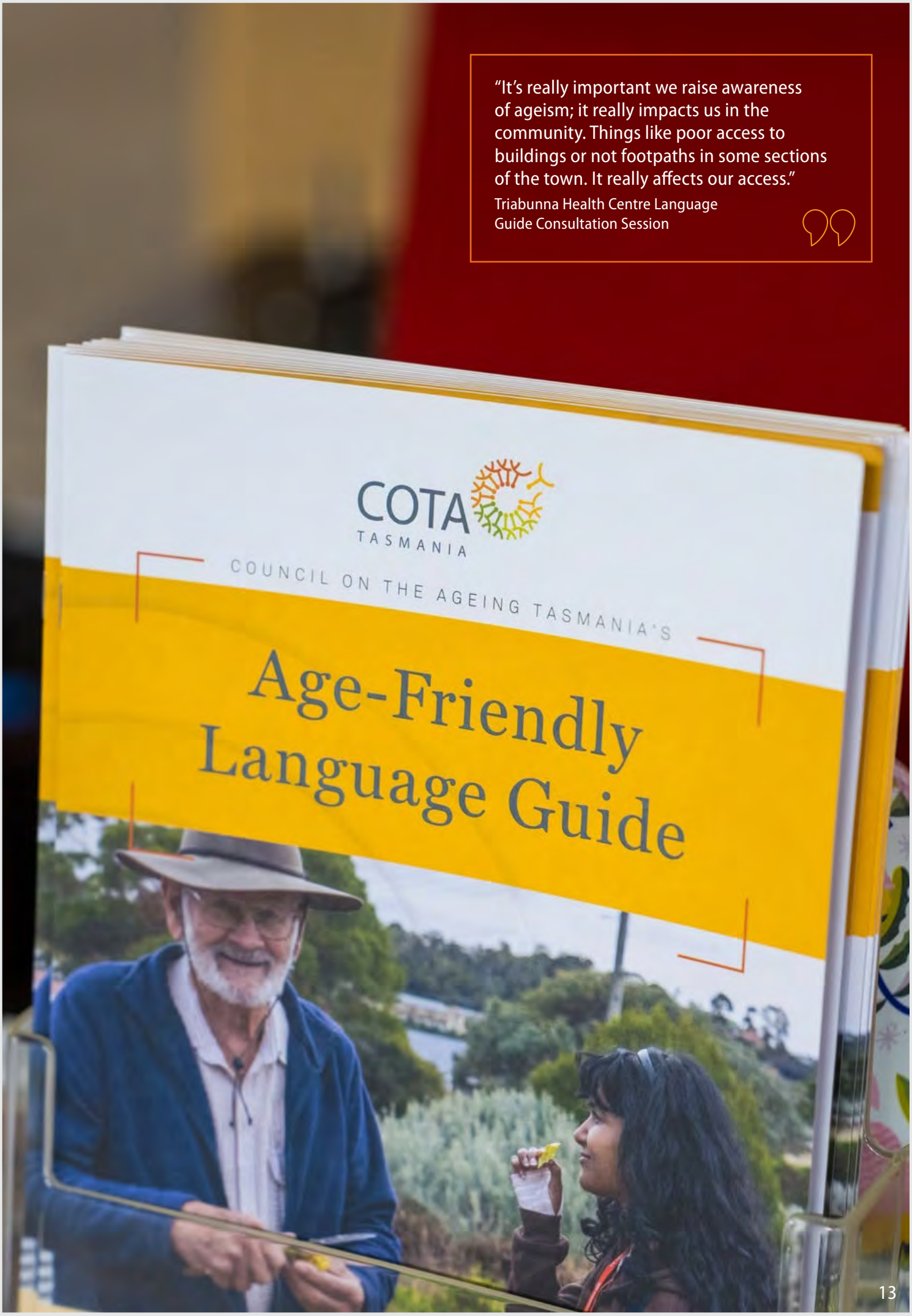
During 2025–2026, we delivered more than 20 sessions for community groups, workplaces and TasTAFE students, exploring ageism, its impact on individuals and communities, and ways to reduce it in everyday life. This work was strengthened through community events, networking, printed and online resources, and conversations with older Tasmanians. We also advanced ageism awareness through related initiatives, including the Beyond Age photographic project and the development of the Age-Friendly Language Guide, helping ensure older people's experiences and voices remain central to this work.

By creating opportunities for people to learn, reflect and share their experiences, this work supports a broader shift in how ageing is understood across Tasmania. It encourages communities, organisations and individuals to recognise ageism when it occurs and to take an active role in building a society where older people are respected, included and able to live the lives they choose.

Age Friendly Language Guide

COTA Tasmania developed the Age-Friendly Language Guide to help individuals and organisations better understand ageism and use language that respects the diversity, experience and value of older people. The Guide offers practical guidance for the general public, service providers and customer service staff, as well as people working in media, communications, policy and project delivery. It includes clear do's and don'ts to support more respectful, inclusive communication in everyday interactions and professional settings.

The Guide was informed by research into existing language guides and reports on ageism, then strengthened through feedback from community members, service providers and positive ageing networks. We have begun distributing copies and will continue to develop complementary print and online resources. While this edition provides guidance for the community and service organisations, we are also developing a tailored version for government agencies, including local councils and other public sector organisations, to support age-friendly communication across Tasmania.



"It's really important we raise awareness of ageism; it really impacts us in the community. Things like poor access to buildings or not footpaths in some sections of the town. It really affects our access."

Triabunna Health Centre Language Guide Consultation Session

OUR CORE PROJECTS

Elder Abuse Prevention and Awareness

19

information sessions delivered

Reached more than

1000+

people with our LGBTIQ+ community resources

34

clients supported via Legal Aid

Tasmania has one of Australia's fastest ageing populations, alongside significant risk factors for the abuse of older people. Nationally, one in six older Australians experiences abuse, yet only around one-third seek help.

> "Preventing and addressing the abuse of older Tasmanians is a priority to ensure continued self-determination and empowerment as we age."
> *Older Tasmanians Action Plan 2025–2029*

Funded by the Tasmanian Government, COTA Tasmania's Lifelong Respect program works to raise awareness, inspire action and support long-term change to prevent the abuse of older people. This year, we developed a program overview and a suite of strategies to guide and strengthen this work.

Beyond Age Program

COTA Tasmania partnered with COTA Victoria and Seniors Rights Victoria to introduce the Beyond Age Workshops in Tasmania. The program supports people to recognise ageism, understand its impacts and develop practical ways to respond when it occurs in everyday life.

Two workshops were delivered in partnership with West Tamar Council and Tasmanian Health Services, brought together more than 40 participants to explore their own experiences and perceptions of ageism. Participants were invited to bring a photograph of their younger self, which became the starting point for a contemporary portrait and personal reflection. We also recorded short conversations in which participants shared their life experiences, perspectives and advice.

The portraits and quotes gathered through the program will form the Beyond Age photography exhibition at COTA Tasmania's Ageing Together Expo on 1 October, the United Nations International Day of Older Persons. The exhibition will help open our month-long Celebrate Ageing | Seniors Month program, celebrating the stories, individuality and contribution of older Tasmanians.



Beyond Age workshop, Launceston.

Older Voices for Change – Raising Voices, Changing Lives

COTA Tasmania's Older Voices for Change (OVC) program recognises the lived experience of older people as a powerful force for change. Our two Advocates, Francene and Judy, continued to share their experiences through community education sessions, public speaking opportunities and awareness activities.

They spoke at World Elder Abuse Awareness Day walks in Launceston and Hobart, co-delivered a community session in Oatlands, contributed to the inaugural Beyond Age Tasmania workshop, and participated in a short film for Lifeline Tasmania's Aged Care Trauma Informed Care Training. Their stories, insight and willingness to speak openly help others better understand the impacts of elder abuse and the importance of respect, safety and support as we age.

We also partnered with Engender Equality to refresh the Older Voices for Change training and develop an Expression of Interest Information Pack, ahead of recruiting up to four new Advocates by the end of 2026.

Beyond Age Photo Collages.





Older Voices for Change Advocate Judy addressing the audience at WEAAD Walk – Launceston.

Older Voices for Change Advocates (Judy & Francene) at the Elder Abuse Action Australia Conference.



Elder Abuse Prevention and Awareness

National Level Impact and Recognition

This year, COTA Tasmania strengthened its partnerships with organisations across Tasmania to develop inclusive, practical resources that support older people, communities and service providers to recognise and respond to elder abuse. In partnership with Lifeline Tasmania, we developed a Trauma Informed Aged Care resource for aged care workers, helping build understanding of trauma-informed approaches in everyday care. We also launched COTA Tasmania's internal elder abuse response policy and procedure, strengthening our own capacity to respond safely and consistently when concerns are raised.

Our commitment to inclusion continued through a partnership with the Migrant Resource Centre, which translated our LGBTIQ+ postcard resource into 10 languages. This work helps ensure that information about safety, rights and support is more accessible to people from culturally and linguistically diverse communities. Our LGBTIQ+ resources also reached more than 1,000 people through Hobart's Pride Parade and Festival, creating opportunities for conversations about inclusion, respect and the experiences of older LGBTIQ+ Tasmanians.

In recognition of this work, COTA Tasmania received the 2026 Dorothies Award for LGBTIQA+ Inclusion in Family and Sexual Violence Services and Programs, in the Innovation and Impact category, for our co-designed resources project.

At a national level, we also contributed to Elder Abuse Action Australia's (EAAA) Safer Seniors Project, supporting the development of a national training program and updates to its website. These contributions help ensure Tasmanian experience and the voices of older people inform the broader national response to preventing elder abuse.

COTA Tasmania receiving the 2026 Dorothies Award.





Elder Abuse Action Australia Conference (L–R: Amander, Francene, Julie and Judy).

World Elder Abuse Awareness Day

425
participants

121
signed commitment statements on Elder Abuse Prevention

3
toolkits aiming schools, workplaces and businesses

World Elder Abuse Awareness Day remains an important opportunity to bring communities together in support of every older person's right to live with dignity, safety and respect. This year, more than 425 people took part in Lifelong Respect activities across Tasmania, helping raise awareness of elder abuse and encourage conversations that are too often left unheard.

A total of 229 people joined Lifelong Respect walks in Devonport, Launceston and Hobart, wearing purple and walking together in support of older Tasmanians. Three "Purple for Lifelong Respect" Toolkits were also developed to help schools, businesses and community groups take part in awareness-raising activities in their own communities.

The month also created opportunities for learning and discussion on ageism, dementia, residents' rights, safeguarding and supported decision-making. A community event with Queen Victoria Care, Dementia Australia Tasmania and Tasmania Legal Aid Senior Assist brought people together to explore these issues, while a lunchtime talk at Mathers House with Dr Peta Cook from the University of Tasmania considered the connection between ageism and elder abuse.

WEAAD Walks 2026 in Hobart, Launceston and Devonport.



World Elder Abuse Awareness Day

Our Commitment Statement for Elder Abuse Prevention

This year, COTA Tasmania developed a Lifelong Respect Commitment Statement, calling for investment in eight key areas that help prevent the abuse of older people: primary prevention, inclusive and intergenerational cultures; organisational systems and policies; legal supports; cooperation and partnerships; education and information; inclusion of people with lived experience; and research. The Statement reflects the shared responsibility across communities, organisations and government to ensure older Tasmanians can live safely, with dignity and respect.

The Commitment was available for signing at World Elder Abuse Awareness Day events and online, creating a practical way for people to show their support for lasting change. Minister for Ageing Bridget Archer MP, along with other elected representatives and community members, signed the Commitment during these events. In total, 121 people added their names in support of stronger action to prevent elder abuse.

WEAAD Walk participant signing our commitment statement for Elder Abuse prevention.




MISUSING A POWER OF ATTORNEY
NO EXCUSE FOR ELDER ABUSE
CUE
Country W
WORLD
ELDER ABUSE
AWARENESS DAY
15 JUNE

Seniors Week 2025

463
events held statewide

14,250
estimated participants

169
event hosts

4.5/5
average participant rating



Seniors Week 2025 marked the 27th year of this statewide celebration led by COTA Tasmania, reinforcing ageing as a time of opportunity, connection and contribution. Delivered in partnership with the Tasmanian Government, sponsors and community organisations, the program created inclusive opportunities for older Tasmanians to participate, learn and connect.

Under the theme "Connecting Generations through Food", the program brought communities together through shared meals, cultural exchange and intergenerational activities. Events included community gatherings, creative workshops, physical activities and education sessions focused on health, digital literacy and lifelong learning. Together, they supported wellbeing, reduced social isolation and helped challenge ageism by increasing the visibility and appreciation of older Tasmanians.

Engagement reached new levels, with 463 events held statewide and an estimated 14,250 participants. Satisfaction remained high, with an average participant rating of 4.3 out of 5, Community organisations played a central role, with 169 event hosts representing local groups, sporting clubs, cultural institutions, health providers and councils. More than two-thirds of hosts reached new audiences, while many reported stronger community connections and valuable exposure for their organisation.

Overall, Seniors Week 2025 demonstrated the value of accessible, community-led opportunities for older Tasmanians. It strengthened connection, wellbeing and positive ageing across the state, while providing a strong foundation for future growth.

Seniors Week partners:

Media partners:

Seniors Week launching event – Generations Connect: Fun Day in Burnie.











Seniors Week breakfast and garden tour at Government House.

Generations Connect Fun Days

3

events held statewide
(Burnie, Glenorchy, Hobart)

1,600+

participants

90%

of partcipants said they were satisfied or very satisfied



Across 2025–2026, COTA Tasmania delivered three large-scale Generations Connect Fun Days in Burnie, Glenorchy and Hobart, engaging more than 1,600 Tasmanians. Designed to bring children, young people, families and older Tasmanians together, the events created welcoming spaces for connection, participation and community belonging. Attendance grew across the year, from more than 200 people in Burnie and 300 in Glenorchy, to more than 1,100 at Hobart in April 2026, our largest Fun Day to date.

Each event offered a diverse program of interactive activities, performances and opportunities to connect, including creative arts, drumming circles, movement and wellbeing activities, digital mentoring and family-friendly attractions. These shared experiences encouraged natural conversations between generations, helping challenge age-related stereotypes, reduce social isolation and create positive memories for people of all ages.

Strong local partnerships were central to the success of each Fun Day, with 25 to 40 community organisations and activity providers involved at every location. Alongside hands-on activities, they provided accessible information about health, aged care, family services, volunteering and local support. Feedback was consistently positive, with up to 90% of attendees reporting they were satisfied or very satisfied, and almost all stallholders keen to participate again. Participants particularly valued the inclusive atmosphere, variety of activities and the sense that there was something for everyone.






UNIVERSITY of TASMANIA
Need help with your tax?
Book a free appointment today.
The Tax Clinic is a community support service where you can get free advice on your tax return, superannuation, retirement plan, Centrelink payments, setting up a small business, and pension related issues.



Generations Connect Tech Together

258
Digital Mentor volunteers

15+
schools that participated

245
older Tasmanians who participated

14
Residential Aged care homes that participated



Over the past 12 months, Generations Connect: Tech Together has continued to demonstrate the value of bringing young people and older Tasmanians together through digital mentoring. The program supports older people to build confidence using technology while creating meaningful opportunities for young people to develop communication skills, confidence and community connections. Through regular one-to-one sessions, Tech Together helps reduce social isolation, challenge age-related stereotypes and build understanding between generations.

This year, 258 young Digital Mentors took part, representing schools and communities across southern Tasmania, including Hobart City High School Big Picture, Kingston High School, Fahan School, Friends School, Indie Schools - Sorell, Kingston, New Norfolk and Glenorchy, Brighton High School, Hutchins, Tasman District School, Cosgrove High School, Sacred Heart College and St Mary's College. University students, home-schooled young people and other community participants also contributed. In total, 245 older Tasmanians were supported across 14 residential aged care homes, from Hobart and Glenorchy to Sorell, New Norfolk, Nubeena and the Huon Valley. Together, participants shared hundreds of mentoring sessions and thousands of conversations, with many new friendships formed along the way.

For young people, the program has strengthened confidence, communication skills, school engagement, employability and readiness for future work or volunteering. It has also given many participants their first meaningful opportunity to spend time with older people, building greater respect and appreciation across generations. Older participants reported increased digital confidence, improved wellbeing, a stronger sense of belonging and greater comfort engaging with younger people. While technology is the starting point, the most significant outcome is often the relationship itself: older people gain confidence and connection, while young people learn from the experience, stories and perspectives of those they support.

COTA Tasmania was proud to be one of 11 projects selected for support through the Tasmanian Community Fund. The five-year funding commitment will enable Generations Connect: Tech Together to expand across Tasmania, reaching more older people living in residential aged care and more young Digital Mentors. We are grateful to the Tasmanian Community Fund for its investment in this vision, and to the aged care homes, schools, teachers, young mentors and older participants whose support and enthusiasm continue to make the program possible.

"I never thought teenagers would want to spend time with us. They have been wonderful."

Resident

"The program helped me step outside my comfort zone and gave me a real sense of purpose knowing I was helping someone."

Student

"Generations Connect changed the direction of my future. The confidence, communication skills and experience I gained helped me secure a traineeship and showed me that I am capable of achieving more than I ever thought possible."

Student

















Generations Connect: Tech Together Film Launch Event.

COTA TASMANIA

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