

Publications available through Council on the Ageing (Vic)
Free publications listed overleaf



Publication Title	Cost of Publication	Qty	Cost
Dying to Know. <i>A positive approach to death and dying, Promotes conversation about dying which taps into the collective wisdom of older people, helping to build supportive communities.</i>	\$20.00 GST inclusive Plus \$3.00 postage & handling per copy		
Cooking for One or Two 3rd Ed. <i>Recipes for beginners and the experienced, using a minimum number of ingredients and basic equipment. Promotes a wide variety of nutritious foods, both fresh and processed.</i>	\$16.50 GST inclusive Plus \$3.00 postage and handling per copy		
Remembering Well: How memory works and what to do when it doesn't. NEW EDITION :expanded & updated <i>Delys Sargeant and Anne Unkenstein</i>	\$22.00 COTA Members, GST Inclusive \$25.00 Public, GST Inclusive Plus \$5.00 postage and handling per copy		
“So you’ve got a good idea....how to do Community Projects” <i>A resource book developed from the experience of 39 community projects.</i>	\$10.00 GST inclusive Plus \$3.00 postage & handling per copy.		
Growing Older Dancing On. Jenny Czulak Riley <i>A manual for health workers, exploring movement & dance as a vehicle for promoting physical strength & well being in older people.</i>	\$22.00 GST inclusive Plus \$6.85 postage & handling per copy.		
	TOTAL		

The following free publications are also available through COTA (Vic)



PUBLICATION	Tick to Select
Fact sheets on:	
• Resident-Funded Retirement Villages	
• Residents of Retirement Villages Victoria	
• Independent Living Units	
• Low care facilities (Hostels)	
• High Care facilities (Nursing Homes)	
• Supported Residential Services	
• Community Aged Care Packages	
• Home and Community Care Program	
• Abbeyfield Housing	

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