Age-friendly Rockingham

Age-friendly Rockingham Guide

A City of Rockingham guide to supports and services available for older people.



rockingham.wa.gov.au

WHO Global Network for Age-friendly Cities and Communities

city of Rockingham



Welcome to the

Age-friendly Rockingham Guide

Explore facilities, services, supports, programs, and events that promote healthy ageing in Rockingham.

The City of Rockingham is proud to be a member of the Global Network for Age-friendly Cities and Communities.

Information in this Guide is correct at the time of printing (June 2026) and subject to change.

Accessible Information



To request this information in another format please contact the City of Rockingham.

(08) 9528 0333 **customer@rockingham.wa.gov.au**

Support is also available for people to contact the City in another format or language.

Translating and Interpreting Service (TIS)

For people who speak little or no English

131 450 tisnational.gov.au

National Relay Services

TTY (Speak and Read)	133 677
TTY (Type and Read or Listen)	133 677
Voice Relay (Speak and Listen)	1300 555 727
Internet Relay	nrschat.nrscall.gov.au

Learn more about National Relay Services
accesshub.gov.au

Contact the appropriate service and ask to connect with **(08) 9528 0333**.

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Connect and Engage

This guide provides an overview of age-friendly supports, programs and services. New opportunities are regularly made available so learn how to stay connected with news and your community.





Seniors Newsletter

Monthly newsletter with events and information, sent by email or post.

The Seniors Groups and Clubs List includes 50+ local groups and is sent with the newsletter monthly by email, or yearly by post.

Subscribe to the newsletter
rockingham.wa.gov.au/subscribe

Download the list
rockingham.wa.gov.au/seniorsgroups

Contact Customer Service for printed copies.

Customer Service:
9528 0333 customer@rockingham.wa.gov.au



Share YOUR Thoughts

Provide your feedback on the items that matter to you.

Visit **rockingham.wa.gov.au/shareyourthoughts** to explore all the items the City is currently asking the community for comment and feedback on.

Share your thoughts on the items that matter to you and help shape the future of our City.

OR

Don't have access to a computer?

Sign up to the Seniors Newsletter for news about opportunities to share your thoughts (see previous page).

Customer Service:
9528 0333 customer@rockingham.wa.gov.au

VOLUNTEERS
THE HEART OF OUR COMMUNITY

Rockingham Volunteer Centre (RVC)

Rockingham's volunteering hub links people and organisations, and provides free training opportunities. Located in the Rockingham Library, Dixon Road, Rockingham.

Make an appointment with a Volunteer Referral Officer
Mondays and Tuesdays, 9.30am – 2.30pm or
Wednesdays and Thursdays, 1pm – 5pm.

rockingham.wa.gov.au/vio **9528 8670**

volunteering@rockingham.wa.gov.au



neighbours UNITE

Connect with your neighbours and host an event or activity. The City could provide a reimbursement up to $150 for activity costs. Terms and conditions apply.

More information and applications:

rockingham.wa.gov.au/neighboursunite **9528 0333**

neighboursunite@rockingham.wa.gov.au





Loneliness can affect anyone – friends, partners, parents, children, colleagues, neighbours or yourself. Life changes and personal circumstances can also make someone more vulnerable to loneliness.

Find useful resources and learn more about what you can do for yourself or others on the City's website.

More information and resources:
rockingham.wa.gov.au/loneliness

Customer Service:
9528 0333 customer@rockingham.wa.gov.au

Act Belong Commit

The City of Rockingham is partnered with Act Belong Commit to support Rockingham residents to stay mentally healthy.

Activity Finder: for local activities that help you stay socially engaged and mentally healthy.

Learn more about Act Belong Commit and staying mentally healthy
rockingham.wa.gov.au/actbelongcommit

Customer Service:
9528 0333 customer@rockingham.wa.gov.au


rotary club of rockingham
Rotary
DO YOU NEED HELP WITH YOUR IPAD?
act belong commit
Mentally Healthy WA

Supports and Services

Discounts, subsidies and services available for seniors living in the City of Rockingham. See Other Resources (page 39) to find more supports available for WA seniors.





Seniors Discounts

Seniors and pensioners may be able to apply for a rebate on Council rates and Emergency Services Levy.
Full details of the rebates available are on the back of rates notices or visit:

rockingham.wa.gov.au/concessions

Seniors rates and pet registration discounts are available, see your registration form or visit:

rockingham.wa.gov.au/pets

Customer Service:
9528 0333 customer@rockingham.wa.gov.au

Subsidy Schemes

The City offers residents with a valid concession card rebates up to $150 in each scheme, per financial year to support them with a range of purchases. Eligibility criteria apply.

Age-friendly Subsidies (per person, aged 60+)



Information Technology

Assistance to stay connected with family, friends, resources and information.



Home Modifications and Assistive Equipment

Assistance to help you stay independent and age well at home.

Safety Subsidies (per household, applicants aged 18+)



Safety Assistance to make your home safer.



Home Cooling Assistance to make your home cooler.

More information and applications visit:
rockingham.wa.gov.au/subsidyscheme

Customer Service:
9528 0333 customer@rockingham.wa.gov.au

Rockingham Connect

Community Transport Service



- Door-to-door transport for eligible residents
- Weekly schedule of set destinations
- Two mini-vans (one wheelchair accessible)
- Volunteer roles available

Eligibility and schedules:

rockingham.wa.gov.au/rockinghamconnect

9528 8562

rockingham.connect@rockingham.wa.gov.au

Housebound Library Service

Library items can be delivered to Rockingham residents who are temporarily or permanently unable to visit their local library (see page 36 for more about libraries).

Monthly deliveries available

Borrow up to 20 items at a time

Applications and more information:
rockingham.wa.gov.au/library-services



Customer Service:
9528 0333 customer@rockingham.wa.gov.au

Assisted Waste Service

Assistance to people who are physically unable to take their bins out to the kerb.

Additional waste bins can be requested if you have a medical condition that results in additional waste.

Applications must be accompanied by a letter from a health practitioner.

rockingham.wa.gov.au/seniors-information



Customer Service:
9528 0333 customer@rockingham.wa.gov.au

Beach Accessibility

Everyone can enjoy our stunning coastline

Accessible beach matting
Installed at seven beach locations between October and April each year.

Beach accessible wheelchairs and walkers
Available free to hire all year round at several locations.

Contact Customer Services to arrange equipment hire or confirm matting availability.



For more accessible features on our coast visit:
rockingham.wa.gov.au/accessiblebeaches

Customer Service:
9528 0333 customer@rockingham.wa.gov.au

SmartWatch



The City's vehicle security patrol service observes, reports, monitors and deters criminal activity. Targeting vandalism, graffiti, hooning, anti-social or suspicious behaviour.

Residents can request additional patrol for areas they are concerned about.

Holiday Watch is available if you'll be away from your home for more than one night.

1300 657 123 | 12pm – 4am seven days a week.
(Outside these hours contact police on **131 444**)

rockingham.wa.gov.au/smartwatch

Report Graffiti and Litter

LITTERBUSTERS City of Rockingham

Goodbye Graffiti: **1800 454 883**

LitterBusters: **1800 4 LITTER (1800 454 883)**
or download the Rockingham LitterBusters app.

Home and Community Safety

We all have a role to play in community safety.



Cam Map WA

CCTV owners are encouraged to self-register onto a secure WA Police database to assist investigations when needed.



Crime Prevention Through Environmental Design (CPTED)

Simple design and maintenance changes can improve safety and reduce crime. Download a CPTED checklist from our website (below) or contact the City for a printed copy.

More home and personal safety tips
rockingham.wa.gov.au/safecity

Customer Service:
9528 0333 customer@rockingham.wa.gov.au



Report all incidents or suspicious behaviour.

Emergencies: **000**

Non-urgent matters: **131 444**

Crimestoppers: **1800 333 000**

Community Safety
starts with you



For issues with footpaths or public spaces, contact customer service or submit a request through the City of Rockingham website.

Seniors Safety

and

Purple Road Project

Elder abuse is a human rights issue that can prevent someone from ageing positively.

Every year our community adds handmade flowers to the Purple Road to recognise World Elder Abuse Awareness Day (15 June) and the underlying issue of casual ageism.

Also in June, the Seniors Safety Morning Tea encourages community to connect with each other, supports, and services.

rockingham.wa.gov.au/seniorsevents

The City also recognises 16 Days in WA (25 November to 10 December) to end violence against women. Subscribe to the City's newsletters (page 9) or call to learn more.

Customer Service:
9528 0333 customer@rockingham.wa.gov.au

If you or a loved one need to discuss any concerns, there is always someone to listen:

Elder Abuse Helpline WA:
1300 724 696

Advocare (Seniors Peak Body):
1800 655 566 advocare.org.au

Older Person's Right Services (OPRS):
9440 1663 nsclegal.org.au

Elders Rights WA:
1300 650 579 legalaid.wa.gov.au

1800Respect:
1800 737 732 1800respect.org.au

Mensline Australia:
1300 78 99 78 mensline.org.au

Kids Helpline:
1800 55 1800 kidshelpline.com.au

Lifeline:
13 11 14 lifeline.org.au

See page 5 for translation and relay services if you are assisting someone who needs help to communicate with services.

rockingham.wa.gov.au/lookingforhelp

Events, Facilities and Recreation

The City of Rockingham provides a wide range of free and low-cost events and recreation. Some major annual events are highlighted here. Subscribe to the Seniors Newsletter (page 9) to stay informed about others.



Seniors Month

WA Seniors Week celebrates and recognises the contributions of older Western Australians to our community.

Every November the City celebrates for a whole month. Seniors Week Guide lists free community events to connect, participate, and age-well.

rockingham.wa.gov.au/seniorsweek



Customer Service:
9528 0333 customer@rockingham.wa.gov.au

Seniors and Carers Expo

Age-friendly Rockingham



Free community event

An event held annually in October at the Mike Barnett Sports Complex for seniors and carers to connect with support, services, information and resources.

Stalls, activities and entertainment come from a wide range of government organisations, community groups and service providers.

rockingham.wa.gov.au/SeniorsExpo

Customer Service:
9528 0333 customer@rockingham.wa.gov.au

The Autumn Centre

Open Monday – Friday, 7.15am – 4pm

McNicholl Street, Rockingham

An active and social environment for people over the age of 60.

More than 50 group fitness classes, learning activities, creative groups, social and support options available every week.

Special events, meals, the Have a Chat Café, and services at discount rates for members.

Annual membership or casual attendance available.

rockingham.wa.gov.au/autumncentre **9528 8560**

customer@rockingham.wa.gov.au



Seniors

Social and Wellbeing Program



Free exercise and social connection classes available for older people. Facilitated by Aqua Jetty staff.

Baldivis Indoor Sports Complex
Mondays, 9am – 10am and Wednesdays, 9.30am – 10.30am

Golden Bay Coastal Community Centre
Mondays, 9am – 10.30am and Fridays, 9am – 10am

Secret Harbour Community Centre
Tuesdays, 8.30am – 9.30am and Thursdays, 9am – 10.30am

rockingham.wa.gov.au/age-friendly

9591 0888 **aquajetty@rockingham.wa.gov.au**

Aqua Jetty

87 Warnbro Sound Avenue, Warnbro

LiveWell Membership

Discounted rates exclusively for people over 60 and people with disability. Includes a range of classes, services and facilities for health and activity.

rockingham.wa.gov.au/aquajetty

9591 0888 **aquajetty@rockingham.wa.gov.au**

Mike Barnett Sports Complex



Dixon Road, Rockingham

Famously the home of the annual Seniors and Carers Expo (October). Weekly low cost activities for older people are also available including Pickleball and Prime Movers.

rockingham.wa.gov.au/mbsc

9591 0850 **mikebarnett@rockingham.wa.gov.au**

Walking Groups

Heart Foundation Walking

Walking groups are a free, low impact way to improve health and build strong connections.

Meeting times and locations
rockingham.wa.gov.au/walking

Interested in being a Walk Organiser?
Contact the City's Health and Wellbeing Officer
9528 0333



Customer Service:
9528 0333 customer@rockingham.wa.gov.au

Baldivis Indoor Sports Complex

531 Eighty Road, Baldivis

Lifestyle Program

Casual group fitness for all ages and abilities during school terms. Multi-passes available.

- Yoga
- Pickleball

BISC Café

Seniors Specials: Choose from a selection of meals served with a small tea or coffee for $13.50.

Available Tuesdays and Thursdays, 11am – 1.30pm



rockingham.wa.gov.au/bisc 9591 0840
baldivisindoorsc@rockingham.wa.gov.au

Library Programs

There are four libraries in Rockingham offering educational and engaging programs.

Sign up to receive Library newsletters by email every two months.

rockingham.wa.gov.au/citynewsletters

Locations

Mary Davies Library and Community Centre
17 Settlers Avenue, Baldivis
9591 0800

Rockingham Library
Dixon Road, Rockingham
9528 8683

Warnbro Community Library
Swallowtail Parade, Warnbro
9528 8577

Safety Bay Library
197 Safety Bay Road, Safety Bay
9528 8611

rockingham.wa.gov.au/libraries

Housebound Library services also available (see page 20).

Tovertafel (Magic Table)



Fun and interactive games designed for people living with dementia or other cognitive challenges.
Play as a group or individually.

Rockingham and Safety Bay libraries.

Memory Care Kits



Kits to foster communication and engagement for people living with dementia and their care givers.

Borrow from Safety Bay library.

Armchair Travel



Travel the world from the comfort of a chair using virtual reality goggles.
A new location every week.

Rockingham and Safety Bay libraries.

Rockingham Arts Centre

11 Kent Street, Rockingham



Open Wednesday to Sunday, 10am – 4pm.
Artist exhibitions, workshops and artist talks.

rockingham.wa.gov.au/rockinghamartscentre

9527 0734 **artscentre@rockingham.wa.gov.au**

Summer Series

Free outdoor events from November – March
Free shows and concerts on the Rockingham Foreshore
Free exercise including Tai Chi and Yoga
Plus many more



rockingham.wa.gov.au/summerseries

Customer Service:
9528 0333 customer@rockingham.wa.gov.au

Other Resources

Navigating Aged Care

My Aged Care

Support to navigate and access aged care services.

1800 200 422
Mon – Fri, 8am – 8pm, Sat, 10am – 2pm
myagedcare.gov.au

Care Finders - a free service for eligible vulnerable people. For eligibility and local providers contact My Aged Care.

Aged Care Quality and Safety Commission

National aged care regulator and consumer protection.

Complaints
1800 951 822

Food, Nutrition and Dining Hotline
1800 844 044
agedcarequality.gov.au

Aged Care Specialist Officer

Specialised Services Australia staff provide free detailed help with aged care.

Aged Care Line
1800 227 475
servicesaustralia.gov.au

Support for Carers

Carer Gateway

Practical support services and advice for family carers.

1800 422 737
carerswa.asn.au

Grand Carers WA

Social support and advocacy for the rights and recognition of grandparent carers.

6270 2486
mail@grandcarerswa.au
grandcarerswa.au

Grandfamilies Resource Guide

Contact details for a range of organisations and services that can help grandcarers.

1800 176 888
enquiries@communities.wa.gov.au
wa.gov.au/organisation/department-of-communities/carers-and-grandcarers

Uplyft Grandcare (formerly Wanslea)

Support for grandparents who provide full time primary care to grandchildren.

1800 176 888
gss@uplyft.org.au
uplyft.org.au/programs/grandcare



Dementia-friendly Support

Alzheimer's WA

Carer support groups meet in Rockingham and Baldivis.

1300 66 77 88
support@alzheimerswa.org.au
alzheimerswa.org.au/carer-support-groups

Dementia Australia

Information, advice and support for people living with dementia, their family and carers.

1800 100 500 (Free and available 24/7)
dementia.org.au

Forget-Me-Not Memory Cafes

Supportive social network for people living with dementia and their family/carers.

Cafes in Rockingham and Baldivis
0468 549 143
fmncafe@outlook.com
forgetmenotmemorycafe.com

Safe and Found ID Bracelets

Assisting Emergency Services to find people who become lost.

1800 88 22 22
safeandfound.org.au

Online Safety

eSafety Commission

Online safety advice and support. Resources for older people and grandparent carers.

esafety.gov.au

Be Connected

Free online resources and courses to build digital skills.

beconnected.esafety.gov.au

Scam Watch

Learn about or report scams.

scamwatch.gov.au

Switched On Seniors

Weekly group sessions learning to use smart phones and tablets.

0458 163 422
switchedonseniors@gmail.com
switchedonseniors.net.au



Financial and Legal Help

Advocare

Independent support to navigate and resolve issues with aged care services. Seniors Peak Body in Western Australia.

1800 655 566
rights@advocare.org.au
advocare.org.au

Elder Abuse Helpline
1300 724 679

Citizens Advice Bureau

Low-cost legal advice, mediation services, and community information.

9527 6671
cab@cabwa.com.au
cabwa.com.au

Financial Counsellor's Association WA

Free and confidential advice and support for people experiencing financial hardship.

National Debt Helpline
1800 007 007
fcawa.org

Other Useful Resources

COTA WA – At Home Guide

Information and resources to support independence, well-being, and quality of life.

9472 0104
admin@cotawa.org.au
cotawa.org.au/seniors-resources

Live Up

Personalised healthy ageing advice, tips, guides, and resources.

1800 951 971
support@liveup.org.au
liveup.org.au



Seniors Information Resource

Services, programs and concessions available to Western Australian seniors.

Download the Resource:

Seniors and Ageing team
1800 176 888
seniors@communities.wa.gov.au

WA Seniors Card

Access to State Government concessions and business discounts (eligibility criteria apply).

1800 671 233 (Monday to Friday 8.30am – 4.30pm)
info@seniorscard.wa.gov.au
seniorscard.wa.gov.au



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WHO Global Network for Age-friendly Cities and Communities

City of Rockingham

Presented by the City of Rockingham

Customer Service:
9528 0333 customer@rockingham.wa.gov.au
rockingham.wa.gov.au/seniors

Printed June 2026