

# ECHO GAZETTE

Helping our community enjoy independent lives in their own homes.

## A few words from the CEO



**Apologies that the ECHO Gazette didn't publish in February 2026.** We'll try to get back on our monthly cycle from this issue onwards.

March marks the beginning of Autumn, but it can still get quite hot until April, so stay hydrated and sunsmart.

The Support at Home program is now into its fourth month, and we're still uncovering some quirks of the new Act. Please bear with us.

This edition of the Gazette features advice for older Australians on how to improve your 'cyber safety' when using social media.

Unfortunately, there are those who see these channels as opportunities to profit through deception. Falling for these charlatans can be financially or emotionally painful, or both.

Until next time ...

**Stuart Diggins**  
CEO

## 9 Social Media Tips Every Senior Should Know



**We are all vulnerable to attack by scammers when we use social media.**

The Australian Cyber Security Centre and others provide the following tips to help us be as cyber-safe as possible:

### 1. Avoid oversharing.

'Personality quizzes' are not as harmless as they look. Avoid giving away details such as your pet's name, your primary school, or your favourite holiday destination. These details can be used to crack your passwords.

### 2. Increase your account security.

Use two-factor authentication wherever possible. We might find it annoying, but it can stop hackers effectively. If someone is trying to get into your account, they will need a code that is sent to your phone or email. Without this code the hacker can't access your account.

### 3. Change your passwords regularly.

If you can't remember when you last changed your

password, it's been too long since you changed it. Rotate your passwords regularly, make them complex and avoid using the same password over multiple platforms.

#### 4. Beware 'friend' requests.

If a stranger sends a friend request be suspicious. Scammers often clone accounts or create fakes to trick people into sharing personal information or sending money.

#### 5. Be aware of scams.

Romance scams, fake giveaways or prizes, and fake

investment pitches are rampant on Facebook, Instagram and TikTok. If something sounds too good to be true, it probably is.

#### 6. Click with caution.

'Clickbait' headlines for things like miracle health cures are mostly just bait from 'malware'. If you don't trust the source, don't touch it.

#### 7. Regularly update your security settings.

Make sure your account is private, review security settings and turn off location tracking.

#### 8. Check sources before you share.

Before you hit SHARE, be sure the source is verified and trustworthy. Scammers thrive on misinformation.

#### 9. Don't fall for 'catfishing'.

Don't send money to someone you have never met.

---

**If you follow these simple tips you will go a long way towards a happy social media experience.**

---



## Public Holidays

The first half of the year contains the bulk of Australia's Public Holidays.

Please notify us well ahead of time if you will be away from home on a Public Holiday – and you would normally receive an ECHO service on that day.

Our next Public Holidays are the Easter holidays for Good Friday and Easter Monday.

Under Support at Home, services on Public Holidays are quite expensive. Where it's convenient, we would prefer to help you re-schedule that service to another day.

### We need volunteer bus drivers, bus assistants and client transport drivers.

We need more volunteers to help us help others. • Drivers to drive and support our clients on our 12-seater buses. • Assistants to help with any client needs on a bus outing, or on our twice-weekly shopping bus expeditions to local shopping centres. • Client transport drivers using their own vehicle or one of ours. **If you, or someone you know, would like to help out, email [volunteer.coordinator@echocommunity.org.au](mailto:volunteer.coordinator@echocommunity.org.au) or phone 9271 7011.**

Phone

9271 7011

Email

[info@echocommunity.org.au](mailto:info@echocommunity.org.au)

Website

[www.echocommunity.org.au](http://www.echocommunity.org.au)

Facebook

[/echocommunitywa](https://www.facebook.com/echocommunitywa)

LinkedIn

[/echo-community-services](https://www.linkedin.com/company/echo-community-services)

Office

72 Toowong Street, Bayswater WA 6053

**ECHO**