



Seniors Social Isolation Peak Services Program

Introducing Karen Wilson

Karen is the Executive Officer of the Queensland Seniors Social Isolation Peak Services Program and brings over 10 years of experience with Council on the Ageing (COTA) Queensland.



Karen has worked with community partners and older volunteers to co-design programs that positively impact the lives of older Queenslanders. Her work includes initiatives that support mental health and wellbeing, celebrate diversity, and help older people make informed choices about services and supports in their communities. She has also contributed to workforce programs that help older people age well at home, including projects highlighting cultural diversity in home care.

With a psychology honours degree and experience in education, health, and mental health advocacy in Australia and England, Karen is passionate about creating age-friendly, inclusive communities and fostering intergenerational connections. She enjoys creating spaces where people can share their stories, celebrate lived experiences, learn from one another, and thrive together.

Outside of work, Karen enjoys coastal and rainforest walks, taking time to connect with friends and colleagues over coffee, playing guitar, listening to music, and volunteering on local community initiatives. She values moments that bring people together, exploring nature, sharing stories, and celebrating the richness of everyday life.

Contact Details

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Part-time (Monday – Thursday)

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