



Positive Ageing Plan

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Positive

Kingborough

Kingborough Council Positive Ageing Plan

2008

Positive Ageing Plan Principles:

The Principles, which underpin this Positive Ageing Plan include:

Access and Participation – ensuring older people are able to participate fully in all aspects of community life.

Consultation – providing older people with opportunities to communicate their opinions and to influence decisions being made which affect them and their community.

Inclusiveness - ensuring that all older people have equal opportunity to be involved and participate.

Building on diversity – identifying the qualities of diverse older people to add to the social, environmental and economic well-being of the community.

Equity – ensuring equality of outcomes by eliminating discriminatory policies and practices.

Respect – recognising the absolute dignity of every older person and treating them accordingly.

Communication – ensuring that older people know the services that are available and know their rights and responsibilities – and that older people have an opportunity to shape their community and the services they can access within the community.

Responsiveness – being sensitive to the needs of older people and providing appropriate and timely responses to these needs.

Effectiveness – focusing on meeting needs in a results-oriented manner.

Efficiency – optimising the use of resources to meet the needs of older people.

Building community capacity – increasing the capacity of individuals and organisations to respond to the current and future needs of their own community.

Confidentiality – ensuring that all people are in control of any information which is disclosed about them to any other person.

Accountability – being open to scrutiny and being able to explain and justify all actions undertaken.



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A Message from The Mayor:

I have always thought that a community that looks after the interests of its older members will cater for the needs of all. Good public transport, roads that are safe for all users, affordable housing and supported activities immediately come to mind.

None of these are lofty goals but to achieve them, the older population has to be informed and engaged, to be a valued, visible and part of our community, to have easy access to good health care, to be independent and feel secure.

The Council's Positive Ageing Plan is a well researched and consultative document that provides a framework to resolve these unmet needs.

Now is the time for action! It is right that it is only in this way that the Plan will be judged. Please join us as we work together.

Dr. Graham Bury, Mayor

Section 1 - Background

1. The need for a Positive Ageing Plan

There is now considerable interest within governments and the wider community about the ageing population profile of Tasmania. It is a topic of concern and interest to us all as we try to understand the likely impacts and what we can do to manage these into the future.

As a significant proportion of people move into the 55+ age group the likely impacts of this change are beginning to be recognised including:

- increasing demands on health services,
- decline rather than growth in the size of the workforce,
- difficulties in recruiting qualified and skilled staff,
- demand for different types of community infrastructure or services (e.g. transport, accessible community facilities).

This plan has been developed to put Kingborough Council and its community at the forefront of planning to prepare for this future. Virtually every aspect of Council operations will be impacted by the changing age profile of our community. Similarly local businesses, other levels of government, community groups and communities as a whole will feel the impacts of an ageing community in years to come.

2. Defining Older people

This Positive Ageing Plan applies to people over 55 years, who live, work and visit the municipality of Kingborough, and aims to provide opportunities for growth and development for all older people.

This Plan also acknowledges that the community of older people here in Kingborough is diverse. Diversity includes nationality, ethnicity, race or cultural background, physical or mental disability, gender, sexual orientation, religion or spiritual belief, age and family responsibilities. This Plan encompasses all older people in Kingborough.

Some strategies within this Plan refer all older people, however, others relate to the needs of the 'younger aged' 55's to late 70's and others relate to the increasing numbers of the 'advanced aged' over 80's.

¹ Australian Bureau of Statistics, 2006 Census ² Peter Wilde, July 2007 : How is Kingborough's Population Changing? A review of recent data from the Australian Bureau of Statistics, A series of reports for the Kingborough Council and Community.

3. The age profile of Kingborough

In 2006 just under one fifth of the Kingborough population was aged 60 years and over - 5,854 people or 18.9% of the population. However, this is due to change dramatically in the years to come as a large group of people aged 40-59 'move forward' into this age group.¹ The 40-59 year olds currently make up the largest group in the Kingborough community and represent 30.3% or nearly one third of the population. In 2006 there were 9,325 people within this age range.

Key factors shaping the changing demographics of our community are declining fertility rates, increases in life expectancy and shifts in the level and composition of migration.²

Currently the largest concentration of older people in Kingborough is in the more urbanised northern areas of Kingston, Blackmans Bay and Taroona (16.8% of the total population) as one would expect due to the large numbers of residents in these areas. This has implications for how services can be delivered and the demand for different types of facilities and services.

Table 1: All ages in Kingborough at 2006

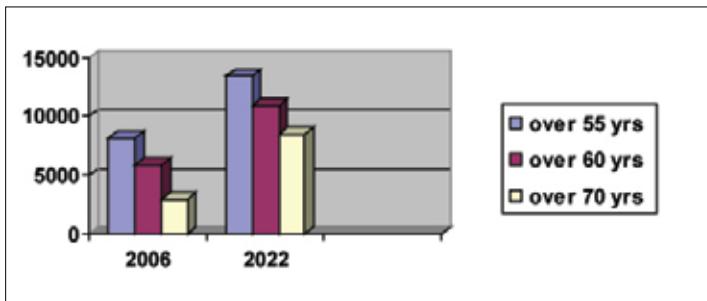
Age	North Kingborough		Channel		Bruny		Kingborough	
	No	%	No	%	No	%	No	%
0-29	10,981	38.91	573	29.35	118	17.74	11,698	37.93
30-59	12,057	42.72	928	47.54	315	47.37	13,284	43.07
60+	5,183	18.37	451	23.10	232	34.89	5,860	19.00
Total	28,221	100.00	1,952	100.00	665	100.00	30,842	100.00

Source: ABS Census 2006. ABS procedures and rounding may result in small differences between table totals and the sum of components.

Kingborough community has grown considerably over the last 20 years and has been growing faster in terms of total population than the State as a whole, although this growth has varied from year to year. Within the municipality the growth has also been varied with the Channel and Bruny Island recently growing at a faster rate than North Kingborough.

Total Kingborough

Age	2006 (Census)		2022 (Projection)	
	No	%	No	%
0-29	11,698	37.93	11,364	31.54
30-59	13,284	43.07	13,720	38.08
60+	5,860	19.00	10,943	30.37
Total	30,842	100.00	36,027	100.00



Population projections developed using the Australian Bureau of Statistics data for Kingborough indicate that, while the growth rate for the population is likely to slow; those over 55 years by the year 2022 will increase to approximately 13,405 people or 37.2% of the estimated total population. This is compared to 25.9% of the population in 2006 who were aged over 55 years. It represents a 44% increase in the proportion of those aged over 55 years by 2022. It should be noted that these figures represent an estimate and will be affected by 'migration' in and out of the community and other factors.³

4. How older people are involved in their communities

Australian Bureau of Statistics 2006 Census figures indicate that older people are actively involved in volunteering in Kingborough municipality with 24.5% of people aged 55 years or over involved in volunteer work for an organisation or group. Some of these are still volunteering over the age of 75 years with 268 or 13.4% of this age group identifying themselves as active volunteers. There are more women aged over 55 years involved in volunteering work in Kingborough than men. This trend is also replicated across the younger age groups.

13.7% of those aged 55 years and older are providing unpaid assistance to a person with a disability. It is important to recognise that many older residents will be caring for a partner or another family member (e.g. a child with a disability).

Despite community perceptions that the largest number of volunteers are older, retired people the available data suggests that more people in the 35-54 year age group are involved in volunteering in Kingborough than those aged 55 years and over. The 2006 Census shows that 27.9% of those aged 35-54 years are involved in volunteering with an organisation or group and the majority of these would be parents supporting their children's after school activities.

There is a high level of engagement of older people in community organisations in the municipality. University of the Third Age (U3A) has been operating for a number of years and regularly attracts over 100 people to forums and seminars. Kingston Seniors Action Group has been going for two years with a solid core of members and groups like the Older Women's Network and Senior Citizens Clubs are very active in the community. In fact when asked what groups and activities they were involved in the participants of the Positive Ageing community workshops indicated a wide range of groups ranging from Online Access Centres, schools, advisory, coffee groups, sports, church and arts and craft groups. Older people also help to run the volunteer ambulance, SES and auxiliary groups within Kingborough.

5. Number of older people living independently without significant support

It is difficult to accurately determine how many older people in Kingborough are currently living independently with little or no assistance or to assess likely future needs. The ABS Census data provides an indication of the need for assistance. In 2006 approximately 882 people or 11% of those aged 55 years and over needed assistance for self care, mobility or basic household tasks for 6 months or longer. This means that the other 80+ % were living independently without any ongoing assistance provided for these 'core activities'.

Planning at a Local Government level needs to take into account the fact that only a proportion of older residents will require assistance for household tasks but, for those who do, some thought will be required about how best to provide these services, how to make sure those who need them are aware of the options and that opportunities for appropriate social activities are available.



³ Peter Wilde, July 2007

⁴ Australian Bureau of Statistics, 2006 Census of Population and Housing, Kingborough LGA

6. Links with what other levels of Government and community groups are doing

All levels of Government are working on ways to respond to the challenge of an ageing population. In countries around the world with similar age profiles to Australia there are initiatives underway to try to ensure that older people maintain their health and are fully engaged in their communities.

The World Health Organisation (WHO) has recognised the need to plan for an ageing population and has released a guide on creating age friendly cities based on consultations across 22 countries. The guide emphasizes the importance of factors that promote positive ageing such as having well maintained and lit footpaths, a civic culture that respects and includes older persons and access to public and commercial services within neighbourhoods rather than outside of the local city or area which makes them more difficult to access by those who are less mobile.

At a national level the Australian Local Government Association has a Population Ageing Action Plan (2004-2008). The Tasmanian Government has developed a Plan for Positive Ageing, 2006-2011. Several other Tasmanian Councils have or are in the process of developing such plans.

The positive ageing plans which have been developed by various agencies focus on a range of issues including: the role of communities, business and government in supporting positive ageing, how attitudes impact on the lives of older people, the importance of access to information and how to assist older people to maintain health and healthy lifestyles. In some instances the role of public infrastructure and access to services are key focal points of the plan.

Within the community groups such as University of the Third Age, the Kingston Seniors Action Group and Senior Citizens groups are actively organising activities and advocating for services and planning which will address the needs of older people. Community service agencies and volunteer groups are supporting older community members to remain at home, to be involved in the local community and to maintain their health and wellbeing.

Individuals across Kingborough are doing their bit to support older relatives, friends and neighbours to live independently and to be part of their community. As mentioned earlier many people are working as volunteers, either as part of a volunteer group or as individuals supporting others through unpaid work.



7. The role of Kingborough Council in responding to an ageing population

Council has a key role in facilitating action to respond to this changing age profile. Council can:

- bring key groups together to plan a response
- upgrade its existing infrastructure and build new infrastructure to meet the needs of older citizens
- seek funding to attract the required services or facilities to the community
- support community groups working to provide services, programs or facilities to meet the needs of older residents
- advocate for increased levels of service provision and bring community needs to the attention of other levels of government
- provide information to its residents about services, facilities or other forms of support
- offer community events or activities which address the needs of older citizens

Council is in a unique position to inform the local community, to gather information about community needs and to facilitate planning.

Not all of the activities outlined in this plan can be completed by Council alone. Many will require the support, resources, goodwill and assistance of community groups, the business community, individuals and other levels of government.

8. How this plan was developed

Consultative approach

This plan was developed using the following methods:

- consultations with management and staff of each section of Council to ascertain potential impacts of an ageing population on operations
- analysis of policy documents from all levels of Government and plans from other Councils in Tasmania and interstate
- review of available demographic information on age profiles and trends
- three community workshops (Kingston, Bruny Island and Woodbridge) which involved 125 people
- a community survey which attracted 177 responses (made available on Council's website, through community forums and at key locations across the community)⁵
- discussions with and submissions from specific community groups

The community survey asked questions about:

- What people liked about living in Kingborough?
- Any problems encountered while living in Kingborough?
- Levels of satisfaction with community life?
- What should be included in a positive ageing plan?
- Priorities for action to make Kingborough a better place to live for people aged 55 years and over?

The Positive Ageing Plan was developed in conjunction with an Advisory Group made up of:

- Dr Sheila Given
- Councillor Fiona Buchan
- Alan McLoughlin
- Rosemary Heinrich
- Merrilyn Medcraft
- Jacquie Maginnis

Who provided their views?

The people who contributed to this plan came from different parts of the municipal area and across a range of ages and backgrounds.

Community survey

The majority of those who provided their views were aged over 55 years (89.8 % of respondents). However, a number of carers also provided their views (7.0%) as did people who were interested but were younger than 55 years (35.6%). It was important to gain the views of people who may not yet be aged over 55 but who will make up this group in years to come. Three quarters of those who provided input were female (70.8 %) compared to one third male (29.2%).

The majority of respondents were drawn from the urban areas of Kingston, Blackmans Bay and Firthside (71.3%). Smaller numbers of surveys came from Taroona and Bonnet Hill (11.9%), Bruny Island (9.0%), Margate, Snug, Sandfly, Kettering and Middleton (7.7%). Most of those who completed a survey lived with a partner (52%) and 10% lived with others. A significant number (38%) lived alone. Survey data was provided by people living in same sex relationships (8.7% of responses). The survey provided input from those with a range of financial support characteristics:

- The largest group was those who were fully reliant on a pension or benefit (44.2%)
- Some were partly in receipt of a pension and were selffunded retirees (28.6%)
- A smaller number were fully funding their own retirement (14.9%)
- A small proportion were still working (12.3%)

As is often the case the people who responded to the survey were mainly those who are involved in social, cultural or sporting groups in the community (89%) but there were a small number who are not involved in these groups (11%).

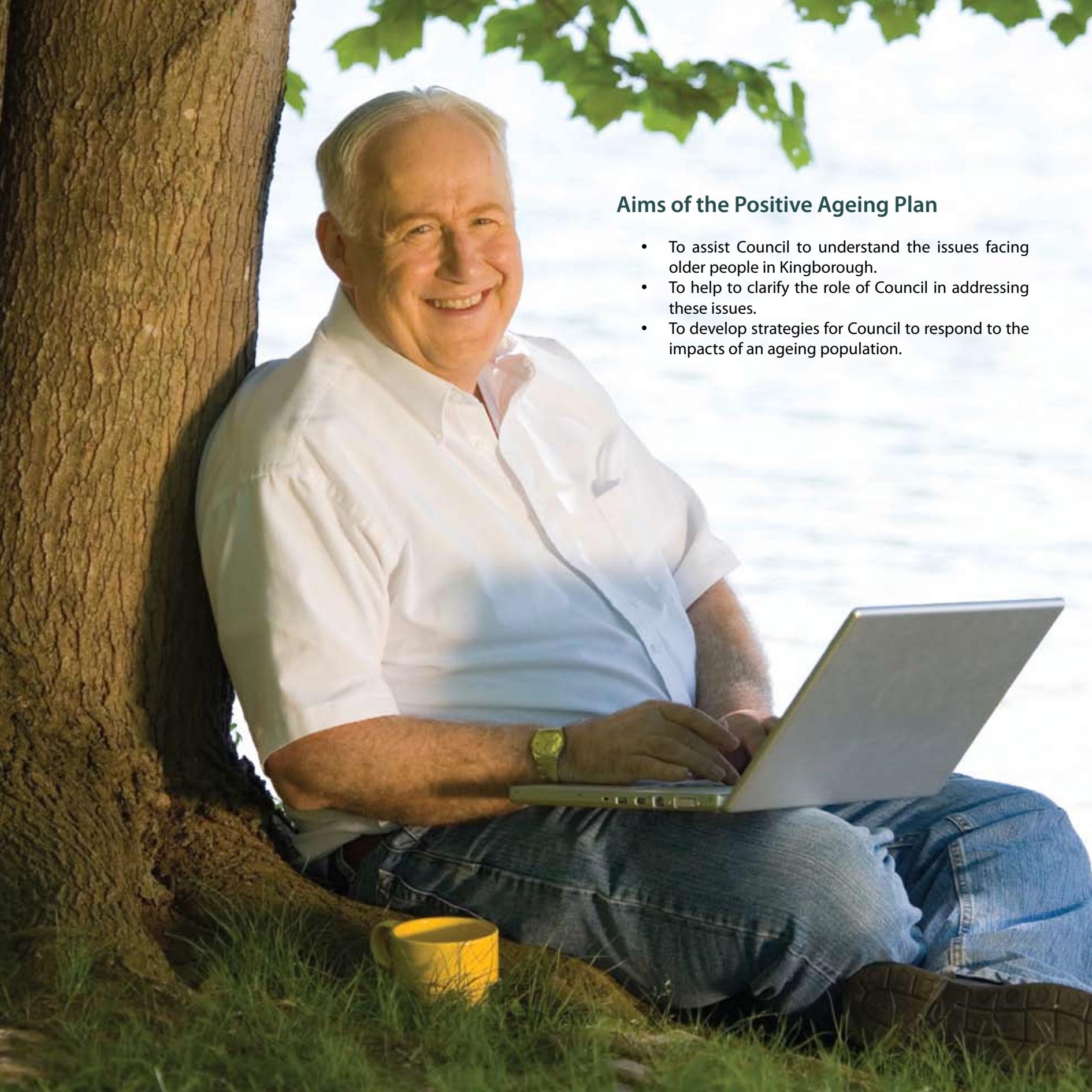
The survey respondents included a relatively high proportion of people who had some form of disability with 35.9% indicating that they had arthritis, visual impairments, mobility issues or other chronic health conditions.

Community workshops

The community workshops were attended by a total of 125 people drawn from a range of backgrounds including:

- community organisations (e.g. CWA, Bruny Island Respite and Community Health, RSL, Channel Seniors Club, U3A)
- service providers (e.g. Community Health staff, Independent Health Care Services, Aged Care Assessment Teams, aged care facilities)
- local government
- state government
- interested individuals who may not belong to any organisation

⁵ The community survey was distributed through the Civic Centre, libraries, community groups, health services, U3A, aged care facilities and community centres across the municipality.

A photograph of an older man with light-colored hair, smiling and sitting outdoors. He is leaning against a large tree trunk, wearing a white short-sleeved shirt and blue jeans. He is using a silver laptop. A yellow mug sits on the grass next to his feet. The background shows green leaves and a bright sky.

Aims of the Positive Ageing Plan

- To assist Council to understand the issues facing older people in Kingborough.
- To help to clarify the role of Council in addressing these issues.
- To develop strategies for Council to respond to the impacts of an ageing population.

9. Key findings from consultations

9.1 What did residents like about living in Kingborough?

- The quality of the environment – beaches, scenery and clean air (63.2% of respondents)
- The services and facilities available here – in particular the health, wellbeing and information services (57.6%)
- The community - strong community feeling, opportunities for social contact, friends and family living nearby (56.3%)⁶

Other valued features of Kingborough were:

- the proximity to Hobart city
- access to employment opportunities
- that it is seen as a safe environment

However, it was also noted that the qualities that draw older residents to Kingborough are also be the ones which may be under threat from development (e.g. loss of open space) or may be less possible as residents age (e.g. not being able to use walking tracks as mobility issues occur, not being able to drive to a recreation area).

9.2 The issues for older residents in Kingborough

The key issues raised during consultations which were seen as problematic or limiting the lives of older residents were:

- **Infrastructure - urban design, amenity and maintenance** (e.g. not enough green spaces in urban areas, maintenance of footpaths and roads, provision of seating along walking tracks and in parks)
- **Lack of social spaces** (e.g. lack of a cultural centre, cost of meeting rooms, lack of venues in some communities, meeting places for groups like University of the 3rd Age)
- **Access issues** (e.g. provision of accessible parking in shopping centres, accessible toilets, location of pedestrian crossings)
- **Transport to support social interaction and access to services** (e.g. affordable transport options, footpaths that can be negotiated by older people, dealing with intra-community and inter-community transport needs)
- **Community safety** (e.g. impact of vandalism and 'hooning', maintenance of road surfaces, lack of street lighting in some areas, access to police and emergency services after hours, dealing with speeding on roads)
- **Facilities and programs to promote health and participation in recreation** (e.g. healthy meal options, maps to promote use of walking tracks, access to a range of activity programs, waiting times to see general practitioners)

- **Lack of accommodation and aged care options** (e.g. affordable, well designed accommodation options, graded levels of care)
- **Support to live independently** (e.g. assistance with gardening and cleaning, increasing the level of home based support that is available to older people)
- **Feeling valued and part of the community** (e.g. being involved in volunteer work, ways of contributing to Council planning processes)
- **Access to information** (e.g. information about forthcoming events, venues for education programs, provision of community noticeboards, ensuring a personal approach to customer service)
- **Economic impacts** (e.g. higher costs of living as a single person, impact of high rent).

Many of those consulted were concerned that their quality of life could decrease if they became less mobile, less socially connected and less able to participate in their community over time. It is recognised that some older residents are more socially 'connected' than others, and this is largely dependent upon access to transport, information, level of confidence to participate, the options available and having key contact people to encourage and support involvement.

In the community workshops the issue of a lack of public and community transport options was raised repeatedly as a barrier to older people being engaged in community life and being able to access services.

As the current group of 30-50 year olds move into an older age bracket they will bring with them expectations about maintaining community involvement and mobility, access to services and about how they wish to gain information or services (e.g. they may be more likely to use on-line options and less likely to use face to face methods as a first contact point).



⁶ Note those who completed the survey could provide more than one response to this question.

Section 2 - The Positive Ageing Plan

10. Key activity areas promoting positive ageing in Kingborough





Activity area one:

Valued, visible and part of the community

Rationale:

Older residents of Kingborough want to:

- have their skills recognised,
- be respected as belonging to a particular diverse culture and for the special contributions that this brings to the community,
- be 'visible' in the community,
- be able to work, volunteer and make a contribution to the community,
- see older people reflected positively in promotional materials put out by Council and local businesses,
- be treated in a positive and respectful manner by staff in customer service roles,
- have a chance to contribute to decision making and planning at local level.

Policy:

Kingborough Council will acknowledge and promote the valuable contribution that older people make to their community.

- | | |
|-----------------------|---|
| Strategy One | Develop and improve access to opportunities for older people to share and enhance their skills. |
| Strategy Two | Promote a positive image of older people. |
| Strategy Three | Actively work towards improving opportunities for social contact for older people. |
| Strategy Four | Ensure the active participation of older people in community processes and decision-making. |
| Strategy Five | Facilitate an increased understanding and appreciation of diversity. |
| Strategy Six | Work in partnerships with stakeholders to develop and improve access to transport options. |

Strategy One:

Develop and improve access to opportunities for older people to share and enhance their skills.

Actions

- Develop the capacity to match volunteer and paid skills with community needs at the local level (e.g. conduct a skills audit, establish a volunteer service point, link individuals with others with required skills or services, such as gardening contractors, window cleaners).
- Council employment practices to continue to promote the retention of older people and skills within the workforce.
- Work with the Department of Education, University of the Third Age and School for Seniors to promote a range of locally based skills development opportunities, including the use of volunteer tutors, in all areas, but in particular in the lower Channel area and on Bruny Island.
- Work in partnership with other levels of government and community organisations such as Volunteering Tasmania to address the issue of out of pocket expenses for volunteers (who support others to maintain an independent lifestyle).
- Work with Volunteering Tasmania and the Tasmanian Council of Social Service (Industry Training Unit) to address the training and support needs of community groups in Kingborough.



Strategy Two:

Promote a positive image of older people.

Actions

- Ensure relevant Council promotional materials contain positive images of older people and promote and celebrate the diversity that exists within the older population.
- Actively promote the skills and knowledge of older citizens through working with a local skills centre, local Chamber of Commerce, business enterprise officers and employment agencies.

- Offer an annual civic award to an older resident in recognition of their commitment and contribution as a champion for positive ageing
- Promote community involvement in activities organised by all senior groups and the formation of new seniors' oriented activities or groups within the municipality.
- Support programs that encourage young people to take up a career in aged care by promoting talks in schools, work placements and links between aged care facilities and schools.

Strategy Three:

Actively work towards improving opportunities for social contact for older people.

Actions

- Foster a greater diversity of community groups and activities to suit older people with wide ranging interests and skills (e.g. companion visitor services, a broader range of activities than the traditional sports or games).
- Identify service/social activity gaps and facilitate appropriate responses.
- Investigate opportunities for the provision of ongoing meeting and social spaces for older people within Kingston and facilitate social engagement by promoting use of the available meeting places, especially in the evening, across the municipality.
- Investigate the development of a community cultural 'hub' for Kingborough to foster the creative capacity of the community and provide a focus for social interaction and skills exchange.
- Develop resources to 'welcome' new community members to Kingborough (e.g. package of information including Council Information Directory).
- Hold an annual fair or expo of community activities to promote engagement by community members across all ages but with a specific focus on older people.
- Provide ongoing support to the Community Shed and Garden Association Inc to enable this program to develop within the municipality and beyond.
- Provide a Kingborough Directory to facilitate access by all older community members to information on activities, programs and services.
- Develop and maintain an annual calendar of events as a tool for enabling residents to engage with their community.

Strategy Four:

Ensure the active participation of older people in community processes and decision-making.

Actions

- Ensure individuals representing diverse needs and interests of older people are on the appropriate Council committees.
- Work with relevant stakeholder groups to consult with older people and include them in decision making about key issues of concern.
- Establish a reference group to support the implementation of this Plan.

Strategy Five:

Facilitate an increased understanding and appreciation of diversity.

Actions

- Ensure that Council staff and Councillors are trained, as part of customer relations development, to respond in a respectful and age appropriate manner and be able to recognise and take into account the diversity within the older population of Kingborough (e.g. cultural diversity, sexual orientation, economic capacity).
- Work with older people and older persons' organisations to include age issues as part of events like Harmony Day and to promote high levels of understanding and tolerance of age and other differences within the municipality.

Strategy Six:

Work in partnerships with stakeholders to develop and improve access to transport options.

Action

- Work with community groups like Council on the Ageing, local business and government to develop better transport options to service the dispersed population base (e.g. better use of community buses, more community buses or cars, doorstopper services, shared transport arrangements like shared taxis).

Activity area two: Healthy, independent and safe

Rationale:

Health is a central part of being able to live an independent life and mobility is a significant part of being healthy and active. Urban design and the availability of services and programs can play a huge role in promoting health in a community. Council is also well placed to undertake a role in health promotion through the distribution of information and hosting events. The consultations for this plan have indicated that being healthy, independent and safe for older residents in Kingborough is about:

- access to appropriate recreational options (e.g. accessible paths, having someone to walk with),
- being able to negotiate the built environment easily,
- access to health, support and emergency services and health promotion information,
- knowing others living nearby and having positive relationships with younger people in the community.

Many older people have a fear of crime, despite the fact that they are less likely to be the victims of crime than other age groups in the community. Fear can limit the capacity to live comfortably and engage in social activity. Older residents can experience having their property vandalised or be subject to discrimination because of age, sexual orientation or ethnicity.

Policy:

Kingborough Council will support older people's rights to be healthy, independent and safe within their community.

Strategy One

Identify and promote activities encouraging older people to remain mentally and physically active.

Strategy Two

Seek partnerships to promote health.

Strategy Three

Plan and maintain infrastructure so that it supports the independence of older residents.

Strategy Four

Plan and develop 'age friendly' environments.

Strategy Five

Promote community safety initiatives.



Strategy One:

Identify and promote activities encouraging older people to remain mentally and physically active.

Actions

- Increase the variety and promote a range of exercise and physical activity programs in which older people may participate in by working with the Kingborough Sports Centre, community groups (e.g. Mary's Grange Reach Out Program), sports groups and aged care providers.
- Explore the option to train local physical activity program facilitators (e.g. Women Get Active, Gentle Squash, Live Longer, Live Stronger) to run programs in local venues like Kingborough Sports Centre, parks, community centres and halls.
- Work with community health providers to establish a viable network of walking groups which include older residents.
- Complete the tracks and trails network and produce a booklet of graded walks suitable for all levels of mobility and fitness.
- In recognition of the value of pets in the lives of older residents work with groups like the Dogs Home of Tasmania, RSPCA, Kingborough Dog Walkers Association and the Cat Centre to develop and support facilities and programs which promote responsible pet ownership.
- Work on options to address the insurance barriers faced by many community groups wishing to run activity programs in their local area.
- Implement a review of the Open Space Strategy to ensure that it includes a range of grades of tracks and facilities and that walking tracks are included where possible as part of the planning of new subdivisions.
- Provide more seating along walking trails to encourage and support older residents to participate in physical activity.

Strategy Two:

Seek partnerships to promote health.

Actions

- Work with groups like The Community Nutrition Unit within the Department of Health and Human Services and Eat Well Tasmania to promote the development of affordable, nutritious meals options for older people which combine food with social interaction (e.g. shared catering options, an internet café which can cater to older residents, Eating with Friends groups, Bruny Island Respite and Community Health, B.I.R.C.H.).
- Undertake health education activities in conjunction with community groups and government departments (e.g. information forums, displays).
- Facilitate meetings of key stakeholder groups with an interest in the provision of General Practitioner services (e.g. General Practice Tasmania, State and Australian Governments) to develop strategies to address access issues (e.g. incentives to GPs to re-locate, development of after hours medical services, in-home models, improving transport options so that residents can travel to where services are located).
- Promote technology that supports older people to maintain their independence at home (i.e. medialarms, red cross alarms).

Strategy Three:

Plan and maintain infrastructure so that it supports the independence of older residents.

Actions

- Conduct safety audits of footpaths.
- Identify areas which require pedestrian crossings due to high use by older persons.
- Review local area master plans to ensure that they promote access and independence by older residents.
- Train Council staff in the application of Crime Prevention through Environmental Design (CPTED) principles.

Strategy Four:

Plan and develop 'age friendly' environments.

Actions

- Ensure Council's Access Advisory Committee has input into planning and development applications relating to publicly accessible infrastructure.
- Develop a replacement toilet strategy for public facilities across the municipality to ensure full access to facilities in the long term.
- Advocate on behalf of diverse groups regarding their particular safety needs.
- Review the inventory of physical works to include tactile indicators and initiatives like the sealing of car parks (e.g. at West Winds Community Centre).
- Develop a CBD priority footpath list and assess gradients and widths of all paths to accommodate wheelchairs and walkers.
- Establish walking links to facilitate access to community events and facilities.
- Delineate separate areas for cyclists and pedestrians on pathways to increase accessibility and safety for older residents.
- Increase the level of 'Driver Assist' that can be provided (i.e. support to move or manage wheelie bins for frail aged or people with a disability).
- Identify suitable land for the development of facilities which can provide housing, support services and recreation facilities for older people which are integrated rather than isolated from the broader community.
- Provide advice to developers and review planning scheme provisions to ensure that building provisions reflect the needs of older persons (e.g. access, location in proximity to other services, access to recreational areas).
- Ensure that Council can respond effectively to the demand for environmental health and food safety monitoring of the increasing number of aged care facilities and increasing aged population in Kingborough.

Strategy Five:

Promote community safety initiatives.

Actions

- Work with Tasmania Police to promote positive stories of older people living safely and comfortably, strengthen the profile of police in the local community and promote the reality of after hour's response times to overcome fear on the part of older residents.
- Use Seniors Week and other opportunities to distribute information about community safety issues.
- Partner with non-government organisations to develop a program and/or products that build community connections between older people and younger community members (e.g. a fridge magnet that lists key contacts for emergencies, mentoring programs with older and younger people, oral history projects, Eating with Friends Groups involving schools and older residents).
- Encourage the development of residential and commercial housing options that promote safety, diversity and integration with other facilities and other age groups (e.g. housing developments that include families as well as older residents, facilities that include a shared community facility like a sports complex).
- Review signage to ensure that areas with high numbers of older residents are appropriate to promote their safety.
- Review and develop improvements to emergency response capacity in relation to older people.
- Incorporate consideration for the potential vulnerability of older people in strategic climate change response programs.



photo taken by Julie Hall

Activity area three:

Informed and engaged in ongoing learning

Rationale:

Being informed and engaged is as important to older people as it is to other community members. It gives older residents the capacity to be involved in their community and maintain a role as a decision maker. Changes in technologies mean that older people may fear 'being left behind' in managing new methods of communication. Older people have demonstrated great interest in lifelong learning through their membership of organisations like University of the Third Age.

Being informed and engaged means:

- knowing which services are available to you,
- being able to ask someone locally for support or information,
- having access to information in a range of formats (e.g. online, noticeboards, written materials in appropriate font sizes),
- be able to keep learning and developing your skills and knowledge.

Policy:

Kingborough Council will actively work towards improving access to information and learning and will take a leading role in working with other organisations in providing programs and activities that meet the needs of older people.

Strategy One

Identify and develop improved ways to access information.

Strategy Two

Ensure information relevant to older people is accessible and available in a range of formats.

Strategy Three

Provide opportunities for older people to participate in lifelong learning opportunities.

Strategy One:

Identify and develop improved ways to access information.

Actions

- Promote use of the Kingborough Directory as a means of older people being more aware of the services available to them.
- Work with others to host community events during Seniors Week and on International Day of the Older Person.
- Advocate for greater broadband availability across whole municipality in order to facilitate an increased opportunity for online learning and staying in contact with others.



Strategy Two:

Ensure information relevant to older people is accessible and available in a range of formats.

Actions

- Promote the use of the agewellkingborough.com website as the entry point for older residents to seek information on upcoming events, services, activities of community groups, issues and practical matters (e.g. assistance with gardening services).
- Promote information about the range of concessions available to older people in Tasmania.
- Ensure that information can be provided by Council in a range of formats (face to face handouts, access to the agewellkingborough.com website, electronic responses to requests) and that written information is provided in an appropriate font size to ensure it can be easily read by an older audience.

Strategy Three:

Provide opportunities for older people to participate in lifelong learning opportunities.

Actions

- Work with the Department of Education, U3A and the School for Seniors to ensure a tiered range of information/education options in the municipality.
- Investigate how peer support programs might be applied in Kingborough community to support older residents in gaining information and to participate in lifelong learning opportunities.
- Work with groups like the RACT to run Smart Driver Courses for older people so that older residents can continue to safely use their own vehicles for as long as possible.

Activity area four:

Appropriate and affordable accommodation options

Rationale:

Many residents fear having to leave their own homes as they age. Others are concerned about maintaining their homes and gardens as they become less mobile or of becoming socially isolated as they lose their capacity to drive themselves.

Many people recognise that they may need an increasing level of support over time and think that the options for gaining this are limited.

Some older residents experience considerable economic stress, especially if living in rented accommodation and/or living alone.

Policy:

Kingborough Council will advocate to, and work with, organisations and groups in planning for appropriate and affordable accommodation options within Kingborough.

Strategy One

Facilitate the development of a range of appropriate accommodation options for older people.

Strategy Two

Ensure the planning scheme supports appropriate integration of older people's housing within the broader community to reduce social isolation and improve access to services.

Strategy Three

Advocate for and support older people to remain in the community.

Strategy Four

Support and advocate for the development of programs in the community for older people which facilitate ageing in place.



Strategy One:

Facilitate the development of a range of appropriate accommodation options for older people.

Actions

- Advocate to the Australian Government for an increased allocation of high care and low care aged care beds in Kingborough.
- Develop an older person's housing policy to support the development of affordable semi-independent and fully independent accommodation options which can address the diverse needs of older people and provide varied levels of support (e.g. shared living models).
- Work with prospective developers of aged care housing options to foster best practice standards for residential development for older people (e.g. residents being able to take their pets to live in an independent living unit).

Strategy Two:

Ensure the planning scheme supports appropriate integration of older people's housing within the broader community to reduce social isolation and improve access to services.

Action

- Integrate community services and facilities (e.g. community centres, child care centres, schools) into residential areas which have a high proportion of older residents to facilitate social interaction between age groups.

Strategy Three:

Advocate for and support older people to remain in the community.

Actions

- Advocate for a review of current levels of community based care and support and the criteria for eligibility to enable a greater proportion of older residents to access assistance.
- Work with churches, community groups and individuals to develop support services such as low cost handyman services or a register of tradespersons who may be available to undertake work for older residents.

- Work with groups who represent particular 'communities' (e.g. ethnic associations, GLBTI,) and other neighbouring Councils to establish self help networks of older people across municipal areas.
- Provide information regarding a range of issues which impact on older people living in their own homes (e.g. information about who can assist with home modifications).
- Review the extent and eligibility for Council funded rates assistance and rebates on dog registrations for older people.

Strategy Four:

Support and advocate for the development of programs in the community for older people which facilitate ageing in place.

Actions

- Work with home based care providers and advocate for a greater allocation of Home and Community Care, Community Aged Care Packages and other in-home packages of care to the Kingborough community.
- Provide quality respite and day centre support through Manor Gardens and continue to develop innovative programs. Continue to increase the provision of flexible respite services within Kingborough (e.g. a Sundowners Program which provides care during the late afternoons).
- Promote the available respite options using open days and other initiatives.
- Work with health services and the Community Equipment Scheme to facilitate greater community access to equipment like wheel chairs for older residents.
- Provide community information and facilitate programs that support older people as carers and as grandparents (e.g. support groups for carers at the local level).
- Form partnerships with volunteer or community groups to offer self help programs for older residents with the physical capacity to carry out basic household tasks (e.g. changing batteries in smoke alarms).

11. Where to from here?

Council will establish an advisory committee to oversee the implementation of the Positive Ageing Plan. The Plan will be reviewed annually. Feedback on implementation of the Plan will be provided to the community using a range of methods including:

- agewellkingborough.com website
- newsletters
- Council website
- information distributed through community organisations
- discussions with Council staff (e.g. the Community Development Officer meeting with community organisations)

For further details or feedback please contact the Community Development Officer on 6211 8130 or by email kc@kingborough.tas.gov.au





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