



# Positive Ageing Strategy 2016– 2026

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## Executive Summary

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The Wingecarribee Shire is ageing along with the rest of Australia. Over the next 10 years, the number of residents aged 65 and over is expected to increase from 22 percent to 32 percent, or 1 in 3 people, making our Shire one of the oldest in NSW.

Wingecarribee Shire Council is adopting a positive approach to ageing, and has developed the Positive Ageing Strategy 2016-2026 to plan for the impact of these demographic changes and to understand and respond to the needs of older people.

The Strategy has been informed by a growing body of international and Australian research on how to support older people to age well, along with extensive community consultation. It is a living document that demonstrates Council's commitment to positive ageing and reaffirms the value of older people in our community.

The Strategy identifies four focus areas for action: a safe and accessible community, maintaining independence and good health, participation in community life and information and communication. Within these areas, Council will work with key partners and the wider community to deliver a range of actions over the next ten years.

Some of these actions maintain Council's existing efforts, others are new initiatives that can be accommodated within existing resources, while some actions are more ambitious, costly, and will require additional funding. Importantly, the Positive Ageing Strategy is linked with Council's other strategic planning documents, to ensure actions are prioritised, external funding opportunities are pursued and implementation progress is monitored and reported.

Recognising that individuals have opportunities and choices allowing them to maximise independence and control their own lives is central to a positive ageing approach. This Strategy therefore aims to get people thinking about the future they see for themselves and what they can do to remain independent and connected to the community as they age.

During its development, this Strategy has had significant input from Council's Advisory Committees, older people, service providers, community organisations and Council staff. We would like to thank them for contributing their experience, ideas and professional expertise to creating this important community document.

The successful implementation of the Positive Ageing Strategy will ensure that older people, now and in the future, are supported to live happy, healthy and independent lives, while remaining connected to, and valued by, the Wingecarribee community.

# 1. Introduction

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## 1.1 Population ageing

Australia's population is ageing as a result of lower birth rates, people living longer and the baby boomers now moving into retirement age. This has contributed to an increase in the number and proportion of people aged over 65 years.

The Wingecarribee Shire is ageing along with the rest of Australia, and more quickly than most local government areas. Over the next ten years, the number of residents over 65 years will increase from 22 to 32 percent, or 1 in 3 people, making our shire one of the oldest in NSW.

Our ageing population presents both opportunities and challenges. It will increase the demand on services, housing, transport, and reduce the workforce available to deliver essential services and drive our economy.

However a growing number of healthy and active older residents will also benefit our community in many ways. Their depth of knowledge, expertise and available time to help family and friends, volunteer, travel and pursue personal interests, while strengthening our community and supporting our economy.

## 1.2 Council's Role in Supporting Positive Ageing

Local governments have a recognised and key role in supporting Positive Ageing within their communities. It:

- Has an intimate knowledge of the local community and the diversity of older people;
- Ensures the local physical, health, aging and economic environment supports the overall wellbeing of older people;
- Provides services and programs that are flexible and locally appropriate to the needs of older people;
- Enables community participation in local decision making and supports the development of community networks;
- Is a strong advocate on behalf of the local community with other government and non-government organisations<sup>1</sup>.

## 1.3 Why Develop the Wingecarribee Positive Ageing Strategy?

There are two key drivers for Council's development of the Wingecarribee Positive Ageing Strategy.

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<sup>1</sup> Australian Local Government Association, 2010

## *1. Understanding and responding to the needs of older residents*

Older people are the largest and fastest growing demographic within the Shire.

The current generation of older people is very different to that of the past. Many older people have higher levels of education, wealth, and are healthier and more active than their predecessors. This generation of older people is also more diverse, with a broader range of backgrounds, interests and experiences. As a result, older people now, and into the future, are likely to expect a wider range of quality services and infrastructure to support them to age well.

Council is committed to understanding the range of issues that are important to older people and supporting older people to live happy, healthy and independent lives and remain connected to the community as they age.

## *2. Understanding and planning for the impact of population ageing*

As a Council, and a community, we need to understand and plan for the ageing of our population, so that we maximise the benefits and proactively manage the challenges associated with this demographic change.

The Baby Boomer generation will enter old age with different aspirations and expectations. They are more likely to demand a greater range of higher quality services and experiment with ways of experiencing older age"

National Strategy for and Ageing  
Australia 2002

Our ageing population will impact on Council and the community in many ways, including but not limited to:

- Increased demand for age-specific infrastructure and services, e.g. residential aged care facilities;
- Increased demand for general infrastructure and services that are sought out by an ageing population, e.g. libraries and health services;
- Increased demand for age friendly affordable housing;
- A reduction in revenue as a result of age related discounts;
- Increased participation in volunteering programs; and
- More demand for Community consultation from interested and informed older residents.

Many of these impacts are already being felt, for example Council has experienced a steady increase in 'action requests' generated by the community, seeking upgrades to Council infrastructure (such as footpaths) to make them more accessible and age friendly. This can be expected to intensify over the coming years.

Wingecarribee Shire Council, like most other councils across Australia, is developing an Ageing Strategy in response to these impacts.

## **1.4 What is the Purpose of the Ageing Strategy?**

The objectives of the Positive Ageing Strategy are to:

- Allow Council to understand and plan for the ageing of its residents;
- Take advantage of new opportunities as well as address challenges associated with an ageing population;
- Provide an evidence base for Council, NGOs and community groups to advocate for resources and apply for grants to meet the needs of older people;
- Engage residents of all ages in planning for the future they envisage for the community and for themselves; and
- Identify priority areas and specific strategies to make the Wingecarribee an aged friendly community, meeting the needs of older people now and into the future.

## **1.5 Definitions**

### ***1.5.1 What is Positive Ageing?***

Positive Ageing is the process of optimising opportunities for health, participation and security in order to enhance quality of life as people age. It embraces the notion that individuals have opportunities and choices allowing them to maximise independence and control their own lives. Common characteristics of positive and active ageing include:

- A whole-of-community, whole-of-life, multiple activity approach to ageing;
- A broad view of ageing that incorporates the constant aiming for and achievement of maximum quality of life; and
- A focus on the opportunities and challenges available to people as they grow older rather than considering ageing as a community problem.

Essentially, positive ageing is about people getting the most out of life, remaining fully active, empowered and in control of their lives.

### ***1.5.2 Who are older people?***

While it is recognised that people age at different rates, for the purpose of this Strategy 'older people' are considered to be 65 years or older or Aboriginal people who are 50 years or older. This is the age at which people become eligible for many government funded aged care services and programs.

In developing this Strategy, people aged 55 years or older were specifically targeted for consultation given they will turn 65 within the ten year life of the Strategy. However, the views of residents regardless of age have been considered, as we all grow older and we all have a role to play in contributing to an age friendly community.



## 2. Strategic Context for the Positive Ageing Strategy

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### 2.1 International, National and State Policies

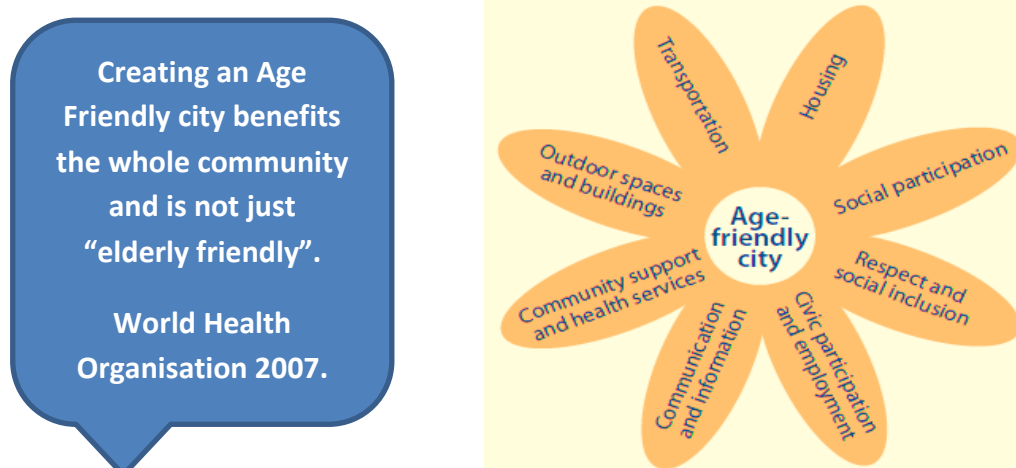
The Wingecarribee Positive Ageing Strategy has been developed in the context of significant international, national and state awareness of the importance of the rights of older people, when planning for population ageing and the benefits of adopting a 'Positive Ageing' approach.

Key policy documents include:

***The United Nations Principles for Older Persons 1991*** – supports Governments adopting the principles of independence, participation, care, self-fulfilment and dignity for older people in policy and decision making.

***The World Health Organisation (WHO) Active Ageing Policy Framework 2002*** – promotes action to address health, participation and security for older people.

***The World Health Organisation (WHO) Aged Friendly Cities Guide 2007*** - recognises that the environment plays an important role in determining how we age and identifies eight interconnected topics to consider in order to enhance quality of life for people as they age.



***The Commonwealth Government National Strategy for an Ageing Australia 2002*** - identified the importance of adequate income, community attitudes to ageing, support for older people to live at home, remain healthy and independent and demand for accessible and high quality health and aged care services as the key area for supporting Australians to age well.

***The NSW Ageing Strategy 2012***- sets out how the NSW State Government intends to work towards its vision that "people in NSW experience the benefits of living longer" and explicitly recognises the importance on local government to achieving this vision.

## 2.2 The Local Policy Context

The Positive Ageing Strategy is an important addition to Council's Integrated Planning and Reporting Framework<sup>2</sup>. Wingecarribee Shire Council's Community Strategic Plan W2031+, is the overarching Plan for the Shire and was adopted by Council in 2010 following extensive community consultation. It set out goals and strategies under five key themes: Leadership, People, Places, Environment and Economy. The diagram below shows Council's key policies and plans.



### Ongoing Monitoring and review process

The Ageing Strategy contributes to and is closely aligned with W2031+ by incorporating the perspectives and ideas of older people. The Ageing Strategy directly responds to the following W2031+ goals.

#### Leadership

1.2 Wingecarribee leadership is visionary through creative thinking and practical planning.

1.3 The Wingecarribee community has strong networks that support collaboration, partnerships and empowerment.

1.4 We act in an inclusive manner with open information, communication, views and participation.

#### People

2.1 Wingecarribee community has access to a variety of cultural, recreational and sporting opportunities.

2.2 Wingecarribee people have a healthy lifestyle and inclusive Community.

2.3 Services and facilities are provided locally to meet the needs of our community.

2.4 Wingecarribee fosters a diverse, creative and vibrant community.

#### Places

3.3 Urban design in the Wingecarribee creates inspiring places where people want to be.

3.4 Wingecarribee housing options are diverse.

#### Environment

4.1 Wingecarribee's distinct and diverse natural environment is protected and enhanced.

4.2 Wingecarribee communities live sustainably by choice.

#### Economy

5.1 Wingecarribee is a centre for learning.

5.5 Wingecarribee's diverse economy drives a wide range of job and career opportunities.

<sup>2</sup> The Integrated Planning and Reporting was introduced as part of changes to the Local Government Act 2009 to strengthen strategic planning in local government.



The Ageing Strategy identifies ageing specific priority areas, strategies and performance measures. These will be considered and incorporated in the Delivery Program and Operational Plan as resources allow.

This Strategy will also link to a number of other existing Council plans, processes and documents, many of which include the ageing population in their scope and considerations.

These include:

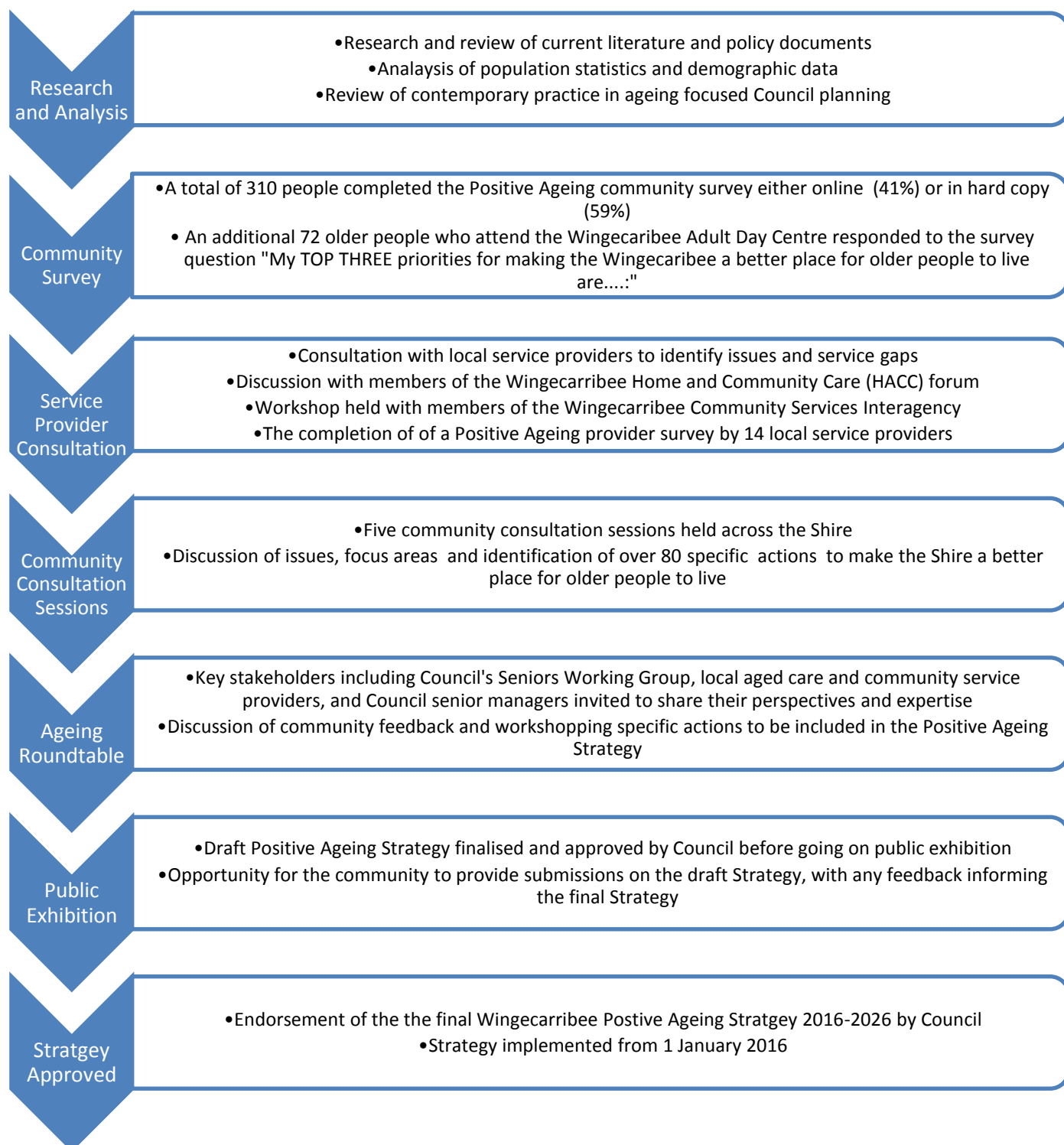
- Community Engagement Strategy
- Arts and Cultural Strategic Plan
- Environment Strategy
- Economic Development Strategy
- Community Safety Plan
- Pedestrian Access and Mobility Plan
- Disability Inclusion Access Plan (In development)
- Youth Strategy (In development)
- Aboriginal and Torres Strait Islander Strategy (In development)
- Local Planning Strategy

The policies and plans for Libraries, Tourism, Assets, and Pools are also relevant for the Shire's ageing population.



### 3. How the Strategy has been Developed

The draft Positive Ageing Strategy has been developed in close consultation with the community and local service providers, using the following methodology.



## 4. The Wingecarribee Community and its Older Residents – A Snapshot

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### 4.1 Our Shire



The Wingecarribee Shire is located 75 kilometres from the south western fringe of Sydney and 110 kilometres from the Sydney central business district. The Shire lies within the Sydney – Canberra – Melbourne transport corridor on the Southern rail line and Hume Highway.

The Shire is predominantly rural in character with agricultural lands separating towns and villages characterised by unique landscape and aesthetic appeal. Development pressures are significant and include subdivision for residential, lifestyle, and commercial purposes. The Southern Highlands forms part of the Gundungurra and Tharawal tribal lands with preservation of Aboriginal heritage significance.

### 4.2 Our Community – A Snapshot

- Approximately 44,395 people live in the Wingecarribee Shire
- 1.8% of our residents identify as Aboriginal
- 15.2% were born overseas
- People born overseas were most likely to have been born in:
  - The United Kingdom (7 per cent),
  - New Zealand (1.5 per cent) and
  - Germany (0.6 per cent).
- The median age of residents is 45 years (older than the NSW median of 38 years for NSW).
- 60-64 year olds are the largest five year age group (7.9%) followed equally by 10-14 and 45-49 year olds (each representing 7.2% of the total population).
- Most people live in a family household; however more than 1 in 4 or 25.9% of people live alone.
- The Wingecarribee is one of the 20 least disadvantaged shires in NSW with a SEIFA index of 1023.8, compared to NSW (995.8) and Australia (1002.0). However pockets of disadvantage exist within the community.<sup>3</sup>

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<sup>3</sup> Data from the 2011 Census of Population and Housing conducted by the Australian Bureau of Statistics

In terms of our health:

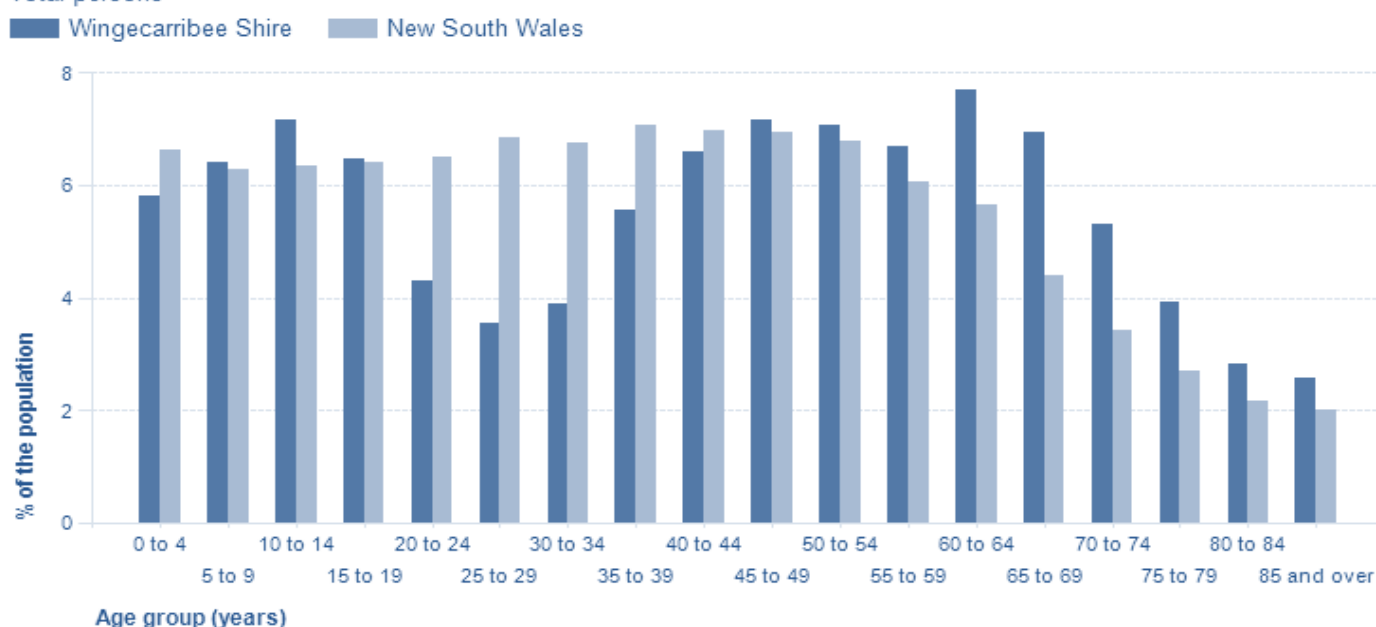
- 65.1% of us are overweight or obese (compared with 53% of all people in NSW).
- 9.5% are current smokers, (comparing favourably 17.1% in NSW).
- Less than half of us (47.9%, compared to 55.2% in NSW) get what is considered adequate physical activity.
- Wingecarribee residents have a slightly higher incidence of cancers (522 per 100,000 compared to 470 per 100,000 for NSW<sup>4</sup>).

### 4.3 Our Older Residents

- 22% of people living in the Wingecarribee are 65 years or older. This is much higher than the state average of 14.7 per cent, as outlined in the graph below.

#### Age structure - five year age groups, 2011

Total persons



Source: Australian Bureau of Statistics, Census of Population and Housing, 2011 (Usual residence data)  
Compiled and presented in profile.id by .id, the population experts.

**.id** the population experts

By 2031, it is predicted that 32.4%, or 1 in 3 people living in the shire will be 65 years or older. This is an increase of 69.1 per cent and will make the Wingecarribee one of the 'oldest shires' in NSW.<sup>5</sup>

Wingecarribee Shire ranks 25th out of 153 NSW councils for the proportion of residents 65+ and 15th out of 153 for the proportion of residents 85+.

Department of Planning 2031 population projections

<sup>4</sup> Wingecarribee Local Government Area Health Profile 2014. South Western Sydney Local Health District.

<sup>5</sup> Department of Planning 2031 population projections

## Predicted Population Growth in 2011-2031

Wingecarribee								
	Number of people			Age distribution (% of total population)			Growth 2011-31	
Age	2011	2021	2031	2011	2021	2031	No.	%
<15	8,800	8,400	8,300	19.1%	17.2%	16.3%	-500	-5.7%
15-64	27,450	27,050	26,150	59.6%	55.2%	51.3%	-1,300	-4.7%
65+	9,800	13,550	16,550	21.2%	27.6%	32.4%	6,750	69.1%
All ages	46,050	48,950	51,000	100.0%	100.0%	100.0%	4,950	10.8%

Source: Department of Planning

- People 65 years and older account for 18% of all people moving into the Shire and 12% of all people that moved out of the area<sup>6</sup>.
- 86% of older people in the Shire don't need assistance with daily tasks<sup>7</sup>, but the need for support increases with age, with 50% of people 85 and over needing assistance compared with 5.2% of all Wingecarribee residents.
- 1 in 4 older people in the Wingecarribee volunteer compared to 18% of all local residents and 14% of people in NSW.
- Half of the 4324 people living alone in the Shire are aged over 65 years.
- 22.2% of people aged 65 to 74 were employed, with 15% of all people 65 and over employed on a full or part time basis.
- 5514 people or 61 % of people aged 65 years and over living in the Shire were in receipt of the aged pension<sup>8</sup>.

In terms of older people's health, the most commonly reported long term health conditions are vision problems, arthritis, deafness, high blood pressure, and high cholesterol<sup>9</sup>.

### 4.4 Distribution of Older People within the Shire

Like the general population, the majority of residents aged 65 or older (61%) live in the three main townships of Bowral, Mittagong and Moss Vale. The remaining 31% of older residents live in the smaller towns and villages.

However as outlined in the table below, a disproportionate number of older people live in Bowral, Bundanoon - Exeter and Burradoo, and these areas could be considered to have the Shire's 'oldest' populations. By contrast, the Northern Villages tend to have 'younger' populations with Hill Top, Balmoral and Colo Vale accounting for 10.3% of all shire residents, but only 4.8% of people aged 65 and older.

Distribution of older people across the Shire:

<sup>6</sup> Overall there is positive net migration of older people to the Shire between the last two censuses.

<sup>7</sup> Daily tasks are defined by the Australian Bureau of Statistics and include for example, showering, dressing, eating and moving around the house and using public transport.

<sup>8</sup> Social Health Atlas of Australia, 2013.

<sup>9</sup> Australian Bureau of Statistics, Population Ageing in NSW, 2008.

Source: Australian Bureau of Statistics, Census of Population and Housing (usual Place of Residence)

Town	No of Residents 65+	Proportion of all shire residents aged 65+	Proportion of shire residents all ages (population 44,444)
Berrima - New Berrima	199	2.07 -	2.83
Bowral	2738	<b>28.50 +</b>	21.97
Bundanoon - Exeter	992	<b>10.32 +</b>	7.86
Burradoo	853	<b>8.88 +</b>	5.47
Hill Top – Balmoral – Colo Vale	462	4.81 -	10.30
Mittagong District	1620	16.86 -	17.56
Moss Vale	1534	15.97 -	17.57
Robertson District	574	5.98 -	7.26
Joadja – Wombeyan Caves – Mandemar – Medway	142	1.48 -	2.13
Wingello – South West District	308	3.21 -	3.77
Yerrinbool District	184	1.92 -	3.28
<b>Total</b>	9606 <sup>10</sup>	100	100

## 5. Consultation Results - What People Told Us

### 5.1 Positive Ageing Community Survey

The Positive Ageing Community Survey highlighted that:

- 87% of respondents agreed or strongly agreed that ***“they feel part of their local community.”***
- 90% of older people agreed or strongly agreed that ***“the Wingecaribee is a good place for older people to live.”***

In the previous month:

- 69% of people were physically active three or more times a week, 15 % had been active once a week, 8% were active less than once a week and 8% had not done any physical activity.

<sup>10</sup> Discrepancy between this figure and the number of people aged 65+ at the LGA level is attributed to census randomisation and non-sampling error and is within the ABS' acceptable limits.

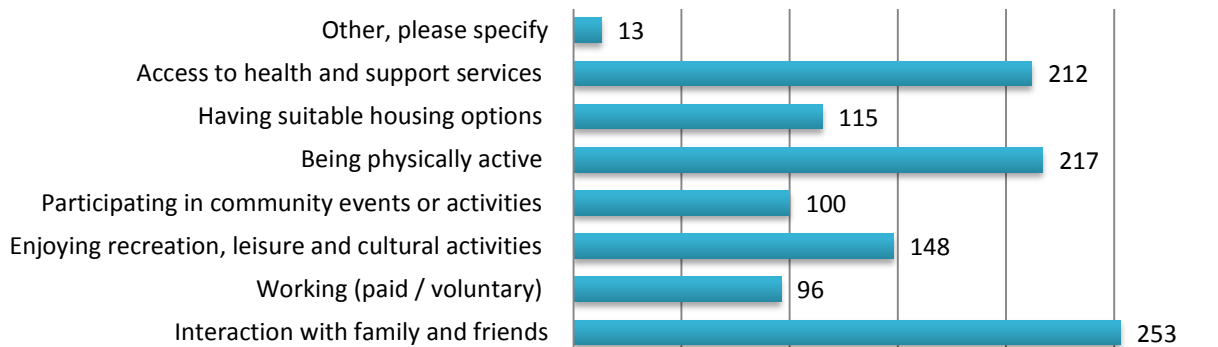


- 85% of people had accessed the internet with the majority using a home computer, followed by an iPad or tablet and then a smart phone. Very few people (4%) used a public computer, for example at a library or community centre.
- People most commonly used the internet to access information, then stay in touch with family and friends, followed by making bookings, shopping online and paying bills.

### **Factors that Support Positive Ageing**

As outlined in the graph below, people thought many factors were important to staying healthy and happy as we age. However, the three factors considered most important were:

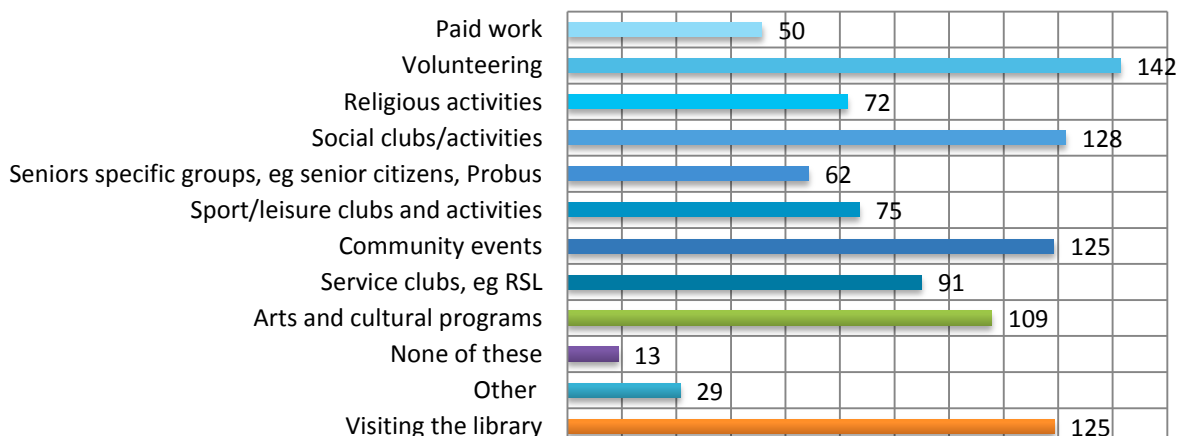
- ✓ Interaction with family and friends;
- ✓ Being physically active; and
- ✓ Having access to health and support services.



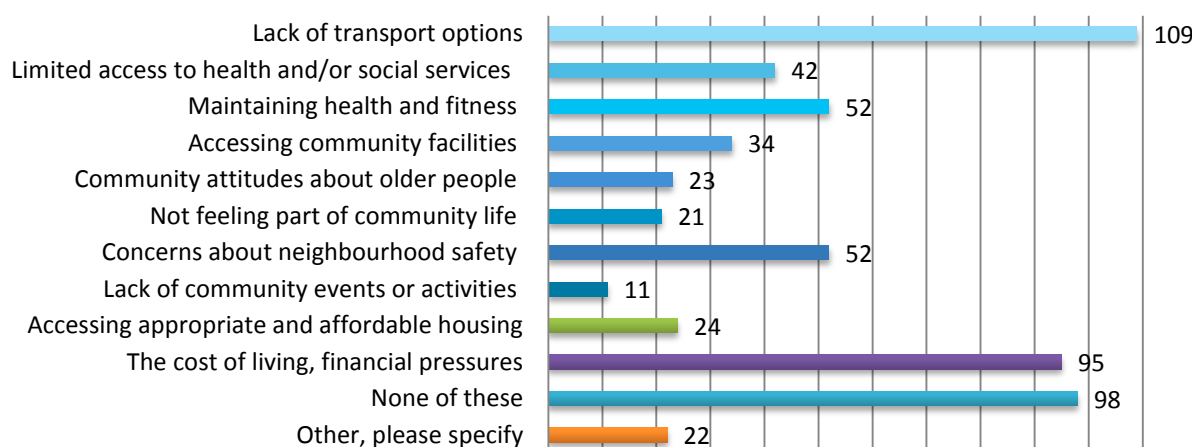
Other factors that people considered important were having a good attitude, good transport options, a healthy diet and staying mentally active.

### **Community Participation**

Older people on average were currently participating in 3.5 community activities, with the most popular being volunteering, attending social clubs and activities and visiting the library. Respondents' involvement in specific activities is depicted below.



In terms of challenges to participating in community life, a lack of transport options and cost of living or financial pressures were the most commonly reported issues. However, a large proportion (17%) said they had not experienced any of the challenges listed below.



### Service Usage

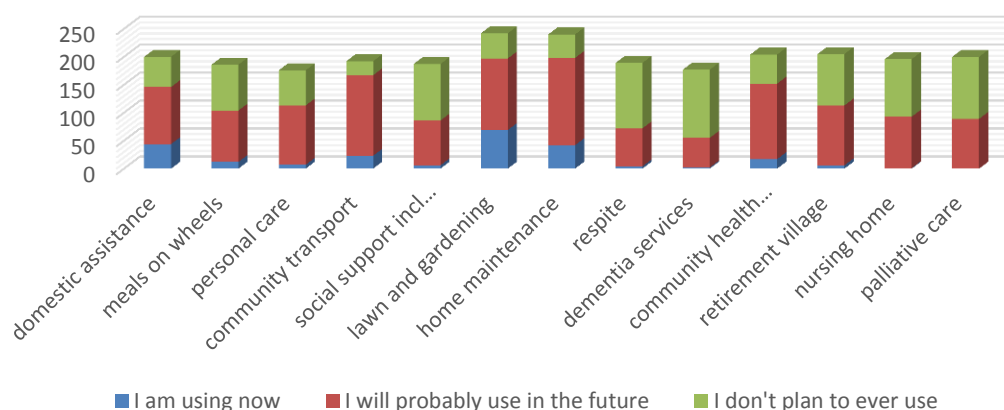
The most commonly used services were lawn and gardening services, home maintenance and domestic assistance.

Demand for all services will increase significantly, generally more than doubling based on responses. The services likely to experience the biggest growth in demand are:

- Community transport
- Community health services
- Home maintenance

Demand for all other service types will still increase significantly but people were less likely to indicate that they would probably use dementia services, respite care, and palliative care in the future.

This is probably a reflection of the age of respondents, with the majority (64%) less than 75 years old. It may also reflect that these services, while vitally important, are not generally services that people would hope or choose to use.



The majority, 83% of respondents, considered that they have access to all the services they currently need. Those who seek to access additional services that are not currently available made the following suggestions:

- More medical specialists and access to specialist hospital treatment locally, particularly cancer treatment.
- A Government funded dental service.
- Palliative care, specifically a designated hospice.
- More frequent trains to Sydney, and more frequent local bus services.
- Financial counselling for older people.
- Training in computer use and better internet connection.
- More social activities for people with dementia and mental health issues.
- Facilitated low cost exercise groups, and rehabilitation facilities.

### **Barriers to Accessing Services and Events**

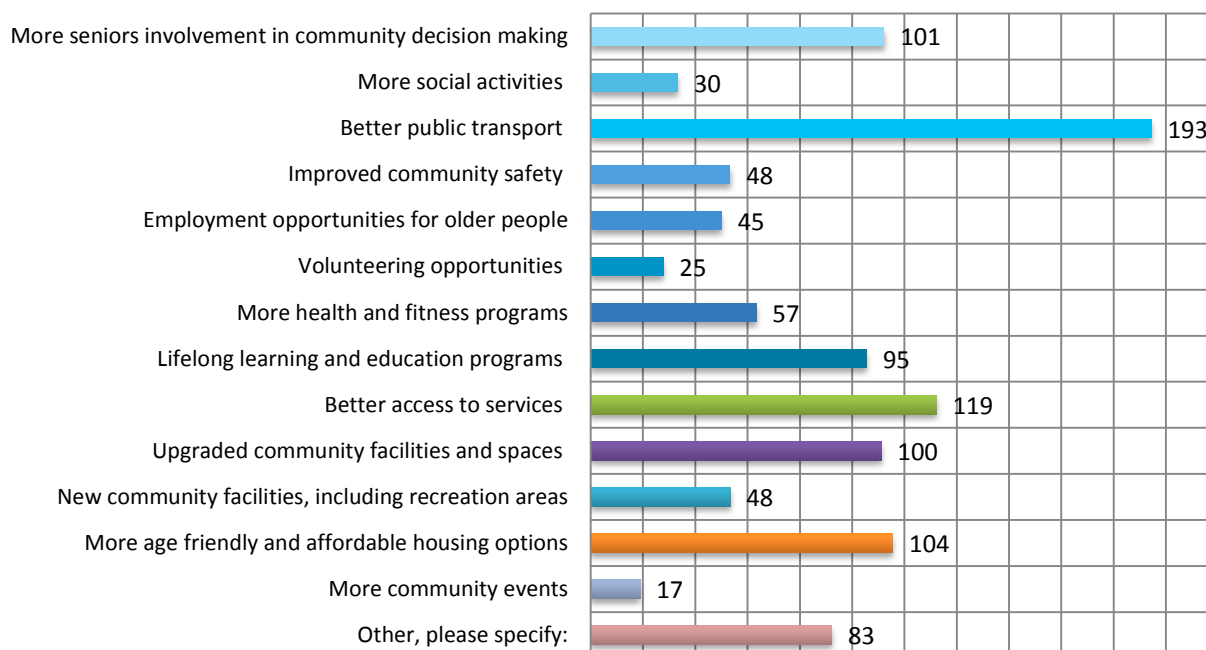
Most common barriers to accessing services	Most common barriers to attending events
<ul style="list-style-type: none"> <li>• Lack of information about the services available</li> <li>• Uncertainty about eligibility requirements</li> <li>• Cost of services</li> <li>• Transport</li> </ul>	<ul style="list-style-type: none"> <li>• Cost of event</li> <li>• Lack of transport options</li> <li>• Lack of information about how to get involved</li> </ul>

People generally reported more barriers or difficulties in accessing services than in attending events. Pleasingly, a significant number of people also indicated that they had not experienced any of the barriers listed in accessing services or attending events.

### **Priorities for Supporting Positive Ageing in the Wingecarribee**

As outlined in the graph below, there was support for all the suggestions for supporting positive ageing within the Shire. However the top 5 priorities were:

- ✓ Better public transport, which had by far the strongest support
- ✓ Better access to services
- ✓ More age friendly and affordable housing
- ✓ More seniors' involvement in community decision making
- ✓ Upgraded community facilities



There was relatively limited support for increasing the number of community events, social activities or volunteering opportunities. Based on the responses to earlier questions, it is likely that people felt well catered for in these areas, as opposed to not valuing or seeing these issues as important.

## 5.2 Consultation with Local Service Providers

### Service Capacity and Barriers to Access

All local service providers that responded to the Positive Ageing provider survey indicated that they had capacity to accept new older clients into their services.

Service providers identified that lack of information about the services available, uncertainty about eligibility criteria and a lack of transport options as the key barriers older people face in accessing services. This was highly consistent with the community survey responses.

### Service Delivery Issues

Service providers identified the issues below as currently impacting on their delivery of services to older people within the shire and anticipated that these trends would continue for at least the next ten years.

- Ageing workforce
- Increased demand for services into the future
- Less Government funding security and more competitive funding environment
- Increased social and emotional isolation for people as families are more dispersed
- Higher client expectations into the future
- Increasingly complex client needs
- Lack of information about services available
- Changes to service eligibility and assessment arrangements
- Fewer local service providers with a move towards fewer and larger providers
- Dwindling volunteer base
- Reduced availability of informal carers
- Less clients eligible for Government services as self-funded retirees start accessing services

### **Capacity for Council to Assist**

The following ways that Council might assist service providers in meeting the needs of older people in the region were identified:

- ✓ Have strict guidelines around approving development applications for over 55's residential developments that acknowledge that most occupants are much older and will experience health and mobility issues as they "age in place".
- ✓ Consider ways to promote volunteering opportunities to people moving to the area, as a way to sustain our volunteer base.

A number of suggestions focused on the potential for Council to improve information and communication pathways for older people through:

- ✓ Providing (or funding) a single point of contact for information for over 65's including referrals to local services.
- ✓ Attending community groups and events to pass on relevant information.
- ✓ Continuing to produce the Seniors Directory and expanded senior's communication to including new and more frequent products.

## **5.3 Community Consultation Sessions and the Ageing Roundtable**

### **5.3.1 Community Consultations**



Five community consultation sessions were held across the Shire between 18 May and 25 May 2015 in Mittagong, Bundanoon, Moss Vale, Bowral, and a second evening session in Moss Vale. These consultations provided an opportunity to explore issues raised in the community.

Additional issues identified in the community consultations included:

- The additional transport challenges for villages
- Importance of employment, graduated retirement and re-training opportunities for older people
- Need for a mix of housing options for older people that are integrated with the general community
- Strong interest from older people in environmental activities, particularly community gardens and food co-ops
- The needs of carers and information and services to assist carers in their caring role
- Need to address the generation gap by engaging schools in intergeneration activities



Participants also identified more than 80 practical actions (some big and some small) that could be implemented to improve the shire for people as they age.

### 5.3.2 Ageing Roundtable

Over 30 key stakeholders attended an Ageing Roundtable held at Council on 1 June 2015. The Roundtable allowed stakeholders to workshop specific actions and how they could be implemented. This included consideration of timeframes, partnerships between Council, service providers, community groups and business and resources required.

## 6. Positive Ageing Vision and Focus Areas

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Based on the research conducted and consultation findings, Council has developed a vision for Positive Ageing in the Shire and will focus its efforts in four key areas in support of this vision.

### 6.1 Positive Ageing Vision

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*In the Wingecarribee, the community is lively, diverse, caring and accepting of all ages, cultures, backgrounds and lifestyles.*

*We value the contribution made by older people to the community with their wealth of knowledge, experience and wisdom. Older people feel safe and have access to information, services, facilities and opportunities that allow them to remain physically and mentally active and engaged in the community to optimise their quality of life.*

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## 6.2 Positive Ageing Focus Areas

Council will focus its positive ageing efforts in the following focus areas:

1. A Safe and Accessible Community
2. Independence and Good Health
3. Participation in Community Life
4. Information and Communication

Council will implement a number of specific actions and report against performance measures under each focus area. Some suggestions about what older people can do in their own lives to support positive ageing are also provided.



### 6.2.1 Focus Area 1: A Safe and Accessible Community

***A whole of Council approach to create an environment where older people can move safely and easily around the area, utilise accessible local facilities and spaces and feel valued and safe in their homes and community.***

This focus area seeks to respond to community feedback and build on existing strengths to enhance:

- Public and community transport access and usage
- The accessibility of Council facilities and public spaces
- The design and maintenance of footpaths, walking tracks and cycle ways across the Shire to encourage all residents, including older people, to stay active
- Driver and pedestrian safety for older people, including safe use of mobility scooters
- Older people's perception of crime, crime prevention and emergency preparedness
- Understanding and connection between older and younger people to bridge the generation gap
- Attitudes towards older people and recognition of their significant contribution to our community

What Council will do	What you can do
✓ Actively promote and raise awareness of public and community transport options available within the Shire	✓ Familiarise yourself with transport options and volunteer organisations that can help you get around
✓ Continue to advocate to other levels of Government to improve the affordability and accessibility of transport services	✓ Be aware of available transport subsidies and parking permit rules/regulations

✓ Ensure crime prevention and emergency preparedness plans reflect the needs of older people	✓ Be prepared to tweak your usual routines and accept help to stay mobile
✓ Prioritise the design, upgrade and repair of footpaths, walking tracks and cycleway paths across the Shire	✓ Report access issues like cracked footpaths to Council so they can be prioritised for repair
✓ Support and deliver driver and pedestrian safety education including mobility scooter education	✓ Make sure you do the simple things to secure your safety and property, like locking car doors and securing your home
✓ Deliver an improvement program for public spaces that includes footpaths, seating, lighting, kerb ramps and accessible public toilets	✓ Make sure your street number is clearly displayed at the front of your house, so people locate you quickly in an emergency
✓ Progressively upgrade Council facilities and ensure that new facilities are accessible to the whole community	✓ Ensure you have an up to date bushfire plan
✓ Encourage local business to improve the accessibility of their premises for older people and people with a disability	✓ Be aware of consumer fraud and seek another opinion if you are unsure about something



## 6.2.2 Focus area 2: Maintaining Independence and Good Health

***A whole of Council approach to create an environment where older people maintain a healthy lifestyle and retain their independence, supported by access to local services and a range of accommodation options and community facilities and spaces that reflect their needs.***

This focus area seeks to respond to community feedback and build on existing strengths to enhance:

- Access to well-resourced and affordable aged care and health care services within the Shire
- Specialist support services for people with dementia and their carers
- Networks between local service providers and community based organisations to improve health outcomes for older people
- Older peoples nutrition and thermal comfort in their own homes
- Older peoples understanding and use of information technology and smart devices

- The range of age friendly and affordable accommodation options available to older people
- Community and developer understanding and adoption of universal design principles that support people to age in place
- Older peoples understanding and ability to comply with Council's planning requirements for modifying or adapting existing homes
- Age friendly Council infrastructure and spaces to support active living

What Council will do	What you can do
✓ Support and advocate for affordable and accessible local services for older people, including aged care, home support, health and dementia support services	✓ Build a relationship with a local GP by having regular check ups
✓ Advocate to ensure that older people with disabilities and their carers are not adversely affected by introduction of the National Disability Insurance Scheme	✓ Do at least 30 minutes of moderate exercise every day, e.g. gardening, walking the dog, or joining a walking group
✓ Partner with local health agencies to improve health outcomes for older people including strengthening local networks to support continuity of care	✓ Get a group of friends together so you can motivate each other to keep active
✓ Support programs and initiatives aimed at improving older peoples nutrition and efficient energy use	✓ Be willing to accept some service to keep your independence in other areas of life
✓ Increase access to dog friendly spaces and outdoor exercise equipment to encourage people to remain physically active and enjoy the outdoors	✓ Look into your accommodation options early and talk to your family about your wishes should your mobility and/or health suddenly change
✓ Support and promote the adoption of a universal housing design to future proof new and existing homes	✓ Make sure you understand your rights under tenancy laws regarding strata development, retirement villages, rental, or cooperative housing before you move
✓ Improve information about housing issues and options for older people and make Council assessment processes easier for older people to navigate	✓ Consider your future needs when buying a new home or undertaking renovations
✓ Support and promote the development of new aged care facilities in locations that are close to transport linkages, integrated with the general community and support ageing in place	✓ Sign up for a course or training session on information technology and smart devices
✓ Support training and initiatives aimed at increasing older peoples use of information technology and smart devices	

***“Libraries are a great place for older people - and all people. They should be like a pub with no beer”***

Yerrinbool resident



### 6.2.3 Focus Area 3: Participation in Community Life

***A whole of Council approach to create an environment where older people enjoy a wide range of opportunities to maintain wellbeing and participate in the local community and economy through access to events, activities, volunteering and employment opportunities.***

This focus area seeks to respond to community feedback and build on existing strengths to enhance:

- Volunteering and employment options for older people within the Shire including opportunities for ‘transitioning to retirement’
- Opportunities for older people to engage in life-long learning
- Support for people that are socially isolated due to transport, physical mobility and/or cost of living pressures, to participate in community life
- The diversity of recreation and leisure activities offered in Council facilities and open spaces
- Access to affordable and accessible arts and culture activities and events for older people
- Older peoples connection to and involvement in caring for the natural environment

What Council will do	What you can do
✓ Continue to support and organise Seniors Week events and activities	✓ Plan ahead to be involved, develop your interests and social networks before you retire- consider developing a ‘life plan’
✓ Continue to provide financial support to projects that benefit older people as part of the Community Assistance Scheme	✓ Seek out opportunities to try new activities and keep your mind active
✓ Provide an age friendly workplace and encourage other local employers to plan for workforce ageing	✓ Plan ahead for your financial future talk to experts before you retire about how to make your retirement income stretch further
✓ Encourage and support a diverse range of affordable recreation and learning opportunities for older people	✓ Become a volunteer- help your neighbours, register with Volunteering Winge-carribee or local groups like Bushcare, to support local community groups and causes



✓ Identify new ways to engage socially isolated older people in community life	✓ Investigate your employer's approach to 'phased' retirement through flexible work arrangements such as part-time work
✓ Work with Volunteering Winge-carribee to ensure the ongoing strength of the local volunteer sector	✓ Consider owning a pet for companionship and if you decide to go ahead, visit Council's animal shelter to find your new animal
✓ Ensure that Council library, Visitor Information and waste collection services meet the needs of older people	
✓ Develop and support access to a range of events and activities, e.g. arts and culture and environmental sustainability that reflect older peoples diverse interests and aspirations	



#### 6.2.4 Focus Area 4: Information and Communication

***A whole of Council approach to create an environment where older people have easy access to information that assists them to make choices, stay connected to the community and participate in local decision making.***

This focus area seeks to respond to community feedback and build on existing strengths to enhance:

- Access to timely and relevant information about Council and community events and services in a range of formats that meet older people's needs
- Support for interested older people to develop IT skills so they can stay connected and informed
- Information that meets the needs of carers and supports them in their vital caring roles
- Awareness of positive ageing research and developments to motivate and empower older people to maximise their own independence and health
- Opportunities for older people to be involved in community decision making, raise issues and provide advice on issues that directly affect them

What Council will do	What you can do
✓ Continue to produce and enhance the Seniors Directory	✓ Let Council know if you are holding an event or activity that might be of interest to older people
✓ Maintain support for Council's Seniors Working Group and establish a new Seniors Issues Forum so older people can directly raise issues and provide feedback to Council on matters of interest	✓ Take responsibility for keeping across Government changes that might affect you including pension and superannuation changes
✓ Better understand the issues facing Aboriginal older people by having an annual Yarn with Aboriginal elders	✓ Sign up to learn new computer skills and how to use the internet so you can stay connected and informed
✓ Organise a Positive Ageing Conference to discuss topical ageing and health matters and showcase local services and businesses	✓ Suggest a course or guest speaker that the library could host
✓ Continue to provide free Wi-Fi in public places and support and promote IT education programs for interested older people	✓ Attend a Seniors Issues Forum and become active in representing the interests of others
✓ Look into a seniors hotline or a regular aged focused information kiosk	✓ Familiarise yourself with the My Aged Care website and local aged care services available to you
✓ Work with local community groups and village associations to improve the dissemination of information for older people, including for example a monthly e-newsletter and installation and use of prominent community notice boards	
✓ Get prepared to apply for external funding opportunities by scoping the range of projects	

## 7. Implementing the Strategy

### 7.1 Implementation, Monitoring and Review

The Positive Ageing Strategy and accompanying Action Plan outlines 52 specific actions within four focus areas. Council will work collaboratively with the local community, service providers and other key stakeholders to implement these actions over the next ten years.

Monitoring progress against the Action Plan will be overseen by Council's Community Development Team using a series of performance measures for each focus area. This information will be reported annually. Progress against the Action Plan will also be



incorporated as a standing item on the agenda for the newly established Seniors Issues Forum.

Performance measurement data will be extracted from Council's biennial Community Satisfaction Survey, ABS census data, Council's annual report and other internal data. For data not currently available the initial task will be to establish baseline information against which future progress can be measured.

A comprehensive review and evaluation of the Strategy will be undertaken midway through and at the completion of the ten year (2016-2026) term of the plan. The findings will be reported to Council, key stakeholders and the community.

The Strategy will also be registered with Local Government NSW as well as distributed to NSW Ageing, Disability and Home Care and the Australian Department of Social Services.

## **7.2 Resourcing the Action Plan**

This Strategy is a living document, which provides direction for the ten years from 2013-2026. In terms of resourcing, actions within the plan fall into three categories:

- Those that can be delivered **within existing resources**, e.g. promoting public and community transport options available within the shire through Council's website and Seniors Directory
- Those that can be progressed to a certain point but will **require additional resources** to complete or fully realise, e.g. collaborating with health agencies to improve health outcomes for older people
- Those that **cannot proceed without additional resources**, e.g. establishment of new dog parks.

Actions that are fully or partly funded will be formally incorporated into Council's Delivery Program and Operational Plan with accompanying responsibilities, resources and timeframes identified. Council will actively apply for funding as opportunities arise from public and private sources to enable the Action Plan to be fully implemented.