

Banyule Older Adults Action Plan 2017 – 2019

1. Healthy Ageing

Goal: Older residents have opportunities to maintain and improve their health and wellbeing.

Strategic Directions:

- 1.1 Provide opportunities for older residents to participate in exercise.
- 1.2 Encourage older residents to improve their nutrition.
- 1.3 Raise awareness of mental health, and support activities that will assist older residents who may be experiencing depressed mood and stress.
- 1.4 Raise awareness and support activities that will prevent violence and injury to older residents.

Actions:

1.1 Provide opportunities for older residents to participate in exercise.

- Deliver the COTA Living Older, Living Stronger Program through Banyule Leisure to encourage older adults to be active and exercise.
- Deliver the Boomers Program through Banyule Leisure to encourage older adults to be active and exercise.
- Include opportunities to encourage older adults exercise in Victoria's 'Active April'.

1.2 Encourage older residents to improve their nutrition.

- Provide a delivered meals service (meals on wheels) that supports eligible community members and meets their nutritional needs.
- Conduct a community meals event for older residents to promote the benefits of Community Based Meals (meals on wheels).

1.3 Raise awareness of mental health, and support activities that will assist older residents who may be experiencing depressed mood and stress.

- Promote local services and programs which will assist older residents who may be experiencing depressed mood and stress through the Age in Focus newsletter.

1.4 Raise awareness and support activities that will prevent violence and injury to older residents.

- Deliver a community event to raise awareness on elder abuse.
- Raise awareness on feeling safe and crime prevention in partnership with the Victorian Police Community Liaison Officer.
- Promote the uptake of vehicles with enhanced safety features to help protect older drivers and passengers through the Banyule Safe Travel Plan.
- Deliver a seasonal Falls Prevention Program for older adults through Banyule Leisure.

2. Social Participation

Goal: Older residents are encouraged to, and have opportunities to, participate in the community.

Strategic Directions:

- 2.1 Build the capacity of older adults during times of life transition to navigate their changing world.
- 2.2 Provide opportunities for social participation and for meaningful social roles.
- 2.3 Provide leadership and support to clubs and activities for older adults.
- 2.4 Reduce barriers that can lead to social isolation.

Actions:

2.1 Build the capacity of older adults during times of life transition to navigate their changing world.

- Deliver the Older Adults Recreation Program.
- Provide three opportunities in 2018 for the Older Adults Recreation Program to cater for a larger group with a focus on new attendance.

2.2 Provide opportunities for social participation and for meaningful social roles.

- Support Clubs and organisations within Banyule to celebrate the Seniors Festival with 'come and try' activities.
- Deliver a Premier event (Great Hall Morning Tea) to celebrate the start of the Banyule Seniors Festival.
- Support Banyule Knitting Groups and the International Knitting Day.
- Include an activity for older adults in the Movies in the Park program.

2.3 Provide leadership and support to clubs and activities for older adults.

- Convene the Banyule Seniors Clubs Network.
- Redevelop the Banyule Seniors Club Tool Kit.
- Support Banyule Seniors Club in conducting an expo at the 2018 Seniors Festival.
- Review the Seniors Club funding initiative.
- Implement the *New futures for Seniors* MAV project to support Clubs for older adults or older adult interest groups within Banyule.

2.4 Reduce barriers that can lead to social isolation.

- Co-ordinate and deliver Community Development and local RSL grants programs.
- Undertake activities that contribute to the Rainbow Tick continuous improvement program for clients who identify with the LGBTIQ community.
- Explore the inclusion of an event for frail older adults as part of the Seniors Festival.
- Support the Plenty Valley Regional library and Neighbourhood Houses to provide programs and activities for older adults.

3. Community Support and Health Services

Goal: Older residents have community support and health services available to meet their needs.

Strategic Directions:

- 3.1 Ensure older residents have access to local services that are older adult centred and provide integrated care.
- 3.2 Raise awareness and support activities which will assist unpaid carers within the Banyule community.

Actions:

3.1 Ensure older residents have access to local services that are older adult centred and provide integrated care.

- Plan and deliver sustainable aged and disability services in line with State and Commonwealth programs and funding, to support people to live independently at home.
- Prepare and reorientate Council's Aged services to address current National Aged Care Reforms, including the transition to the My Aged Care Program and the development of a strategic plan to support older people in the community.
- Advocate to Government and key organisations for improved outcomes for people in Banyule who are aged or have a disability (eg. Community Transport, National Aged Care Reforms and National Disability Insurance Scheme).
- Undertake work to identify the impact and future options for Council in relation to the National Aged Care Reforms to enable Council to prepare and plan for the future.
- Plan and implement strategies and actions to ensure Council's aged services workforce is well positioned to meet future challenges (eg. Ageing Workforce, National Aged Care Reform, National Disability Insurance Scheme (NDIS)).
- Undertake innovative projects to inform and improve the delivery of efficient, effective and accessible services for older people (eg Community Based Meals and Biomechanics).

3.2 Raise awareness and support activities which will assist unpaid carers within the Banyule community.

- Convene the Banyule Carers Support Network.
- Acknowledge the role of unpaid carers within the Banyule community.
- Explore opportunities to encourage a range of carer support networks.

4. Civic Participation and Employment

Goal: Older residents are actively involved in the community.

Strategic Directions:

- 4.1 Seek the contribution of older residents through Council's community engagement.
- 4.2 Advocate for the generation of employment opportunities that include older residents.
- 4.3 Assist older residents to participate in volunteer activities.
- 4.4 Encourage opportunities for lifelong learning including understanding of technology.

Actions:

4.1 Seek the contribution of older residents through Council's community engagement.

- Work collaboratively with local service providers and the community to facilitate better outcomes for older adults.
- Provide regular opportunities for older adults to engage with Council, through the delivery of 'think tanks' or similar forums.
- Convene the Banyule Age-friendly City Advisory Committee.
- Lead, support and improve Council's community engagement and consultation processes to ensure that the views and needs of the community are reflected in Council's prioritisation and service delivery (including technology opportunities).

4.2 Advocate for the generation of employment opportunities that include older residents.

- Communicate labour market opportunities to older adults through relevant Council publications and other digital mediums.
- Advocate for the delivery of GreyHubs Banyule to encourage employment opportunities for older adults.

4.3 Assist older residents to participate in volunteer activities.

- Co-ordinate and deliver the annual Volunteer Awards and celebration function.
- Administer, support and promote the Banyule Age-friendly Champion volunteer initiative.
- Connect Banyule Age-friendly Champions with a range of opportunities to contribute to activities which will enhance the health and wellbeing of older adults.
- Provide opportunity for older residents to participate in Council's major festivals and exhibitions in a volunteer capacity.

4.4 Encourage opportunities for lifelong learning including understanding of technology.

- Encourage learning opportunities for older adults through the establishment of activities with Quantum STEM Centre and U3A.
- Support the Yarra Plenty Regional Library, Neighbourhood Houses and other Clubs for older adults to deliver opportunities for lifelong learning including understanding of technology.

5. Ageism and Respectful Inclusion

Goal: Older residents are valued and the community benefits from their contribution.

Strategic Directions:

- 5.1 Lead respectful inclusion of older residents in matters that are of value to them.
- 5.2 Ensure that Council staff are provided with training on ageing issues.
- 5.3 Combat ageism through a contemporary understanding of ageing in the community.
- 5.4 Raise community awareness on issues of ageism and the need for respectful inclusion.

Actions:

5.1 Lead respectful inclusion of older residents in matters that are of value to them.

- Continue to advocate to Government and key organisations for improved outcomes for people in Banyule who are aged or have a disability.
- Identify opportunities to build partnerships which will enhance the health and wellbeing of older adults.

5.2 Ensure that Council staff are provided with training on ageing issues.

- Provide Council staff with education and training on identifying signs of elder abuse and implementing appropriate responses.
- Continue to produce a regular newsletter for Aged and Disability staff on items which impact their work with older adults.
- Provide Aged and Disability staff with opportunities for training on ageing issues.

5.3 Combat ageism through a contemporary understanding of ageing in the community.

- Explore a collaborative project between Banyule Age-friendly Champions and Age-friendly Washington DC older adults.

5.4 Raise community awareness on issues of ageism and the need for respectful inclusion.

- Promote positive representations of older adults in Council's publications and digital mediums.
- Promote positive representations of older adults through the use of the Age in Focus photographic exhibition images and illustrations.

6. Communication and information

Goal: Older residents are able to easily access information about their community and services.

Strategic Directions:

- 6.1 Remove barriers in Council's communication technologies that impact on older residents' access.
- 6.2 Make information available in formats which are accessible and understandable by older residents.

Actions:

6.1 Remove the barriers in Council's communication technologies which impact on older residents' access.

- Improve marketing and promotion of programs and services that support Banyule in being an Age-friendly city (eg. improve website linkages to other services, signage on Council buses).
- Consider the needs of older adults as part of the Council's Communications Strategy 2017-2021.
- Explore the potential of digital communication tools to enhance social connections for older residents – Facebook.

6.2 Make information available in formats which are accessible and understandable by older residents.

- Produce a quarterly newsletter for Banyule older residents - Age in Focus.
- Continue development of Council's website and digital communications.
- Consider the needs of older adults as part of the Council's Customer Focus Strategy.
- Update and review the Banyule measures of age-friendliness.
- Update the Banyule older adult profile on the Council website.
- Review and modify the Local Community Directory to include activities for Banyule older adults.
- Maintain communication with members of the World Health Organisation Network of Age friendly Cities.
- Regularly update the World Health Website on new initiatives taking place in Banyule.
- Include information about Council activities through a Council Customer Service "out and about" stall at the Seniors Festival Morning Tea.

7 Housing

Goal: Older residents have a range of housing options to meet their needs.

Strategic Directions:

- 7.1 Encourage initiatives which provide older adults with a range of housing options in their local area.
- 7.2 Support older adults to remain independent through encouraging appropriate housing design, home modifications and maintenance.

Actions:

7.1 Encourage initiatives which provide older adults with a range of housing options in their local area.

- Continue to apply Council's Liveable Housing Guidelines to improve the accessibility of new housing.
- Encourage conversations on cohousing opportunities within Banyule.
- Support older residents with the housing transition at Tarakan and Bell Bardia Housing Estates.

7.2 Support older adults to remain independent through encouraging appropriate housing design, home modifications and maintenance.

- Implement Council's Solar Panel program for older residents.
- Promote the benefits of a dementia friendly housing approach.

8 Transportation

Goal: Older residents are able to easily move about Banyule to participate in the community and have access to services.

Strategic Directions:

- 8.1 Advocate for transport infrastructure to support older residents' connections to their local community.
- 8.2 Encourage older residents to use a range of transport options including walking, cycling and public transport.

Actions:

8.1 Advocate for transport infrastructure to support older residents' connections to their local community.

- Key destinations will be universally accessible.
 - Develop and implement a Universal Access Strategy for Banyule that identifies mobility trends and areas for improving accessibility across the municipality.
 - Develop and implement a program to provide accessible footpath connections to public transport and key destinations.
- Public transport system will be universally accessible.
 - Support the provision of safe and comfortable waiting areas at bus stops.
 - Work with Public Transport Victoria and taxi providers to improve taxi rank facilities at key destinations.
- Map and benchmark the range of community transport options available within Banyule.
- Investigate and recommend a policy on the use of motorised scooters throughout Banyule, their impact on footpath traffic, and an approach to scooter parking.
- Review pedestrian signal phase durations and 'green' time, with a view to allowing longer crossing times for slower walkers in areas frequented by older people, children or people with disabilities. Review potential for priority start for pedestrians (before the vehicles get a green light).

8.2 Encourage older residents to use a range of transport options including walking, cycling and public transport.

- Promote sustainable transport events to raise awareness and increase uptake of walking, cycling and public transport use in priority areas.
- Development of the Banyule Walking Strategy.
- Advocate for community transport to and from local shopping centres via Council partnerships with local clubs and traders associations.
- Encourage seniors groups to host guest speakers promoting safe travel and the benefits of active transport.
- Provide information and training sessions on personalised, individual safe travel plans in partnership with local schools, community groups, seniors groups and neighbourhood houses.
- Work with Metro Trains Community Education Unit to promote the Safe Travel on Metro Trains program to community groups including new arrivals, seniors and customers with additional needs.

9 Outdoor Spaces and Buildings

Goal: Older residents have access to pleasant, safe and healthy environments.

Strategic Directions:

- 9.1 Provide outdoor infrastructure to support older residents' connections to their local community.
- 9.2 Maintain open spaces that support older residents' connections to their local community.
- 9.3 Provide community facilities to support older residents' connections to their local community.
- 9.4 Encourage local retailers to develop age-friendly shopping environments.

Actions

9.1 Provide outdoor infrastructure to support older residents' connections to their local community.

- Continue to deliver the MetroAccess Community Building Plan in line with the Victorian Government's State Disability Plan and NDIS Rollout.
- Deliver the accelerated Footpath Construction Program with an increased focus on footpath renewal.
- Progressively upgrade key pedestrian routes, providing shelter, drinking fountains and high seating with armrests, to assist people of all abilities to utilise these routes.

9.2 Maintain open spaces that support older residents' connections to their local community.

- Deliver the Nature Play program to include opportunities for older adult's participation.
- Include the needs of older adults in the design and delivery of the open space and playground strategy.
- Identify opportunities to build nature into more activities involving older adults.
- Deliver the pilot Evergreen Program to support older adults to have a gardening experience.

9.3 Provide community facilities to support older residents' connections to their local community.

- Create an asset mapping for neighbourhoods where older adults are a key participant in the neighbourhood lifecycle (naturally occurring retirement communities).
- Explore further opportunities for Community Hubs which are inclusive of Aged Services, and which reflect the principles of Age-friendly Banyule.
- Apply universal design (access for all) principles to Council's infrastructure and facilities, including: council buildings, furniture and furnishings, and public toilets.

9.4 Encourage local retailers to develop age-friendly shopping environments.

- Promote and encourage businesses through the Trader group meetings to consider the needs of older adults.
- Provide opportunities for older adults to contribute to shopping streetscape upgrade plans in Rosanna and Montmorency shopping strips.