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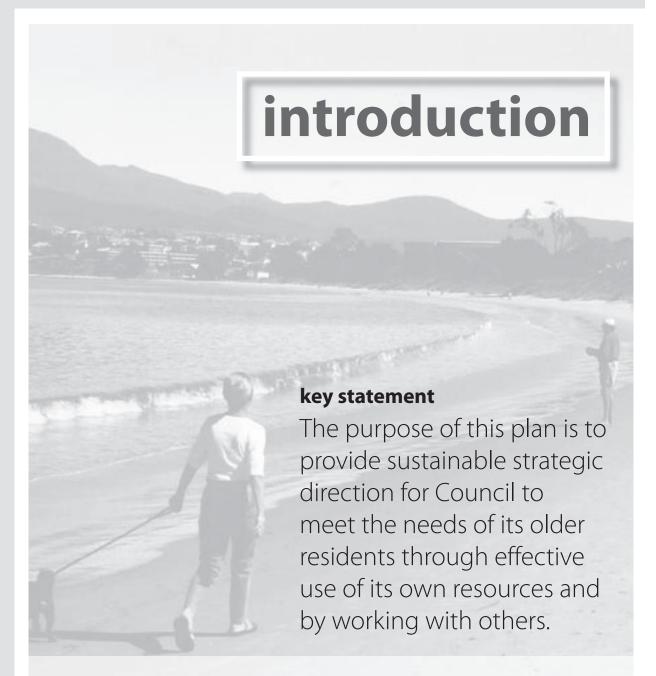
key themes & strategies

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background

Addressing the impact and meeting the needs and aspirations of an ageing population is a responsibility to be addressed by governments, business and the community alike.

Governments at all levels have begun to respond to the impacts and challenges of an ageing population: e.g. the *Tasmanian State Plan for Positive Ageing 2000-2005*.

Council identified, in *Clarence 2050 – A Strategic Framework for the Future*, that effective planning and a 'whole of Council' approach is required to meet the needs of its ageing population.

The development of a Positive Ageing Plan was also an identified action of the Council's *Strategic Plan June 2004*. Council's new *Strategic Plan 2006 –2011* similarly includes the objective of responding to the specific needs of different age groups within the community, including the implementation of a Positive Ageing Plan.

the role of clarence city council

Council has a significant number of roles in meeting the future social, economic and environmental needs of the population of the City.

For example:

- planning, maintaining and resourcing the physical environment, its assets and infrastructure;
- planning and providing cultural, recreational and sporting opportunities;
- planning and providing community services;
- providing financial and/or in-kind support to local community groups and sporting clubs; and
- promoting and resourcing social justice projects in the City;
- regulatory functions such as animal control, building, planning and development control and public health and environment control.

Council can:

- take progressive and innovative approaches to community issues, and provide an avenue through which individual and community concerns can be expressed to decision makers so that negotiations for resources or recognition can be undertaken;
- assist community organisations to become established and access resources;
- provide links between community organisations to decrease duplication and increase resource sharing, and facilitate collaboration between organisations and the development of joint projects and partnerships;
- identify and respond to the needs of the community and provide a framework for setting priorities and implementing strategies to meet needs; and
- provide specific services, programs, facilities or infrastructure (funded by the City or jointly with private or government organisations).

the role of council in supporting positive ageing strategies

The Council has a role in supporting its older population by enhancing the services and infrastructure it provides to ensure older people can enjoy a quality lifestyle.

The plan will provide opportunities for:

- resource sharing;
- improved program coordination and effectiveness; and
- provision of new services and facilities through direct service delivery or facilitation of other providers to address needs.

It is Council's responsibility to positively respond to the need for 'age friendly' physical and social infrastructure.

For example this may mean:

- providing infrastructure to ensure that older people can stay connected to people and places within and outside their communities e.g. transport to support them to move about easily and safely or providing appropriate places to meet, maintain and develop social, learning and community contacts; and
- ensuring that older people have real choices about where they want to live because they can access the services and supports that they require and feel safe and secure.

It is recognised that Clarence has a predominantly residential base so it must consider the capacity for revenue raising, including the capacity for individuals to be able to pay for these required services and improvements.





There were 3 key themes identified as part of the research and consultation process in the development of the plan. These themes and their associated strategies are:

staying connected

- 1. Support older people to maintain existing social and community contacts and to help them develop new contacts.
- 2. Provide suitable venues for older people to meet.
- 3. Provide opportunities to be able to move about safely and easily as a pedestrian or in a vehicle.

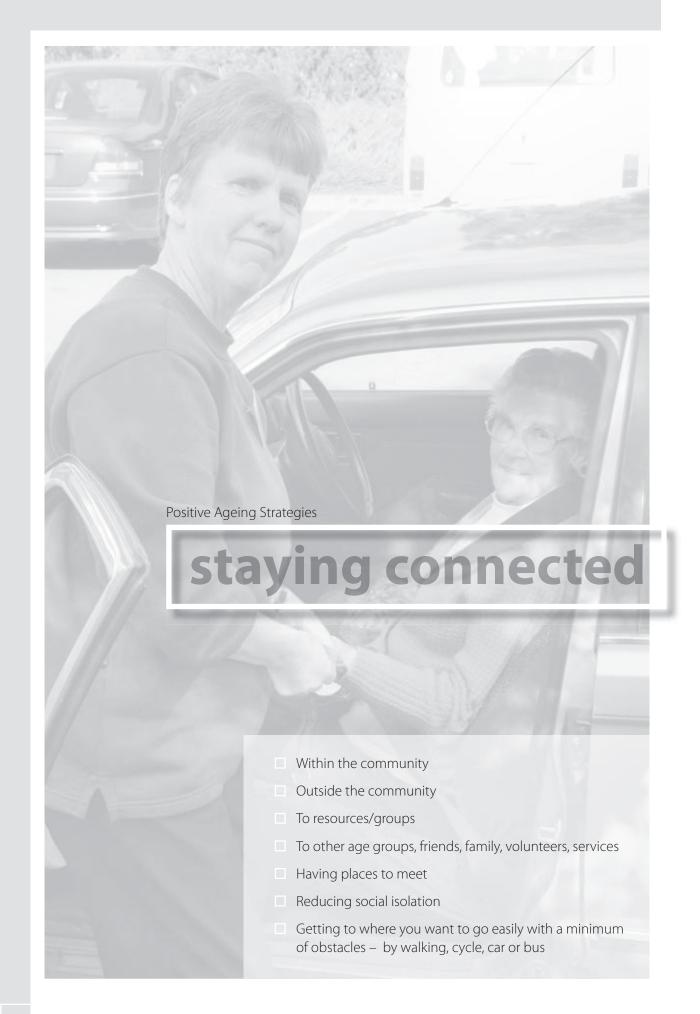
a lifestyle with choices

- 1. Provide real choices to stay at home or to move to alternative accommodation as people age.
- 2. Improve access to community support for older people.
- 3. Contribute to the health and wellbeing of older people.
- 4. Improve quality of life for older people by addressing environmental issues.
- 5. Enhance the environments in which older people live to ensure feelings of safety and security.

keeping involved

- 1. Provide information to older people about services, facilities and events in the City.
- 2. Hold events which celebrate the achievements of older people and convey positive messages and attitudes about ageing.
- 3. Acknowledge and use the skills, knowledge and expertise of older people for the benefit of the City.
- 4. Provide opportunities for information to be provided and comments to be received about the implementation of the Positive Ageing Plan.



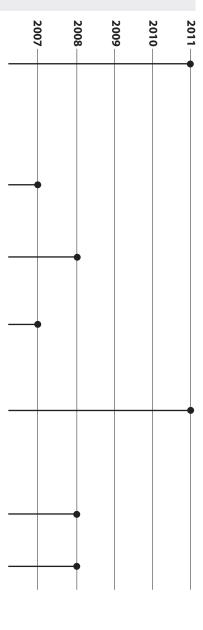


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strategy one

SUPPORT OLDER PEOPLE TO **MAINTAIN** EXISTING SOCIAL AND COMMUNITY CONTACTS AND HELP THEM **DEVELOP** NEW CONTACTS

- Facilitate and support the development of local community initiatives for older people through groups and organisations such as Seniors Groups, Neighbourhood Centres, SAPRA (South Arm Peninsula Residents Association), Richmond Advisory Committee, SAGES (Seniors Action Group Eastern Shore).
- Work with Clarence's Neighbourhood Centres and TACH (Tasmanian Association of Community Houses) to encourage the inclusion of all generations in the Centres' strategic plans.
- Work with local community organisations to support the development of "get to know your neighbours" or "do you know your neighbours?" week or event.
- Work with the Migrant Resource Centre and other services working with older residents from diverse cultural and linguistic backgrounds to promote the use of facilities and centres in the City to run social and recreational activities.
- Help reduce social isolation by supporting the development of more outreach services and by working in conjunction with local groups and Neighbourhood Centres to develop more partnerships with other existing outreach services such as the Eastside Care Outreach Program.
- Investigate the feasibility of establishing more local community gardens in the City.
- Investigate the feasibility of establishing more local befriending services in the City.



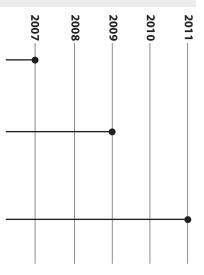


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strategy two

PROVIDE **SUITABLE** VENUES FOR OLDER PERSONS TO MEET

- Encourage the use of existing facilities as meeting places for older people by distributing the Council's booklet listing venues and meeting places available for use or hire.
- As part of Council's Asset Management Plan for community facilities and buildings, conduct a study to assess the level of usage of Council facilities and buildings and provide recommendations which includes options for greater usage.
- As part of Council's Strategic Plan, continue to investigate the feasibility of developing a civic multipurpose complex.





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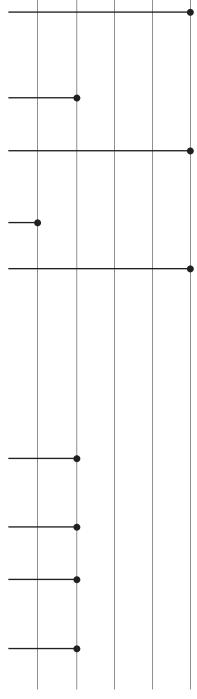
2007

2008

strategy three

PROVIDE **OPPORTUNITIES** FOR OLDER PEOPLE TO BE ABLE TO MOVE ABOUT **SAFELY** AND **EASILY** AS EITHER A PEDESTRIAN OR IN A VEHICLE

- Support the flexible design of streetscapes and landscapes (open spaces, seating, green spaces etc.) that are suitable for older people in the community through Council's Public Open Space Plan.
- Continue to upgrade and repair footpaths and local roads to meet the needs of older people in the community and review priorities as part of the Road Asset Management Plan in light of the priorities identified in this Positive Ageing Plan.
- Conduct a promotional campaign in the community about the purpose of the Council Footpath Plan.
- Involve older people in regular focus groups that advise Council on the level of services that are delivered to the community in respect of footpaths, roads etc.
- Distribute Council's mobility map to older persons' organisations.
- Work with other relevant Council Committees (e.g. Tracks and Trails and Access and Facilities Advisory Committees) to:
 - consider public seating facilities and public toilet provision when developing new tracks and upgrading existing ones;
 - increase the connections between walking tracks in the City and develop a repair and maintenance schedule of existing tracks to ensure safety and accessibility; and
 - consider developing a recreational management plan for Arm End in partnership with SAPRA and the State Government Parks and Wildlife Service.
- Conduct education campaigns with Tasmania Police to assist in reducing obstructions on footpaths such as overhanging branches and illegal parking.
- Ensure that older people are consulted in the upcoming pedestrian survey of Rosny Park.
- As part of Council's Disability Discrimination Act Action Plan investigate the need for more parking spaces for older people with mobility and access issues in the City.
- Review the operation of Council's Community Bus, its scope and effectiveness, to ensure equitable access with a view to possible expansion of the service.

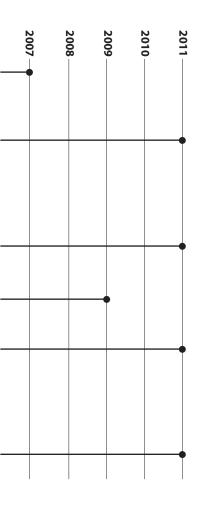


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strategy three (continued)

- Develop practical partnerships with the Seniors Bureau Positive Ageing Consultative Committee (PACC) Transport Working Group in order to collaborate on common issues of concern.
- Support driving programs that increase skills and independence for older people, through working with the Department of Infrastructure, Energy and Resources (DIER), the PACC and the Council of the Ageing (COTA) peer education service.
- Support and facilitate local community initiatives for funding local community transport vehicles.
- Investigate the possibility of developing alternative transport services such as a 'Dial a Ride' service in Clarence.
- Present a case to DIER and Metro for the development of more routes that connect suburbs, increase the frequency of service to outlying suburbs and rural areas, shorten waiting times and provide smaller metro buses in communities with high numbers of older people.
- Work with the State Government and Metro on the outcomes of the 5 Year Transport Review.







- Choice in location and type of housing options
- Overall planning and placement of resources/facilities/services
- Being able to stay at home with appropriate support
- Promoting mental and physical health and activity
- Older people feeling valued, making contributions, continuing to 'learn'
- Supporting safe and secure environments



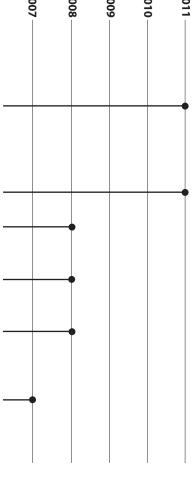


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strategy one

PROVIDING REAL **CHOICES** TO STAY AT HOME OR TO MOVE TO ALTERNATIVE ACCOMMODATION AS PEOPLE AGE

- Support good urban design which allows older people to remain at home and stay active or have choices about relocating to different suburbs or different accommodation arrangements by:
 - recognising there is a broad spectrum of accommodation options available to older people such as aged care facilities and accommodation hostels, and using the Planning Scheme to provide for a mix of residential accommodation and facilities in residential areas;
 - encouraging the design and building of homes with low maintenance gardens;
 - assisting people to modify or downsize large gardens to lower maintenance designs through developing a garden advisory service in partnership with local nurseries; and
 - supporting local Neighbourhood Centres to run programs on topics such as low maintenance gardening.
- Develop information material that assists older people who want to modify their homes to do so through the installation of ramps, bathroom and/or kitchen modifications.
- Work with Housing Tasmania through the Affordable Housing Strategy and Council/State Partnership Agreement, to establish a regular feedback/input mechanism regarding public housing design, location, affordability and integration.



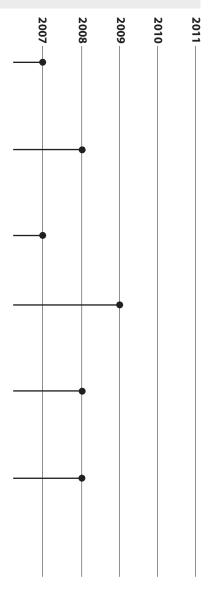


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strategy two

IMPROVE ACCESS TO COMMUNITY SUPPORT FOR OLDER PEOPLE

- Investigate the possibility of allocating specific funding for groups and organisations, through the Council Financial Assistance Plan, to assist in developing innovative community support activities for older people in the City.
- Work with local businesses to explore the development of a business directory which would support older people in local communities to access affordable home help and maintenance services.
- Work with the Rosny Library and community organisations to support the Volunteer Home Courier Service to assist older people living in outlying suburbs.
- Develop partnerships with local community mentoring programs and investigate other partnerships for mentoring which may link people, organisations and businesses with skills to help others.
- Explore creative ways of working with other services and community organisations to provide more local in-home support services for older people, to help with matters like changing light bulbs or basic maintenance.
- Seek funding to increase the capacity of Council's Community Volunteer service to help meet community needs for transport, home help and maintenance for HACC clients, e.g. increasing the capacity for the service to engage more volunteers and/or providing increased reimbursements for volunteer costs.



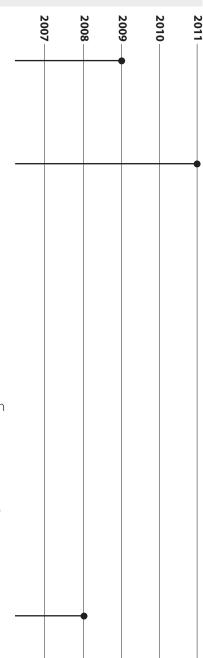


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strategy three

CONTRIBUTE TO THE **HEALTH** AND **WELLBEING** OF OLDER PERSONS

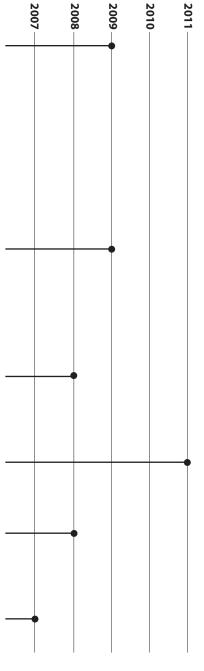
- Work in partnership with the COTA Peer Education Program, Department of Health and Human Services (DHHS) Health Promotion staff, and other groups to organise community education sessions on topics of interest to older people in local communities e.g. falls prevention, safety issues.
- Increase opportunities for older people to enhance their physical wellbeing and participate in sporting and social activities by:
 - ensuring the development and upgrading of accessible walking tracks and appropriate facilities suitable for older people e.g. public toilets and seating;
 - developing partnerships with schools, DHHS, YMCA and Tasmania Police with a view to sharing facilities to offer more local gym classes, yoga, etc., and to expand upon popular programs such as the 'Living Longer Living Stronger' program;
 - continuing to use the Clarence Aquatic Centre as an appropriate venue to offer activities for older people;
 - working with local sporting groups, organisations and clubs, to develop a program of walks for older people which highlight the diverse natural aspects of the City;
 - distributing the Council booklet on social and recreational activities for older people;
 - ensuring that future recreational studies undertaken by Council take into account sporting and recreational activities currently provided for older people and the future needs and requirements of an older population; and
 - improving access to local boat ramps and reviewing access points to beaches and parks as part of the Public Open Space Plan.
- Continue to provide and review arts and cultural activities provided by Council for older people in the City through the implementation of the Cultural Arts Plan and soon to be developed Cultural History Plan.



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strategy three (continued)

- Increase opportunities for older people to keep mentally and socially active by:
 - promoting the importance and availability of alternative learning opportunities for older people such as the University of the Third Age (U3A), School for Seniors, "Time Out" at Citigate, Neighbourhood Centres and churches etc; and
 - improving accessibility to Adult Education programs by exploring a mix of transport options and alternative venue locations including holding more classes in rural and remote areas.
- Investigate the feasibility of developing initiatives for addressing issues of depression and isolation among older men such as the "Men's Shed" model, by working with local groups, Neighbourhood Centres, non government organisations, DHHS Mental Health Services and the Mental Health Council of Tasmania.
- Work with DHHS and the Association of Medical Practitioners to:
 - promote information to older people about existing health care services in the City; and
 - produce a resource list of doctors that bulk bill.
- Determine Council's future position and role in brokering health services, and in particular Home and Community Care (HACC) services.
- Lobby the State Government to increase the business hours of the Clarence Community and Health Centre to include after hours and weekend services, to enable the expansion of required health services.
- Work with other organisations to investigate the feasibility of establishing a private after hours medical service in Clarence.



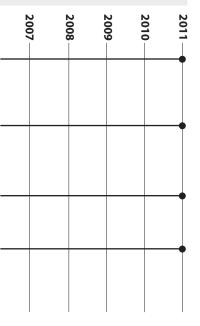


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strategy four

IMPROVE QUALITY OF LIFE FOR OLDER PEOPLE BY ADDRESSING ENVIRONMENTAL ISSUES

- Implement asset management plans for weed control, fire management, storm water management, and water sensitive urban design.
- Continue to support the active involvement of local Land and Coast Care groups in their work on Council-managed land and provide continued funding opportunities.
- Continue to ensure that litter on Council-owned land is collected within a reasonable time frame.
- Continue to ensure that DIER is notified regarding litter in the City in areas that are State owned. (e.g. Tasman Highway, South Arm Highway, East Derwent Highway, Richmond Road and Grass Tree Hill Road)





clarence city council positive ageing plan 2007>2011

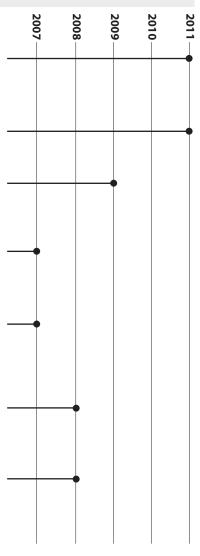
a lifestyle with choices

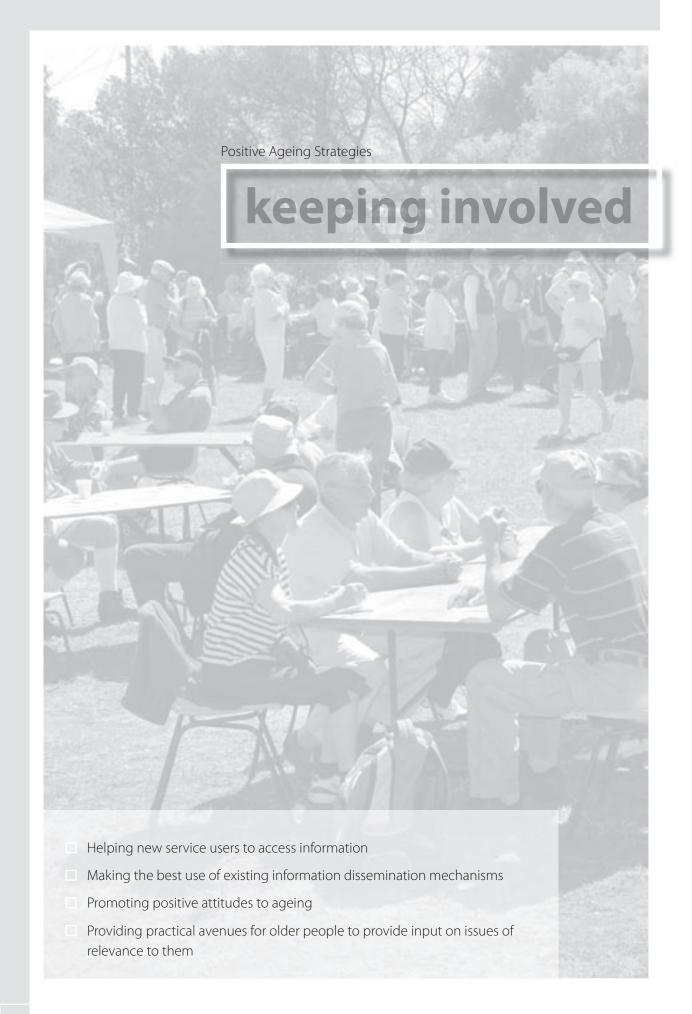
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strategy five

ENHANCE THE ENVIRONMENTS IN WHICH OLDER PEOPLE LIVE TO ENSURE FEELINGS OF **SAFETY** AND **SECURITY**

- Continue to support and facilitate the use of urban design techniques such as Crime Prevention Through Environmental Design (CPTED).
- Work with Aurora Energy to develop a Street Light Audit Policy for the City.
- Work with Tasmania Police, DIER and COTA, and other organisations to provide education sessions to older people on identified safety issues.
- Ensure that the community safety initiatives highlighted in the Council/State Partnership Agreement are relevant and appropriate to older people in the community.
- Hold discussions with Tasmania Police on issues affecting older people e.g. increasing police presence, increase in foot patrols of suburban streets and in the Rosny Park Mall after school hours.
- Investigate the feasibility of developing Neighbourhood Watch Groups in areas of the City where they do not currently exist.
- Work with DIER, Police and the community through the Community Road Safety Partnership to develop and implement appropriate speed reduction measures in built up areas of the City.

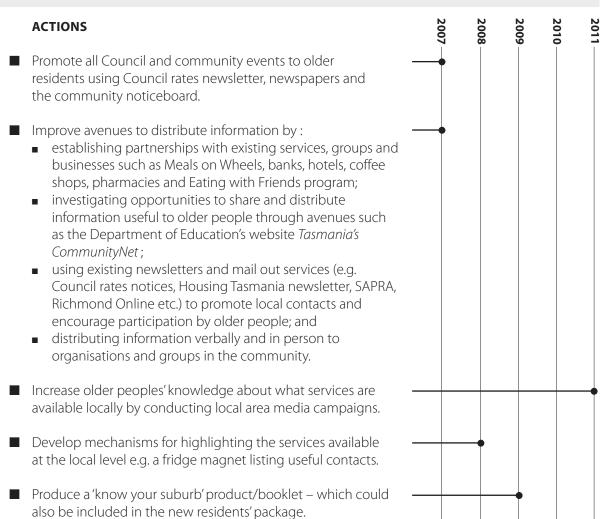




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strategy one

PROVIDE **INFORMATION** TO OLDER PEOPLE ABOUT SERVICES, FACILITIES AND EVENTS IN THE CITY



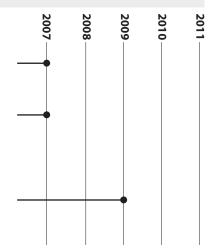


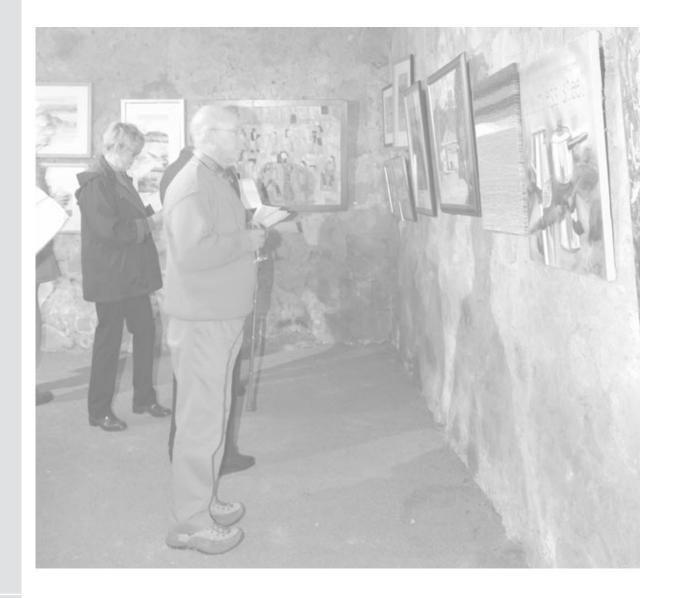
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strategy two

HOLD EVENTS WHICH **CELEBRATE** THE ACHIEVEMENTS OF OLDER PEOPLE AND CONVEY **POSITIVE** MESSAGES AND ATTITUDES ABOUT AGEING

- Establish Seniors Week as a regular yearly focus for Council events
- Support and promote increased public recognition celebrating the contribution older people make in the community, including the promotion of employment of older people.
- Conduct a positive attitudes campaign promoting stories of good positive ageing role models through the media, newsletters etc.



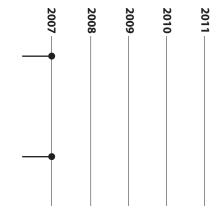


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strategy three

ACKNOWLEDGE AND USE THE **SKILLS, KNOWLEDGE** AND **EXPERTISE** OF OLDER PEOPLE FOR THE BENEFIT OF THE CITY

- Encourage more older people to become involved in local mentoring and volunteering programs by conducting awareness and membership campaigns with other organisations who require and rely on volunteers and mentors.
- Establish a Positive Ageing Advisory Committee, its purpose being to assist Council to implement the actions of this plan.



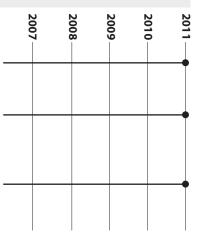


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strategy four

PROVIDE **OPPORTUNITIES** FOR **INFORMATION** TO BE PROVIDED AND COMMENTS TO BE RECEIVED ABOUT THE IMPLEMENTATION OF THE POSITIVE AGEING PLAN

- Produce regular information updates in Council's newsletters to residents on the implementation of the plan.
- Provide peak bodies, local older persons organisations and advocacy groups with regular information updates on progress of the implementation of the plan.
- Engage with older residents in the community through conducting local public meetings, morning teas and forums to discuss progress of the plan.







defining positive ageing

Scope

Because most older people lead active and healthy lives the focus of this plan is on promoting and supporting actions which contribute to maintaining such a positive approach. This will provide benefits to the whole community.

The scope of the plan does not encompass all the issues facing older people, such as aged care policy and service delivery and the care needs of frail aged, as there are other planning and policy processes through which these issues are being addressed.

Positive Ageing

Positive Ageing on a personal level is about getting the most out of life.

Positive Ageing involves:

- understanding the process of ageing and getting older;
- participating in a society which values and respects your contributions as an older person;
- being independent and enjoying a good quality of life;
- being able to pursue social, cultural, educational and recreational opportunities; and
- having the opportunity to choose from a variety of aged care options or remaining at home with community care appropriate to need.

As individuals we experience the process of ageing differently. We don't all have the same experiences at the same time. As individuals there are many steps we can take to ensure that we are taking good care of ourselves and getting the most out of life. Organisations can also assist by promoting positive experiences of becoming older and by providing appropriate services and facilities.



the importance of positive ageing in clarence

Population Ageing

Over the last century the population has been ageing, largely due to decreasing birth rates and longer life expectancies.

Australia's population, by international standards, is still relatively young, but even so it is ageing significantly.

In 2002 almost 13% of the Australian population was aged 65 years and over (approx. 2.5 million). This figure is expected to increase to around 25% by the 2042 (approx. 6.2 million).

Population projections indicate that Tasmania will be the oldest state in Australia by the year 2019. Currently it is the second oldest after South Australia, with 18.4% (1 in every 5) Tasmanians aged 60+ years.

In the City of Clarence approximately 15.8% of the population is currently aged 65 years or older. By the year 2021 it is projected that this figure will rise to 24.5% of the population.

Currently Clarence has an 'elderly to child ratio' of 0.8, meaning that it has around eight older persons (65 years or older) for every ten children (aged 0-14 years). This ratio will increase markedly over the projection period, to 1.7, or 17 older persons for every ten children by 2021. The crossover (to more older persons than children) will occur around 2008.

Data from the 2001 Census indicates that out of the 26 suburbs in the City of Clarence, 11 have more than 20% of their population aged 55 years or older, and six suburbs have more than 30% of their population aged 55+ years.

With the increasing number of older people, the costs to government for age related spending such as pensions and health care will increase. Presently there are around five people of working age for each person aged over 65 years. By 2042 this will have dropped to around 2.5.

An increase in people retiring from the paid workforce, and a decrease in the proportion of younger people entering it, raises the need to consider how to retain older people in the workforce.

Most older people now live healthy and active lives and not all people aged 65 years or older have 'retired'. The ageing population will mean significant impacts on infrastructure and services such as transport and the need to plan for "age friendly" environments. There will be greater demand for assistance at home or "ageing in place" as well as increased demand for retirement accommodation – village living with community assistance packages as an alternative to hostel or residential aged care facilities.

It is important to provide frameworks which can respond to the impacts, opportunities and challenges of population ageing. A whole of government approach to population ageing provides the most effective response.

strategic context

Key Strategic Plans

The Positive Ageing Plan is aligned with Council's vision and mission statements in the Strategic Plan 2006 – 2011.

Related Policy

The Positive Ageing Plan operates in the context of the following policy statements:

- Social Policy
- Community Consultation Policy
- Financial Assistance to Community Groups
- Economic Policy
- Economic Development Plan
- Cultural Arts Plan
- City Marketing Strategy
- Asset Management Plans

vision

Clarence... communities working together for a vibrant and prosperous city.

mission

Council will provide leadership and good government through:

- focusing on the themes of: communities and people, City future, natural environment, infrastructure and governance; and
- providing for programs, services and facilities to meet the wellbeing, health, safety and welfare needs of the community.



process

Community Consultation

In order to produce an effective Positive Ageing plan that is responsive to the needs of older residents in Clarence, a targeted consultation process was used to find out whether the issues identified on a national and state level reflected the needs of the ageing population in Clarence, as well as to draw out any unique local issues not already identified.

Clarence is geographically and demographically diverse and the communities of older residents are spread throughout the City. The consultation process sought to find local solutions to the identified needs and to begin to prioritise practical actions with the community.

An external consultant worked with Council staff on a number of community consultations.



Consultative Methods

In order to be as inclusive as possible the following methods were used to find community input into the Positive Ageing Plan:

- Informal consultations were held with residents within existing community organisations and at community events (based on a sampling approach). The consultations collected information on key issues, priorities and the services required in a low key and flexible manner. The consultations were conducted by Council's Community Development Officer;
- Forums with a number of existing community groups e.g. SAPRA, SAGES and the Richmond Advisory Committee. These forums used a more formalised approach and were facilitated by an external consultant. These forums provided some information to participants about the purpose of the Plan, the information already collected and sought input about key issues, priorities and strategies;
- A forum was held with key local service providers, again facilitated by the consultant;
- A questionnaire was distributed to participants of the informal consultations and consultation forums, in order to collect the demographic and quantitative information. This allowed those who wanted to take it away and think about the issues in more depth to do so and provide greater input at a later time;
- The questionnaire was also posted on Council's website to enable those residents with an interest in the Plan to contribute;
- The questionnaire was posted to all seniors groups and organisations in Clarence that were not targeted in the sample consultation process;
- There was also a call for formal submissions in response to key themes by organisations/groups that had an interest in the Plan;
- An Information Sheet/Flyer about the development of the Plan was provided during the consultations. It also accompanied the questionnaire, and was used for promotion through newspapers and newsletters; and
- Finally a draft of the plan was made available for public comment.



Key Findings

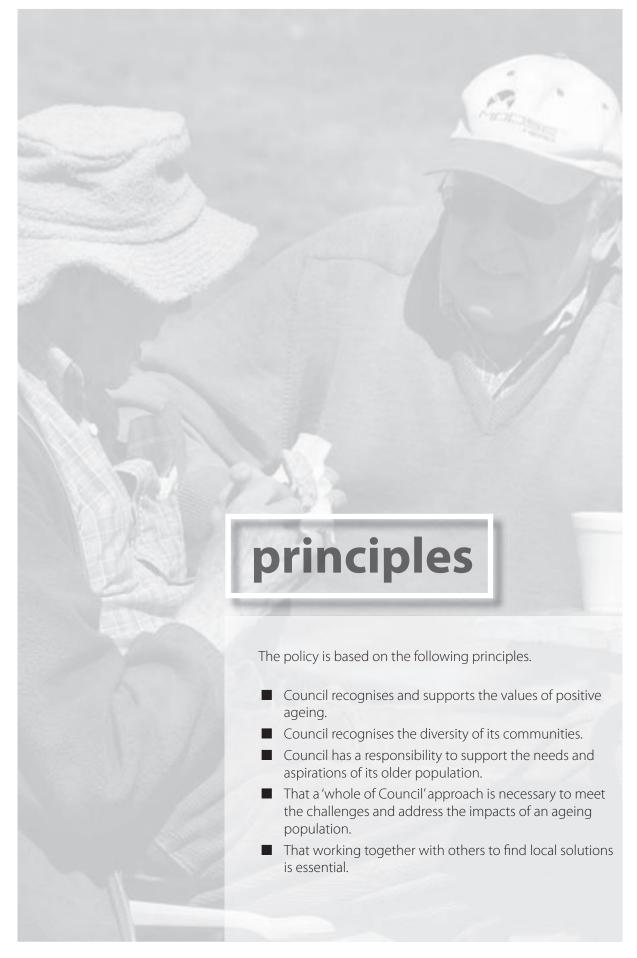
- There was a high level of satisfaction amongst older residents living in the City because of the:
 - Physical environment the views, landscape, beaches, peacefulness, relaxing atmosphere, weather, etc.
 - Current services and facilities available (despite the gaps)
 - □ People living in the community friends, family etc.
- Despite this, older residents expressed a high level of dissatisfaction in living in the City due to:
 - □ Infrastructure issues
 - A lack of transport/mobility options
 - □ Gaps in social and community supports
 - □ A lack of suitable venues to meet
- Older residents indicated that the most important issues they wanted to see addressed in a Positive Ageing Plan for Clarence were:
 - Infrastructure improvements
 - More transport options
 - Improve access to health services and access to other support services in the community
 - Being safer at home and in the community
- Accessing information about what services and facilities are available to older residents is a key concern.
- Being kept informed and being able to have practical and useful input into the implementation of the Positive Ageing Plan was also seen as important.

Public Consultation Process for the Plan

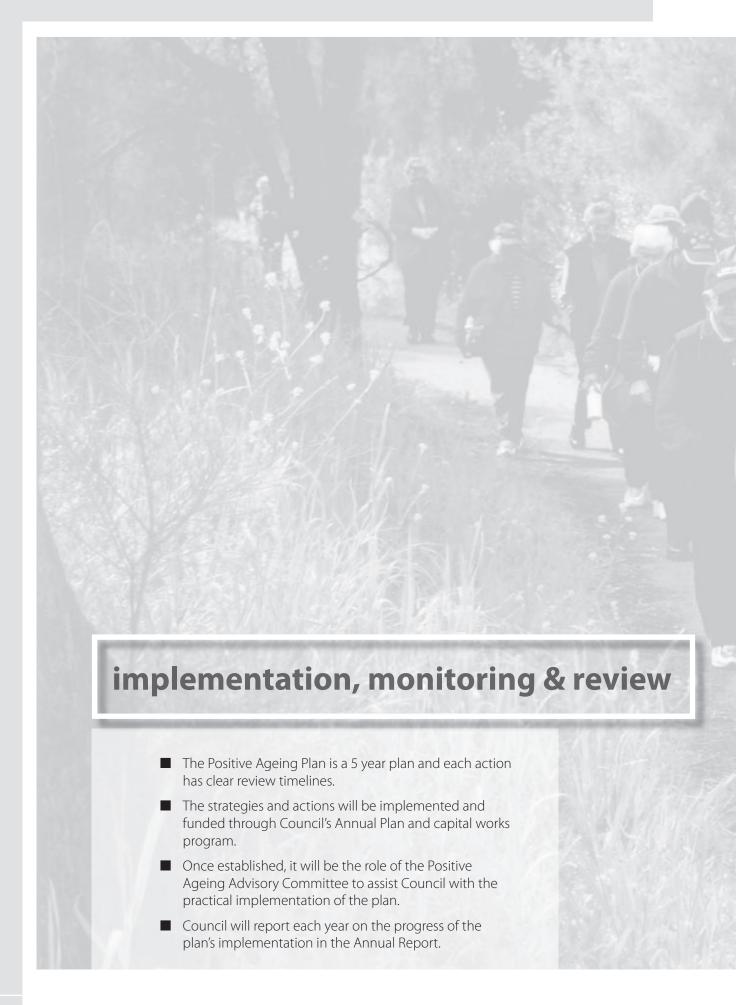
Before the Plan was finalised, it was available for public comment involving:

- Advertising that the draft Plan was available for comment;
- Sending the Plan to groups, organisations and individuals who participated in the consultations and who provided their contact details on the questionnaire;
- A display in the Council foyer;
- Revisiting community groups to provide feedback on the Plan; and
- Responding to these comments in the final Plan.

principles











Glossary	COTA	Council of the Ageing Inc.
	CPTED	Crime Prevention through Environmental Design
	DHHS	Department of Health and Human Services
	DIER	Department of Industry, Environment and Roads
	HACC	Home and Community Care Program
	PACC	Positive Ageing Consultative Committee
	SAGES	Seniors Action Group Eastern Shore
	SAPRA	South Arm Peninsula Residents Association Inc.
	TACH	Tasmanian Association of Community Houses Inc.
	YMCA	Young Men's Christian Association Australia

Acknowledgements Clarence City Council would like to thank all those who participated in the development of this plan through the community consultation process.



