



Progress Report to the World Health Organisation (WHO)

Age Friendly Cities and Communities 1 July 2016

Background

In February 2014 Council joined the WHO Age Friendly Cities and Communities Network. Prior to this, Council developed its first 5 year Positive Ageing Plan in 2007, and the second in 2012 which is due to be reviewed again in 2017.

Council's Positive Ageing Advisory Committee (CPAAC) was established in 2007 and consists of 12 community residents from across the City and some service providers. CPAAC is chaired by an Alderman, and their role is to assist Council in the implementation of its Positive Ageing Plan actions. The committee undertakes regular reviews of its constitution and membership.

CPAAC takes an active and lead role in facilitating the policy, practices and programs that arise from the 3 key theme areas of Council's Plan: Keeping Involved; A Lifestyle with Choices; and Staying Connected.

Council believes Clarence is among the 'world leaders' in planning for an age friendly city and community. We say this in light of the **WHO 2015 World Report on Ageing and Health**, determinants of active ageing over the life course, where Council has made significant progress in:

- recognizing the wide range of capacities and resources among older people;
- anticipating and responding flexibly to ageing-related needs and preferences;
- respecting older persons decisions and lifestyle choices;
- protecting those who are most vulnerable; and
- promoting inclusion in, and contribution to, all areas of community life.

Progress across the 8 Age Friendly City Domains

Outdoor spaces and buildings

- Initiated and contributed to the review of **Council's Nature Strip Policy**
- Contributed to **streetscapes, landscapes and recreational designs across the City** and working on a **DRAFT checklist** in collaboration with Councils Disability Access Advisory Committee (DAAC)
- Collaboration with Council's DAAC, and Department of Premier and Cabinet, Justice and Local Government Association of Tasmania on presenting a state wide **Building and Design Forum**

Community Support and Health Services

- Collaborate with Council's Community Volunteer Service on initiatives and programs such as:
 - The **Planting Ahead Program** to assist clients to manage their gardens low maintenance and easy care
 - The **Live Well Live Long Program** with the Clarence Integrated Care Centre providing a health and wellness program
- Facilitated the establishment of a Health Promotion **Living Well in Clarence event**
- Established **Heart Moves Programs** in Risdon Vale and Warrane Mornington
- Facilitated a **Wellbeing Program** for older residents in Risdon Vale

- Provided **Fitness Taster Programs** for the University of the Age (U3A)
- Provided **Nutrition Forums**
- Conducted a **Men's Health Roadshow**
- Supported the establishment of the Clarence **Prostate Cancer Support Group**
- Participation/attendance/input at **community forums** such as Aged Care; **Dementia Friendly Cities**

Communication and Information

- Developed the **Get Going Guide** full of information and contacts across the community
- Developed newsletter **Spotlight on Seniors**
- Established the **Positive Ageing Network (PAN)** for Service Providers Forum which is held 3 times each year
- Regular local **community connections and engagement** through projects e.g. seniors week, transport issues, social eating programs etc.
- Regular attendance at relevant **networks, forums** etc.
- Developing an **Age Friendly City and Community website and facebook page** in conjunction with the Clarence Seniors and Citizens Centre
- Facilitated access to Council's **Community Grants** Program and other grants
- Provided information and advice in a **Technology Information Project**
- Contribute to the **Global WHO Age Friendly City website** sharing programs and practices world wide

Civic Participation and Employment

- Developed the **Clarence Positive Ageing Advisory Committee (CPAAC)** developing leadership, advocacy and participation of voluntary residents from all areas across Clarence
- Developed **meaningful leadership opportunities** - conference attendance and facilitating workshops (Local Government Association of Tasmania Annual Conference 2015; Australian Inaugural Age Friendly Cities and Communities Conference in Canberra 2013; and the International Federation of Ageing Conference in Brisbane

2016; community consultation and feedback opportunities on Council business

- **Developed Guiding Principles** for Age Friendly policy, practice and programs
- Conducted **Aldermen Network meetings**
- Conducted regular **Workshops with Aldermen**
- Provided **paid employment opportunity** for CPAAC volunteers
- CPAAC provides **annual budget recommendations** to Council supporting Age Friendly Programs and environments
- Support **council policies** on recruiting and maintaining older people in the workforce
- Established the **Graffiti Reduction Volunteer Program** and support the ongoing volunteering opportunities with Landcare and Coastcare etc.
- Established the Council **Volunteer Recognition Ceremony** in collaboration with the Clarence Community Volunteer Service

Respect and Social Inclusion

- Developed the **Our Shared Space Program** with Council's Youth Services which facilitates a program of intergenerational activities around community safety and respect
- Conduct an annual **Seniors Week Program**
- Established a '**Get Cultural**' think thank and promoted associated activities
- Worked in partnership to facilitate the **aWake Before Death Project** promoting end of life care and conversations about death and dying in the community which won the **Local Government Award for Excellence** in 2016 for community partnerships
- Facilitated social meeting places and connections for **Culturally and Linguistically Diverse (CALD)** communities e.g. African, South American and Bhutanese communities

Social Participation

- Worked in partnership to facilitate the **Food Connections Clarence Program** providing access to healthy and

nutritious food for older isolated people by promoting social eating programs across the City and providing a packaged meal program with community centres and schools

- Worked in partnership to provide access to the **Eat for Life Program** with COTA Tas facilitating peer education to the community on messages of healthy diet and nutrition for people over 65 ears old
- Supported the establishment of **Men's and Community Sheds** across the City
- Supported and facilitated the ongoing development and access to **programs and activities at the Clarence Seniors and Citizens Centre**, Howrah Recreation Centre, Lindisfarne Activities Centre, South Arm Community Centre and Neighbourhood Centres located in **lower socio-economic neighbourhoods** such as Risdon Vale; Warrane Mornington; Clarendon Vale and Rokeby
- Supported and facilitated the ongoing development of **Community Gardens** across the City in Community Centres, Schools and the community – Clarendon Vale/Warrane Mornington/Rokeby/Risdon Vale and school communities e.g. Lauderdale, Bellerive, Howrah, South Arm

Housing

- Participated in the **Retirement Living Research Project** through the University of Tasmania
- Facilitating the **Builder and Designer Forum** with Access and Inclusion Committee
- Provided a **Housing Discussion Paper** for older people to Council
- Provided input into the **Clarence Planning Scheme**
- Provided input into **Tasmanian State Planning Scheme**
- Contributed to the review and input in **local area structure plans** across the City

Transportation

- Initiate the policy and practice review of **Council's Community Bus**, supported by community volunteer bus drivers

- In partnership facilitated the establishment of the **Community Bus Partnership** – across Risdon Vale, South Arm, Warrane Mornington communities
- Provided input into public transport service reviews state and private - **Metro and Tassielink**
- Provided input into the **Tasmanian State Draft Transport Access Plan**

Conclusion

While significant outcomes have been achieved with the community since the adoption of Council's first Positive Ageing Plan in 2007, and joining the WHO Age Friendly City and Communities Network in February 2014, we acknowledge that there is still plenty of work to be done.

Under the guidance of CPAAC, Council will embark on the review of the current Positive Ageing Plan during 2017, in preparation for the development of a world class Age Friendly City and Community Plan.

We look forward to providing the WHO Network with a copy of this plan once it is finalised.

Alderman Sharyn von Bertouch

Chair

Clarence Positive Ageing Advisory Committee

