

ACTIVE AGEING STRATEGY 2013-2016

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ACTIVE AGEING STRATEGY

2013-2016

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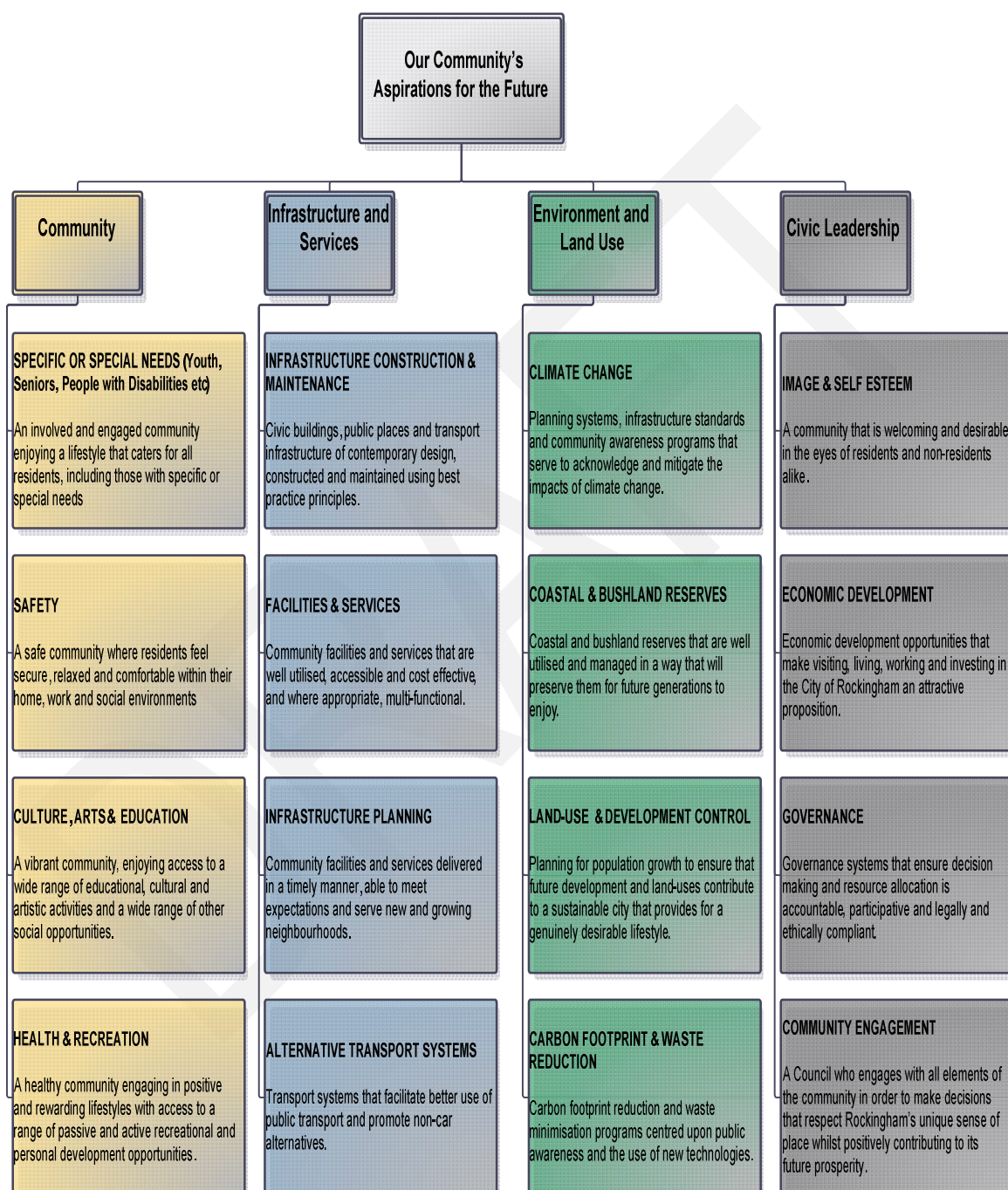
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OUR COMMUNITY'S ASPIRATIONS

Specific Purpose Strategies are aimed at achieving the aspirations in our Community Plan.



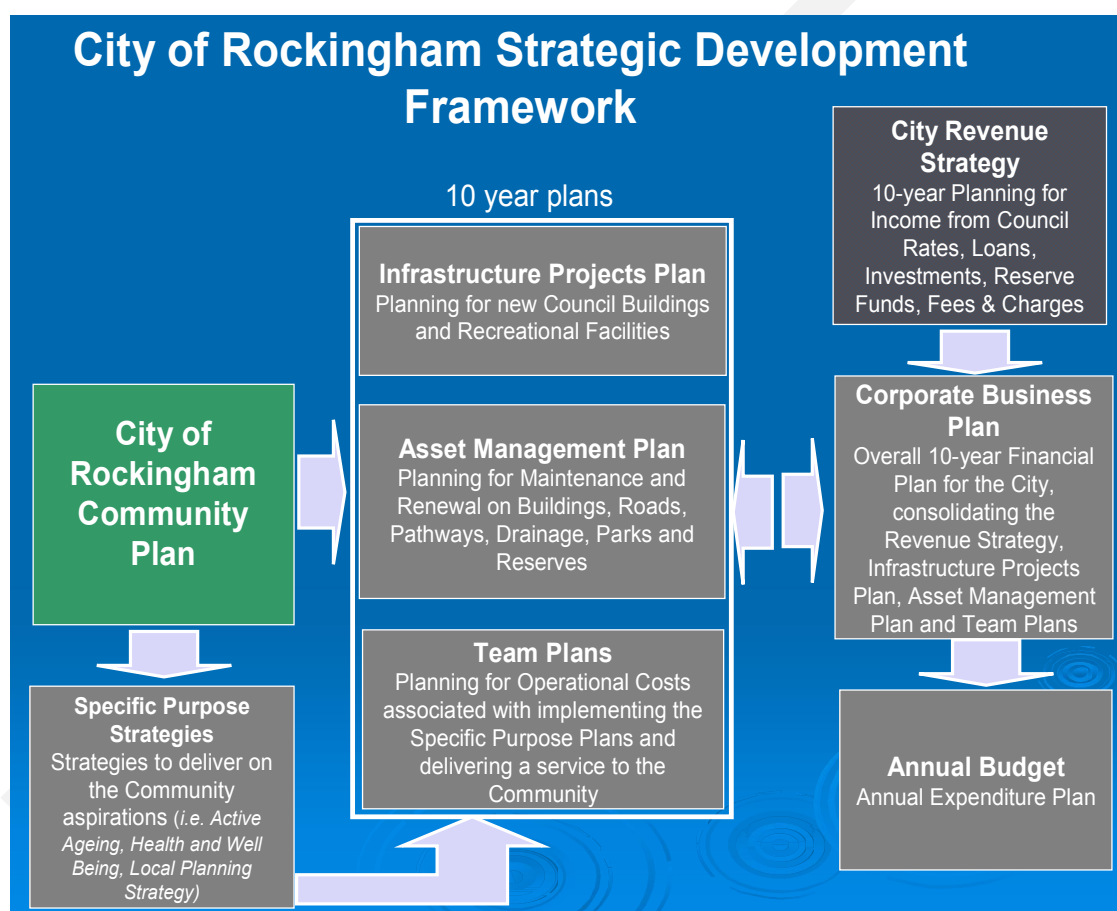
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STRATEGIC DEVELOPMENT FRAMEWORK

Specific Purpose Strategies

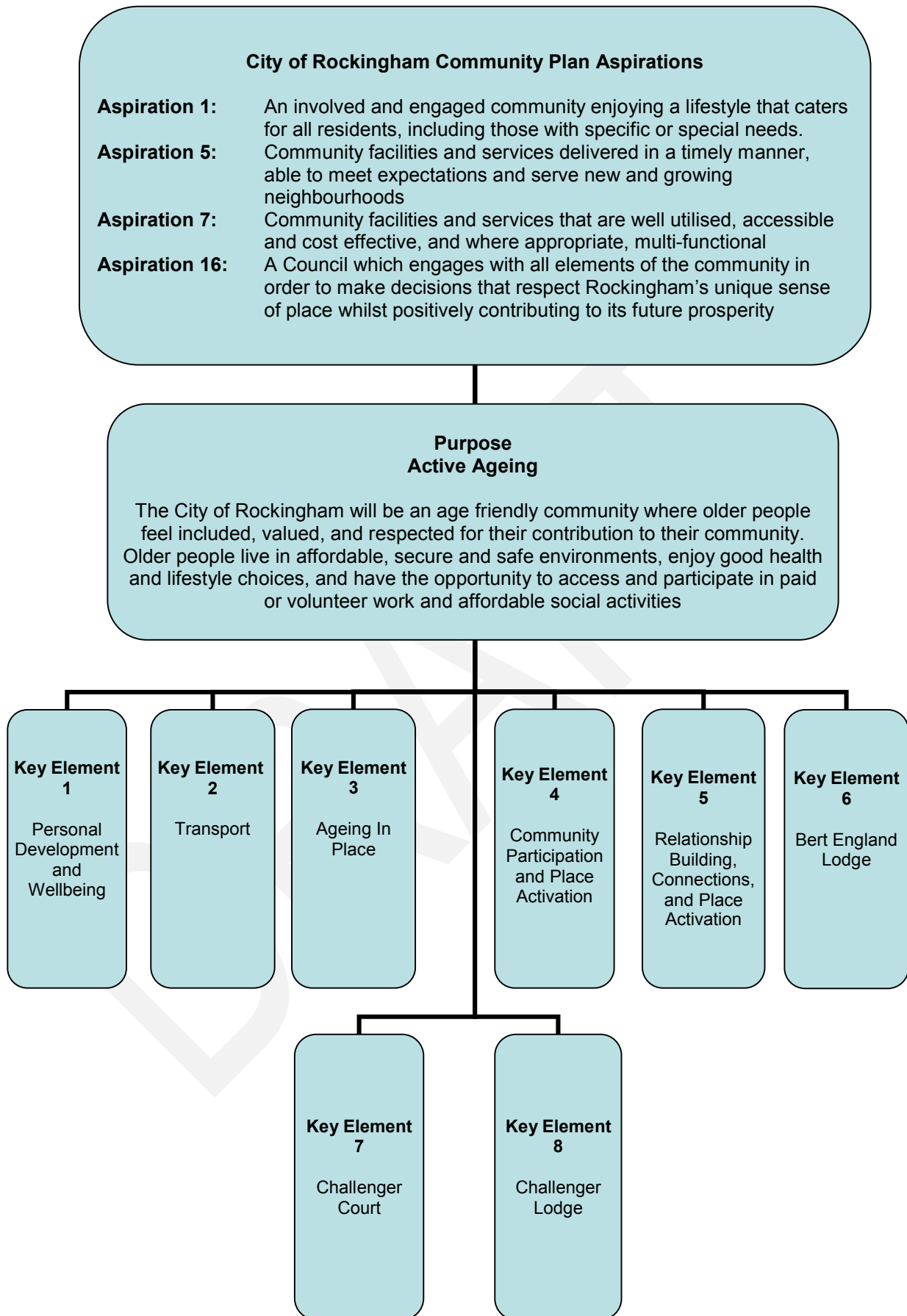
Strategies are key to the achievement of the aspirations in the Community Plan, and drive the content of the Team Plans, Asset Management Plan and Infrastructure Projects Plan.

All Implementation actions identified in the Specific Purpose Strategies are to be represented in a Team Plan. Year 1 of the Team Plan becomes that year's budget.



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EXECUTIVE SUMMARY



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1.0 INTRODUCTION

The United Nations High Commissioner for Human Rights predicts that, for the first time in the history of humankind, older persons will outnumber children. Older people are increasing in numbers and are impacting on the social fabric of all regions in the world. At present 10 percent of the world's population is aged 60 years and older. By 2050 this percentage is expected to double to 2 billion persons.

The City of Rockingham and the community recognises the importance of older persons and their contribution to society.

The Active Ageing Strategy 2009 – 2014 was launched in 2009. The City, partnered with the Department for Communities using the eight Age-Friendly city criteria from the World Health Organisation (WHO) Age Friendly Cities Guide. The AAS incorporated the vision and direction of the City's Community Development Plan. The AAS set the direction for the City to work towards implementing the five key strategies identified to become an "Aged Friendly Community", those being

- Liaise with providers to encourage large scale development of 'ageing in place' and high care accommodation within the City
- Liaise with transport providers to improve the regularity and routes of public transport throughout the City
- Work with relevant service providers and agencies to attract health professionals and allied health workers to the City
- Increase the regularity and diversify methods of communicating with seniors in the City
- Work with existing community groups to build healthy relationships and create additional opportunities for community and intergenerational activities

An implementation plan was completed addressing the above key aspects and the City worked towards its vision of becoming a community of value and respect with an affordable and secure environment with a variety of good, healthy, affordable lifestyle choices and opportunities to participate in paid or volunteer work.

In response to the changing demographics the revised Active Ageing Strategy (AAS) 2013-2016 has been developed as part of the City of Rockingham Community Plan:

- Aspiration 1: An involved and engaged community enjoying a lifestyle that caters for all residents, including those with specific or special needs.

The AAS is an extremely important document which will support and enhance the community capacity building ethos: To enable the ageing community members to feel they have a strong sense of local ownership towards the City, by providing the community with guidance, support, assistance, knowledge and appropriate infrastructure.

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2.0 PURPOSE OF THE ACTIVE AGEING STRATEGY

The Active Ageing Strategy 2013 to 2016 will guide the City in its activities and infrastructure development toward the City of Rockingham becoming an age friendly community where older people:

- feel included, valued, and respected for their contribution to their community
- live in affordable, secure and safe environments,
- enjoy good health and lifestyle choices, and
- have the opportunity to access and participate in paid or volunteer work and affordable social activities.

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3.0 RELATIONSHIP TO OTHER CITY PLANS

3.1 City of Rockingham Community Plan

The Rockingham Community Plan is a document prepared by the City through the community and Council. It sets out the vision and aspirations of the Rockingham community over the next three to five years, by providing strategic guidance to City staff, with regards to the core services, facilities and leadership the City should provide, for existing and new residents in the next 10 years.

The aspirations which are the drivers of, and specifically addressed by, the AAS are:

3.1.1 Community

Aspiration 1: An involved and engaged community enjoying a lifestyle that caters for all residents, including those with specific or special needs.

3.1.2 Facilities and Services

Aspiration 7: Community facilities and services that are well utilised, accessible and cost effective, and where appropriate, multi-functional.

3.1.3 Community Engagement

Aspiration 16: A Council which engages with all elements of the community in order to make decisions that respect Rockingham's unique sense of place, whilst positively contributing to its future prosperity.

3.2 Community Development Plan

Five core objectives of community development selected to provide the framework for the updated AAS (identified from the Community Development Plan 2007 – 2012) have been tabled in order of priority as follows:

3.2.1 Personal Development and Wellbeing

To connect older persons to experiences, services, and facilities that enhances their physical, social and overall health and development. Example initiatives include physical activity, health services, special needs recognition, youth services and lifelong learning.

3.2.2 Relationship Building and Connections

To build self-reliant community organisations and develop mutually beneficial partnerships between government, non-government, business and residents. Example initiatives include,

forming & developing groups, clubs and associations, arts & creative industry development, joint initiatives, place-based forums & meetings and community audits & planning, inclusive of older persons.

3.2.3 Community Participation

To encourage and facilitate involvement of older persons through consultation, improved access and recognition of achievements.

Example initiatives include citizen recognition & awards, consultation and engagement, community feedback, information & resources, active volunteers and social equity, access and inclusion.

3.2.4 Place Activation

To create vibrant and meaningful community hubs as places of social interaction, creativity and economic vitality for older persons. Example initiatives include events & festivals, public & community art, business incubation, facility management & bookings, attracting government services, not for profit organisations and community safety & crime prevention.

3.2.5 Infrastructure Development

To plan, develop and manage community facilities that meet the social, recreation, education, housing and transport needs of the older persons.

3.3 Health and Wellbeing Strategy 2007 - 2011

The City of Rockingham Community Health and Wellbeing Plan 2007-2011 highlights the Council's vision for improving the health and wellbeing of the community.

Based on the Social Model of Health, the plan acknowledges the wide range of social, environmental, cultural, economic and behavioural factors that impact on the community's health and wellbeing. The City has identified five areas of significant importance in relation to health and wellbeing which are.

- Physical Activity and Lifestyle
- Information Delivery
- Mental Health
- Primary Health Care
- Participation in Community Life.

The Healthy Communities Initiative overseen by the Health and Wellbeing team targets groups such as unemployed, older persons, people with disability and Aboriginal or Torres Strait Islanders within the community, to improve their health and enhance upon their experience in life.

3.4 Youth Strategy 2011-2015

The Youth Strategy provides a blueprint for the development and inclusion of young people in the Rockingham community, in a way which will contribute to the development of their potential and build within young people, a feeling of being valued. Intergenerational opportunities exist within this strategy.

3.5 Disability Access and Inclusion Plan (DAIP) 2012-2015

The DAIP is the strategic approach to creating a City that welcomes diversity and celebrates difference. People with disability comprise up to 20% of the City's population, a percentage which is only likely to grow as the City's population expands in the coming years. With this number growing, it is imperative that the City is in touch with the current issues for people with disability. Older Rockingham residents, including some who are over 90 years old, will be amongst those who have an ongoing disability.

3.6 Reconciliation Action Plan 2011-2012

The City's vision for reconciliation is to help build a community that welcomes diversity and celebrates difference. The plan empowers the City to engage in building relationships within the community, fostering mutual respect and supporting and facilitating opportunities for Aboriginal people.

3.7 Asset Management Plan 2010

The City of Rockingham Infrastructure Asset Management and Services Plan's (IAMP) main aim is to confirm the future direction of the City in relation to the management of assets (and services provided from assets), comply with regulatory requirements and outline the future funding required to provide for these assets at the required levels of service. Bert England Lodge, Challenger Lodge, Challenger Court, Autumn Centre, Libraries and community halls are incorporated within the Asset Management Plan.

3.8 Library and Information Services Strategic Plan

The purpose of this Strategy is to provide a guide for the future direction, planning and development of library and information services within the City of Rockingham.

The modern public library is more dynamic and colourful, than in the past, with much more emphasis on the needs of the customer which are often fulfilled by Information and Communications Technology rather than an emphasis on shelves and books.

Thus, this Strategy provides a path for further change – change from the traditional book-lending model of public library service to the more dynamic model of library service, whereby the public library is seen as a community hub for older persons and a “must go” destination for older residents.

3.9 Draft Strategies

The strategies listed below hold many synergies with Active Ageing and support the vision to become an age friendly community. They all are still being developed and will be endorsed by Council in the future.

These strategies include:

Community Support Services, Community Safety Plan, Community Cultural and Arts Development Strategy, Learning City Strategy, Sport and Recreation Strategy, Local Planning Strategy – Transport and the Community Capacity Building Strategy.

4.0 METHODOLOGY

4.1 Methodology Overview

The overall objective is to generate an updated version of the 2009 - 2014AAS based on:

- a Community Development approach;
- a review of the progress made in implementing the Active Ageing Strategy 2009-2014 and development of an AAS analysis document;
- the re-assessment of how Age-Friendly the City of Rockingham is at present against WHO Age-Friendly Cities criteria;
- the identification of how the City of Rockingham can engage the community in Active Ageing initiatives;
- the regeneration of the key elements to maintain and improve the quality of life of the older population now and into the future.

The draft analysis of the AAS 2009-2014 was developed in 2012. It provided a summary of achievements for 2009-2012 and identified the shift in priorities that were to be implemented.

The draft Active Ageing Analysis 2009–2012 and the draft Active Ageing Implementation Strategy (AAIS) 2013–2016, work within the Community Capacity Building approach to guide, support and assist the community, by collaborating with the ageing population and the relative providers. The draft AAIS enhances the continued need for support in key elements of health, transport, infrastructure, communication and to work with existing community groups, to build healthy relationships.

The AAS 2013 – 2016, which was developed by following a review of the AAS 2009 – 2014, has a strong partnership between the Rockingham community and Department for Communities. The eight aspects of the World Health Organisation Age Friendly Cities was used to guide and develop this document.

The findings were then integrated into the City's Community Development Plan, which focuses on five areas;

- Personal Development,
- Infrastructure,
- Community Participation,
- Place Activation and
- Relationship Building and Connections.

A new consultation process was designed to incorporate and follow on from the already existing AAS 2009-2014. The aim was to include stakeholder engagement towards the revised AAS 2013 - 2016. Stakeholders were individuals aged 45 to 110 year old, service providers, Active Ageing and Care Advisory Committee, Active Ageing Community

Reference Group, Active Ageing Project Team, and Government/Non-government agencies/providers.

4.2 Internal City of Rockingham Stakeholders

The Active Ageing Project Team provided guidance and support by ensuring relevant details were properly incorporated into the Strategy.

4.3 External Community and Agency Stakeholders

The stakeholders were identified through the City's current extensive stakeholder lists, including community representatives, seniors clubs and organisations, Government and Non-Government providers.

The age range surveyed was reduced to capture the pre-retirement persons 45 to 60, and then for the WHO it will require including analysis by age group: specifically 60 – 74 years, 75 year plus and carers.

4.4 Age-Friendly Cities

The World Health Organisation (WHO) has devised an approach that assists cities to identify if they are providing a positive quality of life for older persons. The eight Age-Friendly City aspects are:

- Outdoor spaces and buildings
- Transportation
- Housing
- Social Participation
- Respect and Social Inclusion
- Civic participation and employment
- Communication and Information
- Community Support and Health Services

4.5 Consultation Process Steps

4.5.1 Step 1 - Initial Meeting with Key Partners; the Active Ageing Community Reference Group, Active Ageing and Care Advisory Committee, Active Ageing Project Team and Key Stakeholders

There are a number of steps in the consultation process. The first is the initial meeting. The purpose of the briefing session is:

- to gain an understanding of the already developed AAS 2009 – 2012;
- to raise awareness of the City's Active Ageing population;
- to reacquaint the groups of how ageing population impacts on the delivery of services;
- encourage all to share what they know about current status of services

- to explore the current/ongoing expectations in relation to active ageing and the City's role; and

the findings from Step 1 will address the aspects that are considered most important across all stakeholders for the City of Rockingham AAS.

4.5.2 Step 2 - Re-Survey

The questionnaire provided a quantitative source of information from all participants. The questionnaire gauged the level of importance, against the vision already set incorporates the City's Community Plan and WHO age friendly cities requirements.

Table 1 - Consultation Summary

	Contact	No. of participants
1	Active Ageing and Care Advisory Committee	9
2	Active Ageing Community Reference Group	20
3	Active Ageing Project Team	9
4	Survey Age 45 -74	100
5	Survey Age 75 Plus	
6	Survey Service Providers	30
7	Carers	20
8	Consultations	ACSWA, COTA, LASA, Dept Health & Ageing, RVA

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5.0 CURRENT SITUATION AND FINDINGS

5.1 Demographics 2012 -2016

In 2011 the City's over 45years of age population was 36,081 people (34.7% of population). It is projected that by 2031 the population of residents over 45in the City will be 66,092 (39.76% of population).

When the population is split into two age groups, 0-49 and 50+, the differences in growth rate can be seen clearly. The 0-49 age group is projected to increase by 47.92% by 2031, with the 50+ age group increasing by 91.49%.

Using data provided by forecast ID, shown in the table below, it can be seen that the age group with the highest projected percentage increase from 2006 to 2031 is 70-74 year olds with an increase of 116.12%, followed closely by 65-69 year olds with an increase of 110.08%.

Table 2 – Population Forecast, by Age Group, for City of Rockingham

Age Group	2011	2031	% Increase
0-4	8,232	10,924	32.70
5-9	7,597	11,459	50.83
10-14	7,767	11,563	48.87
15-19	7,846	11,066	41.04
20-24	7,114	10,341	45.36
25-29	6,902	10,059	45.74
30-34	6,724	10,870	61.66
35-39	7,588	11,720	54.45
40-44	8,163	12,124	48.52
45-49	7,715	11,773	52.60
50-54	6,425	10,836	68.65
55-59	5,179	10,021	93.49
60-64	4,755	9,122	91.84
65-69	3,811	8,006	110.08
70-74	2,997	6,477	116.12
75-79	2,245	4,704	109.53
80-84	1,734	3,288	89.62
85+	1,220	1,865	52.87

In 2011 35% of Rockingham's population was over 45. In 2031, the projected population of the City of Rockingham will be 166,308, an increase of 62,203 persons (59.75%) from 2011. This represents an average annual growth rate of 2.59%. Forecast population increases per area are shown below, with major growth projected for Keralup, Karnup and Baldivis.

Table 3 – City of Rockingham Population Forecast, Suburb

Area Name	2011	2016	2021	2026	2031	Number
City of Rockingham	104,105	126,616	140,772	153,169	166,307	62,202
Baldivis	13,359	27,887	33,308	35,489	38,960	25,601
Cooloongup	6,746	6,916	6,899	6,928	6,983	237
Golden Bay	2,176	3,551	5,679	7,109	7,310	5,134
Hillman – East Rockingham	2,005	2,225	2,206	2,204	2,222	217
Karnup	711	1,085	3,777	7,427	11,907	11,196
Keralup	0	693	3,774	8,711	13,576	13,576
Port Kennedy	14,105	15,422	15,756	15,456	14,992	887
Rockingham, Peron & Garden Island	14,712	15,743	16,249	16,789	17,320	2,608
Safety Bay	7,395	7,991	8,434	8,553	8,673	1,278
Secret Harbour	10,429	12,606	12,475	12,306	12,081	1,652
Shoalwater	3,846	4,123	4,202	4,291	4,387	541
Singleton	3,012	3,966	4,059	4,132	4,166	1,154
Waikiki	11,982	13,094	12,868	12,767	12,784	802
Warnbro	11,101	11,314	11,086	11,007	10,946	-155

As stated in the older persons strategic planning framework Western Australia's ageing population is impacted by the older generation of baby boomers, and the expected longer life expectancy in the older person. The older persons age now spans over 40 years (from 60 to over 100 years) having a range of needs in terms of cultural, artistic, educational, family, health, fitness, emotional needs, physical needs, and financial requirements.

The increase in population of the older person highlights the need for all services, not for profits, profits, communities, community groups, individuals, government agencies and non-government agencies to come together and activate the Active Ageing Strategy 2013-2016 to be able to build a resilient Rockingham Age Friendly Community.

5.2 Literature Review

5.2.1 International

5.2.1.1 *United Nations High Commission*

In April 2012, the United Nations High Commissioner for Human Rights released a report which analysed the human rights situation of older persons. It forecasts, that worldwide, for the first time there will be more older persons than children. The older person faces particular human rights challenges to equality in civil, cultural, economic, political and social rights.

5.2.1.2 *World Health Organisation (WHO)*

The City is a member of the World Health Organisation Age Friendly Cities global network. The WHO has identified, as a priority that good health is at the core of any successful response to ageing. Cities are encouraged to take a practical approach to the creation of physical and social environments that foster healthy and active ageing lifestyles.

5.2.1.3 *International Handbook of Sociology of Ageing*

By 2030 it is predicated that two thirds of the world's population will reside in cities. There are many positive outcomes for older people (60 and over) living in cities.

Some of these are:

- easier access medical services
- cultural and leisure facilities
- shopping and commerce for daily living.

Some negative outcomes:

- feeling vulnerable
- insecure
- social isolation

Research in the USA found that older residents in high-rise complexes had more:

- depression and increased rates of mental health
- greater social isolation than older persons living in the community

To have effective urban living and to include the older persons, a sharing of spaces for the collective good is required.

5.2.1.4 *Knowledge Translation on Ageing and Health*

The WHO has produced a framework for policy making for ageing and health. This framework developed knowledge translation which may significantly advance the possibilities of building evidence informed policies to respond to the health needs of an ageing world. The objective of the framework, was to assist decision makers of policy, to integrate evidence based approaches to ageing at a National level.

5.2.2 **National**

5.2.2.1 *Living Longer Living Better 2012*

The Federal Government is committed to ensuring appropriate care for the older person who is able to access care and support as required, within its aged care reform package.

The Living Longer Living Better reform package, aims to build an aged care package system for the future that provides choice, control and access to the consumer.

Through the reform package the Australian Government will:

“Deliver important benefits to older Australians that include more support and care at home, better access to residential care, increased recognition of carers and people from culturally diverse backgrounds, and more support for people with dementia and better access to information. Lay the foundation for longer term sustainability reform through more robust and transparent funding structures, improved quality, transparency, more choices about care and how it paid for.

- \$3.7billion is allocated over first five years
- to help people to stay at home
- to help carers access respite and other support
- to deliver better residential aged care
- to strengthen the aged care workforce
- to support consumers
- to ensure better health connections through complex health care, multidisciplinary care and service innovation
- to tackle the national dementia epidemic
- to support older Australians from diverse backgrounds”

As part of the Living Longer Living Better aged care reforms, the Australian Government has announced a significant expansion of the Home Care Packages Program this expansion assists older persons to remain living in their own homes for as long as possible. The aim is for the older person to have more choice of who they access to have care in the home and live in their own home as long as possible.

The demand to supply aged care beds in Rockingham is high, by 2031 the shortfall will be 1135. One of the proposed changes to residential care from July 2014 is the government will remove restrictions of the number of packages and residential bed licences. The government will also remove the distinction between high care and low care residential places. The government's main benefit of change is so the older person access to care will be improved, regardless of the type of care they require.

Since April 2012 the government has formed nine working party groups. The Aged Care Financing Authority provides the Minister for Mental Health and Ageing with advice on aged care pricing and financing and help ensure care recipients receive value for money.

The Aged Care Reform Implementation Council will be responsible for monitoring, evaluating and reporting to the Minister on the progress, with the implementation of the reforms. The Council will be supported by an Expert Advisory Group, which will provide specialist advice on aged care.

The Strategic Workforce Advisory Group is developing the workforce Compact, which will be a tripartite agreement between the Government, unions, and aged care providers, to implement a range of initiatives to address the workforce issues confronting the sector, to improve the capacity of the aged care sector to attract and retain staff. Fair Work Australia and the Department of Education, Employment and Workforce Relations, will provide advice and support to the Strategic Workforce Advisory Group, to develop the Compact.

The groups are listed below:

- National Aged Care Alliance Meeting
- Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) Ageing and Aged Care Strategy

- Culturally and Linguistically Diverse Aged Care Strategy
- Aged Care Financing Authority
- Aged Care Gateway Advisory Group
- Specified Care and Services Reference Group
- Home Care Packages and Consumer Directed Group
- Aged Care Strategic Workforce Advisory Group.

5.2.2.2 *Council on the Ageing for older Australians (COTA)*

COTA is working to better understand the impacts of the changes of the Living Longer Living Better reform to ensure care is not compromised for the older person. COTA will forcefully protect the interests of all residents in aged care.

COTA has called for a national older person's preventative health strategy, which promotes active ageing.

5.2.2.3 *Realising the economic potential of senior Australiansturning grey into gold*

(Advisory Panel on the Economic Potential of Senior Australians)

The life course of the older person has changed significantly; most will live longer and enjoy the middle years of life. Work is required to bring together all persons to remove barriers and invest in people throughout their years. The report intended to drive change and adaption in the economy and society. By building an age-friendly society an opportunity exists together to create the golden age, by turning grey into gold.

5.2.2.4 *Australian Institute of Actuaries*

The institute predicts that it is plausible for young people today to live to well over 120 years old, as they suggest we are living longer and have better health. As individuals the greatest risk management challenge is working out how long persons are going to live.

The institute suggests that "the longer you work, the stronger your personal finances are the more you build up your superannuation and reduce the years as you will need to live on it. You are more likely to pay off a mortgage, ensuring that you have a major asset to take you forward to your personal century. As well as getting

these financial benefits, you will be healthier and happier”.

5.2.3 Western Australia

5.2.3.1 Department for Communities

An Age-friendly WA: The Seniors Strategic Planning Framework 2012 - 2017

This document outlines a joint approach to help all Western Australians to age well in communities where they matter, belong and contribute. It is designed to guide the actions of government agencies and their community and business partners in planning and developing policies and programs to work towards and age-friendly WA.

The document

- Outlines examples of current activity and future direction of the state government
- Defines what an age-friendly community is
- Shows the relationship between this strategy and other WA strategies and programs

5.2.3.2 Aged and Community Support Services (ACSWA)

ACSWA provides leadership, advocacy and information services to not-for-profit organisations and groups to enable them to meet the challenges facing this dynamic industry. They continue to provide a politically strong stance in the push for reform. ACSWA has led the charge to fight for true reform and sustainable future for care providers, to meet the ever increasing needs for the older persons.

5.2.4 Rockingham City

5.2.4.1 Peel and Rockingham Kwinana (PaRK) Mental Health Service

PaRK opened the older adult ward at the Mimdi Park Mental Health inpatient unit situated at Rockingham General Hospital. This complements the planned expansion of the older adult services, scheduled for later this year.

5.2.4.2 Department Health and Ageing Package Care Services

EACH (Extended Aged Care in the Home) and EACH Dementia(D) packages have increased early January 2012 within the metropolitan south west metro region.

5.2.5 Dementia

The number of people with Dementia in WA is projected to rise from 23,000 in 2011 to 109,000 by 2050. For the City, people with dementia are projected to rise from 985 in 2010 to 5,969 by 2050, representing an increase of 506%. Of all Western Australian Local Government areas Rockingham is expected to have the fourth highest numbers of people with Dementia by 2050, as shown in the table below.

Table 4 – Dementia Increases, Top Five Western Australian Suburbs

Local Government	Rank 2010	Numbers 2010	Rank 2050	Numbers 2050	% change
City of Wanneroo	5	1,038	1	10,325	894
City of Stirling	1	2,524	2	9,557	279
City of Mandurah	4	1,252	3	7,626	509
City of Rockingham,	6	985	4	5,969	506
City of Joondalup	3	1,339	5	5,844	336

There will be a solid increase in the demand for dementia care services in line with this projected increase. It is estimated that 30% of people with dementia require care. Using this information, by 2050 the City of Rockingham will require 1791 places for people with Dementia. The table below shows a breakdown of the beds in Rockingham in 2012.

Table 5 – Current Care Places within City of Rockingham

Facility	High Care	Low Care	Secure Dementia	Ageing in Place	Respite Places
Aegis Shoalwater Aged Care	99	11	27		1
Bethanie Waters	160	40			1
Brightwater The Oaks	61		30		1
Bert England Lodge		44	12		
Baptistcare Gracehaven			26	98	When available
Hall & Prior Rockingham Aged Care Home	40				
Tanby Hall Aged Care Facility	37	17			1 others when available
Rockingham Respite Cottage					3
Care Option Respite					2
Total	237	72	95	98	8

The current shortfall of aged care beds in Rockingham is 216. In 2031 the shortfall will be 1135 beds.

Table 6 – Aged Care Beds Required for the City

Year	2011	2016	2021	2026	2031
Total Beds 70 - 79	592	757	944	1,091	1,263
Total Beds 80+	334	372	420	499	582

5.3 Trends/Challenges

5.3.1 Challenges

- Increasing rate of people with Dementia within the City
- Increasing numbers of persons over 60 years old
- Increased numbers of older persons wishing to stay in their own homes, age in place accommodation which can provide older people with security, sense of belonging, independence, achievements, memories, familiarity and social networking.
- Number of services required to support the individual at home
- Provision of increased service hours and cost of same to allow people to stay in their own home
- Lack of transport especially to medical appointments
- Lack of health services including mental health
- Lack of personal face to face one stop shop for information

5.3.2 Demand for Aged Care Services and Accommodation

- Decrease in building of aged care accommodation
- Lack of aged care facilities' beds
- Lack of work force within the industry

5.3.3 Economic and Employment Changes

- Low income rate of employee
- Cost of aged care in residential homes
- Federal government implementation of "Living Longer Living Better"
- Cuts in Federal funding
- Lack of workforce within the industry

5.3.4 Health Expectancy

- Living 30 years older than parents
- Increased number of people with a disability in older age
- Increase number of people with dementia
- Increased obesity rates
- Increased the need for mental stimulus

5.3.5 Families

- Disjointed/non connected families
- Increasing multicultural society
- Single dwelling housing
- Families separated by distance
- Increased elder abuse

5.3.6 Availability of Volunteers

- Decrease in civic participation
- Lack of volunteer resource centre

5.4 Summary of Achievements 2009-2012

The success of strategy has been driven by the City's Active Ageing Team and the Council's Active Ageing and Care Advisory Committee. This committee "drives the development of the Rockingham community to provide lifestyle opportunities, facilities and support services, for people post retirement, seniors, frail elderly and their carers, to ensure their continued participation and inclusion in the community, in order that they can meet their own needs and aspirations".

The Active Ageing Community Reference Group, which comprises of volunteers from the community, has focused on enabling the older members of the community, to respond and influence their changing needs and expectations. The reference group provides a strong level of community input which supports the development and implementation of the strategy and encourages strong community engagement.

The primary focus of this group has been enabling older members of the community to respond to, and voice their changing needs and expectations. For example it was noted in the aforementioned Strategy that communication/information needed to be stronger, thus the Active Ageing Team and the Community Reference Group commenced a Seniors Expo which provided older persons with information. It is important to note that from the review, the community strongly supports the current AAS and continues to see its key elements as important for older persons.

It was identified in the AAS 2009 – 2014 that the main opportunities for improving active ageing were:

- Increase the level of information available related to active ageing
- Support existing services that are already providing good services to the community
- Involve older people more in the fabric of the community; by increasing participation in the existing and prospective range of activities
- Increase the awareness and appreciation of volunteering

- Keep an on-going dialogue between the older residents and the City through the Reference Groups and other methods.

The following summary of achievements highlights the work completed by the City and stakeholders since 2009, to improve active ageing, as per the opportunities outlined above.

5.4.1 Strategy 1- Liaise with providers to encourage large scale development of “ageing in place’ accommodation and high care options within the City

Development of the Rockingham Active Ageing Precinct Masterplan on the Challenger Court site and surrounds, to encourage development of a variety of housing and activity options for seniors.

The City Centre Plan currently being reviewed promotes a variety of housing options.

The Waterfront and Smart Village, are offering higher density housing for the community.

5.4.2 Strategy 2- Liaise with Transperth to increase the regularity and routes of public transport throughout the City

Rockingham Connect Community Transport was launched in 2009, providing a door to door service to those in the community who are transport disadvantaged.

New bus route introduced in Baldivis along with changes to existing routes.

5.4.3 Strategy 3- Work with relevant service providers and agencies to attract health professionals and allied health workers

WA provider of community based healthcare services Platinum Healthcare recommenced business in Rockingham after encouragement from City Officers.

Opening of Bethanie Wellness Centre, offering over 55's additional opportunities for keeping physically and mentally active.

RedCross presented its REDiPlan workshops which promote and support preparedness of older persons in an emergency.

Injury Control Council held many workshops in Rockingham that encouraged participating in the No Falls Day.

WA Retirement Complexes Residents Association Inc provided an information session regarding retirement villages.

“The Best” Rockingham Network Meeting continues to grow, building stronger networks between organisations based, or that operate, in Rockingham.

Active Ageing Lifestyle forums have continued to be successful with many organisations increasing their memberships through seniors participating in the forums.

City supports South Coastal Medicare local by supporting the concept of the GP super clinic, sharing of network data bases.

The City facilitated the sale of land for the Super Clinic in Rockingham, and continues to provide support.

5.4.4 Strategy 4- Increase the regularity and diversity methods of communicating with seniors within the City

Carelink phone lines installed at Challenger Court and Safety Bay Library, providing an access point to the Carelink service outside the home for increased privacy.

Active Ageing information bags are handed out by the City at events and expos, as well as to organisations such as Healthscope and Volunteer Taskforce. These bags contain information on services, activities and programs that older persons can be involved in.

The Active Ageing Community Reference group is working with the City staff to increase awareness in the community of the services, activities and facilities that are available for older persons in Rockingham.

The Active Ageing Seniors Expo has been held over the last four years with hundreds of older persons and local community members visiting each year. It attracts over 66 stall holders from a variety of organisations. The Expo is greatly supported by the Active Ageing Community Reference Group. This expo is very popular and services in the community have grown as a result.

The Aqua Jetty display notice board, which is located in the main foyer, contains information on Active Ageing events and information for seniors.

5.4.5 Strategy 5- Work with existing community groups to build healthy relationships and create additional opportunities for community and intergenerational activities

Seniors Week offers a range of activities and opportunities designed to encourage seniors to participate in, and try new things. 3000 attended activities in the first year.

Rockingham branch of Seniors Recreation Council WA was established, creating opportunity for increased awareness and participation in recreational activities.

Tales of Times Past Senior Storytellers is a community based, not for profit association that trains older persons in the art of storytelling. The group interacts with the younger generation and other organisations to share their stories.

Six pieces of outdoor fitness equipment have been installed in City Park for easy and free use by the Rockingham community. Specific seniors training sessions were held for a limited time.

Social Connector Pilot Program, which is a program designed to connect socially isolated persons back into the community, was launched in 2012.

The Youth Strategy, which provides opportunities for future intergenerational projects, has been adopted by Council.

The Health & Wellbeing Strategy is being reviewed.

Life at the Core, which provided by the Cities of Rockingham and Kwinana, targets older persons with the healthy eating and exercise message and opportunities for participation.

The Active Ageing Project team, City officers, network on a more regular basis.

A great many photos were submitted for the cover of the AAS. The winning pictures were chosen and published in the AAS 2009 – 2012.

5.4.6 How Age-Friendly is the City of Rockingham

The following conclusions draw together the main findings of the review;

- The City of Rockingham is a positive place for an older person to live in.
- It is Age-friendly, particularly in the main City centre.
- Good facilities and services available.
- The community is generally safe and older people are respected.

Nevertheless, there is a range of ways that would improve life, particularly as the population grows.

The main concerns of older people within the City at the present relate to;

- Insufficient health services (lack of GP's)
- Inadequate public transport (regularity and routes)
- A lack of appropriate affordable accommodation for older people
- Inefficient communication (regularity of and diversity of methods)

- Insufficient opportunities for relationship building

For further details refer to Appendix 13.

5.5 Community Views

5.5.1 Customer Satisfaction Survey

5.5.1.1 Programs and facilities

Many older persons are making use of seniors' programs and facilities. These services are very important.

Performance is moderate, with 67% perceiving these services to be performed well to very well

5.5.2 AAS Review Survey Comments

5.5.2.1 Footpaths

The upkeep of footpaths is important. They need to be smooth and safe for older persons to travel on via foot or mobility scooter.

5.5.2.2 Communication

The City's communication with residents, especially older persons, has improved. Suggestions for improvement included regular community meetings, older persons' newsletter and one stop information centre for seniors.

5.5.2.3 Safety & Security

High level of concern regarding anti-social behaviour and car hooners.

Suggestions include speed humps, increased security patrols and increased activities for youth and young adults.

5.5.2.4 Social Isolation

People who identified as socially isolated people commented on having no family living close.

Language was a barrier.

Ownership of cars decreased with age.

Difficulty using public transport because of health reasons.

It has also been noted that 48.9% of respondents were born in a country other than Australia.

Table 7 – Social Isolation in Different Locations

Social Isolation in Different Location	
Suburb	% who feel socially isolated
Baldivis	10
Cooloongup	16.7
East Rockingham	0
Golden Bay	0
Hillman	0
Karnup	0
Peron	0
Port Kennedy	5.9
Rockingham	2.4
Social Isolation in Different Location	
Suburb	% who feel socially isolated
Safety Bay	6.7
Secret Harbour	0
Shoalwater	10
Singleton	0
Waikiki	11.1
Warnbro	12.5
Other	10

Table 8 – Social Isolation in Different Groups

Social Isolation in Different Groups	
Group Name	% who feel socially isolated
Born Overseas	9.5
Male	5.3
Female	7.2
Live Alone	9.5
Ongoing Functional Disability	20
75+	16.1
Total Responses	6.4

5.6 Re-prioritising Active Ageing

A new consultation process was designed to incorporate and follow on from the already existing AAS 2009-2014. The aim was to include stakeholder engagement towards the revised AAS 2013 - 2016. Stakeholders were individuals aged 45 to 110 year olds, service providers, Active Ageing and Care Advisory Committee, Active Ageing Community Reference Group, Active Ageing Project Team, and Government/Non-government agencies/providers.

The survey of the current strategy determined the relevance of existing key elements. Once re-surveyed, it was found that the key elements were still viewed as important. Respondents were asked to indicate, using a scale of

one to ten, the importance of the current strategies. Question and answers are shown below.

Questions:

The current key elements for making us an Age-Friendly City are listed below. Please indicate what you see as the most important for the City of Rockingham to include in the AAS 2013-2016.

1 = Not Important

2 = Extremely Important

Answers shown in Table 9

Table 9 – Importance of Key Elements

Key Elements	Rated 1-4 (%)	Rated 5-7 (%)	Rated 8-10 (%)	Summary
1. Work with relevant service providers and agencies to attract health professionals and allied health workers to the City	3.7	10.58	85.7	The attraction of additional health services to the area is considered to be the most important issue.
2. Liaise with Transperth to increase the regularity and routes of public transport throughout the City	5.82	15.34	78.84	Transport continues to be an important issue facing seniors in Rockingham. Timing and frequency of buses do not meet the needs of local seniors.
3. Liaise with providers to encourage large scale development of 'ageing in place' accommodation in the City	6.35	17.99	75.66	The availability of affordable and accessible housing for seniors is an ongoing issue for many. However concerns in this area have declined since 2009.
4. Increase the availability and diversify methods of communicating with seniors within the City	3.72	28.19	68.09	Communication with seniors is still seen as important and requiring additional improvement.

Key Elements	Rated 1-4 (%)	Rated 5-7 (%)	Rated 8-10 (%)	Summary
5. Work with existing groups to build healthy relationships and create additional opportunities for community and intergenerational activities	5.32	27.13	67.55	Creating additional opportunities for community participation is of moderate importance to seniors.

It is clearly seen from the re-survey results in the table above, that the five Active Ageing key elements continue to be considered as important by seniors.

The key element given the most importance is key element three:

Personal Development and Wellbeing:

- Work with relevant service providers and agencies to attract health professionals, allied health, aged care workers and volunteers.

The next most important is key element two, Transport

- Liaise with provider of services to increase the regularity and routes of public transport throughout the City.

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6.0 FUTURE DIRECTION

6.1 Active Ageing Vision

The City of Rockingham will be an age-friendly community where older people feel included, valued and respected for their contribution to their community. Older people live in affordable, secure and safe environments, enjoy good health and lifestyle choices and have the opportunity to access and participate in paid or volunteer work and affordable social activities.

6.2 Key Elements

The following eight key elements have been identified in the priority areas within this new AAS 2013-16. They are made up of the former five key elements which continue to be a priority, with a further three added from the findings.

Key Element 1: Personal Development and Wellbeing

Work with relevant service providers and agencies to attract health professionals, allied health, aged care workers and volunteers to:

- Work with State Government to increase the understanding of the high level of demand for services in Rockingham.
- Encourage providers through medical networks, service providers, volunteer organisation and community groups to promote that the City of Rockingham is a great place to work and live.

Key Element 2: Transport

Liaise with provider of services, to increase the regularity and routes of public transport throughout the City.

- Regularly update communication with older residents on the availability of transport services by using different types of media.

Key Element 3: Ageing in Place

Liaise with providers to encourage large scale development of 'ageing in place' accommodation in the City:

- Inform developers of the high level of demand for aged care accommodation and support the project to develop accommodation in Rockingham.
- Work with the Department of Housing to identify suitable land, so it can provide the information to potential registered developers.
- The City is to support the design guidelines for ageing in place developments, using the Age Friendly Homes Checklist.

Key Element 4: Community Participation and Place Activation

Increase the availability and diversity of communication of information to older persons:

- Community members, families, carers individuals, and organisations have a vitally important role in gathering and distributing information to older persons, communication with purposeful, useful information is a key to empowerment and choice.
- Organisations, families, carers must continuously keep relevant with what methods of communication are being used by older persons and play a major role in that method of distribution.

Key Element 5: Relationship Building, Connections and Place Activation

Work with existing groups to build healthy relationships and create additional opportunities for the community and support the intergenerational activities.

- The City will continue to facilitate with community groups and individuals to build their capacity, to implement on behalf of the community.
- It's important to create and sustain a safe, vibrant community where older people are able to be included in intergenerational events.
- Volunteers work within the community and are continuously recognised for their efforts and volunteers are able to participate in paid employment opportunities as they wish.

Active Ageing Facilities

- The Active Ageing team at the City of Rockingham is also responsible for the overall management of three facilities - Bert England Lodge, Challenger Court and Challenger Lodge.

Key Element 6: Bert England Lodge

Bert England Lodge is a 44 place residential care facility owned by the City and managed by Southern Cross Care Inc.

The City is registered with the Commonwealth as Approved Provider of the 44 place residential aged care including a 12 dementia care facility under the Aged Care Act 1997, and operated within the Residential Care Manual. As per the Council resolution (CCB-023/11) the City will be working with Southern Cross Care to develop new agreements for the leasing of land and buildings.

Key Element 7: Challenger Court

Challenger Court provides 50 units which provide accommodation to Rockingham seniors. Challenger Court Retirement Village complies with the Retirement Villages Act.

A commercial rental property plan, is to be developed in conjunction with the Rockingham Active Ageing Precinct Master Plan. The legislation is to be kept up to date when the Retirement Villages Act is amended.

Key Element 8: Challenger Lodge

Challenger Lodge is a decommissioned aged care hostel currently used as office space, until it is developed for seniors.

It provides short term accommodation for community organisations that have an association with seniors and people with a disability. Over the next three years it will be important to develop another commercial rental return for the use of Challenger Lodge, working in conjunction with Rockingham Active Ageing Precinct Master Plan.

6.3 Priorities

Cross analysis of the data, with the priorities, has been identified for the next four years. This data is shown in Table 10 below, categories in red are major concern, orange minor concerns, and yellow mostly satisfied.

Table 10 – Prioritised Current Key Elements

Key Elements	Description	Major Concern	Partially Satisfied/ Minor Concern	Mostly Satisfied
Key Element 1 Personal Development and Wellbeing (Community support and health services)	- Work with relevant service providers and agencies to attract health professionals, allied health, aged care workers and volunteer. - Facilitate network opportunities for older persons - Facilitate Health and Wellbeing for older persons			
Key Element 2 Infrastructure (Transport)	- Liaise with provider of services to increase the regularity and routes of public transport throughout the City and provide education services			
Key Element 3 Infrastructure (Housing)	- Liaise with providers to encourage large scale development of 'ageing in place' accommodation in the City			
Key Element 4 Community Participation (Communication)	- Increase the availability and diversify methods of communication and informing seniors within the City			
Key Element 5 Relationship Building, Connections & Place Activation (Respect & Social Inclusion)	- Work with existing groups to build healthy relationships - Create additional opportunities for the community - Support Intergenerational Activities - Promote Safety Awareness			
Key Element 6 Bert England Lodge	- The City of Rockingham is registered with the Commonwealth as approved provider for Bert England Lodge, which is a 44 place residential care facility. The City oversees a management agreement with Southern Cross Care Inc.			

Key Elements	Description	Major Concern	Partially Satisfied/ Minor Concern	Mostly Satisfied
Key Element 7 Challenger Court	- The City manages Challenger Court, which is a complex of 50 units that provides accommodation to Rockingham Seniors . The Challenger Court retirement village is managed as part of the Retirement Villages Act			
Key Element 8 Challenger Lodge	- The City owns Challenger Lodge and has a Licence Agreement with Care Options Inc which uses the space as office and sublets accommodation for community organisations that have an association with seniors and people with disability.			

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7.0 IMPLEMENTATION ACTIONS FOR IDENTIFIED KEY ELEMENTS

Key Element 1: Personal Development and Wellbeing

- **Work with relevant service providers and agencies to attract health professionals, allied health, aged care workers and volunteers**
- **Facilitate network opportunities for older persons**
- **Facilitate health and wellbeing of older persons**

	Implementation Action	Estimated Cost (\$)	Responsible	Deadline
1.1	Promote the City of Rockingham as a great place to live and work through medical networks, service providers, volunteer organisations and community groups, to attract more services 2013/14 Use effective media to tell the story 2015/16 Produce video on Rockingham as a great place to live	Economic Development	Economic Development Executive Services Department Health Community Development	2013/14 – 2015/16
1.2	Facilitate organisations/groups/providers/individuals to provide healthy programs to increase mental, social and physical wellbeing for older people	Health 210078.1273 \$40,000 % of Over 2 Years Active Ageing 210139 2110 \$8,000 Over 3 years	Planning & Development Services Department Health Community Capacity Building	2013/14 – 2015/16
1.3	Support organisations by demonstrating high level of demand for services to Health Professionals in Rockingham i.e. GP Super Clinic	Health 210078.1273 \$40,000 % of	Planning & Development Services Department Health	2013/14
1.4	Provide allied health support in an age-friendly environment offering relevant services for seniors through the Autumn Centre	Nil	Community and Leisure Facilities	2015/16
1.5	Support the Department Health and Ageing to have a “front end one stop shop in Rockingham”	Nil	Community Capacity Building	2013/14

Key Element 2: Transport

- **Liaise with provider of services to increase the regularity and routes of public transport throughout the City and provide education services**

	Implementation Action	Estimated Cost (\$)	Responsible	Deadline
2.1	Advocate to Transperth the growing demand for increased or new services and routes and destinations	Nil	Engineering Services	2014/15
2.2	Promote existing transport options of services to residents by increasing industry and community knowledge of availability of Community Transport for older persons 2013/14 – Transperth Demonstration with an older persons focus within the City 2015/16 - Transperth Demonstration with an older persons focus within the City	Nil	Engineering Services Community Support Services Community Capacity Building	2013/14 – 2015/16
2.3	Educate the community on safe use of transport options	Nil	Community Safety	2013/14
2.4	Survey gopher usage within the CoR and formulate a strategy for safe use and infrastructure provision	\$10,000	Engineering Services	2014/15

Key Element 3: Ageing in Place

- Liaise with providers to encourage large scale development of 'ageing in place' accommodation in the City.

	Implementation Action	Estimated Cost (\$)	Responsible	Deadline
3.1	Demonstrate to developers with population statistics and predicted level of demand for aged care beds	Nil	Community Infrastructure Planning Community Capacity Building (Active Ageing, Community Services)	2015/16
3.2	Liaise with State Government for information on land development for Aged Care	Nil	Community Infrastructure Planning Community Capacity Building (Active Ageing)	2013/14
3.3	Consider contemporary and relevant design guidelines for new developments to ensure ageing in place is possible and support the distribution of Age Friendly Homes Checklist	Nil	Planning & Development Services Community Capacity Building (Active Ageing)	2013/14
3.4	Implementation of Rockingham Active Ageing Precinct Masterplan 2013/14 – Implementation of Project Plan	Active Ageing 210139.2076 \$62,000	Community Infrastructure Planning Community Capacity Building (Active Ageing) Engineering & Park Services	2013/14
3.5	Investigate the possibility of amending Local Planning Scheme 4 to reduce the restrictions on occupancy so the community to be able to build secondary dwellings.	Nil	Planning & Development Services	2014/15
3.6	Investigate a pilot study to audit existing retirement villages for infrastructure	Nil	Engineering Services	2015/16

Key Element 4: Community Participation

- Increase the availability and diversify methods of communicating and informing seniors within the City

	Implementation Action	Estimated Cost (\$)	Responsible	Deadline
4.1	Work with local papers to ensure adequate number of people to deliver local paper to entire community and support literature within the Chronicle which is being delivered to all households	Nil	Community Capacity Building Corporate Services Executive Services	2013/14
4.2	Ensure City of Rockingham information that is mailed to residents is easily distinguishable from junk mail	Nil	Community Capacity Building Corporate Services Executive Services	2014/15
4.3	Cater to those who do not have a computer or computer access by facilitating and supporting face to face expos, displays, local event, shopping centre displays. 2013/14 Seniors Expo/Partnership Care Options & Library Displays 2015/16 – Educate Community re notice boards	210139.2107 \$7290%of	Community & Leisure Facilities Community Capacity Building Community Safety Executive Services	2013/14 – 2015/16
4.4	Promote activities, events and services on more than one occasion and by more than one means of media especially programs that enhance family connectivity.	210139.2108 \$7280%of	Community Capacity Building Corporate Services Executive Services	2013/14 – 2014/15 2015/16
4.5	Promote City Safe Awareness programs and events for the older persons and encourage participation. Encourage older persons to join the Safety for Seniors program	City Safe 210070.1285 \$15,000% of	Community Safety Community Capacity Building	2013/14 – 2015/16
4.6	Autumn Centre to encourage different methods of communication with seniors including provision of seniors activities at outlying community centre i.e. Singleton Community Centre, Golden Bay Coastal Community Centre, Secret Harbour Community Centre, Port Kennedy Community Centre and Baldivis Recreation Centre	Nil	Community and Leisure Facilities	2013/14 – 2015/16

Key Element 5: Relationship Building, Connections and Place Activation

- Work with existing groups to build healthy relationships
- Create additional opportunities for the community
- Support inter-generational activities
- Promote safety awareness

	Implementation Action	Estimated Cost \$	Responsible	Deadline
5.1	Research effective use of contemporary IT programs and accessible information and social network sites to ascertain effective ways of providing information to younger/older persons	Nil	Community Capacity Building Corporate Services Executive Services	2013/14
5.2	Facilitate and support the development of intergenerational relationships to increase participation between young people and older persons.	Youth Approx \$15,000	Community Capacity Building Community Support Services City Safe Community & Leisure Facilities	2013/14 – 2015/16
5.3	Express to older persons the benefits of volunteering within the community.	Community Services 210094.1201 \$8,000 % of	Community Services Community Capacity Building	2013/14 – 2015/16
5.4	Facilitate mental health initiatives and physical lifestyle activities/education for older persons 2013/14 – Construct 3year Implementation Plan with Mental Health Services/Libraries and community facilities to hold active and educational sessions 2015/16 – Recognise and evaluate services that have been held within the City.	Healthy Communities CCB 210139.2109 \$1560 % of Planning & Development	Community Capacity Building Planning & Development Health Services Community Development	2013/14 – 2015/16
5.5	Work with local organisations, industries and community to identify businesses that would like older people with specific skills to work for them, either in a paid or voluntary capacity and promote to seniors.	Active Ageing 210139.2111 \$5,500	Community Capacity Building Corporate Services Executive Services	2015/16

	Implementation Action	Estimated Cost \$	Responsible	Deadline
5.6	Regularly promote achievements of older persons and youth in local papers and community; i.e. Community Awards	All	Community Capacity Building Executive Services	2013/16
5.7	Encourage older persons to be active in learning and support educational opportunities	Healthy Communities CCB 210139.2100 \$11,400 % of Planning & Development	Community Capacity Building Executive Services	2013/14 – 2015/16
5.8	Work with those who are socially isolated and facilitate connection building 2013/14 – Educate resident on availability of program 2015/16 – Design sustainable programs	Approx - \$150,000 Over 3 years Social Inclusion Grants	Community Support Services Community Capacity Building Community Safety Community and Leisure Facilities	2013/16 2015/16
5.9	Cultural Development and the Arts to provide opportunities for participation for residents over the age of 50, and events to be age friendly.	\$50,000 CCB Over 3 years	Community Capacity Building Community Safety and Community Leisure and Facilities	2013/14 – 2015/16
5.10	Increase awareness and usage of the Community Security Service amongst older persons.	210070.1549 1,736,134 % of	Community Safety	2013/14
5.11	Promote and encourage use of Seniors Security Subsidy Scheme	210070.1401 \$43,680 % of	Community Safety	2015/16
5.12	Provide support in increasing membership and participation in the Safety for Seniors Program	210070.1301 \$2,704 %	Community Safety Community Capacity Building	2013/14
5.13	Dementia specific initiatives Formulate a 3 year plan for Dementia specific program activities. Prepare an Implementation partnership Plan for Dementia Specific Programs/Activities and select partnerships.	Active Ageing 210139.211 \$5,200 % of Over 3 years	Community Capacity Building	2013/14 2014/15 2015/16

	Implementation Action	Estimated Cost \$	Responsible	Deadline
5.14	Promote and support the sharing of indigenous elder story telling	CCB	Community Capacity Building	2013/14
5.15	Develop initiatives to support integration of older CaLD members of the community	CCB	Community Capacity Building	2013/14

Key Element 6: Bert England Lodge

- The City of Rockingham is registered with the Commonwealth as approved provider for Bert England Lodge, which is a 44 place aged care facility. The City oversees a management agreement with Southern Cross Care Inc.

	Implementation Action	Estimated Cost \$	Responsible	Deadline
6.1	Develop new agreement for the leasing of land and buildings and the assignment of licences for 44 beds at Bert England Lodge	210134.1344 \$20,000 % of	Active Ageing Bert England Lodge Team Plan	2013/14
6.2	Ensure facility is managed in accordance with the Aged Care Act and current Management Agreement.	210134 \$38,184	Active Ageing Bert England Lodge Team Plan	2013/2014
6.3	Amend the existing memorial to better reflect the use of land	Nil	Active Ageing Community Capacity Building	2014/2015

Key Element 7: Challenger Court

- The City manages Challenger Court, which is a complex of 50 Units that provides accommodation to Rockingham Seniors. The Challenger Court retirement village is managed as per the Retirement Village Act.

	Implementation Action	Estimated Cost \$	Responsible	Deadline
7.1	Commercial rental property plan to be developed working in conjunction with Rockingham Active Ageing Precinct Masterplan	210126.1344 \$20,000 %of	Challenger Court Team Plan	2013/14
7.2	Independent satisfaction survey conducted annually	210126.1434 \$20,000 %of	Challenger Court Team Plan	2013/14 – 2015/16
7.3	Review the Retirement Villages legislation. The Western Australian Government has approved the release of the draft report into the review of the laws covering Retirement Villages	210126.1434 \$20,000 %of	Challenger Court Team Plan	2013/14 – 2015/16
7.4	Implement changes in policy & procedures as required with changes to the Retirement Villages Act, Regulations and Code	210126.1434 \$20,000 %of	Challenger Court Team Plan	2013/14 – 2015/16
7.5	Memorial on Challenger Court amended	Challenger Court Operational Budget	Challenger Court Team Plan	2013/14 – 2015/16
7.6	Waiting list policy to be developed	Nil	Challenger Court Team Plan	2013/14
7.7	Electrical system upgrade	410094 \$500,000	Challenger Court Team Plan	2013/16
7.8	Investigate feasibility of outsourcing management of the facility	Challenger Court Operational Budget	Challenger Court Team Plan	2013/14 – 2015/16

Key Element 8: Challenger Lodge

- The City owns Challenger Lodge and has a Licence Agreement with Care Options Inc which uses the space as offices and sublets accommodation for community organisations that have an association with seniors and people with disability.

	Implementation Action	Estimated Cost \$	Responsible	Deadline
8.1	Building managed in an effective manner by Care Options Inc	210130 Total Operating Cost \$146,066	CCB Active Ageing	2013/2014
8.2	Commercial rental property plan to be developed working in conjunction with Rockingham Active Ageing Precinct Masterplan	\$20,000 New	CCB Active Ageing	2013/2014

8.0 ENSURING ALIGNMENT WITH TEAM PLANS (AND BUDGETS)

Year 1: 2013/2014

Key Element numerical number	Implementation Action	Estimated Cost (\$)	Represented in which Team Plan? Or in Asset Management Plan Or in Infrastructure Plan?
1.1	Promote the City of Rockingham as a great place to live and work through medical networks, service providers, volunteer organisations and community groups to attract more services 2013/14 Use effective media to tell the story 2015/16 Produce video on Rockingham as a great place to live	Health 210078.1273 \$40,000 % of	Planning & Development Services Executive Services Department Health Community Development
1.2	Facilitate organisation/groups/providers/individuals to provide healthy programs to increase mental, social and physical wellbeing for older people	Health 210078.1273 \$40,000 % of Over 2 Years Active Ageing 210139 2110 \$8,000 Over 3 years	Planning & Development Services Department Health
1.3	Support organisation by demonstrating high level of demand for services to Health Professionals in Rockingham i.e. GP Super Clinic	Health 210078.1273 \$40,000 % of	Planning & Development Services Department Health
1.5	Support the Department Health and Ageing to have a "front end one stop shop in Rockingham"	Nil	Community Capacity Building
2.2	Promote existing transport options of services to residents by increasing industry and community knowledge of availability of Community Transport for older persons 2013/14 – Transperth Demonstration with an older persons focus within the City 2015/16 - Transperth Demonstration with an older persons focus within the City	Nil	Engineering Services Community Support Services Community Capacity Building
2.3	Educate the community on use of transport options	Nil	Community Safety

Key Element numerical number	Implementation Action	Estimated Cost (\$)	Represented in which Team Plan? Or in Asset Management Plan Or in Infrastructure Plan?
3.2	Liaise with State Government for information on land development for Aged Care	Nil	Community Infrastructure Planning Community Capacity Building (Active Ageing)
3.3	Consider contemporary and relevant design guidelines for new developments to ensure ageing in place is possible and support the distribution of Age Friendly Homes Checklist	Nil	Community Capacity Building (Active Ageing) Planning & Development Services (Active Ageing)
3.4	Implementation of Rockingham Active Ageing Precinct Masterplan 2013/14 - Implementation of Project Plan	Active Ageing 210139.2076 \$59,000	Community Infrastructure Planning Community Capacity Building (Active Ageing) Engineering & Park Services
4.1	Work with local papers to ensure adequate number of people to deliver local paper to entire community and support literature within the Chronicle which is being delivered to all households	Nil	Community Capacity Building Corporate Services Executive Services
4.3	Cater to those that do not have a computer or computer access by facilitating and supporting face to face expos, displays, local event, shopping centre displays 2013/14 -Shopping Centre Displays Seniors Expo/Partnership Care Options Library Displays 2015/16 – Educate Community re notice boards	210139.2107 \$7290 %of	Community & Leisure Facilities Community Capacity Building Community Safety Executive Services
4.4	Promote activities, events and services on more than one occasion and by more than one means of media especially programs that enhance family connectivity.	210139.2108 \$7280 %of	Community Capacity Building Corporate Services Executive Services
4.5	Promote City Safe Awareness programs and events for the older person and encourage participation. Encourage older persons to join the Safety for Seniors program	City Safe 210070.1285 \$15,000 % of	Community Safety Community Capacity Building City Safe

Key Element numerical number	Implementation Action	Estimated Cost (\$)	Represented in which Team Plan? Or in Asset Management Plan Or in Infrastructure Plan?
4.6	Autumn Centre to encourage different methods of communication with seniors including provision of seniors activities outlying community centre i.e. Singleton Community Centre, Golden Bay Coastal Community Centre, Secret Harbour Community Centre, Port Kennedy Community Centre and Baldivis Recreation Centre	Nil	Community and Leisure Facilities
5.1	Research effective use of contemporary IT programs and accessible information and social network sites to ascertain effective ways of providing information to younger/older persons	Nil	Community Capacity Building Corporate Services Executive Services
5.2	Facilitate and support the development of intergenerational relationships to increase participation between young people and older persons	Youth Approx. \$15,0000	Community Capacity Building Community Support Services City Safe Community & Leisure Facilities
5.3	Express to older persons the benefits of volunteering within community	Community Services 210094.1201 \$8,000 % of	Community Services Community Capacity Building
5.4	Facilitate mental health initiatives and physical lifestyle activities/education for older persons 2013/14 – Construct 3year Implementation Plan with Mental Health Services/Libraries and community facilities to hold active and educational sessions 2015/16 – Recognise and evaluate services that have been held within the City.	Healthy Communities CCB 210139.2109 \$1560 %of Planning & Development	Community Capacity Building Planning & Development Community Development
5.6	Regularly promote achievements of older persons and youth in local papers and community; i.e. Community Awards	All	Community Capacity Building Executive Services
5.8	Work with those who are socially isolated and facilitate connection building 2013/14 – Educate resident on availability of program 2015/16 – Design sustainable programs	Approx - \$150,000 Over 3 years Social Inclusion Grants	Community Services Community Capacity Building Community Safety Community Leisure and Facilities

Key Element numerical number	Implementation Action	Estimated Cost (\$)	Represented in which Team Plan? Or in Asset Management Plan Or in Infrastructure Plan?
5.9	Cultural Development and the Arts to provide opportunities for participation for residents over the age of 50, events to be age friendly.	\$50,000	Community Capacity Building Community Safety Community Leisure and Facilities
5.10	Increase awareness and usage of the Community Security Service amongst older persons.	210070.1549 \$1,736,134 % of	Community Safety
5.11	Promote and encourage use of Seniors Security Subsidy Scheme	210070.1401 \$43,680 % of	Community Safety
5.12	Provide support in increasing membership and participation in the Safety for Seniors Program	210070.1301 \$2,704 %	Community Safety Community Capacity Building
5.13	Dementia specific initiatives Formulate a 3 year plan for Dementia specific program activities. Prepare an Implementation partnership Plan for Dementia Specific Programs/Activities and select partnerships.	Active Ageing 210139.211 \$5,200 % of Over 3 years	Community Capacity Building
5.14	Promote and support the sharing of indigenous elder story telling		Community Capacity Building
5.15	Develop initiatives to support integration of older CaLD members of the community		Community Capacity Building
6.1	Develop new agreement for the leasing of land and buildings and the assignment of licences for 44 beds at Bert England Lodge	210134.1344 \$20,000 % of	Bert England Lodge
6.2	Ensure facility is managed in accordance with the Aged Care Act and current Management Agreement	210134 \$38,184 \$2,382,000 BEL expense	Bert England Lodge
7.1	Commercial rental property plan to be developed working in conjunction with Rockingham Active Ageing Precinct Masterplan	210126.1344 \$20,000 %of	Challenger Court
7.2	Independent satisfaction survey conducted annually	210126.1434 \$20,000 %of	Challenger Court
7.3	Review the Retirement Villages legislation. The Western Australian Government has approved the release of the draft report into the review of the laws covering Retirement Villages	210126.1434 \$20,000 % of	Challenger Court

Key Element numerical number	Implementation Action	Estimated Cost (\$)	Represented in which Team Plan? Or in Asset Management Plan Or in Infrastructure Plan?
7.4	Implement changes in policy and procedures as required with changes to the Retirement Villages Act, Regulations and Code	210126.1434 \$20,000 % of	Challenger Court
7.5	Memorial on Challenger Court amended	Challenger Court Operational Budget	Challenger Court
7.6	Waiting list policy to be developed	Nil	Challenger Court
7.7	Electrical system upgrade	410094 \$500,000	Challenger Court
7.8	Investigate feasibility of outsourcing management of the facility	Challenger Court Operational Budget	Challenger Court
8.1	Building managed in an effective manner by Care Options Inc	210130 Operational Costs	Challenger Lodge
8.2	Commercial rental property plan to be developed working in conjunction with Rockingham Active Ageing Precinct Masterplan	\$20,000 New	Challenger Lodge

Year 2: 2014/2015

Key Element numerical number	Implementation Action	Estimated Cost + 4% (\$)	Represented in which Team Plan? Or in Asset Management Plan Or in Infrastructure Plan?
1.1	Promote the City of Rockingham as a great place to live and work through medical networks, service providers, volunteer organisations and community groups, to attract more services 2013/14 Use effective media to tell the story 2015/16 Produce video on Rockingham as a great place to live.	Health 210078.1273 \$40,000 % of	Planning & Development Services Executive Services Department Health Community Development
1.2	Facilitate organisations/groups/providers/individuals to provide healthy programs to increase mental, social and physical wellbeing for older people	Health 210078.1273 \$40,000 % of Over 2 years Active Ageing 210139 2110 \$8,000 Over 3 years	Planning & Development Services Department Health Community Capacity Building Community Capacity Building
1.3	Support organisations by demonstrating high level of demand for services to Health Professionals in Rockingham i.e. GP Super Clinic	Health 210078.1273 \$40,000 % of	Planning & Development Services Department Health
1.4	Provide allied health support in an age-friendly environment offering relevant services for seniors through the Autumn Centre	Nil	Community and Leisure Facilities
2.1	Advocate to Transperth the growing demand for increased or new services and routes and destinations	Nil	Engineering Services
2.2	Continue to promote existing transport options of services to residents by increasing industry and community knowledge of availability of Community Transport for older persons 2013/14 – Transperth Demonstration with an older persons focus within the City 2015/16 Transperth Demonstration with an older persons focus within the City	Nil	Engineering Services Community Support Services Community Capacity Building
2.4	Survey gopher usage within the CoR and formulate a strategy for safe use and infrastructure provision	\$10,000	Engineering Services

Key Element numerical number	Implementation Action	Estimated Cost + 4% (\$)	Represented in which Team Plan? Or in Asset Management Plan Or in Infrastructure Plan?
3.1	Demonstrate to developers with population statistics and predicted level of demand for aged care beds	Nil	Community Infrastructure Planning Community Capacity Building (Active Ageing, Community Support Services)
3.2	Liaise with State Government for information on land development for Aged Care	Nil	Community Infrastructure Planning Community Capacity Building
3.4	Implementation of Rockingham Active Ageing Precinct Masterplan 2013/14 - Implementation of Project Plan	Active Ageing 210139.2076 \$59,000	Community Infrastructure Planning Community Capacity Building (Active Ageing) Engineering & Park Services
3.5	Investigate the possibility of amending Local Planning Scheme 4 to reduce the restrictions on occupancy so the community be able to build secondary dwellings	Nil	Planning & Development Services
4.2	Ensure City of Rockingham information that is mailed to residents is easily distinguishable from junk mail	Nil	Community Capacity Building Corporate Services Executive Services
4.3	Cater to those that do not have a computer or computer access by facilitating and supporting face to face expos, displays, local event, shopping centre displays 2013/14 -Shopping Centre Displays Seniors Expo/Partnership Care Options Library Displays 2015/16 – Educate Community re notice boards	210139.2107 \$7290 %of	Community & Leisure Facilities Community Capacity Building Community Safety Executive Services
4.4	Promote activities, events and services on more than one occasion and by more than one means of media especially programs that enhance family connectivity	210139.2108 \$7280 %of	Community Capacity Building Corporate Services Executive Services

Key Element numerical number	Implementation Action	Estimated Cost (\$)	Represented in which Team Plan? Or in Asset Management Plan Or in Infrastructure Plan?
4.5	Promote City Safe Awareness programs and events for the older person and encourage participation. Encourage seniors to join the Safety for Seniors Program	City Safe 210070.1285 \$15,000 % of	Community Safety Community Capacity Building City Safe
4.6	Autumn Centre to encourage different methods of communication with seniors including provision of seniors activities outlying community centre i.e. Singleton Community Centre, Golden Bay Coastal Community Centre, Secret Harbour Community Centre, Port Kennedy Community Centre and Baldivis Recreation Centre	Nil	Community and Leisure Facilities
5.2	Facilitate and support the development of intergenerational relationships to increase participation between young people and seniors	Youth Approx. \$15,0000	Community Capacity Building Community Support Services City Safe Community & Leisure Facilities
5.3	Express to older persons the benefits of volunteering within community organisations	Community Services 210094.1201 \$8,000 % of	Community Services Community Capacity Building
5.4	Facilitate and support mental health initiatives and physical lifestyle activities	Healthy Communities CCB 210139.2109 \$1560 % of Planning & Development	Community Capacity Building Planning & Development Community Development
5.6	Regularly promote achievements of seniors and youth in local papers and community; i.e. Community Awards	All	Community Capacity Building Executive Services
5.7	Encourage seniors to be active in learning and support educational opportunities	Healthy Communities CCB 210139.2100 \$11,400 % of Planning & Development	Community Capacity Building Executive Services

Key Element numerical number	Implementation Action	Estimated Cost (\$)	Represented in which Team Plan? Or in Asset Management Plan Or in Infrastructure Plan?
5.8	Work with those who are socially isolated and facilitate connection building 2013/14 – Educate resident on availability of program 2015/16 – Design sustainable programs	Approx - \$150,000	Community Services Community Capacity Building Community Safety Community Leisure and Facilities
5.9	Cultural Development and the Arts to provide opportunities for participation for residents over the age of 50, events to be age friendly.	\$50,000 CCB Over 3 years	Community Capacity Building Community Safety Community Leisure and Facilities
5.10	Increase awareness and usage of the Community Security Service amongst older persons.	210070.1549 \$1,736,134 % of	Community Safety
5.11	Promote and encourage use of Seniors Security Subsidy Scheme	210070.1401 \$43,680 % of	Community Safety
5.12	Provide support in increasing membership and participation in the Safety for Seniors Program	210070.1301 \$2,704 %	Community Safety Community Capacity Building
5.13	Dementia specific initiatives Formulate a 3 year plan for Dementia specific program activities. Prepare an Implementation partnership Plan for Dementia Specific Programs/Activities and select partnerships.	Active Ageing 210139.211 \$5,200 % of Over 3 years	Community Capacity Building
5.14	Promote and support the sharing of indigenous elder story telling	RAP - CCB	Community Capacity Building
5.15	Develop initiatives to support integration of older CaLD members of the community	CCB	Community Capacity Building
6.3	Amend the existing memorial to better reflect the use of land	21013.2110 % of	Bert England Lodge
7.1	Commercial rental property plan to be developed working in conjunction with Rockingham Active Ageing Precinct Masterplan	210126.1344 \$20,000 %of	Challenger Court
7.2	Independent satisfaction survey conducted annually	210126.1434 \$20,000 %of	Challenger Court

Key Element numerical number	Implementation Action	Estimated Cost (\$)	Represented in which Team Plan? Or in Asset Management Plan Or in Infrastructure Plan?
7.3	Review the Retirement Villages legislation. The Western Australian Government has approved the release of the draft report into the review of the laws covering Retirement Villages	210126.1434 \$20,000 % of	Challenger Court
7.4	Implement changes in policy and procedures as required with changes to the Retirement Villages Act, Regulations and Code	210126.1434 \$20,000 % of	Challenger Court
7.5	Memorial on Challenger Court amended	Challenger Court Operation Budget	Challenger Court
7.8	Investigate feasibility of outsourcing management of the facility	Challenger Court Operational Budget	Challenger Court

Year 3: 2015/2016

Key Element numerical number	Implementation Action	Estimated Cost (\$)	Represented in which Team Plan? Or in Asset Management Plan Or in Infrastructure Plan?
1.1	Promote the City of Rockingham as a great place to live and work through medical networks, service providers, volunteer organisations and community groups, to attract more services 2013/14 Use effective media to tell the story 2015/16 Produce video on Rockingham as a great place to live	Health 210078.1273 \$40,000 % of	Economic Development Executive Services Department Health Community Development
1.2	Facilitate organisations/groups/providers/individuals to provide healthy programs to increase mental, social and physical wellbeing for older persons	Health 210078.1273 \$40,000 % of Over 2 years Active Ageing 210139 2110 \$8,000 Over 3 years	Planning & Development Services Executive Services Department Health Community Capacity Building
1.3	Support organisations by demonstrating high level of demand for services to Health Professionals in Rockingham i.e. GP Super Clinic	Health 210078.1273 \$40,000 % of	Planning & Development Services Department Health
1.4	Provide allied health support in an age-friendly environment offering relevant services for seniors through the Autumn Centre	Nil	Community and Leisure Facilities
2.2	Promote existing transport options of services to residents by Increase industry and community knowledge of availability of Community Transport for older persons	Nil	Engineering Services Community Support Services Community Capacity Building
3.1	Demonstrate to developers with population statistics and predicted level of demand for aged care beds	Nil	Community Infrastructure Planning Community Capacity Building (Active Ageing, Community Support Services)
3.6	Investigate a pilot study to audit existing retirement villages for infrastructure	Nil	Engineering Services

Key Element numerical number	Implementation Action	Estimated Cost (\$)	Represented in which Team Plan? Or in Asset Management Plan Or in Infrastructure Plan?
4.3	Cater to those that do not have a computer or computer access by facilitating and supporting face to face expos, displays, local event, shopping centre displays 2013/14 -Shopping Centre Displays Seniors Expo/Partnership Care Options Library Displays 2015/16 – Educate Community re notice boards	210139.2107 \$7290 %of	Community & Leisure Facilities Community Capacity Building Community Safety Executive Services
4.4	Promote activities, events and services on more than one occasion and by more than one means of media	210139.2108 \$7280 %of	Community Capacity Building Corporate Services Executive Services
4.5	Promote City Safe Awareness programs and events for the older person and encourage participation. Encourage seniors to join the Safety for Seniors Program	City Safe 210070.1285 \$15,000 % of	Community Safety Community Capacity Building City Safe
4.6	Autumn Centre to encourage different methods of communication with seniors including provision of seniors activities outlying community centre i.e. Singleton Community Centre, Golden Bay Coastal Community Centre, Secret Harbour Community Centre, Port Kennedy Community Centre and Baldivis Recreation Centre	Nil	Community and Leisure Facilities
5.2	Facilitate and support the development of intergenerational relationships to increase participation between young people and seniors	Youth Approx. \$15,0000	Community Capacity Building Community Support Services City Safe Community & Leisure Facilities
5.3	Express to older persons to volunteer within the community	Community Services 210094.1201 \$8,000 % of	Community Services Community Capacity Building

Key Element numerical number	Implementation Action	Estimated Cost (\$)	Represented in which Team Plan? Or in Asset Management Plan Or in Infrastructure Plan?
5.4	Facilitate mental health initiatives and physical lifestyle activities/education for older persons 2013/14 – Construct 3 year Implementation Plan with Mental Health Services/Libraries and community facilities to hold active and educational sessions 2015/16 – Recognise and evaluate services that have been held within the City	Healthy Communities CCB 210139.2109 \$1560 %of Planning & Development	Community Capacity Building Planning & Development Community Development
5.5	Work with local organisations, industries and community to identify businesses that would like older persons with specific skills to work for them, either in a paid or voluntary capacity and promote to older persons..	Active Ageing 210139.2111 \$5,500	Community Capacity Building Corporate Services Executive Services
5.6	Regularly promote achievements of seniors and youth in local papers and community; ie Community Awards	All	Community Capacity Building Executive Services
5.7	Encourage seniors to be active in learning and support educational opportunities	Healthy Communities CCB 210139.2100 \$11,400 %of Planning & Development	Community Capacity Building Executive Services
5.8	Work with those who are socially isolated and facilitate connection building 2013/14 – Educate resident on availability of program 2015/16 – Design sustainable programs	Approx - \$150,000 Over 3 years Social Inclusion Grants	Community Services Community Capacity Building Community Safety Community Leisure and Facilities
5.9	Cultural Development and the Arts to provide opportunities for participation for residents over the age of 50, and events to be age friendly.	\$50,000 CCB Over 3 years	Community Capacity Building Community Safety Community Leisure and Facilities

Key Element numerical number	Implementation Action	Estimated Cost (\$)	Represented in which Team Plan? Or in Asset Management Plan Or in Infrastructure Plan?
5.10	Increase awareness and usage of the Community Security Service amongst older persons	210070.1549 \$43,680 % of	Community Safety
5.11	Promote and encourage use of Seniors Security Subsidy Scheme	210070.1401 \$43,680 % of	Community Safety
5.12	Provide support in increasing membership and participation in the Safety for Seniors Program	210070.1301 \$2,704 % of	Community Safety Community Capacity Building
5.13	Dementia specific initiatives: Formulate a 3 year plan for Dementia specific program activities. Prepare an Implementation partnership Plan for Dementia Specific Programs/Activities and select partnerships.	Active Ageing 210139.211 \$5,200 % of Over 3 years	
5.14	Promote and support the sharing of indigenous elder story telling		Community Capacity Building
5.15	Develop initiatives to support integration of older CaLD members of the community		Community Capacity Building
7.1	Commercial rental property plan to be developed working in conjunction with Rockingham Active Ageing Precinct Masterplan	210126.1344 \$20,000 %of	Challenger Court
7.2	Independent satisfaction survey conducted annually	210126.1434 \$20,000 %of	Challenger Court
7.3	Review the Retirement Villages legislation. The Western Australian Government has approved the release of the draft report into the review of the laws covering Retirement Villages	210126.1434 \$20,000 % of	Challenger Court
7.4	Implement changes in policy and procedures as required with changes to the Retirement Villages Act, Regulations and Code	210126.1434 \$20,000 % of	Challenger Court
7.5	Memorial on Challenger Court amended		Challenger Court
7.8	Investigate feasibility of outsourcing management of the facility		Challenger Court

9.0 DEFINITIONS

Activity and Key Elements

Activities are those “things” that need to be done in order to meet the objectives of any particular Aspiration of the Community Plan. Each Activity will cover various Key Elements.

Key Elements are those Key Issues that will be addressed within an activity to close the gap between a current and a desired state indicated in a Specific Purpose Strategy. Under each Key Element would be a list of Implementation Actions that need to be completed, in order to achieve the expectations for that Activity. Each of these Implementation Actions will also be represented in a Team Plan, or the Asset Management Plan, or the Infrastructure Plan.

Aged Care Act 1997

(“the Act”) The principle legislation that regulates the residential aged care program from 1 October 1997. The Act covers residential aged care (including former nursing homes and hostels, called aged care facilities in these guidelines), flexible care (including former Multi Purpose Services and Extended Aged Care at Home), and community care (Community Aged Care Packages). The Act does not cover Home and Community Care Services, Carers Allowance (formerly Domiciliary Nursing Care Benefit), and aged care services that are administered under state or territory legislation (such as Retirement Villages). The Act supersedes the National Health Act 1953, which regulates the nursing home industry and the Aged or Disabled Persons Care Act 1954, which regulated the provision of hostel care, Community Aged Care packages and capital funding for nursing homes and hostels for most purposes.

Ageing in Place

An approach that aims to provide residents with appropriate care and increased choice, by allowing them to remain in the same aged care facility, if their care needs change from low to high. It also allows couples with different levels of care, to be cared for in the same aged care facility. One of the objectives of Australian Government Aged Care Legislation is ‘to promote ageing in place through the linking of care and support services to the places where older people prefer to live’ (Aged Care Act 1997). Service providers must fully consider the balance between additional services for clients, to allow ageing in place. To provide the appropriate care required, services must comply with the requirements for both low and high level care set out in the Aged Care Act 1997. refer to Ageing in Place policy paper.

Approved Provider

A person or body approved by the Secretary of the Department of Health and Ageing, to operate Australian Government funded aged care services. Applicants for approval must meet specified criteria (including the suitability of their key personnel) before they can be approved.

Aspirations

There are a total of 16 Aspirations (captured under the headings “*Community*”, “*Infrastructure and Services*”, “*Environment and Land use*” and “*Civic Leadership*”) that Council aspires to achieve in order to meet the Community’s expectations as captured in the Community Plan.

Asset Management Plan

The Asset Management Plan addresses the costs associated with the maintenance of the City’s assets over the next 10 years. The Asset Management Plan is informed by the Rockingham Community Plan and the Specific Purpose Strategies.

Budget

Budgets are informed by the Team Plans, and are prepared annually, to guide decision making with regards to available funds. Budgets are fed by the Team Plans and thus also follow the Rockingham Community Plan.

Carer

A Carer can include family members, next of kin, friend or neighbour who has been identified as providing regular and sustained care and assistance to a person, without payment other than a pension or benefit. A carer may/may not also be the person’s advocate/ guardian.

City Business Plan

The City Business Plan is a financial document which culminates the information presented in the Team Plans, Asset Management Plan, Infrastructure Plan and Revenue Strategy into one comprehensive picture representing the 10-year Financial Position of the City of Rockingham. The City Business Plan is a document that ensures the financial sustainability for the future strategic positioning of the Council and follows the Rockingham Community Plan.

Community Aged Care Packages (CACPs)

CACPS are targeted towards frail older people living in the community who require management of services because of their complex care needs. These people would otherwise be eligible for at least low level residential care. Individually planned and coordinated packages of care, designed to meet older people’s daily care needs in the community.

Community Care

Care provided to people in the community encompassing a range of programs including Community Aged Care Packages (CACPs) and Home and Community Care (HACC). N.B: In the Aged Care Act 1997, community care refers solely to Community Aged Care Packages.

Extended Aged Care at Home (EACH)

Extended Aged Care at Home packages are individually planned and coordinated packages of care, tailored to help frail, older Australians, to remain living at home. They are funded by the Australian Government to provide for the complex care needs of older people.

Flexible Care

Flexible care means care provided in a residential or community care setting, through an aged care service that addresses the needs of care recipients in alternative ways to the care provided, through residential care services and community care services. Examples include Multi Purpose Services, Transition Care and EACH. GP General Practitioner.

Home and Community Care (HACC)

A program of basic maintenance and support services for frail older people, younger people with disabilities and the carers of these people to prevent premature admission to residential care. Services include home nursing, home help, respite care and assistance with meals and transport. Access to HACC services is on the basis of relative care need and the availability of services. ACAT assessment and approval is not required to access HACC.

Implementation Actions

The list of actions from the Specific Purpose Strategy which are aimed at achieving one or more Aspirations in the Community Plan. These actions are also all represented in a Team Plan.

Infrastructure Plan

The Infrastructure Plan is a 10-year Plan that addresses the Infrastructure projects for the City within a given Capital constraint, as determined by the Revenue and Operational expenses. The Infrastructure Plan is informed by the Rockingham Community Plan and the Specific Purpose Strategies.

Older People

For the purposes of service planning, older people are regarded as those 60 (plus) years of age or over 50 years if Indigenous Australians. The Act does not specify an age when a person becomes an aged person.

Residential Aged Care

Residential Aged Care personal and/or nursing care that is provided to a person in an aged care facility in which the person is also provided with accommodation that includes appropriate staffing, meals, cleaning services, furnishings and equipment, for the provision of that care and accommodation. However, residential care does not include any of the following:

- a) care provided to a person in the person's private home;
- b) care provided in a hospital or in a psychiatric aged care home;
- c) care provided in an aged care home that primarily provides care to people who are not frail and aged. Note that definitions come from Section 41-3 of Aged Care Act 1997.

Residential Care Place

Approved Providers are entitled to receive Residential Care Subsidy, on the basis of providing residential care to an approved care recipient, who occupies a place within an aged care facility, which has been approved by the Secretary for that purpose. A place is the capacity within an aged care service for the provision of one of the three types of aged care, for which subsidy is payable under the Act.

Respite Care

Respite care given as an alternative care arrangement, with the primary purpose of giving the carer or a care recipient a short term break from their usual care arrangement.

Revenue Strategy

The Revenue Strategy is a 10-year Plan that addresses all Revenue sources for the City. The Revenue Strategy is informed by the Rockingham Community Plan and the Specific Purpose Plans.

Rockingham Community Plan

The Rockingham Community Plan is a document prepared by the Community and Council which provides strategic guidance with regards to the Core Services, Facilities and Leadership the City should provide for existing and new residents in the next 10 years. The Rockingham Community Plan guides and informs all other plans within the City.

Special Needs Group

A special needs group of people that may experience unequal access to services on the basis of their circumstances, for instance Indigenous Australians, people from culturally and linguistically diverse backgrounds, people living in rural and remote areas, financially and/or socially disadvantaged people, and veterans and war widows.

Specific Purpose Strategies and Plans

A Specific Purpose Strategy or Plan is a Strategy that is aimed at achieving one or more of the Aspirations indicated in the Community Plan, with actions to implement and consideration of resource constraints (*time, financial, people*).

Team Plan

A Team Plan is a 10-year strategic implementation document that drives the implementation of the Rockingham Community Plan right through to the operational level. Every Team Plan is informed by the Rockingham Community Plan and the Specific Purpose Strategies, and contains the implementation actions as identified in the Specific Purpose Strategy.

Every operational team is held responsible for the development and implementation of a Team Plan, thus ensuring implementation of all identified activities.

Transition Care Program

Transition Care is a form of flexible care that is legislated by the Act and the Principles. Transition care is provided at the conclusion of an in-patient hospital episode. It provides a range of services that includes low intensity therapy (such as physiotherapy, occupational therapy and social work) and either nursing support and/or personal care. Transition Care is goal-oriented, time limited, therapy-focused and targeted towards older people. It helps older people complete their restorative process; optimise their functional capacity, while assisting them and their family or carer to make long term care arrangements.

Acronyms

AAS	Active Ageing Strategy
CACP	Community Aged Care Packages
CCB	Community Capacity Building
CDP	City of Rockingham Community Development Plan
CoR	City of Rockingham
EACH	Extended Aged Care at Home
HACC	Home and Community Care
ITP	Integrated Transport Plan
WHO	World Health Organisation
WALGA	Western Australian Local Government Association

10.0 BACKGROUND RESEARCH

Title	Publication Date	Author
A Walk Through PaRK	2012	Healthy WA
Accommodation Payments – Discussion Paper	Sept 2012	Australian Government – Aged Care Financing Authority
Advisory Panel on Positive Ageing	Sept 2012	Minister for Mental Health and Ageing
Age Discrimination Act 2004 – C2012C00596	2004	Commonwealth of Australia
Aged Care Reform – what could it mean for me?		COTA
Australian Ageing Agenda	Jan/Feb 2012	Australian Association of Gerontology
Australian Ageing Agenda	March/April 2012	Australian Association of Gerontology
Australian Ageing Agenda	May/June 2012	Australian Association of Gerontology
Australian Ageing Agenda	Sept/Oct 2012	Australian Association of Gerontology
Australian Ageing Agenda – Technology Review	September 2012	Australian Association of Gerontology
Care Options – Annual Report	2010-2011	Care Options
Carers Quarterly	Jan 2012	Carers WA Australia
Carers Quarterly	April 2012	Carers WA Australia
Community Plan	2012	City of Rockingham
Continued Growth in the Aged Care Sector	2012	Australian Institute of Health and Welfare
Corporate Overview	2012	Southern Cross Care (WA) Inc
COTA – For older Australians	August 2012	Aged Care Reform
Dementia in Australia	2012	Australian Institute of Health and Welfare
Facing up to the challenges of dementia	2012	Risky Business International
Firm Foundations – Flexible Futures	2012	Aged & Community Services Australia
Leading Age Services Australia	2012	Leading Age Services Australia
Living Longer. Living Better. Aged Care Reform Package	April 2012	Productivity Commission
Living Longer. Living Better. Aged Care Reform Package – Technical Document	April 2012	Productivity Commission
Milestones	2012	Alzheimer's Australia WA

Title	Publication Date	Author
Planning and Allocating Aged Care Places and Capital Grants	2009	Australian Parliament House
Realising the economic potential of Senior Australians – Turning Grey into Gold	2011	Advisory Panel on the Economic Potential of Senior Australians
The CIE – Updated Final Report – Projecting over the Four Year forward estimates Period	September 2012	The Centre for International Economics
The Standard	September 2012	Aged Care Standards and Accreditation Agency
The Weekend Australian – Health of the Nation	2011	The Australian
WA Assessment Framework Evaluation Summary Report 3	2012	GGJ Consultants
Where do I Start? Female seniors and the internet	2011	Council on the ageing (WA)

11.0 REFERENCES

Title	Publication Date	Author
Active Ageing Strategic Plan Consultation Plan	2008	Sustainable Development Facilitation
AAS	2009	City of Rockingham – prepared
An Age-friendly WA: The Seniors Strategic Planning Framework 2012 – 2017	2012	Department for Communities
Annual Report	2010	City of Rockingham
Australians deserve to age well – preparing for our future now	2012	National Aged Care Alliance
Caring for Older Australians – Overview	2011	Productivity Commission
Continued Growth in Aged Care Sector	2012	Australian Government
Caring for Older Australians – Volume 1	2011	Productivity Commission
Caring for Older Australians – Volume 2	2011	Productivity Commission
Community Capacity Building Team Plan	2010	City of Rockingham
Dementia in Australia	2012	Australian Government
Economic and Social Council – United Nations	2012	United Nations
Good Health Adds Life to Years Global brief for the World Health Day 2012	2012	World Health Organisation
Knowledge Translation on Ageing and Health A Framework for policy development	2012	World Health Organisation
International Handbook of Sociology of Ageing	2011	Chris Phillipson
Living Longer. Living Better. Aged Care Reform Update	July 2012-*	Department of Health and Ageing
Living Longer. Living Better. Aged Care Reform Update	September 2012	Department of Health and Ageing
Realising the economic potential of Senior Australians	2011	Advisory Panel on the Economic Potential of Seniors Australians
One COTA – For Older Australians	2012	COTA
Preventing social isolation in later life: findings and insight from a pilot Queensland intervention study	Aug 2012	Ageing and Society
Projections of Dementia Prevalence and Incidence in WA: 2010 – 2050	2010	Access Economics for Alzheimer's Australia WA
UK Urban Ageing Consortium		Keel University & Manchester City Council
Youth Strategy	2011	City of Rockingham

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The following groups and individuals contributed in many ways to the production of this document.

Active Ageing and Care Advisory Committee

Committee Members

Gwen Nuth	Community Member
Jan Thair	Community Member
Joy Stewart	Councillor
Lorraine Dunkling	Councillor
Ross Bradshaw	Community Member
Valerie Turnell	Community Member

Active Ageing Community Reference Group

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Document prepared by

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I wish to thank and acknowledge Sustainable Development Facilitation for the AAS Volume 1 2009 – 2014 and the current use some of the documentation within the AAS 2013-2016.

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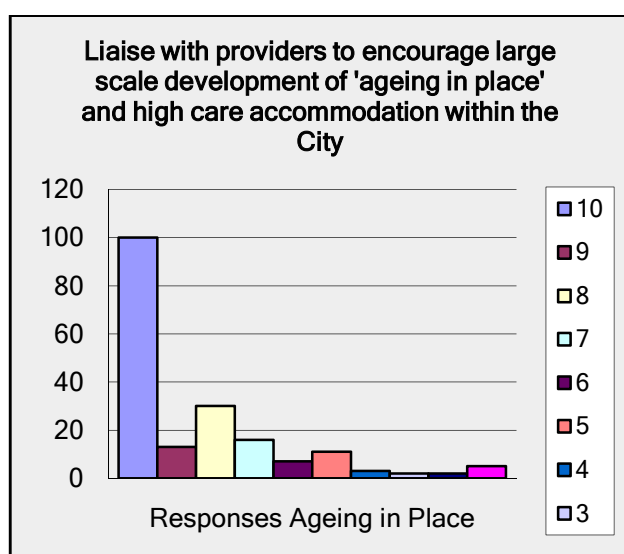
13.0 APPENDIX – 2011/2012 SURVEY RESULTS

PART 1 – Importance of current Active Ageing strategies

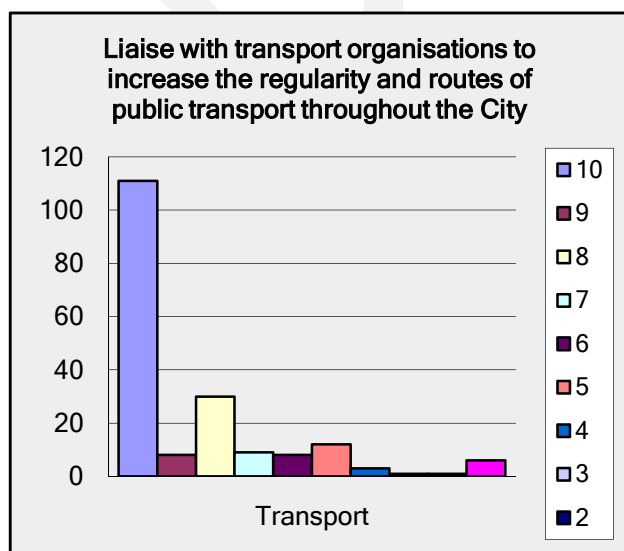
1 = Not Important

2 = Extremely Important

1. Liaise with providers to encourage large scale development of 'ageing in place' and high care accommodation within the City										
Answer Options	1	2	3	4	5	6	7	8	9	10
Responses										
Ageing in Place	5	2	2	3	11	7	16	30	13	100

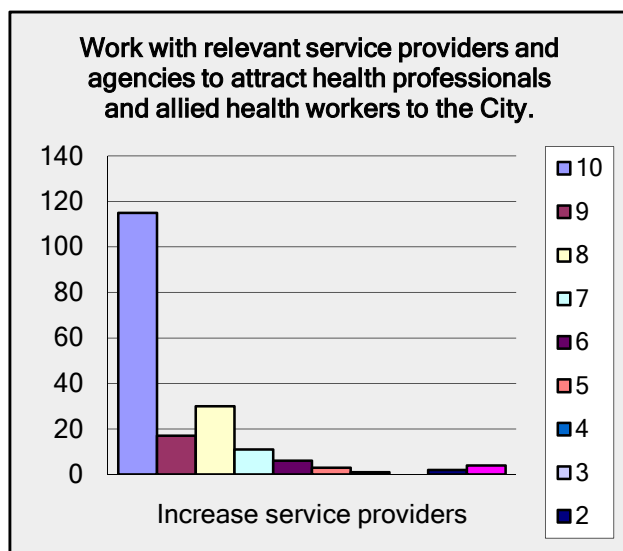


2. Liaise with transport organisations to increase the regularity and routes of public transport throughout the City										
Answer Options	1	2	3	4	5	6	7	8	9	10
Responses										
Transport	6	1	1	3	12	8	9	30	8	111



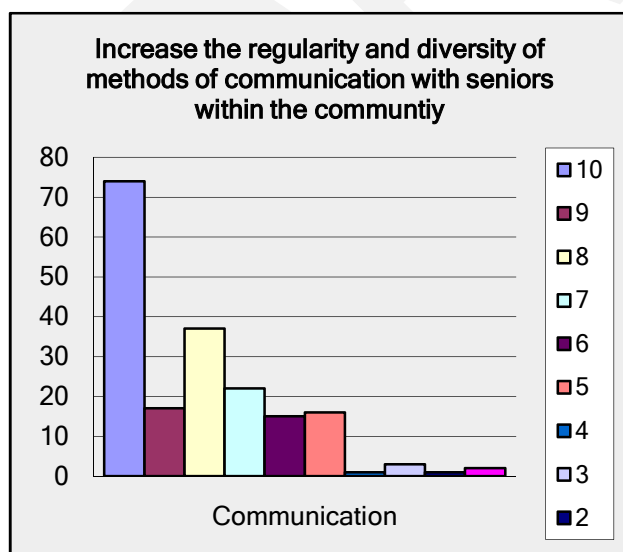
3. Work with relevant service providers and agencies to attract health professionals and allied health workers to the City.

Answer Options	1	2	3	4	5	6	7	8	9	10
Responses										
Increase service providers	4	2	0	1	3	6	11	30	17	115



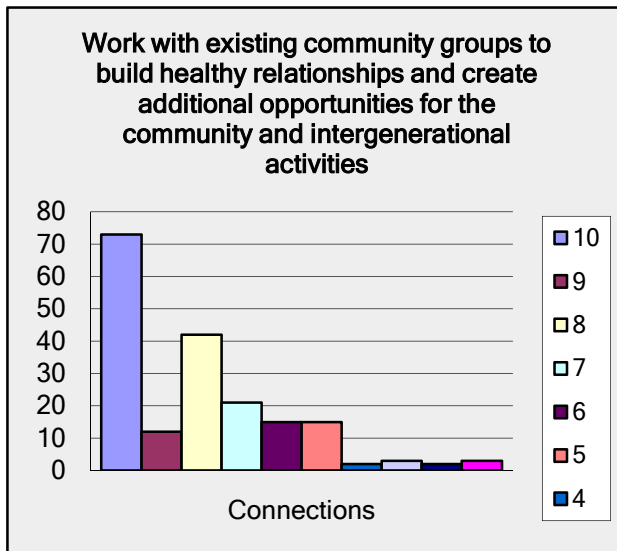
4. Increase the regularity and diversity of methods of communication with seniors within the community

Answer Options	1	2	3	4	5	6	7	8	9	10
Responses										
Communication	2	1	3	1	16	15	22	37	17	74



5. Work with existing community groups to build healthy relationships and create additional opportunities for the community and intergenerational activities

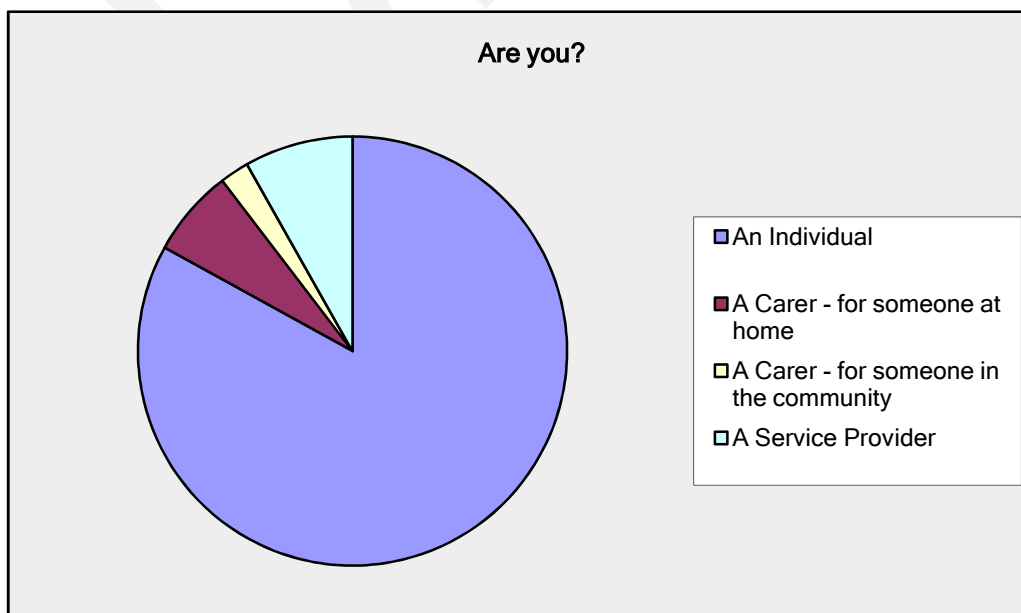
Answer Options	1	2	3	4	5	6	7	8	9	10
Responses	3	2	3	2	15	15	21	42	12	73
Connections										



PART 2 – General Information

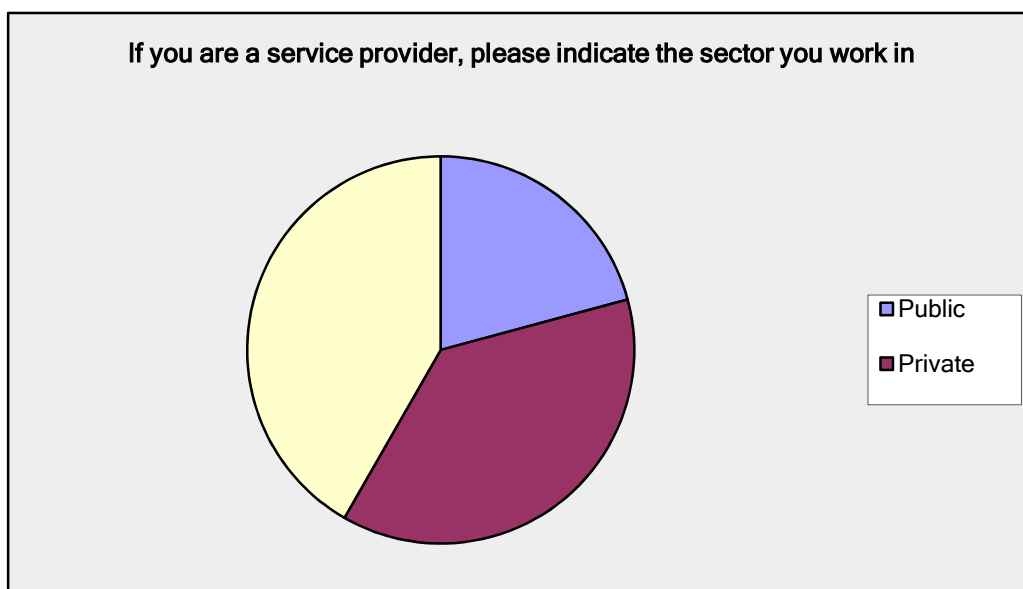
1. Are you?

Answer Options	Response Percent	Response Count
An Individual	83.1%	152
A Carer - for someone at home	6.6%	12
A Carer - for someone in the community	2.2%	4
A Service Provider	8.2%	15



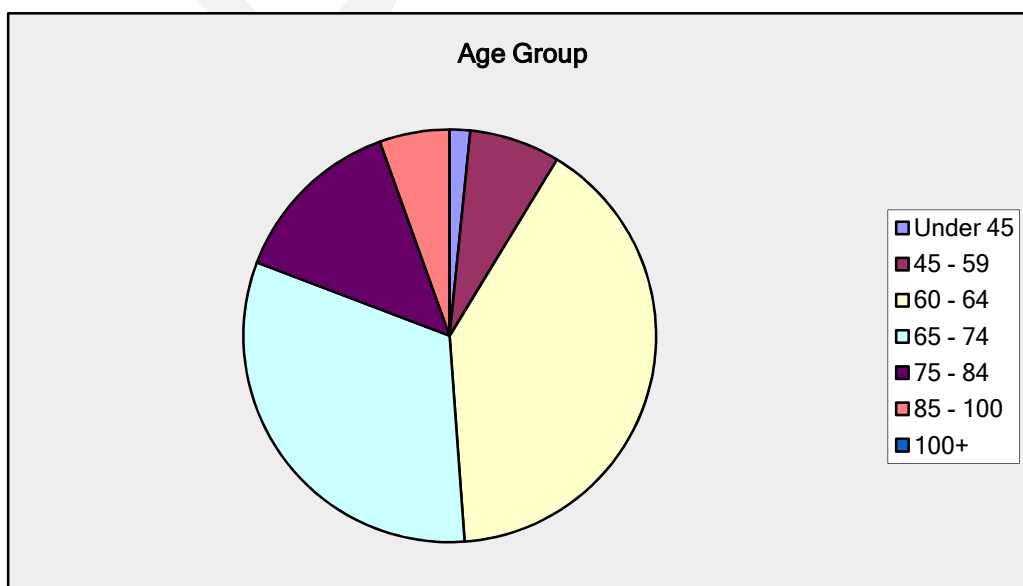
2. If you are a service provider, please indicate the sector you work in

Answer Options	Response Percent	Response Count
Public	20.8%	5
Private	37.5%	9
Community	41.7%	10



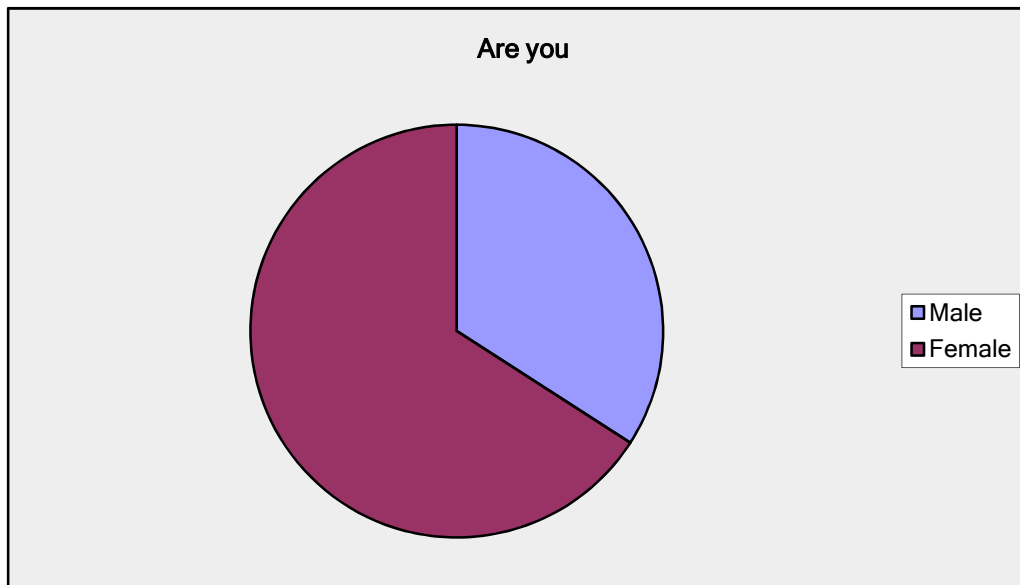
3. Age Group

Answer Options	Response Percent	Response Count
Under 45	1.6%	3
45 - 59	7.1%	13
60 - 64	40.1%	73
65 - 74	31.9%	58
75 - 84	13.7%	25
85 - 100	5.5%	10
100+	0.0%	0



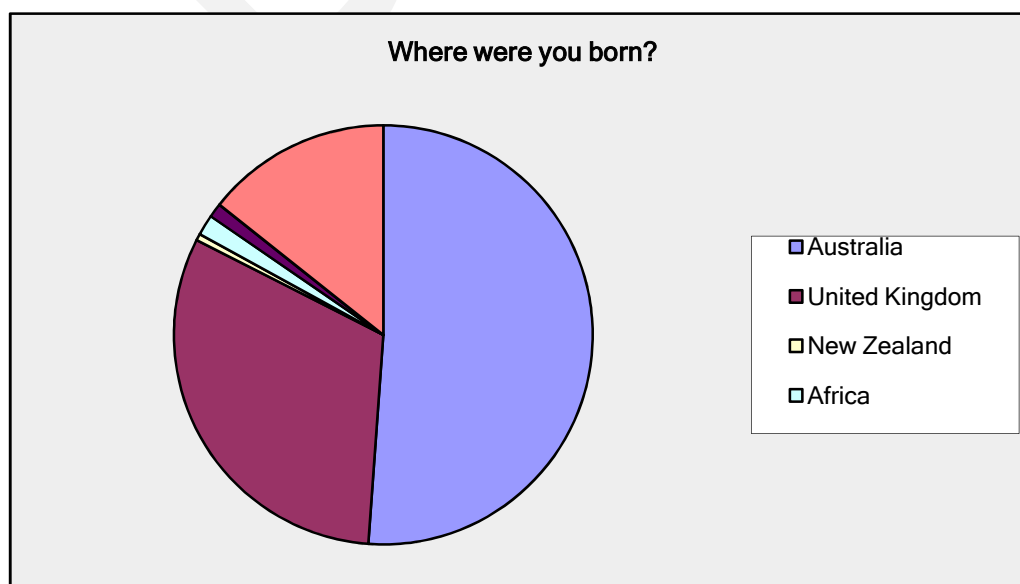
4. Are you

Answer Options	Response Percent	Response Count
Male	34.1%	62
Female	65.9%	120



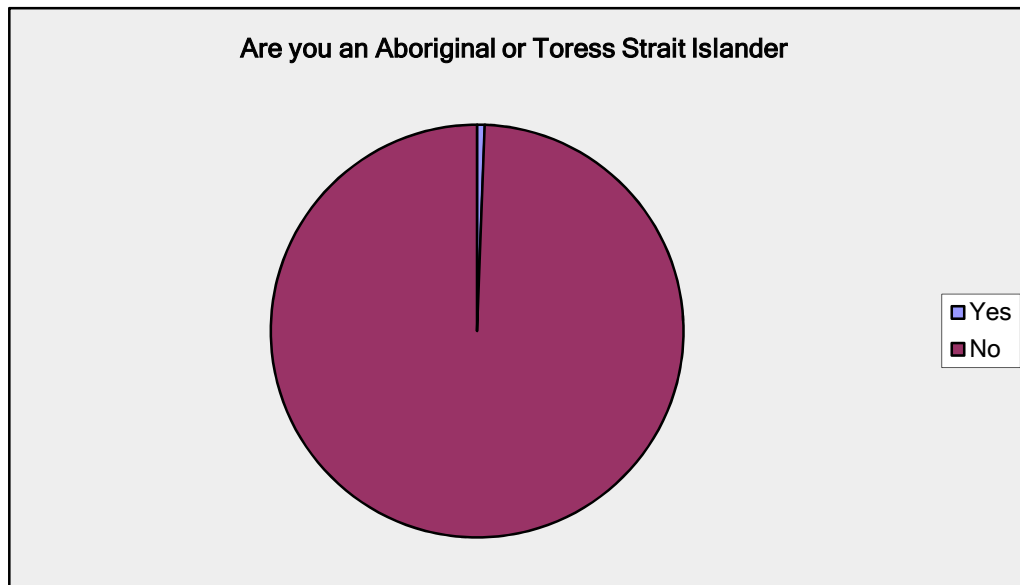
5. Where were you born?

Answer Options	Response Percent	Response Count
Australia	51.1%	93
United Kingdom	31.3%	57
New Zealand	0.5%	1
Africa	1.6%	3
America	1.1%	2
Other (please specify)	14.3%	26



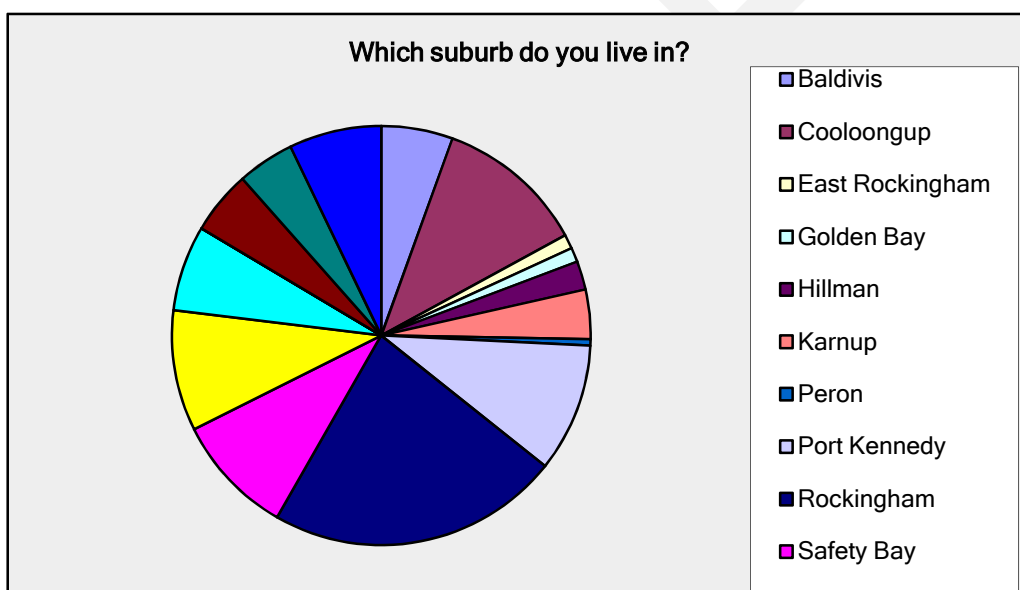
6. Are you an Aboriginal or Toress Strait Islander

Answer Options	Response Percent	Response Count
Yes	0.6%	1
No	99.4%	175



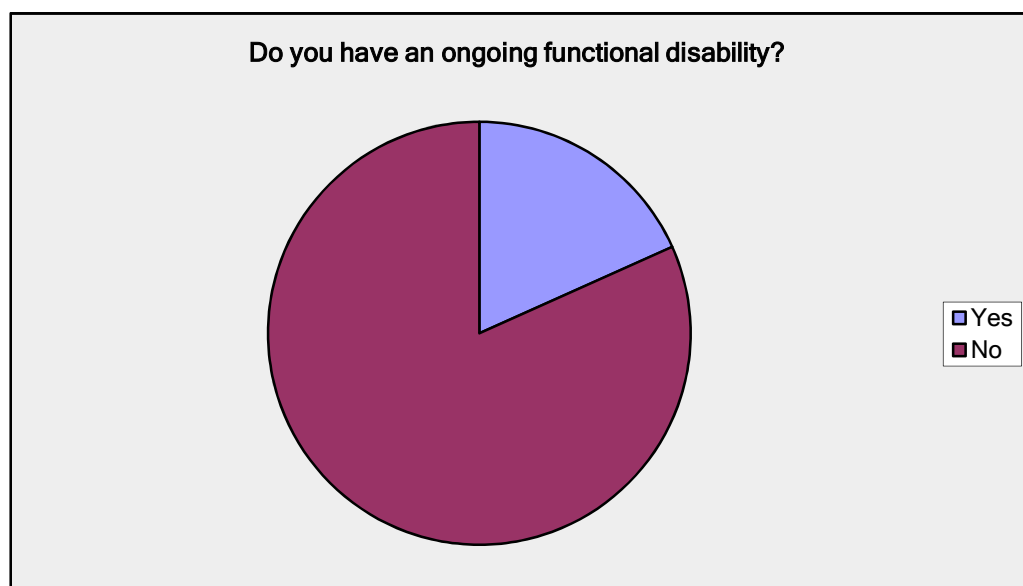
7. Which suburb do you live in?

Answer Options	Response Percent	Response Count
Baldivis	5.5%	10
Cooloongup	11.5%	21
East Rockingham	1.1%	2
Golden Bay	1.1%	2
Hillman	2.2%	4
Karnup	3.8%	7
Peron	0.5%	1
Port Kennedy	9.9%	18
Rockingham	22.5%	41
Safety Bay	9.3%	17
Secret Harbour	9.3%	17
Shoalwater	6.6%	12
Singleton	0.0%	0
Waikiki	4.9%	9
Warnbro	4.4%	8
Other (please specify)	7.1%	13



8. Do you have an ongoing functional disability?

Answer Options	Response Percent	Response Count
Yes	18.3%	33
No	81.7%	147
If yes can you provide more information?		27

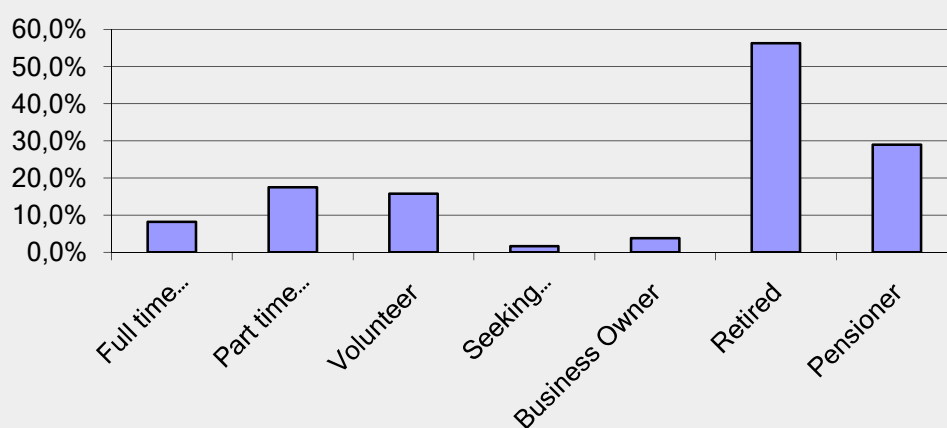


If yes can you provide more information?	
Muscle Weakness	Parkinsons disease
Trouble Walking/Mobility x 5	Knee Replacement
Deafness x 2	Sight
Arthritis x 6	Loss of balance necessitating use of stick or walker.
Alzheimer's	Chronic Back Pain
Titanium Hip	Back, shoulder, knee problems, but not totally debilitating
Emphysema	Multiple Sclerosis
Macular degeneration x 2	Osteoporosis
Some hearing difficulties	

9. Which of the following best describes you (tick more than one if relevant)?

Answer Options	Response Percent	Response Count
Full time employment	8.2%	15
Part time employment	17.5%	32
Volunteer	15.8%	29
Seeking Employment	1.6%	3
Business Owner	3.8%	7
Retired	56.3%	103
Pensioner	29.0%	53

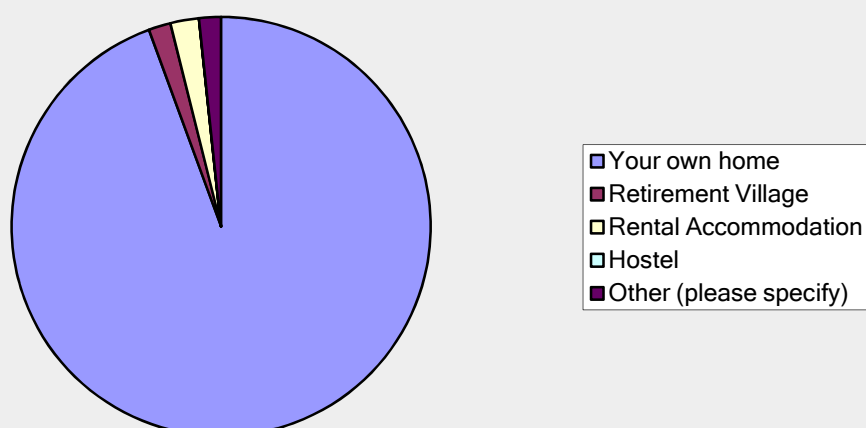
Which of the following best describes you (tick more than one if relevant)?



10. Do you live in

Answer Options	Response Percent	Response Count
Your own home	94.5%	171
Retirement Village	1.7%	3
Rental Accommodation	2.2%	4
Hostel	0.0%	0
Other (please specify)	1.7%	3

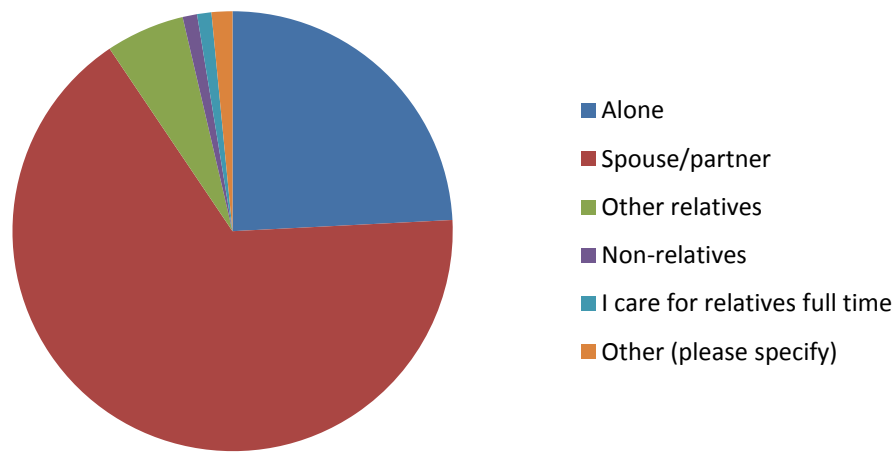
Do you live in



11. Who do you currently live with?

Answer Options	Response Percent	Response Count
Alone	25.1%	46
Spouse/partner	68.9%	126
Other relatives	6.0%	11
Non-relatives	1.1%	2
I care for relatives full time	1.1%	2
Other (please specify)	1.6%	3

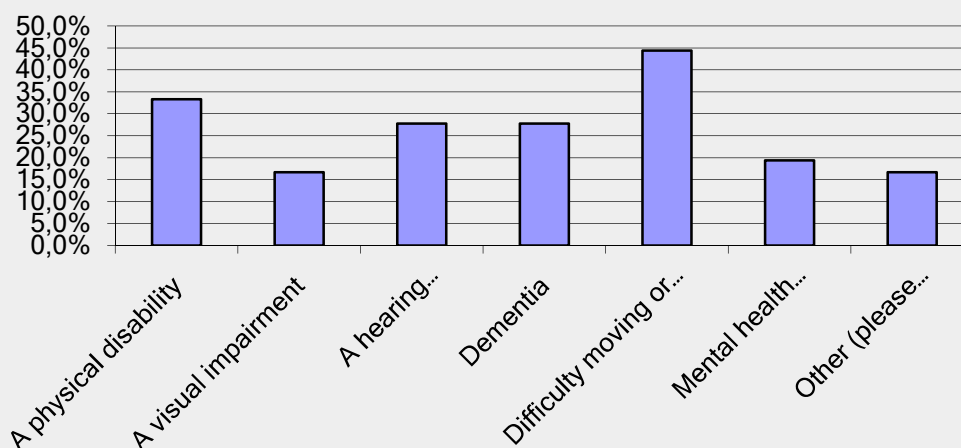
Who do you currently live with?



12. Are you currently providing support or care to an older person who has (tick all that apply)

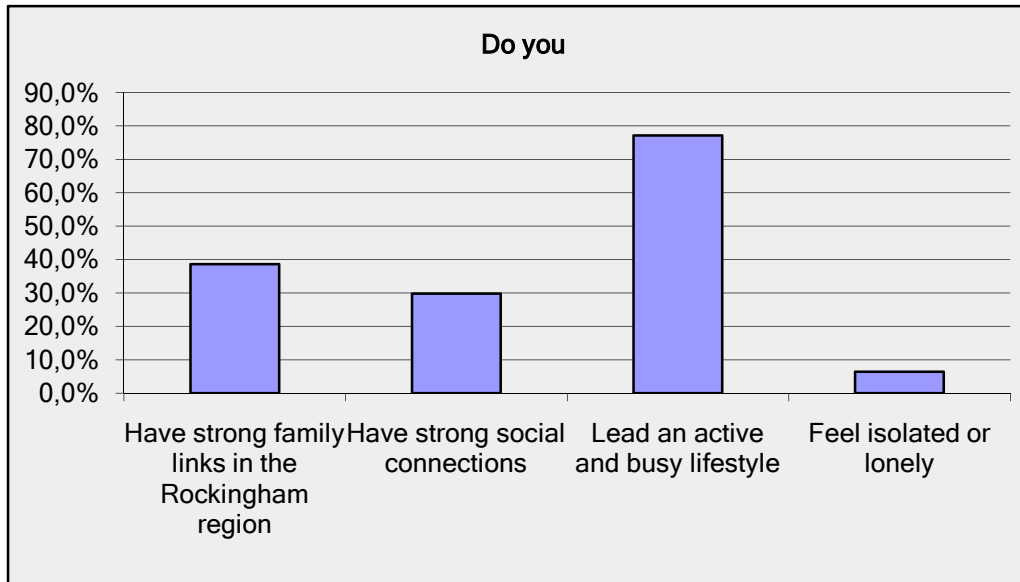
Answer Options	Response Percent	Response Count
A physical disability	33.3%	12
A visual impairment	16.7%	6
A hearing impairment	27.8%	10
Dementia	27.8%	10
Difficulty moving or walking	44.4%	16
Mental health problems	19.4%	7
Other (please specify)	16.7%	6

Are you currently providing support or care to an older person who has (tick all that apply)



13. Do you

Answer Options	Response Percent	Response Count
Have strong family links in the Rockingham region	38.6%	66
Have strong social connections	29.8%	51
Lead an active and busy lifestyle	77.2%	132
Feel isolated or lonely	6.4%	11
If you answered isolated or lonely, can you think of any reasons why		9



If you answered isolated or lonely, can you think of any reasons why

because I have not friend
sometime lonely. I have multiple myeloma & in winter I get very sick so tend to stay indoors a lot.
Worked mostly in Country for 38 years - all social contacts there.
Better transport schedule (CAT bus) stopping at Autumn centre, hospital, library and shopping malls.
Suitable, secure activity. Lack of opportunities for older people
No family here, Language
We no longer own a car.
Mostly health related
Becoming more active, but depression is hard for a normally outgoing person!

14. What is the highest level of schooling you completed?

Answer Options	Response Percent	Response Count
I did not go to school	0.0%	0
Primary	7.1%	13
Secondary	62.8%	115
University	22.4%	41
Other (please specify)	13.1%	24

