

## Age Friendly City Plan

In order to respond to the challenges of an aging population, the City of Fremantle identified the development of an Age Friendly City Plan as an action of the Strategic Plan 2010 – 2015. The Fremantle Local Government Area has a population of 28 105 of which 28.8 percent are over the age of 55 years. This is significantly above that of Perth (22.7%) and Western Australia (22.9%) and is forecast to grow by 10 percent in the next five years.

An Age Friendly City is an inclusive and accessible urban environment that promotes active ageing. The City of Fremantle's vision for an Age Friendly City is one where:

- Older residents live in good health, feel safe and remain active in their local communities.
- Barriers people can encounter as they grow older are addressed and removed.
- Services, policies and structures support and allow people to actively age.
- The physical environment is designed with consideration to the needs of older people.

The World Health Organisation established the eight domains of the urban environment that contribute to healthy and active ageing. These domains include social participation, community support and health, housing, civic participation and employment, communication and information, transportation, outdoor spaces and buildings and respect and inclusion and transport.

The City of Fremantle completed significant community consultation with the over 55's community around the eight domains to assist in the development of the Age Friendly City plan. The consultation included focus groups with community members and aged care services and an online survey. 22 service providers and 99 community members participated.

In general, older people said that they like living in the Fremantle region and considered the city to be vibrant, diverse, inclusive and friendly with wonderful physical assets. Consultation feedback on the age friendliness of the city assisted in the development of the plan.

The plan identifies strategies and actions within the eight domains. These strategies are:

- Provide a range of lifelong learning activities that encourage older people to participate in community life.
- Assist people in Fremantle to age positively and actively by providing appropriate information and support to maximise health and wellbeing.

- Ensure that there is provision of housing which is diverse and affordable to meet the current and future needs of the older people.
- Create opportunities for older people to actively participate in the community through civic involvement and paid and voluntary work.
- Provide accessible information on aged care services, health, finance, retirement, community groups and clubs in a variety of formats.
- Ensure that older people are able to move around their community easily through public and active transport.
- Ensure that older people have the same opportunities as other people to access the City's buildings, facilities, parks, reserves, playgrounds and beaches.
- Provide activities that promote positive images of older people of diverse cultures and increase community participation.

The strategies and actions are practical, realistic and reflective of the City's diverse role. They will be implemented over a three year time period.

## 1. Social participation

**Strategy: Provide a range of lifelong learning activities that encourage older people to participate in community life.**

| No. | Action   |
|-----|--|
| 1.1 | Implement a program of activities and courses at various locations that encourage participation in arts, culture, and music.   |
| 1.2 | Investigate options for the provision of community space within the Fremantle LGA for older people and community groups to meet.   |
| 1.3 | Provide programs that encourage older people to try new and different sports and participate in physical activity.   |
| 1.4 | Investigate how the Fremantle Library can position the service to meet the needs of an ageing population in respect to resource capacity, program delivery and structural and space limitations. |

## 2. Community Support and Health Services

**Strategy: Assist people in Fremantle to age positively and actively by providing appropriate information and support to maximize health and wellbeing.**

| No. | Action  |
|-----|---|
| 2.1 | Facilitate the establishment of a network of Fremantle based aged care providers to improve communication.  |
| 2.2 | Facilitate an annual senior's forum which provides information to older people to navigate the aged care system.  |
| 2.3 | Investigate how the Fremantle Leisure Centre can position the service to meet the needs of an ageing population in respect to resource capacity, program delivery and structural and space limitations. |
| 2.4 | Support the provision of a range of services for older people in the Fremantle local government area.   |
| 2.5 | Investigate opportunities for the installation of exercise equipment at South Beach and Hilton Park.  |

### 3. Housing

**Strategy:** Ensure that there is provision of housing which is diverse and affordable to meet the current and future needs of the older people.

| No. | Action  |
|-----|---|
| 3.1 | Collect information on housing affordability and availability in Fremantle to provide to the State and Federal Government.  |
| 3.2 | Advocate for changes to the local planning scheme to encourage the development of affordable housing.   |
| 3.3 | Consider statutory changes to the local planning scheme to promote accessible and age appropriate housing.  |
| 3.4 | Establish partnerships with local community housing providers to enable the provision of affordable housing in large development projects and sites owned by the City of Fremantle. |

#### 4. Civic participation and employment

**Strategy: Create opportunities for older people to actively participate in the community through civic involvement and paid and voluntary work.**

| No. | Action   |
|-----|--|
| 4.1 | Develop and implement a range of mechanisms that enable the input of older people into City of Fremantle community engagement processes.                 |
| 4.2 | Support City of Fremantle older employees through flexible work arrangements leading to retirement.  |
| 4.3 | Support local organisations to recruit and retain volunteers through the Fremantle Volunteer Service.  |
| 4.4 | Implement a health and wellbeing program for all staff at City of Fremantle.   |
| 4.5 | Improve volunteer opportunities at the City of Fremantle by developing and implementing organisational recruitment, retention and recognition processes. |

## 5. Communication and information

**Strategy: Provide accessible information on aged care services, health, finance, retirement, community groups and clubs in a variety of formats.**

| No. | Action   |
|-----|--|
| 5.1 | Develop and implement a communication strategy promoting the services provided by the City of Fremantle for older people.                      |
| 5.2 | Upgrade the City of Fremantle website to ensure it meets accessibility guidelines set out by Vision Australia and the Disability Services Act. |
| 5.3 | Provide Fre-info - a community information service.  |
| 5.4 | Review the way information is provided by the City of Fremantle and ensure that it is available in a range of formats.                         |

## 6. Transportation

**Strategy: Ensure that older people are able to move around their community easily through public and active transport.**

| No. | Action   |
|-----|--|
| 6.1 | Advocate to the State Government authorities to improve public transport for older people.   |
| 6.2 | Continue to contribute to the funding of the Central Area Transit (CAT) Service to allow for easy mobility around the Fremantle central business district. |
| 6.3 | Investigate and advocate for a light rail transport system in Fremantle.   |
| 6.4 | Extend the network of walking trails around the Fremantle Local Government Area to encourage active transport.   |
| 6.5 | Extend the network of bike only and shared use pathways to encourage cycling.  |
| 6.6 | Promote walking and cycling trails in the Fremantle local government area to encourage walking and cycling.  |



## 7. Outdoor spaces and buildings

**Strategy:** Ensure that older people have the same opportunities as other people to access the City's buildings, facilities, parks, reserves, playgrounds and beaches.

| No. | Action   |
|-----|--|
| 7.1 | Identify areas in the Fremantle local government area where better seating and shading are required and develop and implement a schedule of works. |
| 7.2 | Upgrade key community facilities to ensure they are accessible to older people.  |
| 7.3 | Improve pathways through the City of Fremantle to allow for easy mobility.   |
| 7.4 | Identify night time pedestrian pathways and develop a schedule of works to improve lighting.   |
| 7.5 | Investigate the feasibility of a central business district security patrol.  |

## 8. Respect and Inclusion

**Strategy: Provide activities that promote positive images of older people of diverse cultures and increase community participation.**

| No. | Action   |
|-----|--|
| 8.1 | Celebrate the achievements of older people through a range of events, activities and media.  |
| 8.2 | Implement a range of initiatives that encourage intergenerational and cross cultural relationships.  |
| 8.3 | Provide educational opportunities and workshops for older people that enable access to new technologies.   |
| 8.4 | Provide opportunities for older people to contribute to the delivery of City of Fremantle run services through community reference groups and other community engagement mechanisms. |
| 8.5 | Implement a customer service charter.  |
| 8.6 | Review the City of Fremantle's feedback management system to ensure a variety of methods to provide feedback are available.  |