

BURNIE CITY COUNCIL



AGE FRIENDLY COMMUNITIES PLAN

2016



Document Control

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Introduction

In 2006 the World Health Organisation (WHO) brought together 33 cities of varying sizes throughout the world to discover what makes a city a good place in which to grow old. Crucially, this initiative involved older people at every stage. Using the same approach, the Canadian Government worked with small rural communities to find out what small communities are age friendly. The recommendations from this work were released in 2007 in the *WHO Global Age friendly Cities: A Guide and Age friendly Rural and Remote Communities: A Guide*, from these recommendations eight key domains were identified:

- Outdoor spaces and buildings
- Transportation
- Housing
- Social participation
- Respect and social isolation
- Civic participation and employment
- Communication and information
- Community support and health services

According to the WHO study, age friendly policies can have a significant impact by:

- Helping people remain active
- Helping people find and access needed services
- Decreasing social isolation
- Improving overall quality of life

The benefits of an age friendly community improve the overall conditions for people of other ages, including:

- Pregnant women
- Parents with strollers
- People with injuries, sight, hearing or mobility limitations

This Action Plan is best described as a living document, the first of many versions. It is designed to be evaluated and updated in three or five year increments to keep up to date and to remain relevant.



In August 2015, the Burnie City Council adopted the World Health Organisation's (WHO) Age friendly Communities Program to form the foundation of a strategic direction to recognise and promote positive ageing in the Burnie community. WHO livability domains will form the framework for Burnie's baseline assessment and the development of the Action Plan.

This is a five year commitment to improve Burnie's liveability by developing and implementing positive ageing policies and strategies to advance the interests of older residents and visitors to this community.

Becoming part of an age friendly community's network will see Burnie committing to work towards improving its liveability for all people. This involves a rigorous five year membership assessment cycle consisting of planning, implementing, evaluating and continuously improving.

What is an Age friendly Community

WHO defines an Age friendly Community:

"An Age friendly Community encourages active ageing by optimising opportunities for health, participation and security in order to enhance quality of life as people age. In practical terms an age friendly community adapts its structures and services to be accessible to and inclusive of older people with varying needs and capacities."

Age friendly Communities are places where older people live safely, enjoy good health and stay involved. Being age friendly means:

- Having structures and services that are accessible and inclusive of older people with varying needs and capabilities,
- Emphasises enablement rather than disablement, and
- Is friendly for people of all ages and abilities.

Why should cities become more age friendly?

WHO states that population ageing is one of the biggest social transformations in the 21st century. Adapting city structures to the needs of a growing older population is a sound preparation to meet the challenges of changing demographics. Between 2000 and 2050, the proportion of the world's population over 60 years will double from about 11% to 22%, to about 2 billion people in total. Of these, 395 million will be over the age of 80. By 2050, older adults will have outnumbered all children under the age of 14. Most of today's adults and children will be ageing in cities.

Making cities more age friendly is a sound investment. Supportive and enabling environments allow people to stay independent longer and in turn cities and communities benefit from the contributions of older people. An age friendly city fosters solidarity among generations within communities, facilitating social relationships and bonds between residents of all ages.

Age friendly Cities Benefit all Ages

An age friendly city is barrier-free, designed for diversity, inclusion and cohesion. It can make a city a city of choice for all generations – a great place to live, have a family and grow old in. Age friendly environments allow people to stay active, connected and positively contribute to economic, social and cultural life in their community long into their old age.

An age friendly city is really a city for all ages. Age friendly cities design and adapt their natural and built environment for residents of all ages and different capacities – accessible and safe road and transport infrastructure, barrier-free access to buildings and houses, public seating and sanitary facilities, among others. Age friendly cities can prevent and delay age-related illnesses through the provision of community support and health care services, enabling older people to maintain their health and independence for as long as possible. These support services also benefit younger generations.



Snapshot of Burnie's seniors

The tables below are taken from the 2011 Census for persons aged 55+ years.

Table 1: Industries of Employment	55-64yr	65-74yr	75-84yr	85yr+
Managers	13%	23%	37%	0%
Professionals	16%	16%	0%	0%
Technicians & Trades Workers	14%	11%	1%	0%
Community & Personal Service Workers	11%	8%	1%	0%
Clerical & Admin Workers	15%	14%	1%	0%
Sales Workers	6%	5%	0%	0%
Machinery Operators & Drivers	9%	8%	1%	1%
Labourers	13%	13%	13%	0%
Inadequately Described/Not Stated	1%	2%	1%	0%

(ABS 2011 Census of Industry of Employment (C) (LGA60610) 611sq Kms)

The 2011 Census was focused on Carers, Burnie's statistics are tabled below.

Table 2: Population & Housing - Carers	55-64yrs	65-74yrs	75-84yrs	85yr+
Has need for assistance	8%	10%	19%	47%
Does not have need for assistance	87%	84%	74%	45%
Need for assistance not stated	4%	5%	7%	8%

(ABS 2011 Census of Population and Housing Burnie (C) (LGA60610) 611sq Kms)

Table 3: Voluntary Work for an Organisation	55-64yrs	65-74yrs	75-84yrs	85yr+
Volunteer	20%	23%	15%	6%
Not a Volunteer	74%	65%	64%	56%
Voluntary work not stated	5%	12%	21%	38%

(ABS 2011 Census of Voluntary Work for an organisation Burnie (C) (LGA60610) 611sq Kms)

Table 4: Unpaid Assistance to a Person with a Disability	55-64yrs	65-74yrs	75-84yrs	85yr+
Provided unpaid assistance	17%	11%	8%	5%
No unpaid assistance provided	76%	76%	69%	56%
Unpaid assistance not stated	7%	13%	23	39%

(ABS 2011 Census of Unpaid Assistance to a person with a disability Burnie (C) (LGA60610) 611sq Kms)

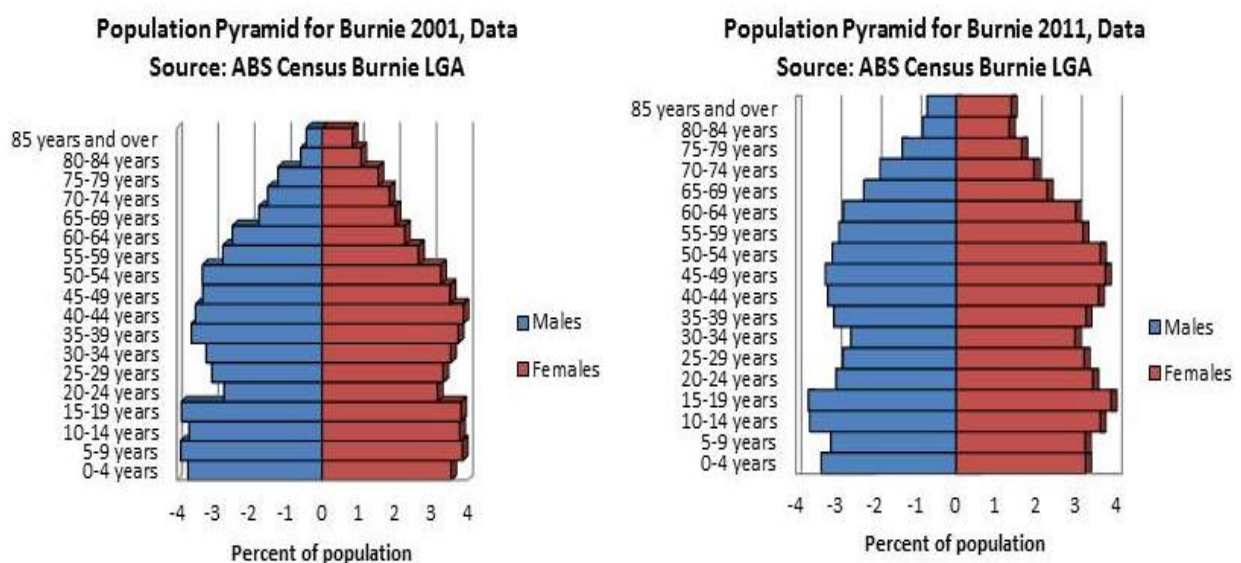
Table 5: Total persons population by age groups

Burnie Total persons population by age groups (Medium Series projection)					
Year	0 to 19 years	20 to 39 years	40 to 59 years	60 to 79 years	80 to 85+ years
2012	5 468	4 931	5 326	3 555	868
2013	5 414	4 943	5 356	3 593	858
2014	5 331	5 016	5 320	3 634	872
2015	5 234	5 092	5 293	3 670	886
2020	4 955	5 264	5 052	3 963	993
2025	4 842	5 260	4 802	4 233	1 141
2030	4 672	5 208	4 740	4 260	1 378
2035	4 550	4 823	4 924	4 265	1 565

(Department of Treasury & Finance -2014 Population Projections for Tasmania & its Local Government Areas)

Below are two 'Age/Gender Pyramids' for 2001 and 2011 for Burnie, which compare population numbers over a ten year period and highlights the increase in the number of people aged 55+. Comparing data assists Council in identifying future service requirements for housing, transport, recreation, cultural and social expansion.

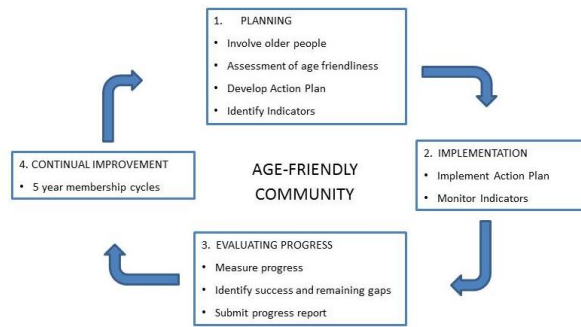
Figure 1: Population Pyramid



Age friendly Communities Framework

The Age friendly Communities Framework challenges the way in which certain domains have tended to carry a particular focus, to the neglect of others. It is offered as a practical resource to support cities develop the long term vision and strategy needed to create those kinds of spaces, conditions and structures that will allow seniors living in Burnie to have a better experience of growing old.

Figure 2: Age friendly Community Process



The Planning Phase

An Age friendly Communities Working Group was formed with representatives from: Umina Park; Senior Citizens Club; Speak Out; Family Based Care; Burnie Council; COTA; Red Cross; Burnie RSL; School for Seniors; Volunteering Tasmania; DHHS and Independent Retirees.

Identification of stakeholders was undertaken, which included community clubs and organisations, NGOs, Government agencies and other community partners including residents aged 55+.

Public Consultations

A survey was conducted in November 2015, to gain a baseline assessment of Burnie’s livability, giving respondents the opportunity to express their ‘Positive Experiences’, Negative Experiences and ‘Ideas for Improvement’. In total 1,166 surveys were distributed to 73 senior clubs and organisations within the Burnie community, 73 surveys were completed and returned. Throughout November and December, consultations were held with Natone District Neighbourhood Watch; Ladies Probus club, National Servicemen’s Association; Independent Retirees and the Emu Probus club. An information table was set up in Centro Plaza each Thursday for three weeks in October to distribute surveys and to provide the community with an opportunity to discuss the age friendly communities program. An Information Session was held in June 2016 providing seniors with a response to some of issues raised in the Age friendly Communities survey.

Focus Groups

The first Age friendly Communities Forum was held on 24 November 2015 and was hosted by COTA. Fourteen seniors attended the forum and were asked six questions:

1. What is it about Burnie and its surrounds that makes it a great place to live?
2. How can we make our community a more age friendly community?
3. What is needed to help people remain in the community and age actively?
4. Are there any gaps in services that you can think of?
5. What are some priorities your community can address to become more age friendly?
6. Do you think services in the community meet the needs of older people with particular personal needs?

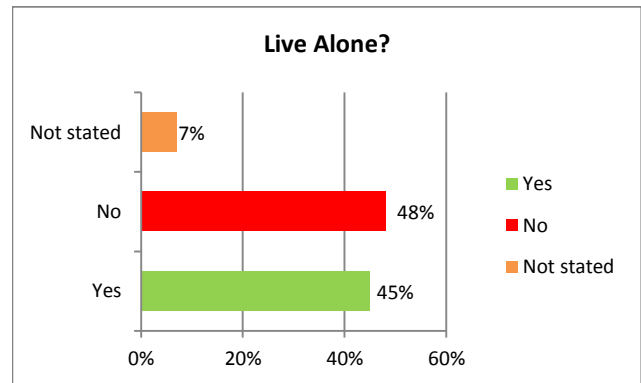
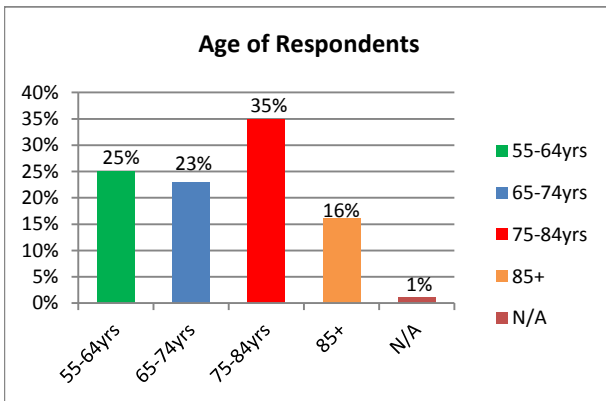
An information session was held on 28 June 2016, as it was apparent that there was a lack of understanding of services available in Burnie, where to find information about services and who is eligible for their services. This session was attended by sixteen seniors.

Public Awareness

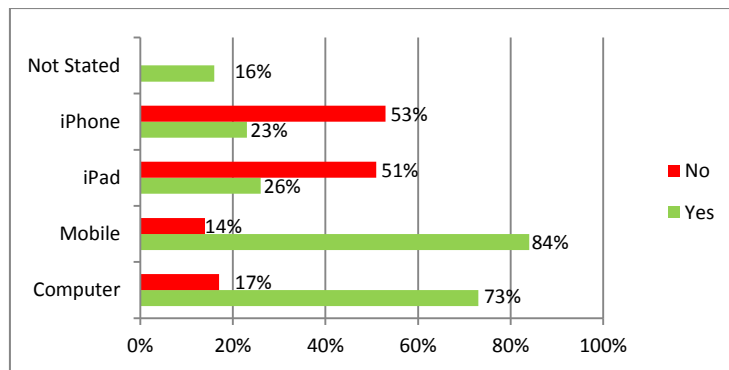
- 14/09/2015 - Burnie City Council Website: Information about Age Friendly Program
- 13/10/2015 - Mailed out 1,166 surveys to 73 community organisations
- 20/10/2015 - The Advocate newspaper: Deputy Mayors Message
- 20/10/2015 - Burnie City Council Facebook page: Deputy Mayors Message
- 02/11/2015 - Burnie City Council Website: Information about Age Friendly Survey
- 09/11/2015 - Burnie City Council Facebook page: Information and link to online Survey

The Survey

Approximately 1,166 surveys were mailed out in October 2015 to 73 local clubs and organisations. Surveys were also available from council’s website. A total of 73 surveys were completed. Completed surveys provided a clear understanding of issues for seniors, highlighting areas needing improvement within the individual domains. Of the 73 survey respondents 60% were female, 32% were male with 4% being couples answering the survey together and a remaining 4% not stating their gender.



Use of Technology



Strategic Alignment

The Burnie City Council has six future directions to achieve its 2030 vision:

1. An attractive place to live, work and play

- A range of vibrant, safe and attractive community spaces.
- A community that celebrates and participates in its arts, culture and heritage.
- A community that promotes and values its broad range of quality leisure, recreational and sporting opportunities.

2. An inclusive and health community

- A road transport system that meets the needs of the community.
- Ensure seniors have access to safe and consistent transport options.
- Improve pedestrian safety at traffic lights.
- Promote bicycle parking options in CBD.
- Improve amenities at bus stops.

3. A centre for information, knowledge and learning

- The community is engaged in education and values learning from the early years and throughout life.
- Our community is skilled and able to manage change and meet global, regional and local challenges.
- Opportunities exist for people to achieve their dreams and potential.

4. A secure, innovative and diverse economy

- A highly skilled workforce with a focus on innovation and entrepreneurship.
- The City of Makers renowned for its niche industries, speciality manufacturing and artisanship.
- The opportunities offered by contemporary communications technology are maximised.

5. A natural and build environment that is respected and cared for

- Our natural resources are protected and enhanced.
- A strong level of participation and collaboration in community based environmental protection and conservation groups.
- A region that is energy, water and waste efficient.

6. Regional Hub

- Burnie is the community and commercial services centre for the broader NW region.
- Effective, efficient and integrated transport linkages service and connect Burnie with the state, region and world.
- The City provides leadership and works collaboratively on regional strategic issues.

Age Friendly - Strategic Objectives

1. Outdoor Spaces, Parks and Walking Tracks

- Outdoor spaces and buildings promote mobility, independence and quality of life.
- Promote and value Burnie's broad range of quality leisure, recreational and sporting opportunities.
- A vibrant and progressive central business district.

2. Transportation

- Well-developed health infrastructure and programs respond to and meet regional needs.
- The importance of physical and emotional wellbeing is valued and actively adopted by the community.
- A place where everyone feels accepted and participates in community activities.

3. Housing

- Promote accommodation and residential options that address the needs of seniors.

4. Social Participation

- Provide facilities and recreation services that contribute to the social and physical wellbeing of seniors.
- Improve access to and knowledge of facilities available for use by seniors.
- Improve knowledge of council's website and Facebook pages.
- Information to support access to services.

5. Respect and Social Inclusion

- Facilitate opportunities for community members to engage with each other and ensure respect for seniors is encouraged.
- The importance of physical and emotional wellbeing is valued and actively adopted by community.

6. Civic Participation and Employment

- A highly skilled workforce with a focus on innovation & entrepreneurship.
- Volunteering.
- Information about support/access to services.
- Information about civic affairs.

7. Communication and Information

- Ensure high quality, reliable up to date information is made available to seniors.
- UTAS is a strong leader in the provision of education and research
- The education providers work together and are responsive in meeting the needs of seniors.
- Information to support access to services.

8. Community Support and Health Services

- Well-developed health infrastructure and programs that respond to and meet regional needs.



Outdoor Spaces, Parks and Walking Tracks

External environment has a major impact on the mobility, independence and quality of life of older people as they go about their daily lives. Clean cities with well-maintained recreational areas, ample rest areas, well developed and safe pedestrian and built infrastructure, and a secure environment provides ideal living for seniors to age-in-place.

Cities facing high population growth and overcrowding are difficult places for elderly residents to navigate or feel a strong sense of belonging to. A city's cleanliness, noise levels, odours, and green spaces also affect the age friendliness of the city. When cities develop a clean and green environment and take age friendly features into consideration for urban planning, they can become great places for older residents to live.

Strategic Alignment**Future Direction 1: An attractive place to live, work and play**

Goal: To create accessible and safe public environments promoting mobility, independence and quality of life for seniors.

Objectives	Actions	Responsible	Timeframe
1. Outdoor spaces and buildings promote mobility, independence and quality of life.	Well maintained parks, open spaces and recreation facilities ensuring they are safe and easily accessible by all residents.	BCC W&S	2020
	Ensure outdoor seating is available in parks, bus stops and public spaces and are spaced at regular intervals.	BCC W&S	2020
	Pavements – well maintained, smooth, level, non-slip and wide enough to accommodate wheelchairs with low curbs that taper off to the road.	BCC W&S	2020
	Promote shared pathway protocol.	BCC CED	2020
2. Promote and value Burnie’s broad range of quality leisure, recreational and sporting opportunities.	Encourage leisure, cultural activities and support opportunities for seniors.	BCC CED	2020
	Assist seniors to identify and access services and programs.	BCC CED	2020
	Raise awareness of the community gardens at Romaine School and Community House.	BCC CED	2020
3. A vibrant and progressive central business district.	Age friendly buildings - elevators, escalators, ramps, wide doorways and passages, suitable stairs with railings, non-slip flooring, rest areas with comfortable seating, adequate signage and public toilets with handicap access	BCC CITYLINK	2020
	All modes of transportation are safe, affordable and accessible for residents of all ages and abilities, particularly seniors.	BCC	2020
	Awareness of easy-to-access programs for home repairs and modifications.	BCC CED	2020
	Encourage seating in large businesses.	BCC CITYLINK	2020

*W&S – Works and Services

*CED – Community and Economic Development

*BCC – Burnie City Council



Transportation

The availability of accessible, affordable and safe transport, including public transport and parking determines the quality of participation in community life as well as the capacity of seniors to lead fulfilling and active lives.

Seniors should ideally be able to navigate their city's transport system with ease. Apart from the affordability of transport services, residents' perceived safety of public transport services would affect their willingness to use them.

Transport services should take into account people with a range of mobility needs. Information on safe, age friendly and affordable transport services must be made available to seniors to facilitate their usage.

Strategic Alignment				
Future Direction 6: A Regional Hub				
Goal: Accessible and affordable public transport for seniors to enable social and civic participation and access to community and health services.				
Objectives		Actions	Responsible	Timeframe
1.	A road transport system that meets the needs of the community.	Well-designed roads and appropriately placed physical structures – such as traffic islands.	BCC W&S	2020
		Ensure street/traffic signage is easily readable, well-lit at night and addresses access and functional needs.	BCC W&S	2020
2.	Ensure seniors have access to safe and consistent transport options.	Increase awareness of all available travel options (public and private) to ensure they can make informed, appropriate, cost effective and efficient choices.	BCC CED	2019
3.	Improve pedestrian safety at traffic lights.	Identify areas where a large number of seniors live or access services and ensure there are longer crossing times at traffic lights.	BCC W&S	2019
4.	Promote bicycle parking options in CBD.	Increase awareness of bike friendly areas within the CBD.	BCC CED	2019
5.	Improve amenities at bus stops.	Review existing bus stop infrastructure to ensure adequate weather-proof seating.	BCC W&S	2019

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Housing

The availability of affordable, accessible and suitable housing options is important for seniors. There is a link between appropriate housing and access to community and social services influencing the independence and quality of life of seniors.

Age friendly communities ensure sufficient diversity of housing options exist to suit each stage or need, providing smooth transition from independent residential living to retirement homes and to long-term care.

The ability to modify homes through affordable and accessible home modification would ensure that seniors are able to continue living in their current place of residence. It is important that seniors feel safe and secure in their home.

Strategic Alignment**Future Direction 1: A Range of vibrant, safe and attractive community spaces**

Goal: To ensure seniors are well informed with a choice of available housing options, able to live independently and have access to a range of appropriate and affordable housing options (including pets) in their homes and access to in-home care and support service.

Objectives	Actions	Responsible	Timeframe
1. Promote accommodation and residential options that address the needs of seniors.	Increase awareness of Hospice services.	BCC CED	2019
	Increase awareness of housing options and how to access.	BCC CED	2019
	Increase awareness of available services and packages to enable seniors to 'age in place'.	BCC CED	2019

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Social Participation

Participating in leisure, social, cultural and spiritual activities in the community, as well as with family, allows seniors to continue to exercise their competence, enjoy respect and esteem and maintain or establish supportive and caring relationships.

Social participation and personal relationships are integral in preventing isolation. The satisfaction derived from these encounters can effect an individual's health and wellbeing. A variety of social activities caters to seniors with a broad range of interests. Such opportunities should also be accessible for people with disabilities and those who live outside the city centre.

Activities must be affordable for seniors to allow participation. Seniors need to be informed of opportunities available. Participation in social activities helps to prevent social isolation. Seniors want to socialise and integrate with other age groups and cultures in their communities. Intergenerational activities are mutually enriching and fulfilling for all ages, with older people passing on knowledge, traditions and experience while the young may help seniors with new technology and practices.

Strategic Alignment**Future Direction 2: An Inclusive and Health Community**

Goal: Promote social participation and inclusion to achieve health and wellbeing through maintaining strong community connections.

Objectives		Actions	Responsible	Timeframe
1.	Provide facilities and recreation services that contribute to the social and physical wellbeing of seniors.	Acknowledge the achievements of seniors in the biennial Volunteer Awards.	BCC CED	2019
		Ensure the new Indoor Aquatic Centre provides activities throughout Winter.	BCC CED	2019
		Continue to hold events during Seniors Week.	BCC CED	2019
2.	Improve access to and knowledge of facilities available for use by seniors	Develop an inventory of available spaces, rooms, facilities in Burnie that have age friendly amenities.	BCC CED	2019
		Identify which facilities are key places to source information and get connected.	BCC CED	2019
		Encourage seniors to utilise the Senior Citizens facility.	BCC CED	2019
3.	Improve knowledge of council's website and Facebook pages.	Promote Council's Community Directory, What's On etc.	BCC CED	2019
4.	Information to support access to services.	Facilitate the provision of a community noticeboard in a prominent position in central Burnie and encourage community groups to promote their activities.	BCC CED	2019
		Work with service groups and organisations to look at practical ways to support seniors.	BCC CED	2019
		Develop methods to engage seniors and encourage greater participation.	BCC CED	2019
		Provide outreach programmes to upskill seniors on technology and social media.	BCC CED LINC	2019

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Respect and Social Inclusion

An inclusive society encourages older people to participate more in their city's social, civic and economic life. This in turn, promotes active ageing. WHO says socially inclusive societies, allow seniors to make valuable contributions to their community, neighbourhood and family provided their needs are met with dignity, their differences are respected and their involvement is recognised.

While respect for seniors is mostly positive in many cities and communities, negative preconceptions of ageing still exist. There is a need to facilitate intergenerational interactions to dispel such notions. Education of the community should begin early to raise awareness of ageing and associated issues.

Social engagement can contribute to seniors' esteem. Age friendly initiatives involving seniors in activities where they have experience can keep them engaged with the community, and help them feel valued. Older people should always be consulted on decisions concerning them.

Strategic Alignment			
Future Direction 2: An Inclusive and Health Community			
Goal: Develop a more positive community attitude to seniors and ageing.			
Objectives	Actions	Responsible	Timeframe
1. Facilitate opportunities for community members to engage with each other and ensure respect for seniors is encouraged.	Ensure Burnie Shines provides suitable activities for seniors.	BCC Marketing	2019
	Seek and facilitate opportunities for collaboration between seniors and sports/community groups.	BCC CED	2019
2. The importance of physical and emotional wellbeing is valued and actively adopted by community.	Enable seniors to contribute in the planning stages when Council creates new policies, programs or plans.	BCC	2019
	Seek opportunities for older people to share their skills, knowledge and qualifications for mentoring programs.	BCC CED	2019
	Improve delivery of timely and accessible information important to seniors and caregivers.	BCC CED	
	Investigate the barriers to volunteering, including awareness and affordability.	BCC CED	2019

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Civic Participation and Employment

Seniors are an asset to the community, and they continue contributing to their communities after retirement. An age friendly community provides options for seniors to contribute to their community and offers opportunities through paid employment, volunteerism and civic participation. Retirement does not mean people cease to contribute to society. Initiatives that encourage contribution to community life will significantly improve health and wellbeing.

Age friendly urban and transport infrastructure removes any physical barriers seniors may face in accessing volunteer roles or job opportunities. Continued training for seniors also helps them remain relevant and connected. Entrepreneurial opportunities are another way to support seniors' participation in the workforce and ensure their sustained self sufficiency.

Seniors need to be encouraged to participate in the political process by voicing their concerns and views to government officials or through interest groups. They should also be involved in decision making that may impact them.

Strategic Alignment**Future Direction 1: An attractive place to live, work and play**

1.3 - A community that promotes and values its broad range of quality leisure, recreational and sporting opportunities.

Objectives		Actions	Responsible	Timeframe
1.	A highly skilled workforce with a focus on innovation & entrepreneurship.	Encourage local businesses to adopt flexible staffing options including part-time work, job sharing, mentoring opportunities and phased in retirement.	BCC CITYLINK	2019
2.	Volunteering	Increase the profile of Burnie Council's Volunteer Awards.	BCC CED	2019
		Promote opportunities for seniors to become active in volunteering, mentoring and part-time work.	BCC CED	2019
		Enhance and promote the volunteer database to improve usability, increase choices and better match seniors with volunteering opportunities.	BCC CED	2019
3.	Information about support/access to services.	Produce a practical, accessible Directory detailing the services and resources in Burnie in both hard copy and online. Include Directory in New Residents kit.	BCC CED	2019
4.	Information about civic affairs.	Encourage more seniors to participate in civic affairs through feedback on topics and surveys.	BCC CED	2019

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Communication and Information

Communication and information is key to maintaining independence and choice. Seniors receive information through traditional print and broadcast media and through direct personal contact such as telephone calls, service centres and Doctors surgeries.

Government and organisations must ensure that information affecting seniors can reach them in a timely, effective and accessible manner, through familiar communication channels. Ensuring information is accessible for people with vision and hearing loss is crucial.

Affordable access to computers for seniors can play an important role in building technological literacy, together with computer training adapted to their needs and pace of learning. Participating in lifelong learning expands knowledge and skills and provides opportunities to make new social networks.

Strategic Alignment				
Future Direction 1: An attractive place to live, work and play				
Goal: To ensure all seniors are fully informed of local services and events within the Burnie community.				
Objectives		Actions	Responsible	Timeframe
1.	Ensure high quality, reliable up to date information is made available to seniors.	Develop a communication strategy that ensures seniors are well informed about local services.	BCC CED	2019
		Facilitate communication between senior support agencies and service providers.	BCC CED	2020
		Form a Seniors Committee with representatives from local clubs as part of the communication strategy.	BCC CED	2020
		Create a Senior's section on Council's website with current, relevant information.	BCC CED	2019
		Information dissemination is co-ordinated, accessible and well publicised.	BCC CED	2019
		Support and promote the intergenerational and technological opportunities available through the services of LINC.	BCC CED LINC	2019
2.	UTAS is a strong leader in the provision of education and research	Promote linkages with UTAS on the availability of Webinars on art, history, travel, culture, sports and politics to seniors.	BCC CED UTAS	2019
3.	Education providers work together and are responsive in meeting the needs of seniors.	Increase access to technology at home for seniors who are disabled and/or isolated.	BCC CED LINC	2019
		Information and education of emergency measures in place for seniors, ensuring the safety, wellness and readiness of seniors in emergency situations.	BCC CED	2019
4.	Information to support access to services.	Host an Information Expo focussing on local services available, promoting service clubs and volunteering opportunities.	BCC CED	2019

*CED – Community and Economic Development

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Community Support and Health Services

Are essential to maintaining vitality and independence for seniors. This includes a wide network of services including hospitals, healthcare providers, care givers, family support, home care and community organisations. Physical activity can help prevent some illnesses, reduce stress and enhance mental wellbeing. Seniors who keep fit and remain active often enjoy a better quality of life and increased participation in their community.

Strategic Alignment**Future Direction 6: A Regional Hub**

Goal: Increase awareness of available services to ensure information is readily accessible and delivered in formats that are appropriate to seniors.

Objectives		Actions	Responsible	Timeframe
1.	Well-developed health infrastructure and programs that respond to and meet regional needs.	Educate seniors on the available health services available in Burnie.	BCC CED	2019
		Increase awareness of available Hospice and Respite services.	BCC CED	2019
		Support agencies and community groups to provide fitness programs targeting seniors.	BCC CED	2019
		Promote senior day centres.	BCC CED	2019

*CED – Community and Economic Development

*BCC – Burnie City Council