

MORNINGTON PENINSULA A COMMUNITY FOR ALL AGES

Positive Ageing Strategy 2013-2018



ACKNOWLEDGEMENTS

This report was produced with the assistance of the Peninsula Advisory Committee for Elders (PACE). PACE was involved in all aspects of the project including selecting the project consultant, providing advice on the approach taken, assisting with community consultations and making recommendations for improving the final draft report. We are also grateful to the many other groups and individuals that participated in the consultations, forums and surveys which underpin this report.

ACKNOWLEDGEMENT OF COUNTRY

The Mornington Peninsula Shire acknowledges Aboriginal and Torres Strait Islanders as the first Australians, and recognise that they have a unique relationship with the land and water. The Shire also recognises the Mornington Peninsula is home to the Boonwurrung/Bunurong, members of the Kulin Nation, who have lived here for thousands of years and who have traditional connections and responsibilities to the land on which Council meets.

REPORT STRUCTURE

The report develops strategies using the World Health Organisation (WHO) Age Friendly Communities priority area framework to assist with consistency and accountability. The WHO priority areas covered are:

- Transportation
- Housing
- Social Participation
- Respect and Social Inclusion
- Civic Participation and Employment
- Communication and Information
- Community Support and Health Services
- Outdoor Spaces and Buildings.

Part A of this report is the Action Plan; the goals, key outcomes and strategies that have been developed by this project to assist in achieving these outcomes.

Part B is the Full Report; it details the rationale for these recommended actions; the outcomes of community consultations, the policy context, research and best practice in the area of ageing well.

Leading By Example Case Studies in pale blue boxes are examples of Positive Ageing initiatives presented throughout this report.

TERMS USED (PG 46)

Please see for explanations and definitions of terms used throughout this report

**Large Print copies of this report are available by contacting the Mornington Peninsula Shire
Ph 1300 850 600**

The report was compiled by Roland Naufal Director of 4C Consulting

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EXECUTIVE SUMMARY

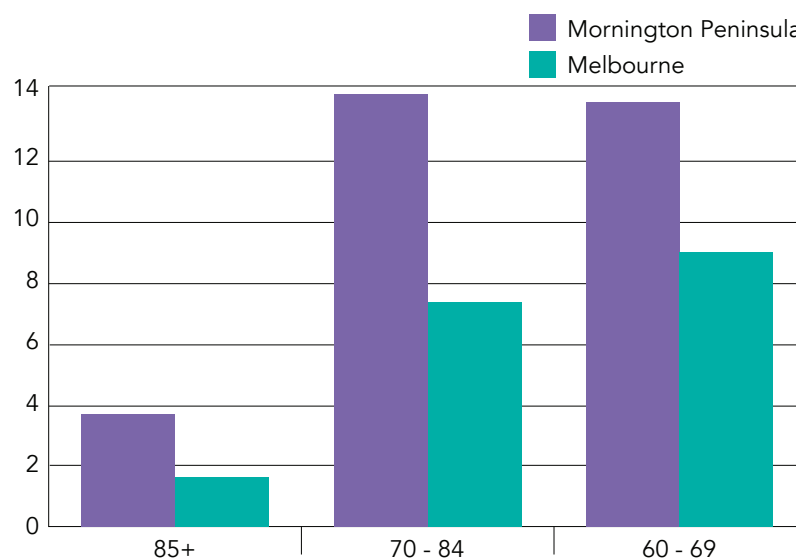
In 2001, the Mornington Peninsula Shire was one of the first councils in Victoria to develop a strategy, 'The Elder Citizens Strategy' to help plan its service provision for older people in the community. To follow up these earlier developments the Shire initiated this Positive Ageing Strategy taking a 'Whole of Council' and 'Whole of Community' approach. The strategy has been developed as an integral part of the Mornington Peninsula Shire's Health and Wellbeing Plan which sits alongside the Municipal Strategic Statement and the Shire Strategic Plan.

As a direct outcome of the 'Elder Citizen's Strategy' the Peninsula Advisory Committee for Elders (PACE) was formed in 2006 to act as a formal advisory committee to the Mornington Peninsula Shire. The committee comprises a group of seniors across the peninsula interested in representing the issues and views of elder citizens. PACE has played an integral role throughout the consultations and development of this new Positive Ageing Strategy.

The Mornington Peninsula Shire has 41,323 (over 30%) people aged 60 years and over (ABS, 2011). A much higher proportion than Melbourne and this cohort is expected to increase significantly by 2030. The major differences between the age structure of Mornington Peninsula Shire and Greater Melbourne are that the Shire has a larger percentage of:

- people 85 years and older (2.9% compared to 1.8%)
- 70 to 84 year olds (13.9% compared to 7.4%)
- 60 to 69 year olds (13.7% compared to 9%).

The bar chart below illustrates these differences with Mornington Peninsula Shire represented in purple and the Greater Melbourne in green.



In this context, the main objectives set for this Positive Ageing Strategy project were to

- Coordinate the development of a shared community vision and goals for older people of the Peninsula
- Identify action plans linked to common goals, corporate plans and budget processes
- Recommend strategies for community involvement in planning processes for services and infrastructure which enhance opportunities for Positive Ageing.

At a meeting in 2010, Councillors, Shire Officers and representatives from PACE set principles for the project.

To underpin the project, surveys and consultation forums were held throughout the Shire and research into current government policy, international best practice and industry trends was undertaken.

The Shire is seeking to undertake a role as facilitator to develop the concept of an age friendly community and to counter misconceptions of older people as a 'burden'. The approach to strengthen naturally occurring responses builds on the theme of supporting older people to build on individual, familial and community strengths and find their own solutions to the challenges they face. International experience demonstrates that older people have strengths that can be developed to result in better health, lifestyles and stronger communities.



A healthy ageing community is seen as one that is

- Addressing Basic Needs
- Optimising Health and Wellbeing
- Promoting Social and Civic Engagement
- Supporting Independence (Boulder).

Key outcomes identified by the project

'Whole of Council' and 'Whole of Community' Response

Development of a comprehensive 'Whole of Council' and 'Whole of Community' approach to support people to age well on the Mornington Peninsula

Transport

to further develop accessible and sustainable transport options across the Shire

Housing

to support accessible, affordable and well located housing for all

Social Participation

to enhance opportunities for people to connect

Respect and Social Inclusion

to address ageism in the community

Civic Participation and Employment

to enhance opportunities to volunteer and continue paid work

Communication and Information

to enhance communication approaches

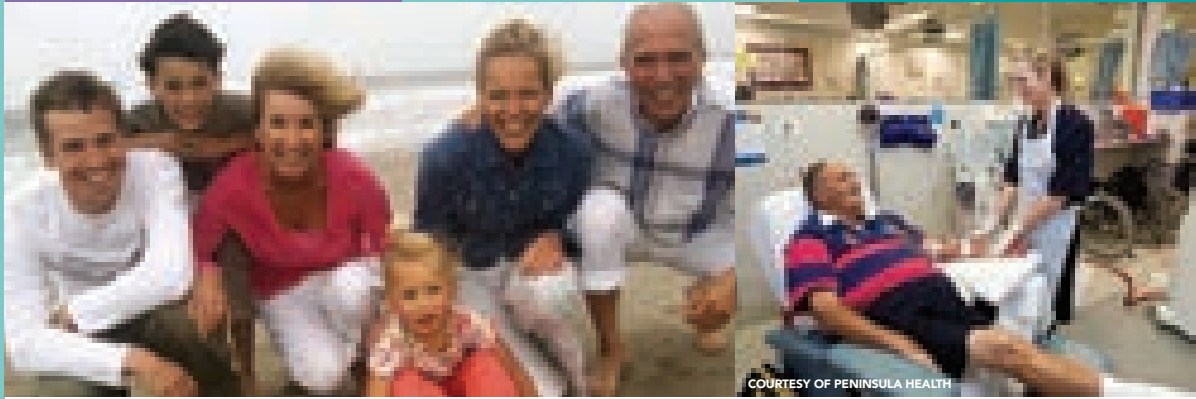
Community Services and Health Services

to improve medical and community services across the Peninsula

Outdoor Spaces and Buildings

to further develop inclusive, safe and accessible infrastructure





ACTION PLAN 2013-2018

A COMMUNITY FOR ALL AGES

In 2001, the Mornington Peninsula Shire (the Shire) was one of the first councils in Victoria to develop a strategy to help plan its service provision for older people in the community.

To follow up these earlier developments, the Shire initiated this Positive Ageing Strategy (PAS) – a comprehensive ‘Whole of Council’ and ‘Whole of Community’ approach to support people to age well on the Mornington Peninsula in order to Create a Community for All Ages.

A WHOLE OF COUNCIL RESPONSE

Council to allocate resources to ensure the ‘Whole of Council’ and ‘Whole of Community’ approach and actions of the PAS are successfully integrated across all Shire Units and Teams to support the implementation of the Positive Ageing Strategy.

A WHOLE OF COMMUNITY RESPONSE

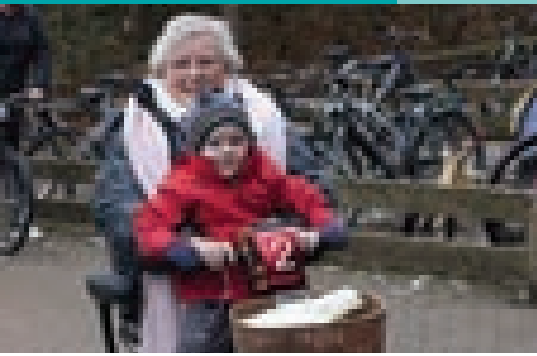
The Shire to hold annual *Positive Ageing Community Summits*, for both the Shire and the community to reflect and report on the progress achieved in implementing the strategies identified in the plan.

PACE INVOLVEMENT

The Shire will continue to formally recognise the ongoing role of PACE as an independent advisory committee lead by the community. PACE has committed to ongoing work with the Shire to identify the best way to implement the recommendations of this strategy.







TRANSPORT

Accessible and Sustainable Transport Options

Transport needs to run more frequently, flexibility and efficiently. People need sustainable community and public transport that is accessible for all ages and abilities.

Action	Lead Team or Unit	Year	Page
EXPLORE OPTIONS FOR ACCESSIBLE COMMUNITY TRANSPORT MODELS The Shire to contribute to explore options for expanding existing and creating new community transport models.	Infrastructure, Planning & Policy	On Annual Basis	29
TAXIS The Shire to advocate for a higher level of taxi services particularly specialised taxis with access for all abilities.	TBC	On Annual Basis	29
NEIGHBOURS HELPING NEIGHBOURS The Shire to play a role in facilitating neighbours supporting older people who have transport needs.	Sustainable Communities & Infrastructure, Planning & Policy	On Annual Basis	30
INSURANCE AND VOLUNTEERS The Shire to explore options to address the current barriers to volunteering created by insurance related issues.	Sustainable Communities	On Annual Basis	30
FUNDING AND ADVOCACY The Shire to continue to advocate to the State Government to provide better public transport on the Peninsula, building on the success to date.	Infrastructure, Planning & Policy	On Annual Basis	30
INFORMATION ABOUT TRANSPORT The Shire to explore a range of communication strategies to improve residents' knowledge of transport options.	Aged & Disability Services	2013-2014 & On Annual Basis	30
A QUICK WIN SHIRE STAFF PROVIDING INFORMATION Shire staff to attend more presentations, forums and opportunities to provide information about transport options on the Peninsula.	Sustainable Communities & Infrastructure, Planning & Policy	2013-2014 & On Annual Basis	30
A QUICK WIN DIAL A BUS In the short term expansion of the Dial A Bus program identifying localities with greatest need, be given high priority.	Aged & Disability Services	2013-2014 & On Annual Basis	30



HOUSING

Accessible, Affordable and Well Located Housing For All

A greater range of affordable housing options for older people built to universal design standards to be developed on the Peninsula.

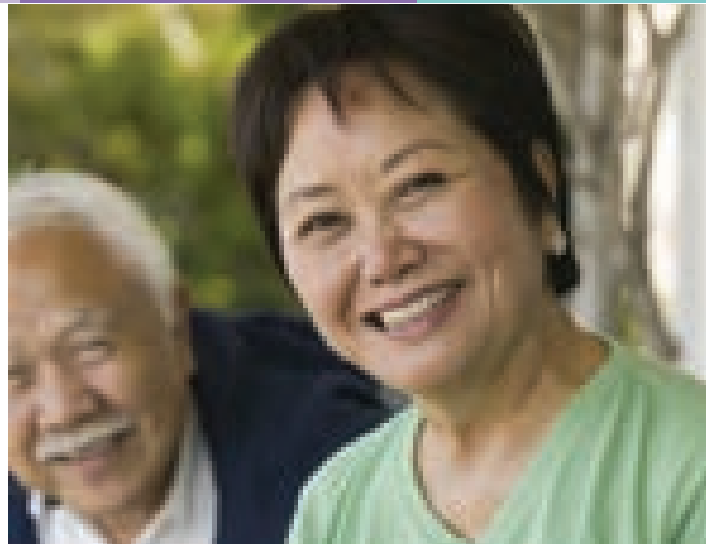
Action	Lead Team or Unit	Year	Page
<p>REVIEW THE SHIRES OLDER PERSONS HOUSING POLICY</p> <p>Areas to be examined include</p> <ul style="list-style-type: none"> • The development of appropriate planning policy including a <i>Good Design Guide</i>. • The implementation on planning policy through land use policies, promotion and education. • Advocacy to other levels of government on key issues including adequate numbers of facilities for residential aged care and residential dementia care and universal design. • Identifying further research required. • Building on existing resources to develop information and resources including a new residents information kit and information on retrofitting a house to become age friendly. <p>Sectors to be examined</p> <ul style="list-style-type: none"> • Residential Aged Care • Retirement Villages • Supported Residential Services • Residential Parks and Villages • Rooming Houses • Independent Living Units • Independent Living 	Strategic Planning & Social Planning	2013-2014	31

SOCIAL PARTICIPATION

Enhanced Opportunities to Connect See also Civic Participation and Employment (pg13)

The Shire to expand on the current range of community development initiatives that connect people including enhancing the support provided by welcoming, affordable and accessible, clubs, groups and venues available throughout different locations on the Peninsula.

Action	Lead Team or Unit	Year	Page
<p>AFFORDABLE, APPROPRIATE AND ACCESSIBLE VENUES</p> <p>The Shire to continue initiatives that encourage sharing of facilities between seniors citizens clubs, aged care facilities, U3A's, sporting clubs (bowls, tennis), other clubs (Italian, Greek, Community, RSL, etc)</p>	Sustainable Communities	On Annual Basis	32
<p>PROGRESS LIFELONG LEARNING INITIATIVES</p> <p>The Shire to commence working more closely with U3A's and to review progress made on implementing the recommendations of the PACE initiated 2009 <i>Education for the Over 80's</i> project</p>	Libraries, Art & Culture	2013-2014	33
<p>ADDRESSING SOCIAL ISOLATION</p> <p>The Shire to enhance its support for services and community development activities that build on existing groups/organisations and naturally occurring responses. The Shire will leverage its existing networks with service providers to identify people in need.</p>	Social Planning & Community Development	On Annual Basis	33
<p>TELECONFERENCING AND OTHER DEVELOPING TECHNOLOGIES/ SOCIAL MEDIA</p> <p>The Shire to explore the use of telephone conferencing and other technologies supporting socially isolated older people and existing initiatives and service providers.</p>	Aged & Disability Services	2013-2014	33
<p>HEALTH PROMOTION AND WELLBEING</p> <p>The Shire services and advocacy roles to increase emphasis on supporting an older person's social connectedness, including health promotion, volunteering, active & passive recreation opportunities and other wellness supports such as supporting older people to have pets as companions.</p>	Sustainable Communities	On Annual Basis	33
<p>COMMUNITY HUBS</p> <p>Together with the community, the Shire to consider development of additional Community Hubs – central accessible areas that are welcoming and promote a sense of community for people of all ages –across the peninsula as places for a wide range of community activities including active & passive recreational oportunities, volunteering and services.</p>	TBC	TBC	33
<p>A QUICK WIN</p> <p>SENIOR CITIZENS: LEADING BY EXAMPLE</p> <p>The Shire to undertake a project to encourage best practice amongst clubs, highlighting clubs both locally and elsewhere that are attracting new members through approaches that work.</p>	Aged & Disability Services	2013-2014	33



RESPECT AND SOCIAL INCLUSION

Addressing Ageism with Vigour

Older people are acknowledged as contributing and valued members of the community on a range of community issues, not only age specific issues.

Action	Lead Team or Unit	Year	Page
<p>INTERGENERATIONAL SKILLS SHARING AND ACTIVITIES The Shire to support and encourage groups to focus on meaningful intergenerational activities.</p>	Sustainable Communities	On Annual Basis	36
<p>FOSTERING LEADERSHIP ROLES The Shire to further examine training for the development of high value volunteer roles for older people as connectors, champions and peer supports.</p>	Aged & Disability Services	On Annual Basis	36
<p>MEDIA / COMMUNICATIONS STRATEGY The Shire to develop a communication strategy to promote respect, inclusion and reduce ageism in the community.</p>	Communications	2013-2014	36
<p>A QUICK WIN LANGUAGE AND LABELLING The Shire to lead by example by removing inappropriate age related labelling wherever possible to enable and encourage integration of all age groups.</p>	Aged & Disability Services Communications	On Annual Basis	36

CIVIC PARTICIPATION AND EMPLOYMENT

Enhanced Opportunities to Volunteer and Continue Paid Work See also Social Participation (pg 11)

To better match the needs of the community with the skills and interests of older people.

Action	Lead Team or Unit	Year	Page
<p>STRENGTHENING VOLUNTEERING IN THE COMMUNITY The Shire to increase support for its ongoing partnership with Volunteering Mornington Peninsula (VMP); to promote and strengthen volunteering in the communities of the Mornington Peninsula. So it can further address the growing challenges in the volunteering sector, including expectations of all ages and life stages. Eg: Baby Boomers</p>	<p>Sustainable Communities Volunteering Mornington Peninsula</p>	<p>2013-2014 & On Annual Basis</p>	<p>38</p>
<p>EMPLOYMENT OPTIONS The Shire Economic and Development team to work with businesses to promote employment for people of all ages with flexible working arrangements. The Shire to continue to role model this approach for other organisations.</p>	<p>Economic Development</p>	<p>On Annual Basis</p>	<p>39</p>
<p>A QUICK WIN ENSURING ACCOUNTABILITY The Shire to encourage a group of older people, possibly PACE, to supervise tertiary level students to undertake Age Friendly Community Audits (see Terms Used in this Report pg 46) to monitor progress towards achieving the strategic goals of this plan.</p>	<p>Aged & Disability Services</p>	<p>2013-2014</p>	<p>39</p>
<p>A QUICK WIN AGE FRIENDLY AWARDS The Shire to explore the possibility of awards for 'Age Friendly' shops/housing/services. It may be possible for PACE to oversee this process.</p>	<p>Aged & Disability Services</p>	<p>2013-2014</p>	<p>39</p>



COMMUNICATION AND INFORMATION

Enhanced Communication Approaches

Accessible, appropriate information available in a wide range of mediums, where and when people need it.

Action	Lead Team or Unit	Year	Page
<p>NEW APPROACHES TO COMMUNICATION A range of alternative communication mechanisms for communicating health and wellbeing information to older people should be tested by the Shire including exploring new technologies/ social media and targeting individuals and groups in frequent contact with older people such as Retirement Villages, Doctors, Libraries, Medicare Locals and Shire Dog Registration staff.</p>	Aged & Disability	On Annual Basis	41
<p>ADVOCACY (See also Respect and Social Inclusion pg12) The Shire to advocate to the local newspapers to encourage them to do more to support Positive Ageing in the community.</p>	Aged & Disability	On Annual Basis	41
<p>WORKING WITH CONNECTORS Working with people and mediums that network with large numbers of older people is highly cost effective. The Shire to develop conscious ways of working with and supporting 'connectors' in the community.</p>	Aged & Disability & Social Planning	On Annual Basis	41
<p>COMMUNITY SUPPORT AND INFORMATION The Shire to continue support to Community Support and Information Centres.</p>	Sustainable Communities	On Annual Basis	41
<p>A QUICK WIN EXPANSION OF OLDER RESIDENTS INFORMATION KIT & METHODS OF DISTRIBUTION The Shire to examine the possibility of providing an information kit to be made available to every new older resident by a volunteer to help them feel welcome within the community.</p>	Aged & Disability	2013-2014	41
<p>A QUICK WIN COMMUNITY INFORMATION AND DISABILITY DIRECTORIES The Shire to examine ways to ensure more older residents receive hard copies of these directories and access from the shire website.</p>	Aged & Disability	2013-2014	41
<p>A QUICK WIN POSITIVE AGEING INFORMATION FORUMS PACE has suggested holding annual information forums where residents can come together to share their knowledge of the different groups and services in the community. This forum could be held in partnership with the Shire.</p>	PACE	2013-2014	41

COMMUNITY SERVICES AND HEALTH SERVICES

Improved Medical and Community Services Across the Peninsula

The Shire to work in partnership with other agencies to ensure there are adequate health and community services to meet the needs of a much higher than average older population.

Action	Lead Team or Unit	Year	Page
<p>HEALTH PLANNING PARTNERSHIPS The Shire to undertake a participatory and active advocacy role to support the development of coordinated service planning with key partners including Medicare Local, Primary Care Partnership, Peninsula Aged Care Planning Group.</p>	Aged & Disability	2013-2014	42
<p>ADVOCACY The Shire to advocate to increase the number of accessible, reliable and affordable health services throughout the Mornington Peninsula including the harder to reach areas and individuals.</p>	Aged & Disability	On Annual Basis	42
<p>HANDYMAN SERVICES The Shire to advocate for an increase of funded home handyman services for older people.</p>	Aged & Disability	On Annual Basis	42
<p>IMPROVING ACCESS TO SERVICES The Shire to continue its partnerships and advocacy with other service providers to streamline access to services with a coordinated approach to services. e.g. Home and Community Care (HACC)</p>	Aged & Disability	On Annual Basis	42
<p>SERVICE GAPS The Shire to identify and advocate to address gaps in the provision of health and community services.</p>	Aged & Disability	On Annual Basis	42
<p>ACTIVE AND PASSIVE RECREATION Explore opportunities for the Shire to enhance it's role in promoting participation of older people in active and passive recreation & leisure activities.</p>	Aged & Disability Leisure & Recreation	On Annual Basis	42
<p>A QUICK WIN ROLE OF THE SHIRE AS FACILITATOR The Shire to acknowledge and publicise its role as a health and community services network facilitator for services that work with older people. Support to continue to be provided for agencies and community groups that work with high needs clients through advocacy, networking and support. The Shire service delivery emphasis will be on positive ageing, benefits of social participation and wellness including active and passive leisure opportunities.</p>	Aged & Disability	On Annual Basis	42

OUTDOOR SPACES AND BUILDINGS

Inclusive, Safe and Accessible Infrastructure

The Shire to continue its program in infrastructure improvement with an emphasis on supporting people of all ages to remain active, access the community and interact with each other.

Action	Lead Team or Unit	Year	Page
<p>PLACES AND SPACES The Shire to enhance its ongoing commitment to community engagement processes in the development of outdoor buildings and spaces to ensure they provide the best possible opportunity for people of all ages to interact, build relationships and to encourage active and passive leisure and recreation opportunities.</p>	Infrastructure Leisure & Recreation Planning	On Annual Basis	43
<p>CREATE A COMMUNITY MONITORING INITIATIVE The Shire to explore opportunities to integrate its current reporting processes for noting resident concerns with infrastructure such as footpaths, seating, safety and lighting. This initiative could form part of the earlier recommendation that the Shire encourage a group of older people to supervise tertiary level students to undertake Age Friendly Community Audits.</p>	Aged & Disability Services	On Annual Basis	43
<p>OLDER PEOPLES' NEEDS INTO THE FUTURE The Shire to work with PACE to further incorporate older adults' issues in the development of infrastructure including universal access and design that facilitates community participation to improve access and mobility around the community. This may include Ageing Impact Assessments.</p>	Infrastructure	On Annual Basis	43







FULL REPORT

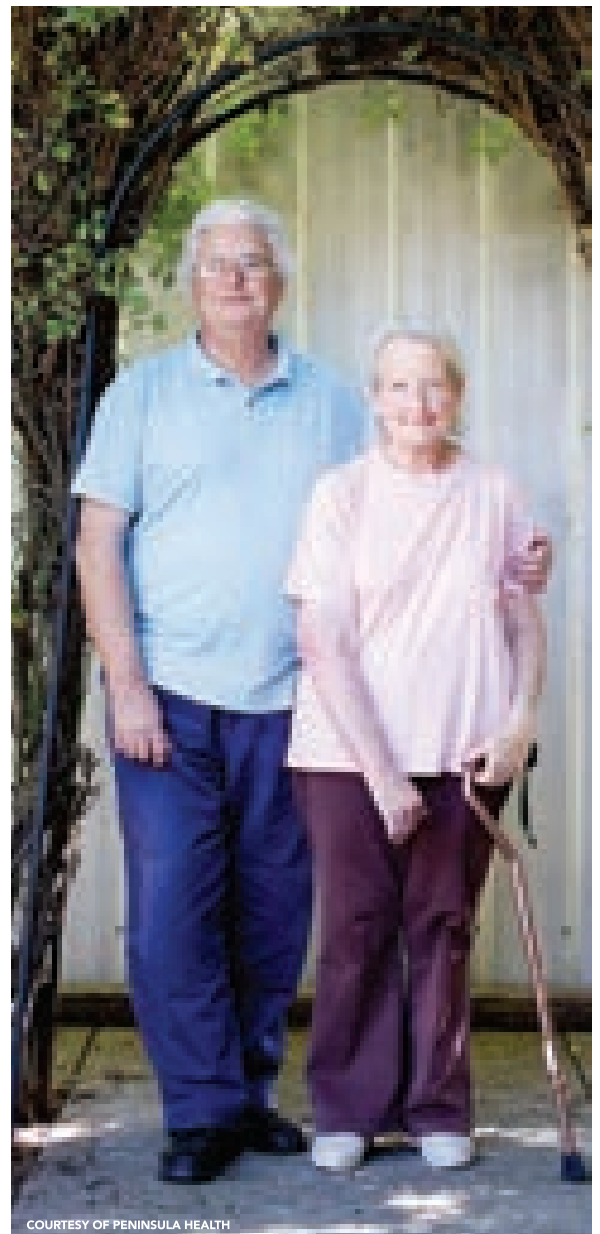
In 2001, the Mornington Peninsula Shire (the Shire) was one of the first councils in Victoria to develop a strategy to help plan its service provision for older people in the community. To follow up these earlier developments, the Shire initiated this Positive Ageing Strategy (PAS) which incorporates a 'Whole of Council' and 'Whole of Community' approach.

The main objectives set for the project were to

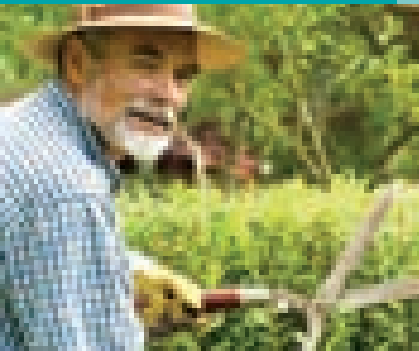
- Coordinate the development of a shared community vision and goals for older people of the Mornington Peninsula
- Identify action plans linked to common goals, corporate plans and budget processes
- Recommend strategies for community involvement in planning processes for services and infrastructure which enhance opportunities for Positive Ageing.

The strategy has been developed as an integral part of the Mornington Peninsula Shire's Health and Wellbeing Plan which sits alongside the Municipal Strategic Statement and Shire Strategic Plan.

At a meeting in 2010, Shire Councillors and senior Shire staff set the following specific principles for the project.



COURTESY OF PENINSULA HEALTH



The Shire Positive Ageing Strategy will

- Take a whole of Shire and community approach
- Account for different townships/needs/diversity
- Be flexible and support ongoing independence
- Be inclusive of all ages and individuals from different cultural backgrounds
- Address the stigma of ageing
- Be framed to attract other levels of government support
- Be practical and not too academic, it will use plain English
- Ensure it has a clear intent and purpose
- Use best practice learning
- Use a systems approach
- Link with other strategies
- Offer choice to participants
- Aim to engage
- Open doors
- Be optimistic but achievable and have a focus on opportunity
- Be empowering and socially just
- Be undaunted by the big issues
- Create partnerships and encourage common synergies
- Be innovative
- Be dynamic and adaptive to the changing needs.

The Shire seeks to work with people, not for people. This approach focuses on holistic health, supporting strengths based approaches and delivering a sense of ownership and engagement of older people.

It is important to the Shire that its role is seen as a connecting one where services are joined up by the Shire's facilitated information, communication, networks and infrastructure.

This report challenges the notion that older people are an increasing burden to society

Recent research by UK organisation WRVS highlights that older people made a positive net socioeconomic contribution to their communities, including

- the very substantial contributions they make through work or volunteering
- local economic stimulus through the spending power of over 65s
- the provision of social care
- contribution through charity and family donations
- being active members of the community, sometimes referred to as 'social glue' with high levels of membership of many local organisations, groups and societies
- contributing to community safety
- being active neighbours; 'looking out' for vulnerable neighbours and helping them stay independent for longer
- providing advocacy and guidance to a range of people in their community, including younger generations
- being active users or customers of community-based facilities and resources such as local shops, post offices, libraries, pubs.

The provision of infrastructure and developments which enhance the physical, social and economic environment of the local community are also seen as essential to the overall wellbeing of older people.

LEADING BY EXAMPLE CASE STUDY

PACE

THE PENINSULA ADVISORY COMMITTEE FOR ELDERLY

The initiative to establish PACE was one of the key outcomes of the work undertaken in the 2001 review of older persons' services. PACE was established as a formal consultative mechanism to the Shire. PACE advises across all Shire areas, holds biannual issue based community forums, represents older people in a range of forums and has initiated key research projects.

The establishment of this advisory committee was undertaken by the Shire's Manager of Aged and Disability Services by inviting Delys Sargent, who has a public reputation in related areas, to initiate the formation of such a group in 2004. Over the next two years Delys effectively completed this task. In April 2006 an advisory committee met for the first time.

This voluntary advisory committee was comprised of residents – all over the age of 50 – who responded to an advertisement in the local press and who were invited to apply directly. All applicants were appointed after interviews, in preference to recruiting representatives of specific organisations. Council delegated a Shire Councillor with a deputy and provided administrative support by Shire officers. The Committee is not under Section 86 of the Local Government Act but functions at 'arm's length' from the Council.

This means that:

- the Chairing of the Committee is not undertaken by a Shire Councillor, but by an elder citizen who is a member of the Committee,
- the appointed Shire Councillor reports to Council
- the Committee members are insured and appointed by Council
- the Committee answers to the Director of Sustainable Communities and is guided and supported by the Manager of Aged and Disability Services

The Shire provides an annual budget for volunteers' expenses and support costs.

PACE provides an integrating role across all areas, services and activities of the Shire. The outstanding effectiveness of PACE and the voluntary work they do as a small committee of older people is widely recognised by both Shire Councillors and Shire staff.

Contact PACE on

email: pace.issues@gmail.com

www.mornpen.vic.gov.au GO TO:

Services For You then click **Seniors & Aged Care** then click **Seniors Activities**



HOW WE GOT THERE

A steering group comprising Shire staff and members of PACE provided oversight for the consultants undertaking this project. Research into current government policy, international best practice and industry trends was undertaken throughout the project.

The first community engagement stage of the project used an adapted version of the Delphi method to investigate people's thoughts about ageing well on the Mornington Peninsula. The Delphi method is a forecasting method which usually relies on the opinions of experts. In this case, we regarded all community members as the experts in ageing in their community. An online survey was sent to all Shire staff who responded enthusiastically. A hard copy version of the survey was distributed by PACE at various local settings to older members of the community and responses were collected.

A SERIES OF FORUMS AND WORKSHOPS

- Shire Councillors and Shire staff met to frame the principles and approach of the strategy
- Five community consultation workshops were held (twice in Rosebud; Hastings; Somerville and Mornington) to seek people's ideas about issues and opportunities that should be highlighted. A total of over 100 people participated
- 22 Bluescope Steel staff of pre retirement age attended a workshop
- Three single-issue workshops on Infrastructure, Community Services and Transport were held with Shire staff
- Part of the Shire's Senior Citizens Presidents' meeting incorporated a workshop
- The final workshop engaged community services providers from a range of programs across the Peninsula

The workshop consultations used the World Café facilitation technique which promotes 'creating conversations that matter'. This facilitation process encourages individual contributions, with ideas quickly aggregated into high level issues and priorities.

All forums and community planning processes were framed using the Appreciative Inquiry approach which focuses on identifying and building on individual and community strengths and capacity.

It allows participants to be heard and for key stories and issues to emerge. The consultations involving community members, Shire Councillors, Shire staff and service providers did not directly focus on service related issues. Inquiries were directed to those things that people would not change about ageing in their community, those things that are believed to work and aspirations for growing older. The final draft of this report was presented twice to PACE for comment and again for final comment.

CULTURALLY AND LINGUISTICALLY DIVERSE (CALD) ISSUES

This project was limited in scope and did not have the resources to separately examine the issues faced by older people from CALD backgrounds. Groups who represented CALD older people in our consultations spoke of the double disadvantage CALD older people might encounter. Nevertheless, on most key items from transport to ageism, their responses were strongly aligned to the general comments presented in this plan. Even the issue of information delivery, which requires some special language and cultural adaptation, was noted to be most effective if delivered through word of mouth networks, as for non CALD groups. In 2010/2011 the Shire made a priority project grant to the New Hope Foundation to explore options for supporting older people in CALD communities.

ABORIGINAL & TORRES STRAIT ISLANDER (ATSI) ISSUES

The Council on the Ageing (COTA) has acknowledged that Aboriginal and Torres Strait Islander people are recognized as seniors at age 45 due to their poor life expectancy. In consultation with the local ATSI community, the Shire has supported the development of 'Willum Warrain' an Aboriginal Gathering Place in Hastings, to provide opportunities for important multigenerational cultural strengthening and new initiatives for older people from the Aboriginal community to build support networks and build for their future. It is an important vehicle for promoting positive ageing in Indigenous communities and requires ongoing support. Willum Warrain also provides an opportunity for elders to connect with providers of health and wellbeing services and activities. The Shire also has an Indigenous support team that provides significant community links and access to services for Indigenous citizens of all ages.

THE PENINSULA AND POSITIVE AGEING

Australia's population is ageing rapidly due to a combination of factors including falls in fertility rates, increasing life expectancy and the effect of the 'baby boomer' generation progressing into older age groups.

The Mornington Peninsula Shire is a unique municipality covering 720 square kilometres made up of 40 distinct townships and communities with a mixture of urban area resort towns, tourist development, rural land and parkland. The Peninsula is a popular retirement destination for many older people. For many others, the Mornington Peninsula Shire has always been their home and they are now 'ageing in place'.

The World Health Organisation (WHO) argues that communities can afford to get old if governments, organisations and civil society enact 'active ageing' policies and programs that enhance the health, participation and security of older citizens. The age-friendly community concept was developed by WHO to support local level planning for older people. The initiative provides a framework for action on the social, physical, cultural and economic environments experienced by older adults.

ACCORDING TO WHO, an age-friendly community supports people to age actively by

- **Recognising the wide range of capacities and resources among older people**
- **Anticipating and responding flexibly to ageing-related needs and preferences**
- **Respecting their decisions and lifestyle choices**
- **Protecting those who are most vulnerable.**
- **Promoting their inclusion in and contribution to all areas of community life.**

Service provision, although vitally important, is only part of the solution to meeting the ageing population's needs and aspirations. The provision of infrastructure and developments which enhance the physical, social and economic environment of the local community are also essential to the overall wellbeing of older people.

Planning for successful ageing is recognised in Commonwealth and State Government policy. The 2011 Productivity Commission report *Caring for Older Australians* has been well received by the

industry. Its proposals for significant changes in aged services capture the key directions of government. It has a focus on enhancing the wellbeing of older Australians by promoting their independence, connectedness and choice. Under the proposed reforms, older Australians would:

- choose to receive care at home or in a residential facility and choose their service provider
- contribute in part to their cost of care (with a maximum lifetime limit) and meet their accommodation and living expenses (with safety nets for those with limited means)
- choose whether to purchase additional services or a higher quality of accommodation
- contact a regional 'gateway service' for information; assessments of care needs; assessments of financial capacity; entitlements to services; and care coordination
- receive a flexible range of care and support services with a focus on restorative care and rehabilitation

The Victorian Government's *A Fairer Victoria* (2005) also emphasises early intervention and prevention in services for older people; helping them to 'stay involved in everyday activities to maintain or rebuild their confidence and stay active and healthy'. This approach has underpinned the development of the Victorian Government's key initiative in this area, the Active Service Model, with its core components:

- promoting a 'wellness' or 'active ageing' approach that emphasises optimal physical and mental health of older people
- acknowledging the importance of social connections to maintain wellness
- an holistic and family-centred approach to care
- actively involving clients in setting goals and making decisions about their care, and
- providing timely and flexible services that support people to reach their goals.

There is now a strong compatibility between consumer and government goals in the area of supporting people to age well and develop age-friendly communities. Everyone wants to see outcomes which support people to remain as independent as possible, for as long as possible.

FITTING IT ALL TOGETHER

In 2001, the Mornington Peninsula Shire was one of the first councils in Victoria to develop a strategy to help plan its service provision for older people in the community. The result was *Elder Citizens in the Community: A five year strategy plan for developing services for the Elder Citizens of the Mornington Peninsula Shire* (December 2002).

The review of this strategy highlighted that many achievements had been made but also recognised the need for enhanced accountability and greater integration of positive ageing strategies within an overall Shire approach.

This strategy has been developed as an integral part of the Mornington Peninsula Shire's Health and Wellbeing Plan which sits alongside the Municipal Strategic Statement and Shire Strategic Plan. These plans all form part of the Shire's broader Sustainability Framework.

Recently the Shire and PACE have been actively involved in a Commonwealth-led co-design process. The approach has been found to be highly consistent with that taken in this report with a focus on social inclusion and the role of local government in promoting health and wellbeing.

SUSTAINABLE PENINSULA FRAMEWORK

A Sustainable Peninsula Framework has been developed to measure the Shire's progress towards achieving environmental, economic and community sustainability. The Framework articulates the key attributes desired for the Mornington Peninsula and its diverse communities and provides a tool to facilitate decision making in a transparent, consistent and informed manner.

MORNINGTON PENINSULA SHIRE STRATEGIC PLAN

The Shire's Positive Ageing Strategy 2013- 2018 is strongly linked to the strategic goals of the Shire and is an important mechanism to enhance optimal health and wellbeing for our community.

Strategic goals of the Shire Strategic Plan:

- Liveable Peninsula
- Enhancing public places & spaces
- Improving community facilities
- Leading change on climate change

- Enhancing the coastal experience
- Healthy safe and connected communities
- Supporting a sustainable economy
- Innovative, responsive, value for money service delivery.

MUNICIPAL STRATEGIC STATEMENT

The Municipal Strategic Statement is the expression of the vision and key land use issues and outcomes sought for the municipality. On the Mornington Peninsula, the key direction is prevention of urban sprawl and maintenance of the Peninsula's coastal and rural areas for their environmental, recreational and agricultural values.

MORNINGTON PENINSULA HEALTH & WELL BEING PLAN

The Shire's Health and Wellbeing Plan states that the Shire is committed to supporting and strengthening its diverse communities through planning and implementing strategies which facilitate optimal health and wellbeing outcomes. It identifies five key community health and wellbeing values

- Healthy Places and Spaces: quality natural and built environments that contribute to good health and community well being
- Healthy Lifestyle Choices: individual and community responsibility that encourages healthy living
- Active Local Communities: creation of and support for opportunities and involvement in community life
- Quality of Life for All: fair and just access to community resources and empowerment
- Sense of Hope and Belonging: community well being and confidence through meaningful connection to community and place, thus experiencing hope and happiness.

The themes, values and aspirations of these plans have guided the development of this Positive Ageing Strategy.



THE PENINSULA'S OLDER POPULATION

The following section contains excerpts from About Us in the Demographics section of Our Shire. Visit www.mornpen.vic.gov.au

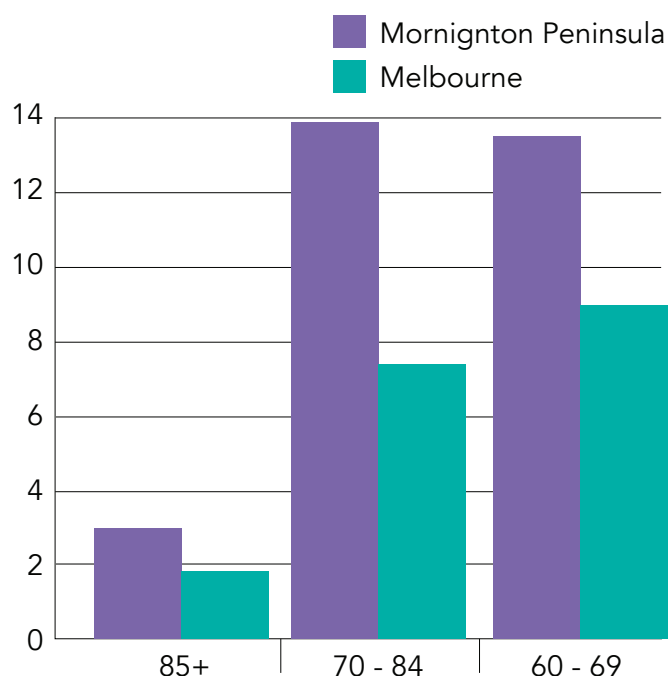
AGE STRUCTURE

The Mornington Peninsula Shire has 41,323 (over 30%) people aged over 60 years- 26%; much higher than the Melbourne metropolitan average (17%) and this cohort is expected to increase to 33% of the overall population by 2030. In 2011 there were 4,197 people aged 85 years and over.

The Shire's older adults are of diverse backgrounds including indigenous, cultural and linguistic background and sexual orientation and ability. There is a wide diversity in the population in both income and country of origin. The major differences between the age structure of Mornington Peninsula Shire and the Greater Melbourne were that the Shire has:

- a larger percentage of people 85+ (2.9% compared to 1.8%)
- a larger percentage of 70 to 84 year olds (13.9% compared to 7.4%)
- a larger percentage of 60 to 69 year olds (13.7% compared to 9.0%)
- a smaller percentage of 25 to 34 year olds (8.5% compared to 15.4%)
- a smaller percentage of 18 to 24 year olds (7.4% compared to 10.1%).

The bar chart below illustrates these differences with Mornington Peninsula Shire represented in purple and the Greater Melbourne in green.



The largest changes in age structure in this area between 2011 and 2006 were in the age groups:

- 35 to 49 (+973 persons)
- 60 to 69 (+3,375 persons)
- 70 to 84 (+1,361 persons)
- 85+ (+942 persons).



OLDER PEOPLE NEEDING ASSISTANCE

This population is defined as people who need assistance in their day to day lives with any or all of the following activities: self-care, body movements or communication – because of a disability, long-term health condition, or old age (ABS 2011).

POPULATION REPORTING 'NEEDING ASSISTANCE'

55 to 64 years	676
65 to 74 years	692
75 to 84 years	1,480
85 years and over	1,241

NURSING HOMES

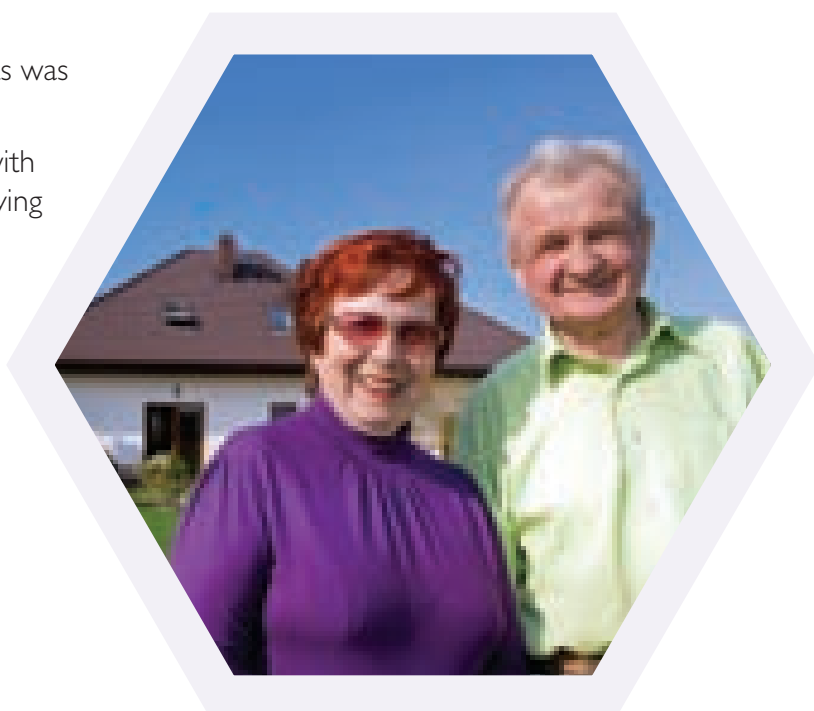
Selected national data indicate

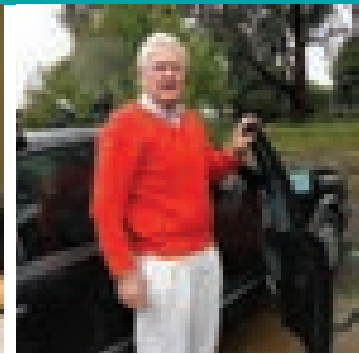
- A person aged 70 has a 36% chance of needing high-level aged care during his/her life
- At 30 June 2005 the average age of residents was 83.5 years
- The average length of stay is 34.4 months, with 37% staying less than one year, and 20% staying more than five years (Aged Care Advisory and Placement Services 2012).

HOUSEHOLD SIZE

The size of households in general follows the life-cycle of families. Households are usually small at the stage of early marriage and then increase in size with the arrival of children. They later reduce in size again as these children reach adulthood and leave home. Household size can also be influenced by a lack of affordable housing. Further, overseas migrants and Indigenous persons traditionally often live with extended family members and/or other families.

Analysis of the number of persons usually resident in a household in the Mornington Peninsula Shire compared with the Greater Melbourne shows that there was a larger proportion of lone person households, and a smaller proportion of larger households (those with four persons or more). Overall there were 26% of lone person households and 28% of larger households compared with 23.8% and 34.4%, respectively for Greater Melbourne.





BEST PRACTICE

There is now a significant body of research in the area of ageing well. One of the leading studies, Harvard University's ground breaking longitudinal research, followed the lives of more than 824 people for 60 years (Vaillant 2002)

The study's key research findings include that by age fifty, a person needs to have four to five of the following attributes to reach their 80s happy and healthy

- not a heavy smoker
- adaptive coping style
- no alcohol abuse
- higher levels of education
- healthy weight
- stable marriage
- regular exercise.

Four of the seven Harvard findings are about making physical health choices: not being a heavy smoker, no alcohol abuse, healthy weight and exercise. It is a very strong argument for including a preventative health promotion approach in developing an age-friendly community.

Increasing longevity means the middle-aged baby boomer has to chart new territory in leading a long lived life. An Australian woman currently aged 50 has a excellent chance of living to 90 years of age (ABS 2011). A holistic approach to ageing well requires a focus on wellbeing in its financial, physical, emotional, social and cultural dimensions.

The research shows the significant opportunities to work with active older people to contribute to new service models to support people to age well

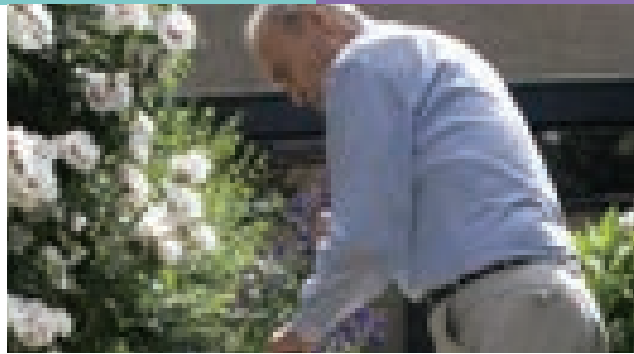
Key international trends in services for older people include

- Older people are increasingly unwilling to move into residential care and want to remain living in their own homes and the timeframe they remain at home is continually extending
- With the exception of people who have dementia and significant behavioural issues, most people can now be supported at home until the end of their lives
- Technology is increasingly supporting people to remain at home longer
- Aged services are shifting from a medical model to include a preventative focus on wellbeing and the importance of remaining active
- Intergenerational socialisation opportunities are being sought by older people and delivered by innovative planners
- Greater self-reliance and choice is being achieved through positive service culture and clever building design.

The UK television production of *The Young Ones*, <http://www.youtube.com/watch?v=P2LG85RKMIA> provided insights into how a person's environment can shape the way they think, and how, in turn, the way people think shapes how they feel.

It challenged preconceptions about old people, and demonstrated that an older person's behaviour can have an enormous impact on their self-reliance, independence and ageing.

The UK Audit Commission undertook a large scale study of best practice in older people's services in over ten local authorities (Audit Commission 2008). The study found that increased awareness, better engagement and innovation could help many older people without significant expenditure.



They recommended that councils need to engage with older people in commissioning, designing and delivering both mainstream and targeted services..

The USA developed AdvantAge Initiative framework helps define an age-friendly community by organising interventions into four categories that help describe and then assess a community's age-friendliness. A healthy ageing community is seen as one that is

- **Addressing Basic Needs**
- **Optimising Health and Wellbeing**
- **Promoting Social and Civic Engagement**
- **Supporting Independence.**

Australia can learn from countries that have had considerable success in supporting local communities to age well. In the USA, Boulder County Ageing Services Colorado used the AdvantAge framework and combined it with a strong community engagement process to create its strategic vision (Boulder 2006). Boulder took a community development approach with a strengths-based emphasis. This approach is based on the belief that life in the later years need not be categorised by problems and negative experiences. Boulder found cultivating strengths as people age increases the likelihood that they will experience a higher quality of life and fewer problems in later years. When Boulder County decided to use the strengths-based approach, it shifted its processes, culture and language, working with communities instead of for them and collaborating with them instead of directing them.

International best practice now identifies that more service interventions should be positioned upstream and enable people to learn and have time to manage their own conditions. Services should complement what older people want to continue to do and how they want to continue to live. Services could use naturally occurring responses

(Rungie 2006). Examples of upstream services include supportive library services, intergenerational communities and the University of the Third Age (U3A)- already there are three well established and growing U3A groups on the Mornington Peninsula.

Best practice developments undertaken by the Western Adelaide Elder Friendly Communities Project have provided significant insight into how older people engage in their community, manage change in their lives and find strategies that sustain independence (Rungie 2006). The project found that although many older people experience challenges in managing in the community they were neither overwhelmed nor pessimistic. Older people were not seeking an ever-increasing number of services for themselves, but wanted responsive services only when they needed them. While their stories reflect resilience, resourcefulness and adaptability, the older people involved did not believe services built on these traits nor did they believe the service system was listening to them.

The approach to strengthen naturally occurring responses builds on the theme of supporting older people to build on individual, familial and community strengths and find their own solutions to the problems they face. International experience demonstrates that older people in communities have strengths that can be developed to lead to better health and lifestyles

Best practice in age friendly social planning in local communities contains the key elements

- It is dynamic and responsive to changing needs
- Takes a community strengths based approach
- Acknowledges that older people want to be self reliant wherever possible
- Engages stakeholders in development and implementation.

ISSUES AND OPPORTUNITIES

Each of the areas in this section of the report is divided into

Current Situation

A synthesis of the outcomes of the community consultations, current Shire work in the area and directions set by the research and best practice.

Outcome Sought

The goal the community has set for this area.

Proposed Actions

Ideas raised for improvement, recommendations and opportunity for action by both the Shire and the wider community.

QUICK WIN

These are opportunities where important quick gains could be made to give the strategy momentum.

CREATING A COMMUNITY FOR ALL AGES

Current Situation

The review of the *Elder Citizens in the Community Strategy Plan 2002–2006*, highlighted the significant gains of that planning process as well as the need for greater specificity in roles and responsibilities for implementing positive ageing strategies across both the Shire and the community.

The consultations for this strategy have demonstrated consistently that people are interested and motivated in addressing the issue of ageing well. Shire staff responded enthusiastically to the online survey. All discussions were met with enthusiasm and goodwill. It is an ideal time for the Shire to undertake an enabling, facilitating role to further develop the Peninsula as a community for all ages.

Outcome Sought

‘A Whole of Council’ and ‘Whole of Community’ Response

The development of a comprehensive ‘Whole of Council’ and ‘Whole of Community’ approach to support people to age well on the Mornington Peninsula in order to Create a Community for All Ages.

Proposed Actions

Whole of Council Response

Council to allocate resources to ensure the ‘Whole of Council’ and ‘Whole of Community’ approach and actions of the PAS are successfully integrated across all Shire Units and Teams to support the implementation of the Positive Ageing Strategy.

Whole of Community Response

The Shire to hold annual *Positive Ageing Community Summits*, for both the Shire and the community to reflect and report on the progress achieved in implementing the strategies identified in the plan.



TRANSPORT

Current Situation

Of the many systemic issues that contribute to ageing well, transport was the most frequently raised topic throughout the consultations. Isolation and loneliness can be significant factors for older people living alone, although people are often unlikely to admit this. Transport is seen as essential to maintain independence and connection with family, friends and community.

The geography of the Peninsula and sparse population in some areas creates barriers to maintaining regular public transport schedules. Fixed route services are sometimes not viable and older people's transport needs require a flexible response.

The consultations highlighted that transport can be pivotal in maintaining key social connections, to foster physical and mental health and to connect with services that enable older people to remain in their own homes or community. Access to easily reached transport is impacted by an individual's other community resources and networks such as family, and whether the person has recently moved or has limited local networks.

Transport problems across the Peninsula were the most frequently raised transport issues, especially the need for better access to medical appointments. Many older residents found it extremely challenging to travel across the Peninsula and from lower more southerly parts of the Peninsula to Frankston. In addition, many older people face 'connectivity issues' - they find it difficult to get to and from key transport stops. It was also noted that people need transport for the incidental but important social connections: visiting friends and family.

The Shire has undertaken a range of initiatives to support better transport outcomes for residents. Programs are being explored to enlist cooperation from Peninsula community groups to share their community buses and volunteers. The Shire has also committed to continue working with the State Government to identify the best options for implementing the remaining recommendations in the 2007 Mornington Peninsula Access and Mobility Study. The aim is to develop an integrated transport

plan which meets the access and mobility needs of the Mornington Peninsula over the next 25 years.

On a very positive note, the Shire's Dial A Bus service is highly regarded by users. It is available to any person over 60, people with a disability and their carers. It operates one day per week and currently covers most areas of the Peninsula, with plans for complete coverage in the near future.

Outcome Sought

Accessible and Sustainable Transport Options

People would like sustainable community and public transport that is accessible to all. Transport needs to run more frequently, flexibly and efficiently.

Proposed Actions

Explore Options for Accessible Community Transport Models

The Shire should advocate for expanding the current community transport models while also creating new ones. Transport is more than just access to shopping: it includes access to services and support systems. The need for more community buses with increased frequency, flexibility and door-to-door transport is essential. The extension of volunteer transport services was frequently suggested. People with mobility problems ought to have transport options available to them at least once a week.

Taxis

Taxis were frequently seen as too expensive and difficult to access yet provided a flexible transport option, providing greater freedom and opportunities for older people to engage in the community. The Shire should advocate for an increased community taxi services.



Neighbours Helping Neighbours

Supporting people to help each other was also considered a means for providing more flexible transport options. Neighbours or others attending the same activities could provide transport for older people who have mobility restrictions. The Shire could facilitate such contacts informally thus avoiding insurance or any associated risks. An example is the work the Shire has undertaken in Community Renewal in Rosebud West using events such as Neighbour Day to promote these activities.

Insurance and Volunteers

The Shire to explore options to address the current barriers to volunteering created by insurance related issues.

Funding and Advocacy

While the Shire has already made significant gains through advocacy for improvements to transport on the Peninsula, the need for increased funding for a range of transport options was frequently noted.

Many people recommended the Shire should build on its advocacy success to lobby the State Government to provide better public transport on the Peninsula. The Shire should also investigate ways of providing transport users with electronic up-to-date information at key stops.

Information About Transport

The Shire should explore a range of communication strategies to improve transport options knowledge. It was noted that word of mouth is the often best way to deliver information to older people.

QUICK WIN

SHIRE STAFF PROVIDING INFORMATION

Shire staff should attend more presentations, forums and opportunities to provide information about transport options on the Peninsula.

QUICK WIN

DIAL A BUS

It is recommended that the expansion of the Dial A Bus program be prioritized.

LEADING BY EXAMPLE CASE STUDY

DIAL A BUS

The Dial A Bus scheme is a transport and social support service provided by the Mornington Peninsula Shire. It is for passengers aged 60 years or over, people of any age with a disability and the person's carer.

Passengers who use this service need to be independent and mobile, however wheelchair and mobility aids are accommodated. It is a door-to-door service transporting passengers around their local area. The resident is required to phone the Shire on the Monday before the service is required to organise pickup.



It is a very popular and well used service helping to give back independence to people 60 years or over as well as individuals with a disability.

HOUSING

Current Situation

The role of affordable well-located housing that facilitates ongoing engagement with the community was frequently raised in all consultations.

Older people are often single, widowed or separated and find it hardest to meet housing costs because they often have limited income. In some areas, the situation is causing an increase in homelessness amongst older people. This was identified in the *National Shelter Seniors Housing Roundtables Report 2008* and supported by Shire officers' anecdotal evidence.

Housing on the Mornington Peninsula is becoming increasingly unaffordable. The Australian Housing and Urban Research Institute (AHURI) projected that those aged 65 and over in low income rental households in Australia will increase by 115% from 195,000 in 2001 to 419,000 in 2026. The National Centre for Social and Economic Modelling (NATSEM) estimated that in March 2008 112,000 households headed by a person aged over 70 were in housing stress, compared with 56,000 in 2004, a 100% increase in four years.

Consultation responses confirmed that the location of housing is critical for many older people. It needs to be located close to public transport, family and local services. People want to be able maintain important relationships. When housing is developed away from these assets, older people are more likely to become socially isolated and less able to address key health care needs.

The design of housing is an important issue for older people. New homes should have universal design features and space for friends, family and carers to come and visit, where genuine interactions can take place, as well as providing space for personal belongings. The essence of Universal Design is the provision of features, services and products that can be used by everyone in the community, regardless of ability.

The Shire has recently commenced an Older Persons Housing Project designed to build on the existing Shire Older Persons Housing Policy and Developer's Kit. The project will review the Shires existing work in this area as well as broadening the scope of the Shires interest and role in facilitating older people's housing to better meet their needs. The project was an initiative developed by the Shire's Triple A Housing Committee.

Its objectives are:

- To enhance the planning process for housing for older people
- Advocate for development of universal design principles in the built environment
- Advocate for the existing housing stock to be maintained and enhanced to support ageing in place and for an increased supply of affordable and appropriate housing for older people
- To ensure the number of aged care beds will meet future needs on the Peninsula.

Accessible, Affordable and Well Located Housing For All

A greater range of affordable housing options for older people built to universal design standards needs to be developed on the Peninsula

Proposed Actions

Two key questions have been identified

Identify what is happening across all sectors of older persons' housing on the Mornington Peninsula

This should be determined through stakeholder consultations and desktop research

Identify How the Shire Should Respond

Areas to be examined in both questions include

- The development of appropriate planning policy including a Good Design Guide
- The implementation of planning policy through land use policies, promotion and education
- Advocacy to other levels of government on key issues such as affordable housing provision, aged care bed numbers and universal design
- Identifying further research required
- Building on existing resources to develop information and resources including a new residents information kit and information on retrofitting a house to become age friendly.

Sectors To Be Examined

- Residential Aged Care
- Retirement Villages
- Supported Residential Services
- Residential Parks and Villages
- Rooming Houses
- Independent Living Units
- Independent Living

SOCIAL PARTICIPATION

Current Situation

Social participation was a dominant theme in all consultations. A person's sense of safety and security are vital building blocks for social participation. Such involvement can be impeded when a person's mobility is limited or when their home is surrounded by holiday homes and they only see their neighbours infrequently.

A sense of social connection is seen as vital to ageing well. Research also shows that social isolation amongst older people leads to a sense of vulnerability, poor health outcomes and to increased demand for services ranging from home help to institutional care (Bridge 2006).

Depression, strongly associated with perceived social isolation (Hawthorne 2008), is an important issue with the WHO predicting that it will be the world's leading cause of disability by 2020 (Boldy 2004). Social isolation affects a diverse group of people and the complexity involved in addressing the issue should not be underestimated.

Many people emphasised the importance of naturally occurring connections such as those that happen with neighbours and in community places such as libraries, volunteering & recreation groups, cinemas, medical services, banks and local shops. Also noted was the need to identify categories of people who experience isolation yet are not always eligible for services. For example, higher income earners.

Consultation participants highlighted the need to respond to many of these issues at a strategic rather than individual level. The role of carers in linking isolated older people also requires greater recognition. An early intervention approach to identify early risk factors for social isolation was seen as important. Being connected to the community was considered essential after experiencing a loss. Early identification of people who are at risk of becoming socially isolated included those who are at risk of loss due to:

- Bereavement
- Retirement
- Shifting community
- Loss of independence
- Loss of car licence.

Many efforts are being made to support connections among older people on the Mornington Peninsula, including social activities, volunteering, active & passive opportunities and clubs for residents of all ages. Police Registers are seen to play a vital role in connecting with vulnerable isolated individuals.

Pre-retirees indicated they would like to be involved in local groups and activities, however many did not anticipate joining senior citizens clubs. A range of community development and neighbourhood building projects for the facilitation of social inclusion has been implemented, including the neighbourhood renewal projects in Rosebud West and Hastings.

The issue of lifelong learning (which frequently happens informally) for older adults is of particular interest on the Peninsula. PACE has identified that lifelong learning has a direct relationship to personal and community development and with health, wellbeing and social inclusion; each factor impacts on the other.

In 2009, a major project was undertaken in partnership with PACE to examine the education needs of people aged 80 years and over. As a direct outcome of this work, the Shire commenced a review of the barriers faced by older people in accessing library services in 2011.

Outcome Sought

Enhanced Opportunities to Connect

The Mornington Peninsula Shire should aim to deliver a range of community development initiatives that connect people, including enhancing support provided by welcoming, affordable and accessible activities, clubs and venues throughout different locations on the Peninsula.

Proposed Actions

Affordable, Appropriate and Accessible Venues

Many residents expressed their desire to have affordable, appropriate and accessible venues available for meetings of either current or new groups. It was felt that the current cost of hiring venues limited the ability to hold meetings. The Shire should continue initiatives that encourage sharing of facilities between seniors citizens clubs, aged care facilities, U3A's, sporting clubs (bowls, tennis), other clubs (Italian, Greek, Community, RSL)

and commercial centres and businesses (pubs, shopping centres, and so on). The very real and practical issue of moving tables/chairs to suit certain groups should be addressed.

Progress Lifelong Learning Initiatives

The Shire to commence working more closely with local U3A's and to review progress made on implementing the recommendations of the *2009 Education for the Over 80's* project. Particular emphasis should be placed on:

- Improving the use and awareness of existing facilities and programs
- Undertaking a needs assessment to establish what older people want
- Providing programs for people who have mobility difficulties
- Examining the use of technology to deliver innovative programs.

Addressing Social Isolation

The Shire should enhance its support for existing services such as the Home Lending Library Service, Volunteering Mornington Peninsula (VMP) and Dial a Bus and for community development activities that build on naturally occurring responses. This includes continuing support for neighbourhood houses to build strength in communities and new initiatives such as supporting older people to have pets as companions. A suggestion was made that the Shire should publicise cafes with seniors' discounts to promote social interaction. Programs such as "Neighbour Day" held once a year in Rosebud West should be reviewed and further developed. Community renewal projects can assist with the local level creation of a sense of community. The Shire can leverage its existing service provider networks to identify people in need; those who are hardest to reach will often need personal contact and follow up.

Teleconferencing and Other Developing Technologies/ Social Media

The use of telephone conferencing and other technologies was strongly supported. It is user friendly accessible technology that has already proven successful in addressing social isolation in a range of community settings. Benefits of teleconferencing and other technologies include.

- Linking people with common interests over large distances in a cost effective manner

- Improving the access of housebound older people to each other and to community resources.

Health Promotion and Wellbeing

Currently, some aged care services limit their focus to physical needs. The current assessment of older people seeking services requires change. Information about the person's history and life and their areas of interest and skills is vital. Service emphasis ought to include a person's emotional, passive and active recreation and social needs. A holistic approach may establish the effectiveness of supporting an older person's social connections, including health and wellbeing promotion and supports such as supporting older people to have pets as companions.

Community Hubs

The concept of a community hub was raised in that it would be a place for community activities. While not always a building, a hub could be an existing or new centrally accessible area that is welcoming and promotes a sense of community. A wide range of activities and services (including recharging points for scooters, passive and active recreation and volunteering opportunities) could be offered in age-friendly, multi-purpose facilities. The hub ought to be age-inclusive, not solely for older people. The community indicated they wanted to be engaged in the design and running of any hub developments.

QUICK WIN

Senior Citizens Leading by Example

Senior Citizens and other clubs throughout the Peninsula are trialling a range of activities to attract new members and retain current members. The Shire could undertake a project to encourage best practice amongst these clubs, highlighting both local and other clubs that are attracting new members through innovative approaches.



LEADING BY EXAMPLE CASE STUDY

SORRENTO ACTIVITIES CENTRE

The Sorrento Seniors Club is in the process of changing from a declining seniors club to a vibrant activity centre.

The centre services older people who live in the Sorrento and Portsea Area. Over recent years there had been a severe decline in membership and the number of activities available. The current President and Committee's aim was to increase membership and make the club dynamic once again. They felt this could be done through introducing new activities that interested existing and prospective members. Changing the name of the centre was part of the strategy as most people asked did not consider themselves "Seniors" yet.

The Centre now has over 9 activities: Computer classes were introduced (58 older people have been trained with participants ranging in age from 55 to 94), Art has been expanded to include Life Drawing, a Theatre Group has been started and has produced several productions, there are also new Dance, Movie Appreciation and Singing Groups, along with the existing Mah-jong, Thai Chi and Embroidery Groups. Art classes for children are held during the school holidays, around 20 children usually participate. This activity was run for Indigenous and non-indigenous children so they could learn about each other's art history and culture. The Centre is also used by the Sorrento Primary school for concerts.

While there is some debate amongst members as to calling the club a "Seniors Club, the overriding decision was to rename the Hall "The Sorrento Activities Centre". Membership is open to all age groups but it is still predominantly a seniors club. The Club membership has increased dramatically and it is once again a vibrant place.





RESPECT AND SOCIAL INCLUSION

Current Situation

The negative role ageism plays in ageing well was often raised in the consultations. Older people often feel more isolated by community negative attitudes and stereotypes.

To counter ageist attitudes, groups advocated the promotion of self-determination amongst older people. Many suggestions were made for enabling older people to continue being valued contributing community members, including changing attitudes and names of services and clubs.

Although a range of intergenerational skills sharing and activities is already occurring on the Peninsula, the need to strengthen this approach was frequently identified.

Outcome Sought

Addressing Ageism With Vigour

Older people need to be acknowledged as having valuable contributions to make on a range of community issues, not only age-specific issues.

Proposed Actions

Intergenerational Skills Sharing and Activities

Intergenerational activities will assist in raising community awareness of the needs of older people as well as recognition of their contributions. Support was shown for groups to focus on interesting intergenerational activities including

- a community garden
- knitting to be taught at primary schools
- collecting materials for primary school art teachers
- surrogate grandparents
- teaching children art/ crafts
- environmental initiatives
- intergenerational drama groups
- older people in libraries to help younger people read
- age friendly community precincts.

Fostering Leadership Roles

The Shire should examine further training for the development of high value volunteer roles for older people as connectors, champions and peer supports. Older people acting as positive role models would counteract ageist attitudes, connect isolated older people and deliver information and support. Peers or champions could also provide mentoring, support and information to assist older people with issues that range from dealing with change to providing advice about local resources.

Media/ Communication Strategy to Promote Respect, Inclusion and Reduce Ageism in the Community

The media plays a powerful role in our lives and is an excellent vehicle for community education and awareness raising. The Shire is encouraged to develop a communication strategy designed specifically to promote respect, inclusion and to reduce ageism in the communities of the Mornington Peninsula.

QUICK WIN

LANGUAGE AND LABELLING

Older people noted the need for re-education of agency and medical staff regarding approaches and attitudes towards older people, including use of ageist language. The Shire should lead by example by removing inappropriate age-related labelling wherever possible to enable and encourage integration of all age groups.



MORNINGTON PENINSULA SHIRE ENVIRONMENTAL FRIENDS AND YOUNG PEOPLE

The Shire has over 50 environmental 'friends groups', comprised of volunteers mostly in their late 60s to early 80s. The friends are members of the older generation on the Peninsula who have a clear commitment to caring for the environment. As these groups grow older and seek to refresh their membership, they have begun a wonderful and naturally occurring intergenerational program.

At a network day in mid 2011, where 'friends of' groups came together, the coordinator and friends decided to engage with younger people by hosting the 'The Zoo That Comes You' that day. The zoo creates an opportunity for young people to interact hands-on with a wide range of native animals. Friends group members were encouraged to bring their grandchildren and create a positive opportunity for getting younger people interested in volunteering in the natural environment.

This is a fabulous example of succession planning by the older generation. It showcases how each generation can learn from the other and older people are valued for the contribution they continue to make to their community.



CIVIC PARTICIPATION AND EMPLOYMENT

Current Situation

Many people raised the importance of early planning for retirement and the changing roles and social connections brought about by retirement. In particular, people noted the importance of adequate resources to live comfortably, including sufficient income to provide for basic needs such as food, heating and transport.

The economic implications of retirement and the recent global financial downturn are also major points of concern. The important financial assistance role of local government support and concessions were noted as was the importance of financial planning for retirement.

Many people are continuing to work past traditional retirement age as they need money. Conversations with pre-retirement people highlighted that while many would be willing to continue in a part-time or modified role in their current employment, these opportunities are rarely offered. In many workplaces, workers must either work full-time or retire.

Organisations are losing valuable staff resources unnecessarily at a time of skills shortages across the community.

Feeling valued by family, friends and community plays a crucial role in ageing well. Research into happiness and wellbeing highlights that 'giving back' is vital to many people's self esteem (Cattan 2005). Volunteering provides an important opportunity for many older people to continue valued roles in the community. This is well understood by many people on the Peninsula. Overall, 18.4% of the population reported performing voluntary work, compared with 15.5% for the Greater Melbourne.

An excellent outcome towards developing an age-friendly community is the Shire's strong support for a wide range of volunteering activities including the recent ongoing funding of a part-time position for Coordinator Volunteering Mornington Peninsula (VMP). VMP, originally created by the community, is now based in the Shire and retains a very active, high calibre Community Advisory Committee; it works in a variety of contemporary ways to strengthen volunteering in the communities of the Mornington Peninsula, including developing local volunteering hubs in peninsula libraries, networking, training and resource sharing opportunities, promoting volunteering and its benefits to the

community, and advocacy to help remove a number of growing obstacles to volunteering.

For example, concern was frequently raised in the consultations by service providers regarding the 'baby boomer' generation lacking interest in volunteering. Yet this pre-retirement cohort indicated that while they eschewed traditional volunteering roles, they desired to contribute in ways that added value to organisations and utilised their knowledge and experiences.

The UK Audit Commission found older people's representative boards played an important role in assessing and evaluating the effect of local services on older people's lives. It also identified that there are many older people ready and willing to contribute to community life and that local authorities and their partners should mobilise this resource. The PACE committee is an outstanding example of this concept in practice.

Outcome Sought

Enhanced Opportunities To Volunteer and Continue Paid Work

The needs of the community ought to be better matched with the skills and interests of older people.

Proposed Actions

Strengthening Volunteering in the Communities of the Mornington Peninsula

The Shire should increase support for its ongoing partnership with Volunteering Mornington Peninsula (VMP). VMP needs to maintain its contemporary, strategic focus in promoting and strengthening Volunteering in the communities of the Mornington Peninsula. It will need to continue to address the growing number of challenges in the volunteering sector, expectations of the baby boomer generation and devise strategies that assist community groups and organisations offer suitable volunteering opportunities. This should include identifying options to assist people who wish to volunteer their services after the age of 80, as there are some organisations that no longer accept volunteers over 80 for insurance reasons; these people are now idle yet have time, passion and expertise to share with the community.



Employment Options

Pre-retirement conversations with workers need to be held to identify opportunities to change existing roles or develop new roles as they grow older. The Shire’s Economic and Development team should work with businesses to provide employment for people at all ages with flexible working arrangements. The Shire could model this approach for other organisations by creating conversations with its own staff about changing expectations and roles.

QUICK WIN

ENSURING ACCOUNTABILITY

The Shire should encourage a group of older people, such as PACE, to supervise tertiary level students to undertake Age-Friendly Community Audits and monitor progress towards achieving the strategic goals of this plan.

QUICK WIN

AGE FRIENDLY AWARDS

The Shire to explore the possibility of awards for age-friendly shops/housing/services. It may be possible for PACE to oversee this process.



LEADING BY EXAMPLE

CASE STUDY

ENDEAVOUR FERN GULLY (THE GULLY) – WHAT ELDER CITIZENS CAN DO !

The site of Endeavour Fern Gully (The Gully) property was located within the Arthur's Seat Run, held by Andrew McCrae when Jamieson surveyed and divided the Peninsula into pastoral runs c1840. Victor Holmes inherited part of the property in the 1930s and built a saw mill on Stony Creek which is at the head of The Gully. He later sold the property to the Douglas Family; John Douglas donated the property to the National Trust.

In the 1980s Mr Stuart Calder, a local environmentalist, worked with the Trust to preserve the banks of Stony Creek. This included fencing and a boardwalk was built through part of The Gully to improve access. The Mornington Peninsula Branch was formed in 1985; in 1989 The Gully was opened for the first time to the public. Subsequent years saw the care of The Gully come under leasing arrangements with the neighbouring Stables Conference centre.

In 2008 as part of the National Trust's commitment to the conservation of natural landscapes, Mornington Peninsula Branch committee member, Gillian Tolley, put forward a successful proposed five year plan to rehabilitate and preserve the biodiversity of The Gully. This included the removal of over 200 pine trees and gradual redemption of the leased paddocks. With enthusiastic support from Trust headquarters work commenced to preserve this ecological gem for future generations.

Successful grants were received from the JT Reid Charitable Trust, Coast Care, Melbourne Water, Caring for Country with local assistance from the Red Hill Lions Club, a grant from the Jill Reichstein Foundation to print information booklets and generous personal support by way of 'extra delivery' from contractors. Other invaluable in-kind support has been received from Clean Ocean, Certificate II Landscape Management students from Rosebud and Cranbourne TAFEs and several planting days by the children from The Green Teams at Red Hill Consolidated School. (RHS) The Sedgewick family who purchased The Stables Conference Centre in 2007 were most helpful neighbours. The mammoth undertaking of managing all these grants and working days has been overseen by Gillian Tolley.

Working bees are held on a regular basis. Until recently, the regulars were all retirees ranging in age from 65 to 82 meeting at 8:30am, come rain, hail, fog or shine and work until around midday with a well-earned cuppa in between. The work of the volunteers alone, which exceeds 600 hours per annum so far, would run to thousands of dollars if this work was not done on a voluntary basis. Local interest has prompted the commencement of a Friends of The Gully group with some of the local younger generation showing interest in being involved with the project and their input has been welcomed.

Gillian sets out annual schedules of works to be completed, including planting, weeding, stabilising of tree guards, track maintenance, mulching, seed collection and tube stock planting. Children sometimes from RHS are involved and enjoy these days immensely and are rewarded with a hot chocolate and two marshmallows! Allowing for the attrition of the wallaby population, it is estimated that there are approximately 2,000 surviving specimens at this point in time.

In 2011 as part of the National Trust Heritage Festival, the branch held an open day at The Gully; over 150 people arrived. Signage is currently being devised to alert the public to the accessibility of The Gully and an application for gravel to complete the access path is awaiting decision.

Work continues on schedule to make The Endeavour Fern Gully and all of its attributes accessible to the public for their enjoyment and for future generations.

COMMUNICATION AND INFORMATION

Current Situation

Many people commented that while knowing the resources and services that exist within the local community help connect people, it is often difficult to access information regarding community services. Accessible up-to-date information on activities and programs that is provided in a variety of formats and mediums was repeatedly sought.

The current Shire Community Information Directory was discussed at most of the forums. People that knew of the directory found it very helpful, yet it was surprising to note that many residents had neither heard of it nor knew how to access a copy.

New tangible ways of disseminating information were suggested by participants. Libraries, the local paper, the web and rates notices were noted as good points of access for information.

It was acknowledged that it will continue to be difficult to ensure people know about all the available services on the Mornington Peninsula. Reaching such a diverse audience with its huge variety of preferred modes of communication remains a challenge. People also acknowledged that information about aged services is only sought in a time of need or crisis

Outcome Sought

Enhanced Communication Approaches.

The community wants accessible, appropriate and timely information available in a wide range of mediums.

Proposed Actions

New Approaches to Communication

A range of alternative communication mechanisms, including exploring new technologies/ social media, for conveying information to older people should be tested by the Shire, including targeting individuals and groups in frequent contact with older people. This could include:

- Older peoples' adult children
- General Practitioners, Medicare Locals and the Peninsula's General Practitioners Network
- Community based nurses
- Senior Citizens Registers
- Agencies that have contact with older people
- CALD groups.
- Retail and other services in contact with older people. For example, educating hairdressers in aged services issue and Shire staff.

- Libraries and Support and Information Centres
- Community houses
- Passive and active recreation groups.

Advocacy

The Shire should advocate to the local newspapers encouraging them to promote things that are socially advantageous to the community.

Working with Connectors

Working with people and mediums that network with large numbers of older people is highly cost effective. The Shire should identify these 'connectors' and use them wherever possible.

They include

- Sympathetic local journalists
- Community radio
- Hairdressers and podiatrists
- Bus and taxi drivers.

Community Support and Information Centres

Another popular comment was the need for the Shire to continue the support the Community Support Information Centres across the Peninsula.

QUICK WIN

Expansion of Older Residents Information Kit & Methods of Distribution

The Shire to examine the possibility of providing an information kit to be made available to every new older resident by a volunteer to help them feel welcome within the community.

QUICK WIN

Community Information and Disability Directories

The Shire should examine ways to ensure more older residents have hard copies of these directories and access from the Shire website.

QUICK WIN

Positive Ageing Information Forums

A popular suggestion was for the Shire to hold annual information forums where residents can come together to share their knowledge of the different groups and services in the community. This forum could be held in partnership with PACE.



COMMUNITY SERVICES AND HEALTH SERVICES

Current Situation

Health and community services are seen as central to remaining healthy and socially connected. Residents would like health services to be more accessible and affordable. People want a sufficient number of medical services that cater to the diversity of people's needs including

- more GP's that bulk bill
- more specialist services
- access to a local hospital
- more allied health services such as podiatry and physiotherapy

In this context, the Commonwealth has recently announced the implementation of Medicare Locals, to improve coordination and integration of primary health care in local communities, address service gaps, and make it easier for patients to navigate their local health care system. Medicare Locals will be expected to engage with a wide range of health professionals; identify community primary health care needs; and work to fill the gaps in primary health care in their area.

The Shire has recognised the need for a preventative approach to health services. Such as supporting staff to work in the Active Service Model and funds active recreation programs such as Age Strong and Access For All- encouraging the community to think about ageing in a different way.

The Commonwealth Government's aged care "packages" that are designed to support older people living at home are hard to access and there are long waiting lists on the Peninsula. Providers report there are simply not enough packages and the packages often don't provide enough support for the person in need.

Outcome Sought

Improved Medical and Community Services Across the Peninsula

The shire should work in partnership with other agencies to ensure there are adequate health and community services to meet the needs of a much higher than average older population.

Proposed Actions

Health Planning Partnerships

The Shire to undertake a participatory and active advocacy role to support the development of coordinated service planning with key partners including Medicare Local, Primary Care Partnership, Peninsula Aged Care Planning Group. It is important this development takes an holistic approach and focuses on community and individual wellbeing as well as medical service provision.

Advocacy

The Shire needs to continue to enhance its role as an advocate for services and as a facilitator of coordinated service responses. It should advocate to increase the number of accessible, reliable and affordable health services throughout the Mornington Peninsula, including harder to reach areas and individuals.

Handyman Services

The Shire should advocate for an increase of funded home handyman services for older people. It should investigate appointing a number of firms to provide typical services at a known cost.

Improving Access to Services

The Shire should continue its partnerships with other service providers to streamline access to services with a coordinated approach to services from basic Home and Community Care (HACC) service support through to packages of care.

Services Gaps

The Shire could continue to identify and advocate to address gaps in the provision of health and community services.

Active and Passive Recreation

Explore opportunities for the Shire to enhance it's role in promoting participation of older people in active and passive recreation & leisure activities.

QUICK WIN

Role of the Shire as Facilitator

The Shire should acknowledge and publicise its role as a health and community services network facilitator. Support should continue to be provided for agencies that work with high needs clients through advocacy, networking and support. Service delivery emphasis should be on positive ageing, benefits of social participation and wellness.

OUTDOOR SPACES AND BUILDINGS

Current Situation

Age-friendly infrastructure that facilitates ongoing engagement with the community was frequently raised as an important issue which the Shire needs to continue addressing. The importance of gathering places and spaces was frequently raised. The Shire already plays a significant role in the planning of outdoor spaces and community venues. People of all ages want spaces that are welcoming, facilitate gathering and encourage conversations and incidental interaction.

Providing seating in streets and shopping centres enables opportunities for independent mobility. Infrastructure items such as footpaths, walking tracks and lighting can play a significant role in health outcomes, remaining active and social connections of older people.

It is important to note the significant gains in this area: the Shire has developed a Footpath Strategy that has been backed by a 300% increase to \$1.5 million per annum in annual funding for footpaths.

The Shire has a Furniture Style Guide that includes requirements for external seating styles. It is currently developing a Motorised Scooter Policy and a Public Toilet Strategy. The Shire encourages residents to inform relevant Shire staff of any lighting issues and these will be prioritised.

The World Health Organisation (WHO) work to develop Age-Friendly Cities is seen as a very positive local level response to these issues, as was the UK Government's progress in developing Lifetime Homes and Lifetime Neighbourhoods. Such neighbourhoods are designed to be welcoming, accessible and inviting for everyone (DWP 2008). Community infrastructure such as transport services, civic space and amenities are designed to make it possible for older people to have a full life and facilitate participation in their local community.

Outcome Sought

Inclusive, Safe and Accessible Infrastructure

The Shire to continue its program in infrastructure improvement with an emphasis on supporting people of all ages to remain active, access the community and interact with each other.

Proposed Actions

Places and Spaces

The Shire should enhance its ongoing commitment to community engagement processes in the development of outdoor buildings and spaces so as to ensure they provide the best possible opportunity for people of all ages to interact and build relationships.

Create a Community Monitoring Initiative

The Shire to explore opportunities to integrate its current reporting processes for noting resident concerns with infrastructure such as footpaths, seating, safety and lighting. This initiative could form part of the earlier recommendation that the Shire encourage a group of older people to supervise tertiary level students to undertake Age-Friendly Community Audits.

Older Peoples' Needs Into the Future

The Shire should work with PACE to further incorporate older adults' issues in the development of infrastructure, including universal access and design that facilitates community participation by improving access and mobility within the community. This may include the idea of Ageing Impact Assessments where all initiatives are evaluated according to their impact on older people.



KEEPING ON TRACK

The following mechanisms have been identified to assist with implementing the Positive Ageing Strategy and ensure appropriate accountability and review processes are undertaken

- The Shire to establish an ongoing Positive Ageing Strategy Steering Committee, comprising members of PACE, Shire staff and key external service providers to support and monitor actions and progress of the Positive Ageing Strategy (PAS). The committee will report to Council at least annually on progress achieved. The committee will also oversee the planning for the annual Positive Ageing Community Summits and liaise with the external agency representatives
- The Shire to develop a process that encourages Shire Teams and Units (other than Lead Units/Teams identified in the PAS) to identify, record and track their contribution towards the implementation of the PAS. This should include identifying linked outcomes and annual milestones achieved
- The Shire to hold annual *Positive Ageing Community Summits*, for both the Shire and the community to reflect and report on the progress achieved in implementing the strategies identified in the plan
- The Shire's Annual Report to continue the current practice of highlighting the gains made for older people in the Shire and to report on these achievements using the WHO priority areas outlined in this report
- The Shire to register as member of the WHO Age-Friendly Communities Global Network
- The Shire to implement an Age-Friendly Audit of townships by tertiary level students with high level oversight of audit process by PACE. PACE to be involved in developing overall process and monitoring its implementation. Clinical supervision of multidisciplinary teams of students would be undertaken by Aged and Disability Services staff with support from the Shire's Infrastructure personnel; both of whom would be jointly responsible for the audits
- Council to allocate resources to ensure the 'Whole of Council' and 'Whole of Community' approach and actions of the PAS are successfully integrated across all Shire Units and Teams to support the implementation of the Positive Ageing Strategy.

The most recent data available indicates that across Victoria, 70 Councils have permanent roles dedicated to Positive Ageing.
(Victorian Local Government and Positive Ageing Survey, Municipal Association of Victoria (MAV), 2010)





TERMS USED IN THIS REPORT

ABS

Australian Bureau of Statistics

Active Ageing

Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age. (WHO, 2002)

Affordable housing

Housing is commonly defined as affordable when total housing costs do not exceed 30% of disposable income.

Age-Friendly Cities Framework

The Age-Friendly Cities Guide provides a framework to understand the social, physical, cultural and economic environment experienced by older adults.

Ageing Impact Assessments

Assessments where all initiatives are evaluated according to their impact on older people.

AHURI

- Australian Housing and Urban Research Institute

A national not-for-profit independent network organisation that funds, conducts, disseminates and tailors high quality research on housing, homelessness and cities.

ATSI

- Aboriginal and Torres Strait Islander

This term refers collectively to indigenous people.

CALD

- Culturally and Linguistically Diverse

This term is used to describe the many cultures and languages that are part of Australian life.

COTA

- Council on the Ageing

A consumer-run advocacy, information and support organisation for older Australians.

Diversity

This term is used to describe the range of people in our community and the strength difference provides, including people of culturally and linguistically diverse backgrounds, indigenous people and people with a disability.

HACC

- Home and Community Care

The Commonwealth HACC Program provides funding for services which support frail older people and their carers who live in the community and whose capacity for independent living puts them at risk of premature or inappropriate admission to long term residential care.

Intergenerational

Intergenerational activities bring people of different life stages together to increase knowledge and understanding, contribute to developing community capacity and break down age connected pre-conceptions.

Lifelong Learning

Lifelong learning covers many concepts. In this report it refers to the continuous building of skills and knowledge throughout an individual's life. It could be formal (training, counselling, tutoring, mentorship, apprenticeship, higher education) or informal (experiences, situations). Lifelong learning is the lifelong, voluntary, and self-motivated pursuit of knowledge for either personal or professional reasons.

The Shire

- Mornington Peninsula Shire

Referred to throughout this document as 'the Shire'.

NATSEM

- National Centre for Social and Economic Modelling

A research centre within the University of Canberra, it is one of Australia's leading economic and social policy research institutes, and is regarded as one of the world's foremost centres of excellence for microsimulation, economic modelling and policy evaluation.

NRAS

- National Rental Affordability Scheme

An Australian Government initiative to stimulate the supply of 50,000 new affordable rental dwellings. Successful NRAS applicants are eligible to receive an incentive for each approved dwelling where they are rented to eligible low and moderate income households at a rate that is at least 20% below the prevailing market rate.

PACE

- Peninsula Advisory Committee for Elders

Established as a formal consultative mechanism to Mornington Peninsula Shire Council. PACE advises across all areas of the Shire, holds biannual issue-based community forums, represents older people in a range of forums and has initiated key research projects.

PAS

- Positive Ageing Strategy

This Mornington Peninsula Shire Positive Ageing strategy

Social Housing

This term now encompasses public housing, community housing and housing funded by the National Rental Affordability Scheme (NRAS).

SRS (Supported Residential Services)

Privately operated services which do not receive government funding but must be registered with the State Government and are monitored to ensure they provide certain standards of personal support and accommodation. Provide accommodation and support for people who need support in everyday life, for example, people who are frail or have a disability.



Universal design

Universal design refers to broad-spectrum ideas to produce buildings, products and environments that are inherently accessible to both people without disabilities and people with disabilities. It covers: all-inclusive frameworks and innovations which effectively remove barriers and enable access and assistance for personal independence and social participation, common arrangements or equipment which remove barriers enabling each person access and assistance for independence and social participation and infrastructure or programs built to accommodate a range of social and cultural needs.

University of the Third Age (U3A)

An international organisation that fosters positive active ageing during retirement at the local level, through lifelong learning, social interaction and volunteering.

VMP

- Volunteering Mornington Peninsula

The Shire's community based partnership to strengthen volunteering in the communities of the Mornington Peninsula.

WHO

- World Health Organisation

The directing and coordinating authority for health within the United Nations.

WRVS

- Originally known as the Women's Voluntary Services for Air Raid Precautions

The WRVS was founded in Britain over 70 years ago to support local communities in times of need. WRVS is an age positive charity. Volunteers deliver personal and practical support to help older people and raise awareness of the issues older people face through campaigns and research.



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