



# Snapshot of Age Friendly Darebin Year One Report

What difference did Age Friendly Darebin make for older people in your community?



**Positive Ageing Team supported 451 older people**



**New Community Bus routes trialled**



**\$3 million investment in Darebin walking environments**



**Older and Active Newsletter reaches 1,000 subscribers**



**34,500 visits and episodes of support to clients since first COVID-lockdown**



**110 visits for eight clients who retain their trusted Council worker as part of Home Care Package trial**



**95 residents receive critical advice or support with a Home Care Package transition**

## Helen's story

Helen lives on her own in Reservoir.

When Helen recently left the hospital after a procedure, the clinician contacted Darebin's Positive Ageing team. The doctor was worried that Helen wouldn't cope on her own in the future. Helen's daughter Athena had moved overseas and is unable to travel and support her Mum. Helen was desperately in need of aged care support but unable to find services on her own. And she doesn't speak English very well.

Our Positive Ageing team arranged a visit with an interpreter at Helen's home. They also set up a video call with Athena at the same time. Now all the paperwork is signed. Helen receives a Home Care Package with lots of support. Helen and Athena are very happy. They didn't have to pay a cent for Council's Positive Ageing Service.

# What has been done to support older people in the last year?

**Council is working hard to make Darebin more Age Friendly!** Here is what has been done in the first year after the Age Friendly Darebin review:



## What we achieved for older people

**Home Library Service:**  
More people receive books delivered to their home - put on hold - we made wellbeing calls to all users

**Positive Ageing Service:**  
We are helping you to navigate the Aged Care System

**Aboriginal Elders:**  
Afternoon Tea dedicated to recognising Elders' contribution

**Get Active:** Free recreation program for seniors

**Get Involved:** We are supporting people to do volunteer work with Council



## What we achieved responding to COVID-19

**Aged Care Services:**  
We continued and adjusted services to keep our clients and staff safe

**Emergency Food Relief:**  
For people in need and doing it tough

**Community Navigation Service:**  
We support community to find the help they need during COVID-19



## There were some challenges due to COVID-19

**Volunteer Trial:**  
Older people volunteering with Council - put on hold

**Senior Citizens Action Plan:**  
Improving opportunities for seniors to meet and connect - put on hold



## We started these projects to improve your life in Darebin

### **Senior Citizen Centres:**

We are giving your local centre a make-over

**Pedestrian Network:** We are upgrading footpaths and seating

**Housing:** We assist seniors to access public housing in Darebin

**Open Space Strategy:** We improve older residents' outdoor experience

### **Service**

#### **Improvement Plan:**

We are improving your Aged Care Services through Darebin Council

**Library Strategy:** More older people will access library services

#### **Bridging the Digital Divide:**

We help older people to learn and access the use of computers

**Home Care Package Trial:** Our clients can keep their trusted Council worker

**Gardening Trial:** Work and socialise with a trusted young helper in your garden

**Lawn Mowing Trial:** Council helps you to get your grass cut



## How did Darebin's Aged Care Services respond to COVID-19?

COVID-19 has had a big impact on older residents. Libraries and other Council community centres were closed. Darebin's home support services for older people continue but we had to change the way they are being done. To keep everyone safe.

Council started new services to help the community in need during COVID-19. But some of the new Age Friendly Darebin initiatives to support older residents had to be put on hold.

# Next steps to become more Age Friendly

## COVID-19 — Responding to your needs:

- Supporting our community to recover and rebuild

## Age Friendly Outdoors:

- Street seats
- Recreation equipment
- We improve your access to sports fields, parks and open spaces
- We trial a cycling workshop for older people

## Community Participation:

- Continue with Volunteer Program

## Individual Support:

- Connecting older people to mental health support
- Flexible meals: We improve your experience with Council’s delivered meals

## Community Transport:

- New routes and more flexibility
- Trial social excursions outside Darebin to visit places and to meet new people

## The Arts:

- Opportunities for you to participate in local arts projects and festivals

**Call Council on 8470 8828 the receive the full Age Friendly Darebin Report.**

**Find out what’s been done and what will happen next.**



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