



Age-Friendly Community Profile

Manningham Local Government Area



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Summary

Manningham has a significant and culturally diverse older population. In 2017, Manningham City Council signed the Age-Friendly Victorian Declaration, endorsing the importance of building partnerships between the government, community and business sectors to create an age-friendly community. Manningham City Council has policies, programs and initiatives to support their older residents.

Overall, the health and well-being data for older residents are consistent with data from across Victoria. Most of the older population are married, and over half have income levels below the national median personal income. With the largest percentage of older people in the younger age groups (55-64 years), Manningham can expect to remain an ageing population, which will provide impetus to creating a more age-friendly environment for its residents and visitors.

The built and social environments in Manningham offer substantial benefits to older residents to enable them to live the life they value and contribute to the social and economic prosperity of the LGA. However, the gaps in walkability, appropriate transport and housing, the high rates of injuries from falls and traffic accidents suggest a greater need for improving the built environment to meet this group's needs.

The data presented here can inform setting priorities for action towards creating an age-friendly Manningham. In particular, the following questions should be considered:

- What are the key priorities for action, based on what is known and what the data indicates?
- Is there any data missing that might assist decision-making, and if so, how can it be obtained?
- Are there any cohorts of older people that should be considered within these priorities?
- Are any domains or items within some domains more important than others, and if so, why?

Introduction

For the first time in history, most Australians can expect to live for twenty or more years after their 65th birthday; a startling shift from 1955 when we expected to live only another two years. This extraordinary change means there are now five generations alive together. We can see the difference in our families and the people we meet in our communities; there are now more adults over sixty-five years of age than children under fifteen on our streets, in parks, shops, gyms, libraries, workspaces and at community events.

Older people are a considerable resource for families and communities. They run small businesses and community organisations, provide childcare and informal care to friends and neighbours, gift financial support to younger generations, and contribute significantly to local businesses. They volunteer in a range of settings including community transport and provide practical home support, such as meals-on-wheels and home maintenance.

Our ability to live longer in better health, and to contribute to others, is significantly influenced by our environment and the opportunities available to us as we age. Creating age-friendly environments is crucial for communities to remain thriving places for families across generations to live, love, learn, work, and play.

Creating an age-friendly community

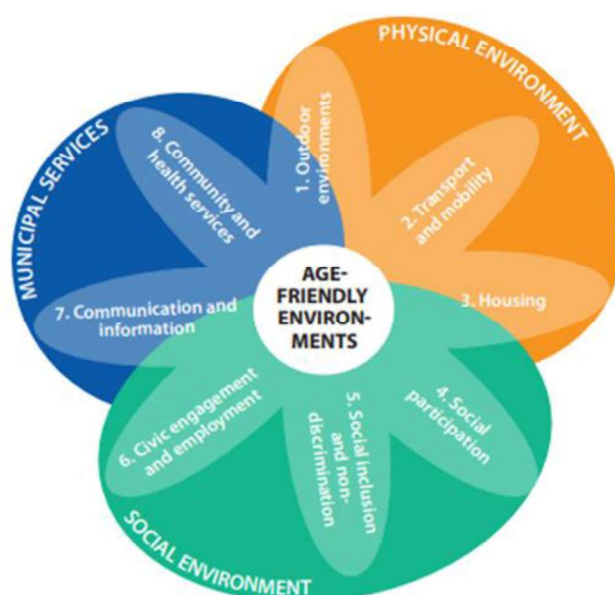
The World Health Organisation's (WHO) Age-Friendly Cities and Communities approach is used worldwide to ensure that practical measures are implemented that meet the needs of their residents as they age – now and into the future. Age-friendly communities are places where older people, organisations, services, and governments work together in partnership to adapt the environment so everyone can live their best later life.

WHO identified eight essential features of an age-friendly community, known as the eight domains [1].

- The first three domains (Outdoor Space and Buildings, Transport and Housing) describe key features of the physical environment. These aspects strongly influence personal mobility, access, safety, good health, and social participation.
- The following three domains (Social Participation, Respect and Inclusion, Civic Participation and Employment) describe the social environment and culture that affect people's participation, security and subjective well-being.
- The last two areas (Communication and Information and Community Support and Health Services) describe how older people develop knowledge of the world around them and those services that support their health (Figure 1).

The domains are based on the non-medical factors that enable or create barriers to healthy ageing. The domains overlap and interact with one another. For example, respect is reflected in the accessibility of public buildings and spaces, and in the opportunities for older people to participate in entertainment, volunteering, or employment.

Figure 1. WHO Age-friendly domains clustered into three elements [2]



Age-friendly North East Victoria has created a checklist specifically for Australian communities titled, *Understanding your community: An age-friendly checklist*, which can be accessed here: <https://agefriendlynev.au/resources.html>

The WHO Global Network for Age-Friendly Cities and Communities provides an evidence-based approach to creating age-friendly communities. Through practice and research, the WHO has shown that when a community or region comes together with a common set of principles and an agreed process to undertake the work, the work is age-friendly and effective.

The four-step process (Figure 2) provides a common language for all those involved, allowing the diversity of people and organisations in the community to work together more efficiently. It is consistent with other community-based approaches such as place-making, collective impact, co-design, or systems theory.

Figure 2. Principles and steps for creating age-friendly environments [3]



While the overall approach is structured, its implementation is flexible, allowing for variation in how communities learn about their area, the available data, priorities, and actions.

The WHO Global Network for Age-Friendly Cities and Communities connects cities and communities worldwide, to facilitate the exchange of information, knowledge, and experience, and to support them to find appropriate, innovative and evidence-based solutions.

Contents of this report

This report summarises available public data to create an age-friendly profile for the Manningham Local Government Area (LGA). This report forms part of the first step to becoming an age-friendly community (Step 1: Engage and Understand), which requires communities to understand the local needs, preferences, priorities and opportunities for age-friendliness. This age-friendly profile provides a basis for stakeholders to consider the strategic priorities and identify best-practice initiatives that might assist in creating an action plan. It can also provide a baseline against which to assess progress at the implementation stage.

Data for this report were obtained from a range of sources, including (but not limited to):

- Australian Bureau of Statistics (ABS), Australian Government
- Victoria in Future, Department of Transport and Planning, Victoria State Government
- idcommunity Demographic Resources
- Manningham City Council reports

Current Manningham policies and initiatives relating to age-friendliness

In 2017, Manningham City Council signed the Age-Friendly Victorian Declaration, endorsing the importance of building partnerships between the government, community and business sectors to achieve an age-friendly community [4]. Manningham City Council has implemented a series of policies, programs and initiatives in support of an age-friendly community, including (but not limited to):

- The Manningham Positive Ageing Alliance
- The *Dementia Friendly Inclusive Manningham Action Plan 2017-2019*
- The *Positive Ageing Action Plan 2019-2021* [4].

Manningham's Health and Wellbeing Strategy 2021-2025 focuses on the strategic theme of Healthy Community, which includes the goals of creating:

- A healthy, safe and resilient community; and
- A connected and inclusive community [5].

The action areas for creating a healthy, safe and resilient community that impacts older people specifically include:

- adult mental health
- loneliness
- dementia
- access to food
- active lifestyles
- the prevention of accidental falls, and
- elder abuse [5].

Identified action areas for creating a connected and inclusive community that impacts older people include:

- community connections, and
- accessible places, spaces and programs
- culturally safe communities, and
- culturally appropriate services [5].

Demographic profile of the Manningham LGA

The local government area (LGA) of Manningham is in Melbourne's eastern suburbs and extends from Bulleen at its western boundary to Wonga Park at its most eastern extremity (Figure 3). The western boundary is 12 kilometres from the Melbourne CBD, and the most eastern is 32 kilometres [6].

Manningham has a land area of 113.3 square kilometres, with a mix of urban and semi-urban areas, including normal suburban blocks and 17% green open spaces [7]. It primarily comprises low-density areas, with 29.9% allocated to medium and high-density housing [8].

Figure 3: Manningham Local Government Area [9].



General demographics

- The ABS estimated resident population for the Manningham LGA in 2023 was 129,514, reflecting a population growth of 2,944 from 2022 [10].
- The population of Manningham is forecast to increase by 22,490 people (17.87% growth) between 2021 and 2036, reflecting an increase of 0.83% per year [11].
- In 2021, 43.5% of the population were overseas-born [12], indicating that Manningham has a high level of cultural and linguistic diversity.

About older people in the Manningham LGA

As indicated in Table 1, the Manningham LGA has a higher proportion of older people across all older age groups when compared with Victoria generally.

- Almost 35% of people in Manningham are aged over 55 years.
- The largest percentage of older people are in the younger age groups (55-64 years), with percentages declining by age category.

Between 2016 and 2021, the three largest changes in the age structure in the older age groups of Manningham included:

- Older people aged between 70 and 84 (an increase of 2,015 persons) [13].
- Empty nesters and retirees aged between 60 and 69 (an increase of 1,108 persons) [13].
- Older people aged 85 and over (an increase of 890 persons) [13].

Table 1: ABS 2021, Age groupings over the age of 55 years, as percentage of Manningham and Victoria's total populations [14].

	Manningham	%	Victoria	%
55-59 years	8,265	6.6	383,916	5.9
60-64 years	7,652	6.1	362,634	5.6
65-69 years	6,664	5.3	320,562	4.9
70-74 years	6,399	5.1	285,000	4.4
75-79 years	5,508	4.4	203,205	3.1
80-84 years	4,645	3.7	141,601	2.2
85 years and over	4,558	3.7	142,475	2.2
Total	43,691	34.9%	1,839,393	28.3%

Life expectancy for older people

- For the period 2020-2022, the life expectancy at birth for populations in Inner East Melbourne was 84.9 years for males and 87.8 years for females [15].

Older people from Aboriginal and Torres Strait Islander populations

The Wurundjeri Woi-wurrung people are the original inhabitants of the land and waterways now known as Manningham. Manningham is home to a small number of Aboriginal and Torres Strait Islander peoples:

- 0.1% of the 50+ population in Manningham identify as being from an Aboriginal and/or Torres Strait background [16].

Cultural and linguistic diversity

Older people in Manningham are diverse in their ethnicity and culture, as outlined in Table 2:

- Older people in Manningham were born in over 50 different countries.
- Apart from Australia (42% of the 55+ population), the most common countries of birth among people aged 55 years and over in Manningham were China (10%), Greece (6%), Italy (6%), Malaysia (4%) and Hong Kong (3%).
- The most common countries of birth change across age cohorts. In the 55-64 age cohort, the top five countries of birth are China, Hong Kong, Malaysia, England, and Greece, compared to the 85+ cohort, where the top five countries of birth are Italy, Greece, China, England, and Germany.

Table 2: ABS 2021, Country of birth of persons by age, top 50 countries(a) [17].

Country of Birth	55-64 years	65-74 years	75-84 years	85 years and over	Total
Australia(b)	7,380	4,850	4,353	1,881	18,464 (42.27%)
China (excludes SARs and Taiwan)(c)	2,156	1,485	491	299	4,431 (10.14%)
Greece	384	756	1,098	442	2,680 (6.54%)
Italy	260	866	928	598	2,652 (6.07%)
Born elsewhere(d)	539	508	466	245	1,758 (4.02%)
Malaysia	695	714	294	54	1,757 (4.02%)
Hong Kong (SAR of China)(c)	754	637	155	45	1,591 (3.64%)
Country of birth not stated	394	416	449	273	1,532 (3.5%)
England	462	398	397	186	1,443 (3.3%)
India	226	216	114	30	586 (1.34%)
Vietnam	315	181	59	26	581 (1.33%)
Iran	303	160	84	16	563 (1.29%)

Country of Birth	55-64 years	65-74 years	75-84 years	85 years and over	Total
Egypt	157	127	120	45	449 (1.02%)
South Africa	194	127	60	10	391 (0.89%)
Sri Lanka	149	133	71	28	381 (0.87%)
New Zealand	173	115	66	21	375 (0.85%)
Germany	45	115	150	58	368 (0.84%)
Singapore	145	124	53	10	332 (0.76%)
Lebanon	143	117	50	20	330 (0.75%)
Croatia	39	83	99	39	260 (0.59%)
Taiwan	94	122	23	5	244 (0.55%)
Scotland	56	61	70	37	224 (0.51%)
North Macedonia	57	61	68	28	214 (0.49%)
Netherlands	22	70	75	41	208 (0.47%)
Malta	19	56	78	29	182 (0.41%)
Indonesia	55	58	47	7	167 (0.38%)
Philippines	75	76	10	5	166 (0.38%)
Korea, Republic of (South)	93	48	16	4	161 (0.36%)
Poland	28	66	41	25	160 (0.36%)
Turkey	69	22	15	11	117 (0.26%)

Country of Birth	55-64 years	65-74 years	75-84 years	85 years and over	Total
Fiji	42	39	21	9	111 (0.25%)
United States of America	48	27	12	3	90 (0.20%)
Ireland	28	24	19	10	81 (0.18%)
Pakistan	30	22	10	7	69 (0.15%)
Japan	18	28	11	0	57 (0.13%)
Cambodia	24	18	9	4	55 (0.12%)
Wales	21	11	7	4	43 (0.09%)
Mauritius	15	15	8	4	42 (0.09%)
Zimbabwe	28	8	6	0	42 (0.09%)
Canada	30	6	0	5	41 (0.09%)
Iraq	19	16	5	0	40 (0.09%)
France	14	8	10	6	38 (0.08%)
Bosnia and Herzegovina	15	5	13	0	33 (0.07%)
Chile	15	12	6	0	33 (0.07%)
Thailand	12	13	5	3	33 (0.07%)
Myanmar	8	13	3	7	31 (0.07%)
Brazil	19	4	0	0	23 (0.05%)
Bangladesh	11	5	4	0	20 (0.04%)
Afghanistan	12	0	0	0	12 (0.02%)
Papua New Guinea	5	3	0	3	11 (0.02%)
TOTAL					43,672 (100%)

Marital status

As outlined in Table 3, among the total 55+ population, approximately 30% of Manningham residents are separated, divorced, widowed, or have never married. This can, in some cases, present challenges to social participation and contribute to social isolation and loneliness. As the age breakdown suggests, rates of widowhood increase significantly as people grow older (from 2% in the 55-64 cohort to over half of the 85+ cohort).

Table 3: ABS 2021, Marital status of older age groups by age [17].

	Married	Separated	Divorced	Widowed	Never married
55-64 years	11,960 (75%)	492 (3%)	1,899 (12%)	378 (2%)	1,191 (7%)
65-74 years	9,881 (76%)	318 (2%)	1,250 (10%)	1,085 (8%)	530 (4%)
75-84 years	6,777 (67%)	148 (1%)	641 (6%)	2,381 (23%)	201 (2%)
85 years and over	1,899 (42%)	30 (1%)	170 (4%)	2,391 (52%)	65 (1%)
Total 55+ population	30,517 (70%)	988 (2%)	3,960 (9%)	6235 (14%)	1,987 (5%)

Personal income

Income levels are an indicator of an older person's ability to purchase goods and services that support their full participation in their community of residence and contributes to their sense of safety and a future. As Table 4 indicates, almost half of people aged over 55 in Manningham have an income of below \$500 per week.

Table 4: ABS 2021, Total personal income (weekly) by age, per income bracket [17].

	55-64 years	65-74 years	75-84 years	85 years	Total 55+
Negative/Nil income	1,742 (11%)	1,550 (12%)	784 (8%)	333 (7%)	4409 (10%)
\$1-\$499	2,930 (18%)	4,565 (35%)	4,614 (45%)	2,342 (51%)	14151 (32%)
\$500-\$999	3,250 (20%)	3,154 (24%)	2,582 (26%)	927 (20%)	9913 (23%)
\$1000-\$1749	3,487 (22%)	1,893 (14%)	1,011 (10%)	281 (6%)	6672 (15%)
\$1750-\$3,500 or more	3,957 (25%)	1,357 (10%)	538 (5%)	139 (3%)	5991 (14%)
Personal income not stated	556 (3%)	537 (4%)	622 (6%)	551 (12%)	2266 (5%)

The Australian Bureau of Statistics reported that the national median personal income at the time of the 2021 Census was \$805 per week. This included the adult population from 15 to over 85, including those who were unemployed or retired.

- When compared with the national median income, a greater percentage of Manningham residents in each age bracket live with incomes below the median level.

General health and wellbeing of older persons

The subsequent sections outline some statistical data pertinent to understanding trends in health and well-being for older people in Manningham.

Falls prevalence

- Between 2015 and 2020, older females aged 80-89 represented 21.6% of the total hospital admissions for injuries from falls. Older females are also more likely to be traffic accident victims in Manningham in comparison to metropolitan Melbourne, highlighting the need for greater road safety planning for an ageing population [4].

Causes of mortality

- In the past (2013-2017), Manningham's mortality rate has been consistently lower than that of Melbourne. Significant causes of mortality in Manningham have been obesity, heart disease, diabetes, cancer, stroke and other diseases [4].

Core need for assistance

- In 2021, 14% of people aged over 55 years require assistance with core activities in their day to day lives, such as self-care, mobility and communication [17].
- Rates of need increase with age – 3.5% of people in the 55-64 age cohort require assistance, compared with 54% of people in the 85+ cohort [17].

Mental health conditions

- Across the general 55+ population in Manningham in 2021, approximately 6.5% of residents reported a mental health condition [17].
- However, the rate fluctuated across age groups – the rate was lowest for the 65-74 age group (5.3%), and highest in the 85+ cohort (11%) [17].
- Rates also differed between men and women, with women reporting higher rates than men across all age cohorts [17]

Prevalence of long-term health conditions:

- In 2021, women aged 55+ reported a larger number of long-term health conditions than men [17].
- 33% of men and 30% of women aged 55+ reported that they did not have any long-term health condition [17].
- For the general 55+ age group, the top 5 most frequently reported health conditions were arthritis, diabetes, health disease, cancer and asthma. However, these varied slightly by gender. For women aged 55+, the top three most prevalent health conditions were arthritis, diabetes, heart disease, mental health conditions and cancer. For men, the top 5 were heart disease, arthritis, diabetes, cancer and asthma [17].
- 16% of men aged 55+ had more than one long-term health condition, compared with 18% of women [17].
- The likelihood of having more than one long-term health condition increased with age; 7% of men and 8% of women aged 55-64 had more than one long-term health condition, compared with 35% of men and 40% of aged 85+ [17].

Age-friendly domains

The subsequent sections outline data and information pertinent to the Manningham LGA, specifically and relating to each of the eight age-friendly domains. Each section commences with a summary of the age-friendly features pertinent to the domain.

Outdoor spaces and buildings



Maintaining and improving health and wellbeing requires walkable neighbourhoods, open spaces that are easy to visit, links to the natural environment, accessible local shops, and public buildings that are supportive in all weather and emergencies.

- Many neighbourhoods across the Manningham LGA are situated within 400m of public open space, including Templestowe and Doncaster East. However, neighbourhoods in the more rural areas of Donvale, Park Orchards, Warrandyte and Wonga Park are further away from public open spaces, meaning that residents have greater distances to travel for access [18].
- The suburbs of Donvale, Templestowe, Park Orchards, Warrandyte and Wonga Park have substantial provision of public open space; however, they also have the lowest walkability of all areas of Manningham. Because they are not easily accessed by walkable surrounding environments, residents of these suburbs are likely to access these public open spaces by car [18].
- Neighbourhoods across Bulleen, Templestowe Lower, Doncaster East and Doncaster and central areas of Manningham have the highest walkability, while Park Orchards, Templestowe, Wonga Park, Donvale and Warrandyte have lower levels of walkability [18].
- Footpaths are especially important for the mobility of older people. Footpath supported walkability is concentrated across Bulleen, Templestowe Lower, Doncaster East and Doncaster and central areas of Manningham. The neighbourhoods of Park Orchards, Donvale, Warrandyte and Wonga Park have limited footpaths [18].
- The ability of older people to access public spaces using wheelchairs is important. The following public spaces and buildings in Manningham are reported to be wheelchair-accessible:

Public parks and spaces [19]:	• Lawford Reserve, Doncaster • Ted Ajani Reserve, Templestowe Lower • Rieschiecks Reserve, Doncaster East
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	• Ruffey Lake Park, Templestowe • Wonguim Wilam, Warrandyte • Jocelyn Reserve, Doncaster East • Templestowe Lower, Finns Reserve • Tasker Reserve, Lower Templestowe • Richard Reserve, Templestowe Lower • Kingsnorth Reserve, Doncaster • Coolabah Reserve, Doncaster
Public buildings [20]:	• Manningham Art Gallery, Doncaster • Manningham Uniting Church and Community Centre Auditorium, Templestowe • Warrandyte Mechanics Hall Institute, Warrandyte • Manningham Art Studios, Doncaster • MC Square Community Centre, Doncaster • MC Square Meeting Rooms, Doncaster • Ajani Community Hall, Templestowe Lower • Domeney Recreation Centre, Park Orchards • Templestowe Memorial Hall, Templestowe • Doncaster Senior Citizens Centre, Doncaster East • Heimat Centre, Doncaster East • Koonarra Hall, Bulleen • Lower Templestowe Community Centre, Templestowe Lower • The Pines Learning and Activity Centre, Doncaster East • Warrandyte Community Centre, Warrandyte • Ajani Centre, Templestowe Lower • Aquarena Aquatic and Leisure Centre, Templestowe Lower • Doncaster Playhouse, Doncaster • Wonga Park Hall, Wonga Park • Warrandyte Community Hall, Warrandyte • Manningham Function Centre, Doncaster

Housing



Housing is central to people living a productive, meaningful, and healthy life. Housing needs, sizes and types can change as people age. Age-friendly communities provide a range of safe, accessible housing options.

- Manningham has a high rate of fully owned dwellings, significantly higher than Eastern Melbourne LGAs and Greater Melbourne. Manningham's older and ageing demographic is reflected in the growth of smaller households (lone persons and couples without children) [21].

- Since COVID-19, the Manningham median house price growth has been higher than Greater Melbourne's, rising by 7.9% per annum vs 7.3% per annum over June 2020 to June 2023 [21].
- Median unit rental prices in Manningham largely match those of Greater Melbourne for one- and two-bedroom units, and higher unit rental prices can be found in the western suburbs. Purchase options for very low- and low-income households are limited, based on 2023 income and housing price analysis, and there are no affordable rental options for households with very low single adult and couple without children incomes [21].
- Households spending more than 30% of their income on housing costs indicate mortgage or housing stress. At the 2016 Census, neighbourhoods situated close to the city, such as Doncaster and Doncaster East, had a high incidence of low and very low-income households (within the bottom 40% of incomes) experiencing housing stress. Except for two neighbourhoods surrounding Park Orchards, mortgage stress was generally low across the outer eastern neighbourhoods of the Manningham LGA [18].
- In the future, it is expected that Manningham's household growth will increasingly comprise lone-person households and households of couples without children. There will be a need for more age-specific accommodation [22]. New accommodation for older people should ideally be located around Manningham's activity centres to ensure easy access to services, transport and support networks [23].
- Community consultation with Manningham's Healthy Ageing Advisory Committee identified the need for older people to have various facilities and services, including accessible outdoor spaces, seating, easy access (lifts, footpaths, street-level housing), gardens and courtyards, toilets, and parking. In creating vibrant activity centres that support older people, cultural and community activities, art, designated drop-off zones, and community buses were seen as important [24].
- In the consultation and engagement activities associated with Stage One of the Manningham Residential Strategy project, participants identified the need for housing developments, including spaces for older people to congregate, to build social cohesion [25].

Transport



Mobility is essential for social participation, health and wellbeing. Access to local services, participating in community activities, developing social networks all require accessible and affordable transport options.

General accessibility of transport

- The hilly geography and low density of Manningham LGA means that community transport is needed to ensure healthy ageing [26].
- Manningham City Council provides assisted transport for people over 65 (over 50 years for Aboriginal and Torres Strait Islander people). The services are provided by EV Community Transport. Users must be residents of Manningham, and they need to be assessed as transport disadvantaged, and be mobility independent (though help is available for some mobility aids and wheelchairs [27].
- Disabled car parking spaces are available at the Civic Precinct, near the Bowls Club, the Aquarena Health Club, and the Manningham Function Centre [28].

Public transport options and accessibility

- Buses are the only form of public transport in Manningham. In Park Orchards, significant sections of Warrandyte and Donvale, several neighbourhoods across Doncaster and Templestowe Lower, and the most southern parts of Doncaster East, less than one-third of residents have access to a bus stop within 400m [18].
- Residents of Park Orchards, Wonga Park and the neighbourhoods of Templestowe Lower and the Blackburn North boundary have no access to a regular public transport service. In the neighbourhoods of Doncaster, Doncaster East, Templestowe, Templestowe Lower and Bulleen, access is greatest, with 82-100% of residents having access to frequent public transport [18].

Respect and social inclusion



Opportunities for relevant, inclusive activities are a foundation for community respect and helps prevent the negative health impacts of age discrimination.

Initiatives aimed at increasing inclusion for diverse communities

Manningham City Council is part of the Welcoming Cities Initiative, which aims to:

- Recognise Aboriginal and Torres Strait Islander people as First Peoples and engage local Indigenous communities
- Partner with diverse stakeholders to promote a welcoming culture
- Support and promote activities and initiatives that nurture connections between migrant and receiving communities
- Ensure cultural diversity and inclusion are incorporated into business and strategic planning [29].

The Manningham LGA has Chinese community services, and community and residential aged care services [30], a multicultural Women's Friendship Group of Manningham [31], and the Manningham Interfaith Network [32]. Manningham also hosts a Persian Fire Festival and Chinese New Year festival.

Elder abuse

- According to Seniors Rights Victoria data for July 2021/June 2022, one advice client out of 316 was from the Manningham LGA [33].
- In the 12 months before March 2020, older people in Manningham (aged 45+ years) made up a significantly higher proportion of people affected by family violence (40%), compared to Victoria more generally (30%), likely due to Manningham's older age profile [4].

Social participation



Meaningful social relationships and participation are essential for good health. To feel connected, to belong, to be needed are central to human flourishing.

The Manningham Residential Strategy Community Engagement consultation has identified the need for better social activities services for older people [25].

Opportunities for social participation

The Manningham opportunities for social participation include:

Neighbourhood houses [34] and U3A [35]	• Five neighbourhood houses: Doncaster East, Lower Templestowe, Park Orchards, Warrandyte and Wonga Park • A U3A which provides accessible and affordable educational, cultural, physical and social opportunities to meet the needs of retired and semi-retired populations: Doncaster East
Leisure and fitness activities [36] [37]	• Active Manningham is a collaborative network of recreation facilities which offer a range of Seniors fitness programs including tailored fitness programs and sports (Badminton, Table Tennis): various locations across the Manningham LGA • Greythorne Bowling Club offers safe and fun bowling related activities: Doncaster East
Social support groups and activities [37, 38] [39]	• Access Health and Community run a number of social support groups for people aged over 65, including outings, movies and walking groups: Warrandyte, Balwyn North and Doncaster East • Seniors Happy Life Club activities (weekly): Heimat Centre, Doncaster East • Carers Saturday cuppa and chat (weekly): Manningham Uniting Church & Community Centre, Templestowe • Seniors Morning Tea (during the Seniors Festival): Manningham Function Centre, Doncaster • The Men's Table is an environment for men to share openly about their lives, their challenges, their highs and lows: Bulleen • Manningham Men's Shed (Monday to Thursday): Doncaster East
Social and recreational clubs [37] [40] [41]	• Australian Coptic Senior Citizens Club: Doncaster East Hall • Australian Oriental Martial Arts Tai Chi Incorp (AOMA): Doncaster Secondary College • Chinese Senior Citizens Club of Manningham: Ajani Centre, Lower Templestowe • Combined Pensioners Association of Bulleen and Templestowe: Lower Templestowe Community Centre • Donvale Central Probus Club: East Doncaster Baptist Church • Greek Senior Citizens Club of Manningham: Ajani Centre, Lower Templestowe • Iranian Senior Citizens Club of Manningham: Centenary House, Doncaster East • Italian Senior Citizens Club of Manningham: Ajani Centre, Lower Templestowe • Macedonian Senior Citizens Club of Manningham: • St Haralambous Church-Greek Senior Citizens: Parish of St Haralambous • Warrandyte Senior Citizens Club: Warrandyte Community Hall • Women's Friendship Group Inc: Lower Templestowe Community Centre • Jeeran Social Club is a community representing skilled migrants from Arab-speaking countries which provides services and organises activities that strengthen community ties: Doncaster East

	• Eastside Rostrum Club assists people in gaining confidence with public speaking and business procedure: Doncaster East • Manningham Probus Club hosts activities including outings, walking groups and tours: Templestowe, Bulleen, Doncaster
Library activities [42]	• English conversation circle, for practicing general English-language skills in a relaxed, friendly and safe environment (weekly): Doncaster Library • EAL (English as an Additional Language) reading group program (weekly): Doncaster Library • Craft and chat (weekly): Doncaster Library • Knit and connect (weekly): Warrandyte Library • Tech help for Seniors (Fridays and Saturdays): Nunawading Library
Church activities [43] [44] [45]	• Manningham Uniting Church offers a range of social activities including knitting, walking, and social support groups: Templestowe • Greek Senior Citizen's Club, St Haralambos Church: Templestowe • CityLife Church host social gatherings: Lower Templestowe

Level of participation among older people

Research conducted in 2023 with 199 Manningham residents over 65 years found that:

- 18.6% attended an exercise group or recreation activity (swimming, bowls, tennis)
- 8.1% attended U3A/university/adult education group or class
- 7% attended other activities such as service clubs, church, art/craft activities
- 4.6% attended a community centre/neighbourhood house group or class
- 4.6% attended a book club or class at the library, and
- 3.5% attended a Seniors group or day activity centre [46].

Civic participation



Continuing to contribute to one's community is vital to a person's health and the viability of communities. Age-friendly communities provide a range of options for people to continue to contribute.

Engagement in volunteer activity

Volunteering plays a significant role in supporting the sustainability of community programs and services and reducing the likelihood of social isolation.

- In 2021, 13% of people in Manningham aged over 55 years regularly participated in voluntary activity [17].

- Volunteering rates peaked in the 65-74 age group (15%) and fell to 5% among the 85+ cohort [17].

Provision of unpaid childcare

Older people make significant contributions to their families and communities by providing unpaid childcare. As Table 5 demonstrates, all 55+ age groups are engaged in some form of unpaid childcare, with people in the 65-74 age cohort most likely to do so.

Table 5: ABS 2021, People over 55 years providing unpaid childcare by age, per childcare category [17].

	Own child/ children only	Other child/ children only	Own child/ children and other children	Did not provide childcare
55-64 years	1,040 (7%)	1,701 (11%)	36 (0.2%)	12,729 (82%)
65-74 years	280 (2%)	2,820 (22%)	12 (1%)	9,550 (75%)
75-84 years	55 (1%)	722 (7%)	9 (1%)	8,891 (92%)
85 years and over	4 (0.1%)	36 (1%)	0 (0%)	4,163 (99%)
Total 55+	1,379 (3%)	5,279 (13%)	57 (0.1%)	35,333 (84%)

Labour force status

Labour force status is an important indicator of older people's capacity to engage in civic society, particularly where older people seek employment but cannot access it. It can also provide insight into potential trends relating to the level and type of engagement in other forms of civic and social activity in the community. As Table 6 shows, engagement in the labour force falls with age. Of particular note is that some older people are looking for work but remain unemployed.

Table 6: ABS 2021, Labour force status by age, per labour force category [17].

	55-64	65-74	75-84	85+	Total 55+
Total employed	10,262 (64%)	3,214 (25%)	592 (6%)	38 (1%)	14,106 (32%)
Total unemployed and looking for work	441 (3%)	100 (1%)	14 (0%)	0 (0%)	555 (1%)
Not in the labour force	4,851 (30%)	9,347 (72%)	9,082 (89%)	4,157 (91%)	27,437 (63%)
Labour force status not stated	367 (2%)	400 (3%)	464 (5%)	363 (8%)	1594 (4%)

Communication and information



Access to timely information is vital for older people. Staying connected relies on accessible, local information through a variety of means and on internet connections and accessible digital technologies.

The Manningham City Council publishes a monthly eNewsletter to inform residents about events and local projects. Residents can subscribe to receive the newsletter by email [47]. Manningham City Council also distributes a printed magazine, *Manningham Matters*, throughout the year, which includes community information and news [48], and uses social media to keep residents informed of news and events [49].

Level of education

Levels of education can dictate older people's capacity to engage with information that will support them to age well in a community setting. Year 10 level is commonly acknowledged as the minimum standard of education that will support active, informed engagement with information and services. As detailed in Table 7:

- In Manningham, 30% of people aged 55+ have education levels at Year 10 level or below.
- Levels of education increase with age: for example, 15% of people in the 55-64 cohort have education at Year 10 level or below, which rises to 57% in the 85+ age group.

Table 7: ABS 2021, Older age groups who have a formal education at or below Year 10 by age, per education level [17].

	55-64 years	65-74 years	75-84 years	85 years and over	Total 55 +
Year 10 or equivalent	1,468 (9%)	1,596 (12%)	1,741 (17%)	623 (14%)	5,428 (12%)
Year 9 or equivalent	438 (3%)	787 (6%)	890 (9%)	411 (9%)	2526 (6%)
Year 8 or below	347 (2%)	1,044 (8%)	1,889 (19%)	1,282 (28%)	4562 (10%)
Did not go to school	190 (1%)	231 (2%)	339 (3%)	254 (6%)	1014 (2%)
Highest year of school not stated	475 (3%)	586 (4%)	689 (7%)	504 (11%)	2254 (5%)

Proficiency in English

The high level of cultural diversity in Manningham has implications for the ability of older people to speak English, particularly for more recent arrivals to Australia (2016 -). As the data in Table 8 indicates:

- Of people aged 55+ who have arrived in Australia since 2016; approximately 74% do not speak English well or at all.
- Ability generally decreased with age: in the 55–64-year cohort, 71% did not speak English well or at all, which rose to 79% in the 75-84 cohort.

Given that this question in the census had a high number of non-responses (not stated), it is feasible that these figures are higher.

Table 8: ABS 2021, Proficiency in spoken English (arrivals to Australia since 2016) [17].

	55-64	65-74	75-84	85+	Total 55+
Speaks English only	34 (7%)	18 (4%)	0 (0%)	0 (0%)	52 (5%)
Uses other language and speaks English					
<i>Very well or well</i>	109 (21%)	74 (18%)	19 (21%)	5 (24%)	207 (20%)
<i>Not well or not at all</i>	365 (71%)	310 (76%)	72 (79%)	16 (76%)	763 (74%)
<i>Proficiency in English not stated</i>	3 (0.5%)	3 (0.5%)	0 (0%)	0 (0%)	6 (0.5%)

Recent council documents indicate that more than 40% of Manningham residents speak a language other than English at home. The most used languages in the LGA are Arabic, Chinese, Greek, Italian, and Persian. Residents of Manningham can use the Translating and Interpreting Service to communicate with the council [50].

These data are important when considering information and communication needs, especially since many services now require proficiency in both English and computer literacy.

Access to the internet

- In 2022, Manningham LGA scored a Digital Access score of 72.1 [51], a change of -1.9 since 2021 [52]. The Digital Access score (from 0 to 100) measures access to the Internet according to the frequency and intensity of use, the connection type, the data allowance and speed, and the range of available devices [53].
- Manningham's Digital Ability score in 2021 was 63.0, and in 2022, it was 62.9, indicating a change of -0.1. The Digital Ability score measures users' abilities according to the categories of basic operational, advanced operational, information navigation, social, creative, and automation [54].
- Free digital literacy sessions are available twice weekly at the Nunawading Library (Whitehorse Manningham Libraries). This program is a partnership with local students (Youngster.co) who offer dedicated one-on-one tech support for mobile phones, social media, transferring photos, and installing applications [42].

Community support and health services



Primary health care and community services that are conveniently located, affordable and accessible are essential and necessary to maximise the health and wellbeing of older people.

- Many of the services needed by older residents can be accessed in the inner suburbs of Manningham, such as the neighbourhoods of Templestowe Lower, Doncaster and Doncaster East, and not in the more outer, Eastern suburbs [18]. The neighbourhoods of Bulleen, Templestowe, Donvale, Park Orchards, Warrandyte and Wonga Park have fewer services [18].
- Access to General Practitioners (GP) is highest in most neighbourhoods of Bulleen, Doncaster, Doncaster East, Warrandyte and most neighbourhoods of Templestowe Lower (within 1.5km). Residents in the neighbourhoods of Templestowe Lower and Templestowe have further distances to travel to a GP (1.6 – 5.9km). Residents in most neighbourhoods of Donvale, Warrandyte, Park Orchards and Wonga Park have the furthest to travel for a GP services (1.6 – 5.9km) [18].

Manningham's health care and community services include:

Formal (public or private) home- or community-based services [55]	Services include domestic help, personal care, flexible respite care, community access and social support groups • Access Health and Community • Calvary Home Care Services Limited • Care Connect Limited • MannaCare Inc. • Nillumbik Community Health Service Ltd (healthAbility) • Villa Maria Catholic Homes Limited
General Practitioners [56]	General practitioners can be found in • Bulleen • Doncaster • Doncaster East • Donvale • Nunawading • Park Orchards • Ringwood North • Templestowe • Templestowe Lower • Warrandyte • Warrandyte South • Wonga Park
Geriatricians [57]	Manningham Medical Centre: Templestowe Lower General Geriatrician Associates: Templestowe Lower

	195 Specialist Centre: Bulleen Donvale Rehabilitation Hospital: Donvale
Residential Aged Care Accommodation [58]	Doncaster • MannaCare, Cassia House: Caters for cultural, spiritual or ethical food requirements • Cassia House • Melaleuca Lodge • The Orchards • Millward • Doncaster Manor Donvale • Bupa, Donvale • On Luck Chinese • Greenview • The Heights • Brooklea Lodge • Warranvale Gardens Templestowe • Bupa, Templestowe • Arcare, Templestowe • Silverwood • Charlesbrook • Emerald Terrace • Newmans on the Park • Willowbrae • Blue Cross Ashby • Emmavale Gardens • Fronditha • Mercy Place • Templestowe Manor

Discussion and next steps

This data presents Manningham through an age-friendly lens. In doing so, it highlights the following issues:

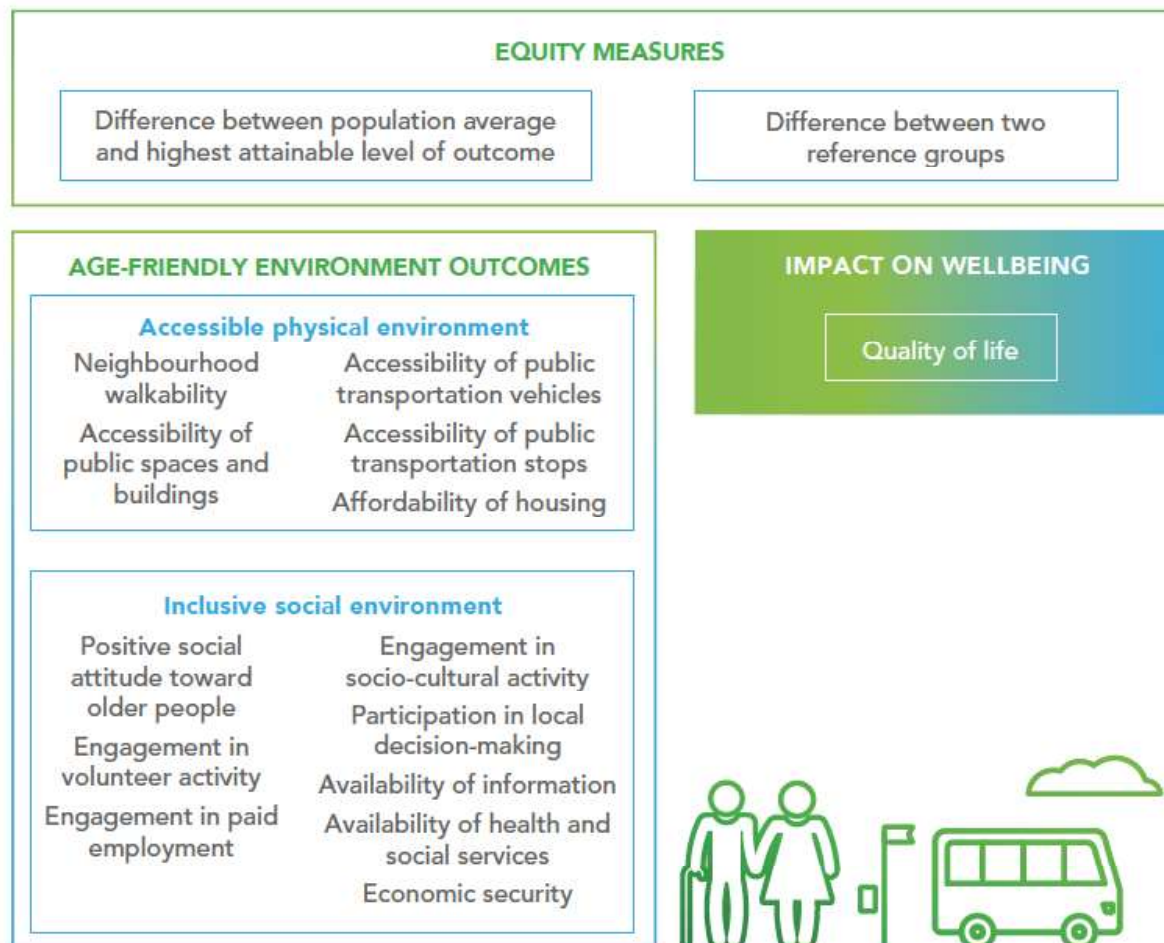
- Manningham's older population is very culturally diverse and may not necessarily have proficiency in spoken English, which will have implications across all eight age-friendly domains.
- Older people in Manningham may have challenges accessing transport to support their full participation in society, particularly in the outer suburbs of Manningham, which are not walkable and have limited to no public transport access.
- The significant falls and traffic accident rates suggest the built environment and driver behaviours are not supportive of older pedestrians.
- Almost one-third of the 55+ population are not married or are separated, divorced, or widowed, which may also indicate a need for social connections outside the home.
- Many older people in Manningham have more than one long-term health condition, with mental health conditions increasing with age.

These areas of interest are similarly reflected in current Manningham City Council policies and plans, which prioritise health, safety, connection and inclusion.

However, a major limitation of this age-friendly profile is the limited amount of data that can be publicly accessed, specifically for older people at the local government level. Data which used to be collected and reported within the census that is particularly pertinent to understanding the needs and capacities of older people (e.g., access to a motor vehicle, proficiency in using digital technology, and who they live with) is no longer accessible.

International agencies and governments have developed broad indicators for understanding the age-friendliness of urban environments. While the authors have been able to access data for some of the indicators within this report, much of the data is not publicly accessible. These indicators, presented in Figure 4 and Appendix 1 may guide further data collection.

Figure 4: Core indicators of age-friendly cities [59].



Appendix 1 Core indicators for measuring age-friendliness

WHO Measuring the Age-Friendliness of Cities *= Core Indicators [59]	
Area/population	Urban-dwelling older people at the local government level
Data source	Utilize routine data mechanisms and existing data bases (A) Perceptions reported by local residents in surveys and focus groups (S) Observed actual conditions through field surveys or audits (O)
Input measures	Resources and structures measured in terms of availability (a binary, yes-no indicator) or level of availability (on an appropriate scale) • High-level political commitment • Collaboration of multiple stake holder groups • Shared ownership by older people • Financial & human resources
Outcomes impact	*Quality of life Healthy life expectancy at birth (A) Proportion of older people who self-rate their overall Quality of Life as ‘very good (5)’ or ‘good (4)’ on a scale ranging from ‘very poor (1)’ to ‘very good (5)’ (S) *Equity disaggregation of data by social stratifiers such as gender, age, wealth and neighbourhood • Differences between population average and highest attainable level of outcome • Difference between two reference groups
Places, spaces & buildings	*Neighbourhood walkability Proportion of streets in the neighbourhood that have pedestrian paths which meet locally accepted standards (A/O) Proportion of older people who report that their neighbourhood is suitable for walking, including for those who use wheelchairs and other mobility aids (S) *Accessibility of public spaces and buildings Proportion of new and existing public spaces and buildings that are fully accessible by wheelchair (A/O) Proportion of older people who report that public spaces and buildings in their community are accessible for all people, including those who have limitations in mobility, vision or hearing (S) Public safety Reported rate of crimes (per year) committed against older people
Transport	*Accessibility of public transportation vehicles Proportion of public transport vehicles with designated places for older people or people who have disabilities (A) Proportion of older people who report that public transport vehicles (e.g. train cars, buses) are physically accessible for all people, including those who have limitations in mobility, vision or hearing. (S) *Accessibility of public transportation stops

WHO Measuring the Age-Friendliness of Cities *= Core Indicators [59]	
	Proportion of housing within walking distance (500m) to a public transportation stop (A) Proportion of older people who report that public transportation stops are accessible. (S) Accessibility of priority vehicle parking Proportion of parking spaces at new and existing public facilities that are designated for older people or people with disabilities
Housing	*Affordability of housing Proportion of older people who live in a household that spends less than 30 per cent of their equalized disposable income on housing (A) Proportion of older people who report that housing in their neighbourhood is affordable (S) Accessibility of housing Proportion of new and existing houses that have wheelchair-accessible entrances (i.e. sufficient width, ramp)
Social participation	*Engagement in socio-cultural activity Proportion of older adults among all reported visitors to local cultural facilities and events (A) Proportion of older people who report participating in socio-cultural activities at their own discretion at least once in the last week (S) Participation in leisure-time physical activity in a group Proportion of older people who are a member of a self-organised or institutionalised leisure-time physical activity group
Respect and social inclusion	*Positive social attitude toward older people Number of reported cases of maltreatment of older persons (as a proportion of the total number of older people) (A) Proportion of older people who report feeling respected and socially included in their community. (S)
Civic participation & employ	*Engagement in volunteer activity Proportion of older people in local volunteer registries (A) Proportion of older people who report engaging in volunteer activity in the last month on at least one occasion. (S) *Paid employment Proportion of older people who are currently unemployed (A) Proportion of older people who report to have opportunities for paid employment (S) *Participation in local decision-making Proportion of eligible voters who actually voted in the most recent local election or legislative initiative (A) Proportion of older people who report being involved in decision-making about important political, economic and social issues in the community (S)

WHO Measuring the Age-Friendliness of Cities *= Core Indicators [59]	
	*Economic security Proportion of older people living in a household with a disposable income above the risk-of-poverty threshold (A) Proportion of older people who report having had enough income to meet their basic needs over the previous 12 months without public or private assistance (S) Engagement in life-long learning Proportion of older people who were enrolled in education or training, either formal or non-formal, in the past year
Communication & information	Availability of information Availability of local sources providing information about health concerns and service referrals, including by phone Internet access Proportion of older people living in a household with internet access at home
Community support and health services	*Availability of health and social services Proportion of older persons who have personal care or assistance needs that are receiving formal (public or private) home- or community-based services (A) The proportion of older people who report having their personal care or assistance needs met in their home or community through the use of formal (public or private) services (S) Emergency preparedness Proportion of employees or local government agencies, community organisations, and service providers who participated in an emergency response training or drill in the past year which address the needs of older residents

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