



Active and Healthy Ageing in Yarra Strategy 2021–2023

Plain English

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Acknowledgement

Yarra City Council acknowledges the Wurundjeri as the Traditional Owners of this country, pays tribute to all Aboriginal and Torres Strait Islander people in Yarra and gives respect to Elders past and present.

A message from the Mayor

The City of Yarra Council wants to make our community a place where everyone of every age can live well. Living well means feeling included, being active and able to connect with other people, and taking part in everyday life.

This document is our Active and Healthy Ageing Strategy. The Strategy will guide our work over the next six years to support people aged over 50 to live well in our community. From the Strategy, there will be three, two-year Action Plans that list what we will do and when to support older people in our community.

The Active and Healthy Ageing Strategy and Action Plans are based on the goals, needs and dreams of our community. To make the Strategy and Action Plans, we talked with and listened to older people, carers, families, community groups and service providers.

We asked people who live, work and visit our community to share their thoughts and ideas about what it means to 'live well'. To collect people's ideas we:

- ran an online survey
- talked with people at community workshops and events
- spoke to our staff and held a Council-wide workshop.

The Active Ageing Advisory Group (AAAG) supported every part of this project. The AAAG supported the Council to write the Background and Issues Paper and Project Plan.

I would like to say thank you to:

- the AAAG for their work to start and support this project
- older people, carers, families, community groups and service providers who shared their ideas through our survey and workshops
- everyone who helped us to create this Strategy.



Cr Daniel Nguyen
Mayor, Yarra City Council

October 2018

Our vision

The City of Yarra is an Age Friendly City; a welcoming and inclusive community for people of all ages, race, culture, gender, sexual orientation and lifestyles.

We respect the strong voices of older people in our community, value their continuing contribution to civic life; and their right to make decisions on their own behalf. Our environments and public spaces are safe and supportive and our programs, services and policies are responsive to the needs of older residents, with benefits to all ages.



Our commitment to active and healthy ageing

At the City of Yarra, we choose to focus on the positive aspects of growing older, both for older people and the whole community. Some academics now say 'middle age' starts at 50 and goes to the age of 75¹. There is a big opportunity to support older people to stay connected to their community, work and volunteering.

People aged over 50 are part of our diverse community and make an important contribution to our local area. The Council creates policies and provides services that support older people to live well in our community.

The Council is committed to making our area age-friendly by making sure older people can access information, places, spaces, support and health care.

In 2006, we created the *River of Life Positive Ageing Strategy 2007-2016* with a five-year action plan from 2007 to 2012.

In 2014, we worked with the community again to achieve our vision of 'A City for All Ages' and we created a *Stage Two Action Plan 2014 – 2017*.

Active Ageing Advisory Group (AAAG)

The Council started the Active Ageing Advisory Group (AAAG) in 2007. Creating the AAAG was one of the ideas from the *River of Life Positive Ageing Strategy 2007-2016*.

The AAAG support the Council by:

- providing advice on the needs, interests and wellbeing of older people in the local community
- sharing the views and experiences of older people, carers and organisations who support older people
- raising awareness of the issues faced by older people.

There are eight members on the AAAG. The members live across the City of Yarra and have a diverse range of interests and cultural backgrounds.

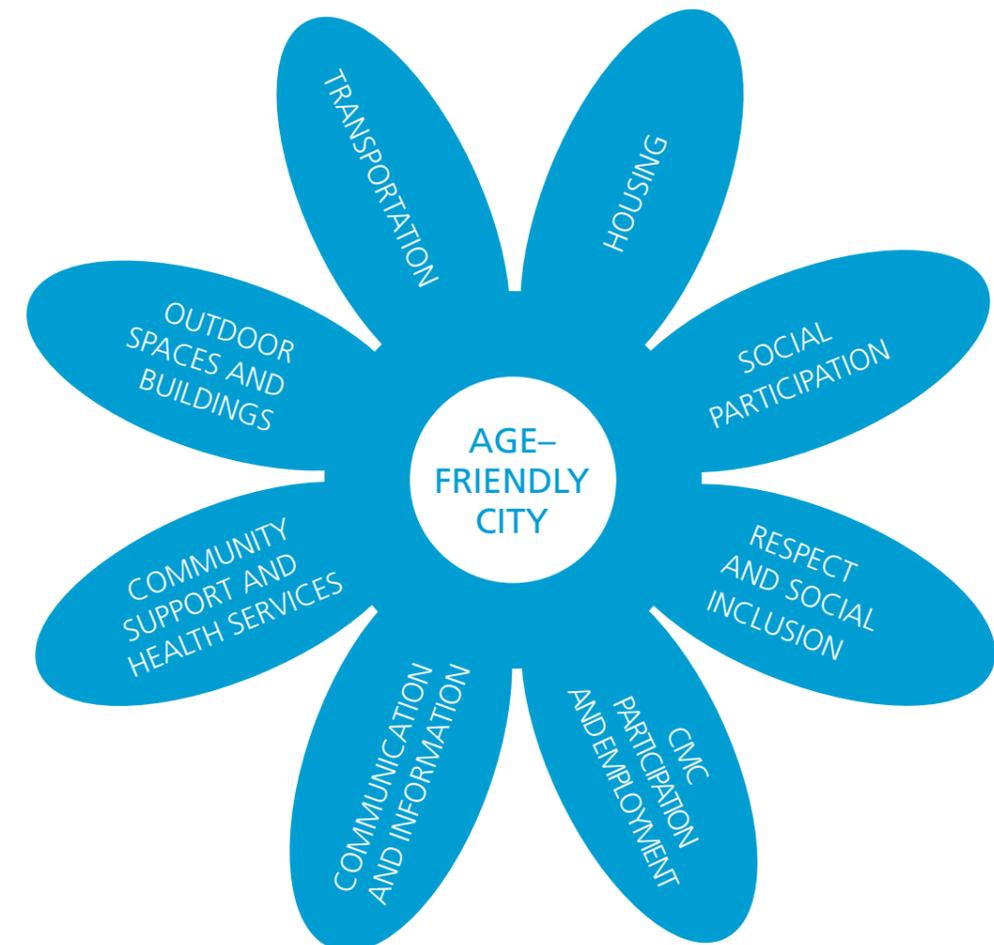
The AAAG will keep supporting the Council to implement this Strategy and the Action Plans.

The Age-Friendly Victoria Declaration

In 2016, the Council signed to support the Municipal Association of Victoria (MAV) Age-Friendly Victoria Declaration. The Age-Friendly Victoria Declaration is based on the World Health Organisation (WHO) Global Age-Friendly Cities Guide, which names eight domains that affect the quality of life and wellbeing of older people.

Helping to shape local communities across all of the life stages is core business of local government.

Age-friendly embraces much of what councils already do.



¹www.patriciaedgaranddonedgar.com

Age-Friendly Cities domains

An age-friendly community sees the value older people add to the community and supports them to get involved. In particular, being age-friendly means making sure there are no age-related barriers that stop older people from taking part in their community.

Age-friendly cities give older people opportunities to:

- socialise and connect with others
- work or volunteer
- support their health and wellbeing
- feel part of and give back to their community.

Age-friendly cities are possible when older people, governments, organisations, businesses and services work together.

Under the Local Government Act 2010, the Council has an important role in supporting community wellbeing and creating healthy, fair and inclusive communities.

The way we work as a Council, and the decisions, policies and actions we take, impact people of all ages. Over the years, we have helped older people by providing or supporting:

- senior citizens centres
- community transport
- meals
- assistance at home
- social activities
- recreation facilities and programs
- clubs and organisations.

The eight *Age-Friendly Cities* domains can be used to show the range of support available for older people across the Council. We have used the eight domains to create this Strategy.

Through our Strategy, we want to create an age-friendly community that welcomes and includes people of all ages. By using the eight *Age-Friendly Cities* domains to guide our work, we aim to make policies, services and decisions that support older people to feel safe and included, enjoy good health and stay involved.

The Strategy will be supported by three Action Plans that each run for two years. The Action Plans will be based on the views, goals and needs of older people, the community, the Council and other organisations.

Being age-friendly means:

- focusing on human rights
- working together with the government and community to support older people
- creating a community where people of all ages and abilities are included and respected
- valuing the support older people provide to their local area and their families through work, volunteering and friendships
- promoting independence, wellbeing and quality of life for all people as they age.

Connecting our work

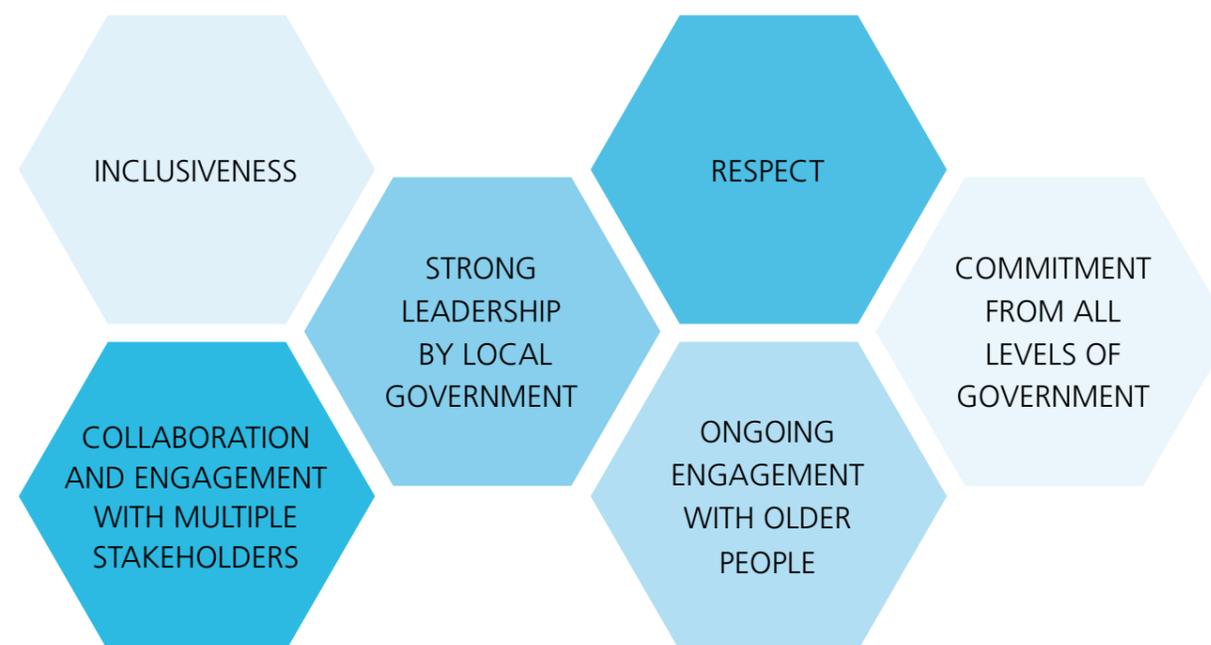
To create an age-friendly city, different areas of the Council need to work together. By connecting and coordinating our work, we can achieve better outcomes.

There are six key themes that will enable us to connect our work:

The work of the Council to support older people is assisted by a range of services including:

- community health centres
- neighbourhood houses
- disability support services
- housing services
- mental health agencies
- hospitals
- drug and alcohol agencies
- churches
- material and financial support agencies.

By working together with these services, we can better support older people in our community.



Ageing is Everyone's business

In 2016, the Commissioner for Senior Victorians released a report *Ageing is Everyone's Business: A report on isolation and loneliness among senior Victorians*. The report looks at the causes of loneliness and social isolation of older people, and shares ideas about how we can make positive changes by working together.

The report says that local government has a "vital role as an enabler" to connect community support for older people who are isolated or lonely. Local governments can support the community by coordinating services, providing venues and connecting volunteers.



Older people in the City of Yarra

24.7%

People aged over 50 in the City of Yarra



4,451

people in the City of Yarra find it hard to speak English



22%

of people in the City of Yarra speak a language other than English

- Top languages:
- Vietnamese
 - Greek
 - Italian



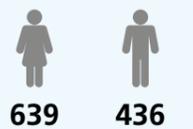
Older women are more likely to have a reduced income from super, often because of time away from work to support their family

50-59

60-69

70-84

85+



There are more males than females aged 50-59, however over time through the age groups there are more women.

The numbers are similar across Victoria and Australia.



Weekly income under \$500

28.4% females
22% males

Weekly income \$500-\$999

47.7% females
38.3% males

Weekly income \$1750 or more

16.4% females
26.8% males



People born overseas
29% City of Yarra
34% Greater Melbourne
28% Victoria
26% Australia



28%

arrived in Australia in the past 5 years
13,357 females
11,970 males

Ageing at home

Ageing at home – also known as ageing in place – is important for many older people.

Ageing in place supports older people to stay at home and be independent for as long as possible, with the help of support services.

The lack of affordable and suitable housing is a challenge for many older people in our community. Housing challenges especially affect people who are homeless or at risk of losing their home, people who rent and people who have assets but a low income.

There is an opportunity for the Council and services to better connect with new older residents to learn from their experiences and provide social opportunities.



Medium and high-density housing

- 85% City of Yarra
- 33% Greater Melbourne
- 27% Victoria
- 27% Australia



Households renting

- 50% City of Yarra
- 29% Greater Melbourne
- 28% Victoria
- 29% Australia

7,500



People over 50 moved to the City of Yarra from 2011-2016

39% of these people live in high density homes

My Aged Care

The introduction of My Aged Care has had a big impact on the role of local governments in supporting older people.

In 2017, My Aged Care was introduced as the main entry point for people to access aged care support in Victoria. My Aged Care allows people to choose from a range of service providers including the Council. The change to My Aged Care may affect vulnerable people and the way they can access care and services in the future. We are looking at our role as an aged care service provider due to My Aged Care and how we can continue to create an age-friendly city.

We will keep an eye how My Aged Care affects people who live in our community, in particular people who are more vulnerable.

As My Aged Care grows, we will keep checking and updating the Action Plans for this Strategy. We will work to find new ways to advocate, support or run initiatives for older people in our community.



Bringing our strategies together

The Council is looking at how we make strategies across the City of Yarra. We want to see how our strategies from different parts of the Council can be better connected, so we can find common goals and actions that benefit everyone.

For example, our Access and Inclusion Strategy to support people with disability, our 0-25 Strategy to support children and young people, and our Housing Strategy may have common themes and goals.

For some older people, no longer being able to drive can have a big impact on their health and independence. While depression and anxiety are the most common mental health problems for older people, people of all ages can feel socially isolated or unable to move about and access their community freely or easily. By bringing our strategies and actions together, we can provide better support for people through all life stages.



How we made the Active and Healthy Ageing Strategy

The Council talked to a range of people across the community to create this Strategy through a consultation process.

Older people and their families, organisations, businesses and staff have all supported this process by sharing their ideas and views. Everyone sees and experiences ageing differently, so we wanted to include a broad range of people in this process.

The consultation process for this Strategy happened at the same time as we were making the Access and Inclusion Strategy. To make this Strategy we:

- ran a survey online and with hard copy forms, that was shared with over 20 organisations and networks, and completed by 252 people
- spoke to people face-to-face at 2 forums, 12 workshops and 7 community events
- met with organisations and our staff.

What we heard from the community

By listening to the ideas and interests of the community, we found out what older people would like from the Council now and in the future. Many of the people we heard from access and enjoy:

- local parks and gardens
- libraries
- leisure centres
- social and community programs.

Being able to independently access community programs and services supports many older people keep well. By getting involved or accessing services, people felt more connected to others and enjoyed better mental and physical health from socialising and exercising.

Looking at everyone's feedback, we found some common ideas, issues and opportunities to include in our Strategy:

- To improve safety and accessibility for older people to access and enjoy community life.
- To use Universal Design principles in new developments, increase social housing options and provide equal access to shops and facilities.
- To improve people's feeling of safety and wellbeing by raising awareness and providing programs.
- To increase safe access and movement in public spaces.
- To create more opportunities for older people to take part in and enjoy activities.
- To ensure people can access services or programs by removing or reducing financial, access and health barriers.
- To empower the community by sharing information that is easy to understand.
- To reduce social isolation experienced by older people by removing barriers to taking part in social activities.
- To increase people's independence and connection to their community through volunteering.
- To share information in a range of ways and think about the needs of older people in all communications.

Universal Design principles provide a guide on how to make products, spaces and places easy to use by as many people as possible.



Next steps and Action Plans

The Active and Healthy Ageing Strategy 2018-2024 includes these key themes and will support the Council to create an age-friendly city for older people in our community. The Strategy will be supported by three Action Plans that each run for two years. This means we can update or add to our actions based on what's happening in the community and other funding or service changes.

In every Action Plan, staff and teams from across the Council will be in charge of different tasks. This will give everyone a role to play in achieving the goals of the Strategy.

The Strategy uses the eight domains from the WHO Age-Friendly Cities Guide which are:

- Outdoor spaces and buildings
- Transport
- Housing
- Community support and health services
- Civic participation and employment
- Respect and social inclusion
- Social participation
- Communication and knowledge

When we looked at the feedback from the community and the eight age-friendly domains, we found four key themes:

1. Freedom
2. Life experiences
3. Knowledge
4. Independence



Key goals and strategies

Freedom

Goal 1 Outdoor spaces and buildings

People 50+ live in a place that includes open spaces, buildings, public toilets, shaded areas and walkways that are safe and easy to use.

Strategies:

- 1.1 Look at ways to improve footpaths and public spaces to making walking easier.
- 1.2 Review the quality of open spaces and public buildings to help increase mobility in the 50+ community.
- 1.3 Address safety concerns from older residents about using open spaces in Yarra.

Goal 2 Transport

People 50+ can get out and about, using a range of affordable, accessible and user-friendly transport services.

Strategies:

- 2.1 Advocate for and support accessible and affordable community transport.

Life experiences

Goal 3 Social participation

People 50+ are supported to be active in their community, doing the things they enjoy.

Strategies:

- 3.1 Develop the community capacity by encouraging groups to apply for grants through Aged & Disability Services.
- 3.2 Promote “neighbourliness” in the community for people 50+.
- 3.3 Address perceptions of safety and encourage more social participation in people 50+.
- 3.4. Facilitate community activities and events to build social connections.

Goal 4 Respect and social inclusion

People 50+ from all backgrounds are valued and no one is discriminated against.

Strategies:

- 4.1 Acknowledge diversity amongst older people by promoting a range of activities and groups that cater for diverse interests.
- 4.2 Ensure older people are represented in Council consultation and engagement processes.
- 4.3 Create intergenerational connections.
- 4.4 Develop engagement approaches for people 50+ experiencing barriers to participation.

Independence

Goal 5 Housing

Housing options for people aged 50+ are affordable, secure, accessible and close to transport, shops and community services.

Strategies:

- 5.1 Advocate for diverse, affordable housing options for people 50+.

Goal 6 Civic participation and employment

People 50+ participate in employment, training, learning and volunteering opportunities and are engaged and involved in Council decision making.

Strategies:

- 6.1 Support older people to continue or gain employment.
- 6.2. Ensure Older People are actively considered when developing policies, programs and services.

Goal 7 Community support and health services

People 50+ are supported to stay healthy, active and independent through community support and health services.

Strategies:

- 7.1 Educate and inform older people in the community about programs and services that can support their independence.

Knowledge

Goal 8 Communication and information

People 50+ are able to access information to stay informed and connected.

Strategies:

- 8.1 Make sure older people are aware of the programs and activities available.

Active and Healthy Ageing in Yarra 2021–2023

Freedom

GOAL 1: Outdoor Spaces and Buildings – People 50+ live in a place that includes open spaces, buildings, public toilets, shaded areas and walkways that are safe and easy to use.

Strategy 1.1

Look at ways to improve footpaths and public spaces to making walking easier.

| Action | Outcome Measures | Responsibility | Timeframe | Resources |
|---|---|--|-----------|---------------------------|
| 1.1.1 Advocate for upgrades to footpaths, especially near community facilities. | Upgrade footpaths and construct continued path of travel on nominated streets to make them safer. | City Works Aged & Disability Services | June 2023 | Within existing resources |

Active and Healthy Ageing in Yarra 2021–2023

Strategy 1.2

Review the quality of open spaces and public buildings to help increase mobility in the 50+ community.

| Action | Outcome Measures | Responsibility | Timeframe | Resources |
|---|---|---|---------------|---------------------------|
| 1.2.1 Identify and advocate for improvements to Council venues used by people 50+. | Improvements are included in the Capital Works system. Seniors Groups are encouraged to attend alternate local venues. | Aged & Disability Services | August 2022 | Within existing resources |
| 1.2.2 Prepare a business case for Council meeting rooms and spaces to have Acoustic Audits. | Business case prepared and approved. | Aged & Disability Services Arts, Culture & Venues | November 2021 | Within existing resources |

Active and Healthy Ageing in Yarra 2021–2023

Strategy 1.3

Address safety concerns from older residents about using open spaces in Yarra.

| Action | Outcome Measures | Responsibility | Timeframe | Resources |
|---|--|--|-----------|---------------------------|
| 1.3.1 Use feedback from the community and seniors' groups to identify locations to implement signal technology. | Locations identified. Options for signal technology included in traffic management and place making projects. | Aged & Disability Services Traffic (Infrastructure, Traffic and Civil Engineering) | Ongoing | Within existing resources |

Active and Healthy Ageing in Yarra 2021–2023

Goal 2: Transport – People 50+ can get out and about, using a range of affordable, accessible and user-friendly transport services.

Strategy 2.1

Advocate for and support accessible and affordable community transport.

| Action | Outcome Measures | Responsibility | Timeframe | Resources |
|---|---|---|---------------|---------------------------|
| 2.1.1 Research and identify ways to improve community transport. | More flexible transport services that make it easier to get places. | Aged & Disability Services | December 2021 | Within existing resources |
| 2.1.2 Dedicate one Active Ageing Advisory Committee (AAAC) meeting per year to focus on the public transport needs of older people. | The priorities of people 50+ are reflected in Yarra's Transport Strategy. | Aged & Disability Services Strategic Transport | June 2023 | Within existing resources |



Active and Healthy Ageing in Yarra 2021–2023

Life experiences

Goal 3: Social Participation – People 50+ are supported to be active in their community, doing the things they enjoy.

Strategy 3.1

Develop the community capacity by encouraging groups to apply for grants through Aged & Disability Services Grants Program.

| Action | Outcome Measures | Responsibility | Timeframe | Resources |
|---|--|----------------------------|-----------|---------------------------|
| 3.1.1 Work with Senior Groups to make sure requirements are met in line with Commonwealth Home Support Program (CHSP) guidelines. | <p>Provide Senior Groups with support in managing the grant process.</p> <p>Evidence of working with Neighbourhood Houses to meet CHSP and DEX reporting requirements.</p> <p>Number of grant applications approved.</p> <p>Outcomes of projects funded (as per DEX requirements).</p> | Aged & Disability Services | Ongoing | Within existing resources |

Active and Healthy Ageing in Yarra 2021–2023

Strategy 3.2

Promote “neighbourliness” in the community for people 50+.

| Action | Outcome Measures | Responsibility | Timeframe | Resources |
|---|--|----------------------------|----------------------|-------------------------|
| 3.2.1 Roll out the Asset Based Community Development (ABCD) Project. | <p>Community ABCD group established, community connectors identified, and training delivered.</p> <p>ABCD group develop activities/action plan.</p> <p>Local service and community asset mapping completed.</p> <p>Participants report increased social connections, networks and knowledge.</p> <p>Report to Department of Health and Human Services and Council on program outcomes.</p> | Aged & Disability Services | July – December 2021 | \$75,000 grant Staff |
| 3.2.2 Continue the Dementia Alliance Project to focus on three areas: carer support, inclusion and accessibility and awareness and education. | <p>Dementia Alliance re-established.</p> <p>Establishing sub-groups with a CALD focus.</p> <p>Report to Dementia Australia and grant acquittal.</p> | Aged & Disability Services | August 2021 | \$10,000 grant |

Active and Healthy Ageing in Yarra 2021-2023

| Action | Outcome Measures | Responsibility | Timeframe | Resources |
|---|--|----------------------------|---------------|---------------------------|
| 3.2.3 Create safe and accessible Seniors' Christmas celebrations. | Create and deliver Christmas gift boxes and set up tele chat tree. | Aged & Disability Services | December 2021 | Within existing resources |



Active and Healthy Ageing in Yarra 2021–2023

Strategy 3.3

Address perceptions of safety and encourage more social participation in people 50+.

| Action | Outcome Measures | Responsibility | Timeframe | Resources |
|--|--|--|-----------|---------------------------|
| 3.3.1 Explore opportunities and apply for funding to prevent crime and make community areas safer. | Focus on older people and perception of safety. Crime Prevention Through Environmental Design (CPTED) options reviewed and next steps identified. | Aged & Disability Services and Placemaking | June 2022 | Within existing resources |

Active and Healthy Ageing in Yarra 2021–2023

Strategy 3.4.

Facilitate community activities and events to build social connections.

| Action | Outcome Measures | Responsibility | Timeframe | Resources |
|--|--|-----------------------------------|-----------------------|--|
| 3.4.1 Research and identify funding and engagement opportunities that will support local groups to reconnect in a safe and accessible way. | Funding sought through relevant partnership opportunities. Impact on community of projects. | Aged & Disability Services & (CP) | December 2021 | Additional \$ (internal and/or external funds) |
| 3.4.2 Develop a Pilot Model for re-establishing the Companion Animals Program. | Model implemented and evaluated. | Aged & Disability Services | Dec 2021 June 2022 | Within existing resources |

Active and Healthy Ageing in Yarra 2021–2023

Goal 4: Respect & Social Inclusion – People 50+ from all backgrounds are valued and no one is discriminated against.

Strategy 4.1

Acknowledge diversity amongst older people by promoting a range of activities and groups that cater for diverse interests.

| Action | Outcome Measures | Responsibility | Timeframe | Resources |
|--|--|--|----------------|--|
| 4.1.1 Prepare a budget bid for open space exercise equipment. | Submit a 2021/22 or 2022/2023 budget bid for exercise infrastructure as per recommendations. | City Strategy (Open Space) | September 2021 | Within existing resources budget bid development. Additional \$ required for works |
| 4.1.2 Create permanent outdoor meeting spaces by installing seating for groups, with the ability to book the spaces. | Working group established and parks identified for pilot program. | Aged & Disability Services Arts, Culture & Venues City Strategy (Open Space) | June 2022 | Within existing resources |

Active and Healthy Ageing in Yarra 2021–2023

Strategy 4.2

Ensure older people are represented in Council consultation and engagement processes.

| Action | Outcome Measures | Responsibility | Timeframe | Resources |
|--|---|----------------------------|------------|---------------------------|
| 4.2.1 Appoint new Active Ageing Advisory Committee (AAAC) and implement a detailed induction program. | AAAC appointed, induction completed by all members. | Aged & Disability Services | April 2021 | Within existing resources |
| 4.2.2 Promote annual strategy sessions at Active Ageing Advisory Committee (AAAC) meetings to Council teams. | Number of consultations and number of targeted strategy sessions. | Aged & Disability Services | Ongoing | Within existing resources |

Active and Healthy Ageing in Yarra 2021–2023

Strategy 4.3
Create intergenerational connections.

| Action | Outcome Measures | Responsibility | Timeframe | Resources |
|--|---|--|--------------|---------------------------|
| 4.3.1 Facilitate opportunities for people 50+ and young people to connect through activities. | Number of intergenerational activities. | Aged & Disability Services Yarra Youth Services | 2022 2023 | Within existing resources |
| 4.3.2 Facilitate opportunities for people 50+ to engage in intergenerational activities at community spaces. | Number of activities held. Feedback from participants. | Aged & Disability Services Library Services | 2022 2023 | Within existing resources |

Active and Healthy Ageing in Yarra 2021–2023

Strategy 4.4
Develop engagement approaches for people 50+ experiencing barriers to participation.

| Action | Outcome Measures | Responsibility | Timeframe | Resources |
|---|---|--|---------------|---------------------------|
| 4.4.1 Explore and identify ways to break down the technological divide and create better access to technology and the internet. | Report prepared with recommendations on the IT needs of older people in Yarra. Funding secured to implement key recommendations. | Aged & Disability Services Library Services | December 2021 | Within existing resources |



Active and Healthy Ageing in Yarra 2021-2023

Independence

Goal 5: Housing - Housing options for people aged 50+ are affordable, secure, accessible and close to transport, shops and community services.

Strategy 5.1

Advocate for diverse, affordable housing options for people 50+.

| Action | Outcome Measures | Responsibility | Timeframe | Resources |
|---|---|---|-----------|---------------------------|
| 5.1.1 Advocate for the State Government to provide better rate subsidies and other living cost discounts. | Submission forwarded to the State Government. | Aged & Disability Services Social Strategy & Community Development | June 2022 | Within existing resources |

Active and Healthy Ageing in Yarra 2021-2023

| Action | Success measures | Who | By when | Cost |
|--|--|---|--------------|---------------------------|
| 5.1.2 Active Ageing Advisory Committee (AAAC) updated annually to on the Social Housing and Homelessness strategies to ensure affordable and accessible housing is available for people 50+. | AAAC updated on progress, actions from strategies are being implemented. | Aged & Disability Services Social Strategy & Community Development | Ongoing | Within existing resources |
| 5.1.3 Active Ageing Advisory Committee (AAAC) to receive update on Housing Strategy and actions, then advocate for low-to-moderate income households for people aged 50+. | AAAC updated on progress. Yarra Grants Program, Yarra Affordable Housing Fund (YAHF) and community housing providers participate in Housing strategy session. | Aged & Disability Services Community Partnerships | 2022 2023 | Within existing resources |

Active and Healthy Ageing in Yarra 2021-2023

Independence

Goal 6: Civic Participation & Employment - People 50+ participate in employment, training, learning and volunteering opportunities and are engaged and involved in Council decision making.

Strategy 6.1
Support older people to continue or gain employment.

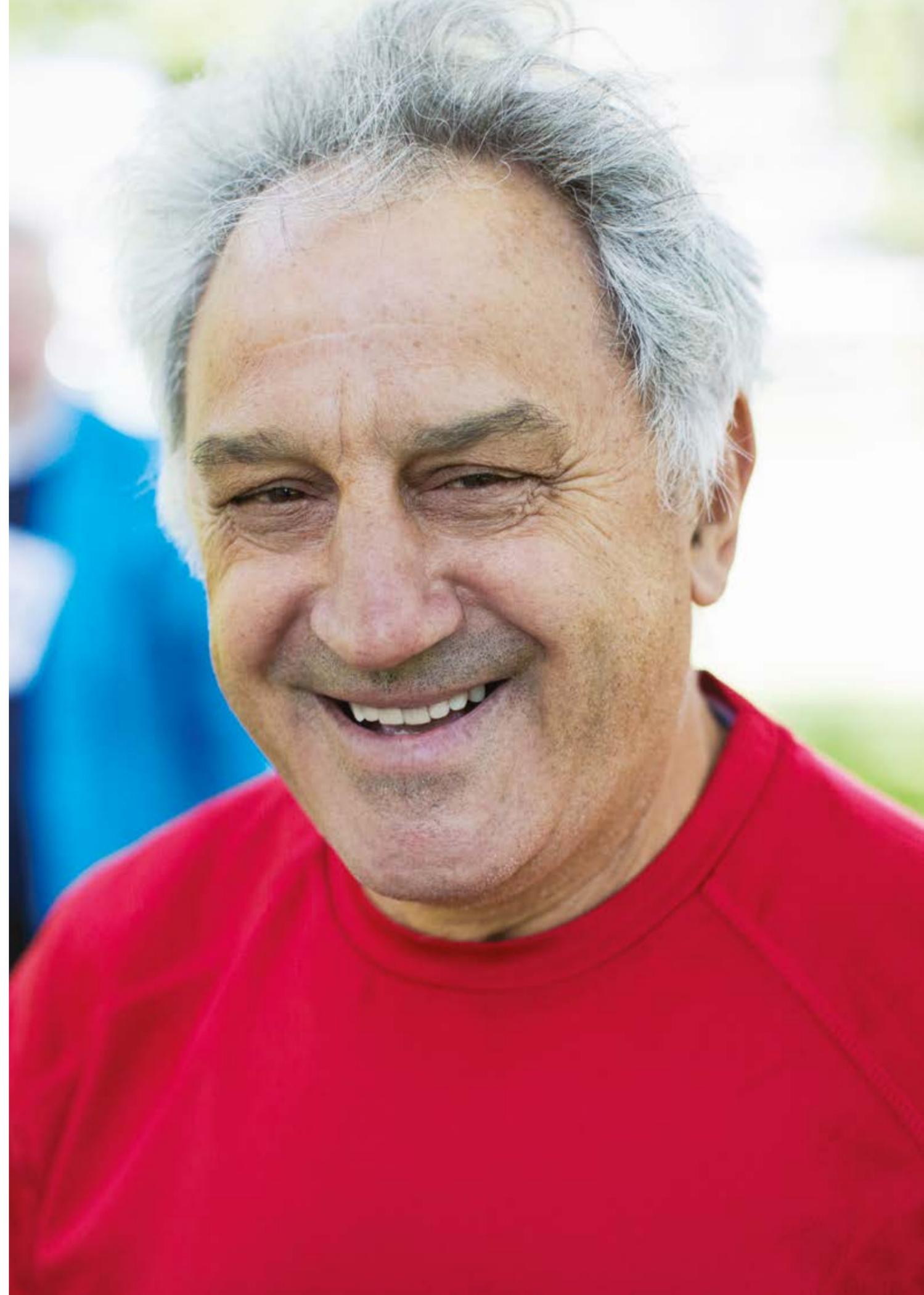
| Action | Outcome Measures | Responsibility | Timeframe | Resources |
|---|---|------------------|-----------|--|
| 6.1.1 Make sure Council promotes and encourages older workers and make sure Council is an inclusive employer. | Continue to identify barriers, opportunities and actions to support older workers. Annual analysis and tracking of age diversity of employees at Yarra. | People & Culture | Ongoing | Within existing resources \$ operating budget to be advised/ confirmed |

Active and Healthy Ageing in Yarra 2021-2023

Strategy 6.2

Ensure Older People are actively considered when developing policies, programs and services.

| Action | Outcome Measures | Responsibility | Timeframe | Resources |
|--|---|----------------------------|-----------|---------------------------|
| 6.2.1 The Active and Health Ageing in Yarra (AHA) Strategy aligns to Council's plans, and other strategies being developed (such as Community Vision) consider the domains of Age Friendly Cities. | Alignment of the AHA Strategy to current Council plans and strategies: Municipal Health Plan Council Plan Engagement of people 50+ in development of Council Strategies and Plans. | Aged & Disability Services | Ongoing | Within existing resources |
| 6.2.2 Review the World Health Organisation campaign to combat ageism and report on its recommendations. | Report completed and presented to Council with recommendations on how Yarra can continue to combat ageism. | Aged & Disability Services | Oct 2021 | Within existing resources |



Active and Healthy Ageing in Yarra 2021-2023

Goal 7: Community Support and Health Services - People 50+ are supported to stay healthy, active and independent through community support and health services.

Strategy 7.1

Educate and inform older people in the community about programs and services that can support their independence.

| Action | Outcome Measures | Responsibility | Timeframe | Resources |
|---|--|----------------------------|---------------|---------------------------|
| 7.1.1 Help people 50+ use My Aged Care system. | Sessions held through CALD groups and with local agencies that support socially isolated people. | Aged & Disability Services | 2021-2023 | Within existing resources |
| 7.1.2 Determine Council's future direction in the delivery of the Commonwealth Home Support and Assessment Service. | Analysis and community engagement undertaken, and decision determined. | Aged & Disability Services | December 2021 | Within existing resources |

Active and Healthy Ageing in Yarra 2021-2023

| Action | Outcome Measures | Responsibility | Timeframe | Resources |
|--|---|----------------------------|-----------|---------------------------|
| 7.1.3 Coordinate the Yarra Aged Care Services Forum to help share information and identify gaps in the service system. | Regular attendance by Community Health Centres and Aged Services providers. Feedback from attendees on the value of network. | Aged & Disability Services | 2021-2023 | Within existing resources |
| 7.1.4 Promote, support and participate in State-wide annual events that are relevant to people 50+. | Promote events such as Groundswell Project, Elder Abuse Awareness Day, Dementia Day, Good Neighbour Day and Seniors Week. | Aged & Disability Services | 2021-2023 | Within existing resources |

Knowledge

Goal 8: Communication and Information – People 50+ are able to access information to stay informed and connected.

Strategy 8.1

Make sure older people are aware of the programs and activities available.

| Action | Outcome Measures | Responsibility | Timeframe | Resources |
|--|--|--|-------------|---------------------------|
| 8.1.1 Make sure Aged and Disability Services webpage has links to relevant information. | Undertake quarterly reviews of web page. Number of visits to webpages and links. | Aged & Disability Services | 2021 - 2023 | Within existing resources |
| 8.1.2 Make sure the community has access to information on the range of programs, activities and events provided by the City of Yarra. | Information has been made available through a range of formats and channels in accessible formats. | Aged & Disability Services Communications | 2021 - 2023 | Within existing resources |

Action Areas in Access & Inclusion Plan which also support Active Healthy Ageing Goals

- Upgrade footpaths and construct continued path of travel on crossings on the nominated streets in key activity centres, to make them safer (Action 1.4.1)
- Advocate for the upgrade of pedestrian signal times to assist in crossing safely (Action 1.4.2)
- Continue to work with public and community housing providers to establish a shared understanding of supply and demand within the municipality. Advocate to meet the needs of low-to-moderate income households and people with disability (Action 1.6.1)
- Research and identify engagement opportunities for CALD and Aboriginal community members to engage with their communities’ post COVID-19 lockdown (Action 1.7.3)
- Ensure the Yarra planning Scheme encourages development which is inclusive and accessible for people of all ages and abilities (Action 5.1.2)

Action Areas in Active Healthy Ageing Plan which also support Access & Inclusion Goals

- Upgrades footpaths and construct continued path of travel on crossings on the nominated streets in key activity centres, to make them safer (Strategy 1.1.1)
- Advocating for the upgrade of pedestrian signal times to assist in crossing safely (Strategy 1.3.1)

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