

**Active Ageing Advisory Committee
Summary
Minutes**



Date:	20/10/2021	Start time:	1.00pm
Location:	Virtual – Microsoft Teams	End time:	3.00pm
Chair	Cr Amanda Stone	Minute Taker	CO
		Trim Ref:	

Statement of Recognition of Wurundjeri Land:

“Yarra City Council acknowledges the Wurundjeri Woi Wurrung people as the Traditional Owners and true sovereigns of the land now known as Yarra. We also acknowledge the significant contributions made by other Aboriginal and Torres Strait Islander people to life in Yarra. We pay our respects to Elders from all nations here today—and to their Elders past, present and future”.

Items:

Item	Topic	Action
1.	Welcome and Acknowledgement of Country	N/A
2.	<p>Attendance: Cr Amanda Stone (Chair), Council officers (CO), AAAC members (CM).</p> <p>Apologies: KY, YK</p> <p>Guests: libraries management team</p>	N/A
3.	<p>Minutes;</p> <p>Business Arising:</p> <ul style="list-style-type: none"> Subgroup member request: Council Plan, Municipal Health and Wellbeing Plan, Active and Healthy Ageing Action Plan <p>Previous action related to a subcommittee meeting, AS suggested a subcommittee could meet to represent the voice of over 50's in Yarra. For instance, strategies relating to transport, as walkability has been an ongoing interest of the Active Ageing Advisory Committee in the past.</p> <p>Interested CM's commented on their shared interest in a future subgroup.</p> <ul style="list-style-type: none"> CM to share update on previous U3A event <p>CM provided an overview of U3A's webinar as part of October Seniors Festival. It included an introduction of the citizenship model, (comparatively to the medical and care models) and Sandro Demaio spoke on the concepts of a</p>	<p>CO to share email with a request for interest in future subgroup meetings, including for the 'key recommendations and implications' document</p> <p>CO to include 'Perennials' article with the minutes</p> <p> Perennials.docx</p>

	<p>wellbeing economy and how programs fit within that – community partnerships and the importance of recognising long term processes and implications. Sandro discussed the importance of human social and natural capital – not just the economic and gross domestic product.</p> <p>A CO spoke on age-friendly cities and how the World Health Organization fits with the City of Yarra, thinking globally and acting locally.</p> <p>Group members also spoke about outdoor spaces and transport, respect and social inclusion, intergenerational dialogue and independence of seniors.</p> <p>CM congratulated U3A for their efforts and encouraged the group to continue considering the human, social and natural capital.</p> <p>CM praise for Yarra Council's recent LGBTQIA+ Intergenerational Conversations piece as part of Seniors Festival, which was very innovative and went very well.</p>	
<p>4.</p>	<p>National Aged Care Reforms</p> <p>CO update: has considered the Yarra social justice charter and other actions plans and strategies, to collate and assist in creating some guiding principles for aged and disability services.</p> <p>The principles have been created to form a foundation for the big decisions which will be made moving forward.</p> <p>Aged & Disability Services staff then worked on revised principles, which are now presented for consideration.</p> <p>CO read out the five principles, with two questions for members to consider (listed above).</p> <p>Principle 1: Change the primary focus of activities from 1:1 service delivery in order to broaden the sphere of attention and activity beyond a smaller number of frail/older aged clients to all aged 50+ and people with disability.</p> <p>Principle 2: Reach out and listen to the voices of all our communities and together develop programs and services that are inclusive, engaging and build a strong sense of community for all 50+ and people with disability.</p> <p>Principle 3: Increase the support and information we provide to all Yarra Branches to ensure delivery of age friendly and accessible services and programs by the whole of Council for those aged 50 plus and people with disability.</p> <p>Principle 4: Ensure that our vulnerable and isolated community members are heard, supported, engaged and linked (on a needs basis) to local services and programs.</p> <p>Principle 5: Council will be a robust advocate and steward for the provision of quality and accessible aged care services for our community.</p> <p>CM raised the significance of the implications of the principles, and possible gaps where some people could be left out of the system. Importance of putting the</p>	<p>CO to take feedback and commentary into consideration</p>

	<p>principles into practice and seeing what it actually means. CO suggested that may be touched on in principle four.</p> <p>CM considered what council could do to encourage different people and empower them, while also acknowledging people requiring support. CO added community capacity building and asset-based community development are included in the second principle.</p> <p>CM noted the awareness of the quality of service came out strongly in the document, including both quality services and quality providers.</p> <p>CM commented the Aged Care Royal Commission was very critical of the quality of care and would suggest moving principle 5 to principle 1. CO advised the principles are not in a hierarchal order, but that is interesting feedback to take on board.</p> <p>CM is curious about the differences in decision-making between metropolitan and rural councils, as well as profit and not-for-profit.</p> <p>CM importance of recognising that not-for-profit organisations do tend to take some profit and then use it for other various initiatives. Interested in seeing what other councils are doing or if it's possible to work together in terms of shared service delivery.</p> <p>CO finished by speaking on the use of the word vulnerable and the stigma it carries - by placing emphasis on the individual, rather than the system or society which is influencing their vulnerability.</p>	
<p>5.</p>	<p>Councillor Update</p> <p>Cr Stone shared an overall Yarra update, reflecting on the first year of a new council always being a big one. At last night's meeting the Council Plan and long-term Financial Plan were adopted. Council has essentially made parklets permanent, and deferred the time where businesses start paying again. Planning for how different areas come together to impact people's street – looking at urban design, stormwater, urban forest, action transport, climate emergency etc. This is an example of the type of topic that the 50+ demographic can speak and advocate on. With the Council Plan now adopted, the advisory committees will be important in providing ongoing feedback and advice to council.</p> <p>CO mentioned the Disability Advisory Committee recently spoke about accessibility of parklets and different accessible designs</p>	<p>N/A</p>
<p>6.</p>	<p>Ageism Awareness Day</p> <ul style="list-style-type: none"> • Ageism Awareness Day online events and activities: discussion of experiences • How ageist am I? survey • Internal event for staff <p>CO spoke about Ageism Awareness Day on the 1st of October and the internal event for Yarra Council staff. This was a panel discussion with the intention of encouraging participants to reflect on their own unconscious biases around age, both towards others and even internally. The</p>	<p>N/A</p>

	<p>panel included two academic staff from the University of Melbourne, Dr Ralph Hampson and Dr Alison Herron, as well as the Commissioner for Senior Victorians Gerard Mansour. The panel discussion prompted some interesting discussions, particularly around language. For example, one was the term 'active ageing,' where some considered it a double-edged sword, implying someone who feels they are not 'successfully' ageing feels poorly about that.</p> <p>CM commented on the dynamic nature of language, it's about how the words are used.</p> <p>CM wondered if people think active means being physically active, or more generally in terms of being the opposite of passive?</p> <p>CM considered that language changes, and it's also interesting to reflect on our own internalised ageism and what we relate on. Perception is a person's reality, and it's very difficult to find a word that everyone will agree on.</p> <p>CM encouraged the use of the term active ageing, as too often older people are seen as not being active.</p> <p>CM considered the emphasis on the term 'active' rather than the use of the word 'ageing.' The conceptualisation of what being healthy is has changed, and there is a spectrum of people between all age groups.</p>	
8.	<p>Support for Seniors Project</p> <ul style="list-style-type: none"> • Findings from Support for Seniors Project • Insights on next steps after restrictions ease for seniors' groups <p>CO spoke about the findings from some recent work conducted by three University of Melbourne Social Work students on the interests and needs of seniors' groups in Yarra. Council provides funding and support for nineteen seniors' groups from various cultural groups. Each operates differently. Social work students completed a project to determine the strengths of the senior's groups, and what supports could help. Students then took the information they collected, identified themes and built them into some actionable items to put into place. They created a draft action plan, which listed proposed actions and outcome measures.</p> <p>CM queried if intergenerational activities came up, as that has been a consistent topic today and interest of the committee. CO answered there was some discussion on that, but the greatest priority was sharing cultural knowledge and food.</p>	<p>CO to send draft action plan by the students out with the minutes</p>  <p>Seniors project key opportunities action plan</p>
8.	<p>Library Strategy Consultation</p> <ul style="list-style-type: none"> • Workshop on the future of Yarra Libraries <p>The libraries management team are currently undertaking community consultation for their next strategy, and stakeholder groups like the Active Ageing Advisory Committee are a key component of that consultation. A</p>	N/A

number of topic prompts and questions were put to the committee for their considerations and feedback.

Access: How and where might our wide range of services 'show up' in the future?

CM Since returning to Yarra, has felt very fortunate to be involved in Ewing Trust funded initiatives. Is there an opportunity to make more of the social participation aspect of an event? Building in the opportunities for connection as part of the programming? Willowview Centre?

CM Considering eBooks, how could people be taught to use them and ensure there are topics people are interested in?

Community: How might community connect with us (and use our services to connect with others) in the future?

CM Reflected on expecting digital and online means to continue to grow, which libraries will need to accommodate. Being able to use the library as a forum for people of all ages in the future ages. Some improvements could be made in terms of the accessibility of audiobooks currently available via Yarra Libraries.

CM suggested presenting to teams that work with people in the community libraries would like to work with. Staff at CoHealth are very conscious of social isolation, yet there isn't a lot of knowledge amongst local healthcare providers around what Yarra Libraries do.

CM would love to see community members with a love or passion for something sharing their skills with others.

Discovery: how might our community find and utilise our resources in the future (and what resources?)

CM considered people who live on public housing estates and may not have the confidence to just go in somewhere they are not familiar with and might need someone to go with them the first time.

Cr Stone thanked the committee members for their time and consideration on the committee this year and sharing their experiences with herself and council officers.

Next Meeting: TBC