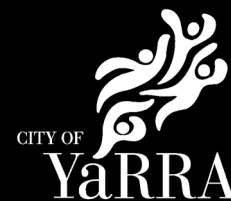


Active and Healthy Ageing in Yarra 2023 –2024 Action Plan



Freedom

Goal 1: Outdoor Spaces and Buildings - People 50+ live in an environment that includes open spaces, buildings, public toilets, shaded areas and walkways that are safe and easy to navigate

Strategy 1.1 Investigate infrastructure improvements to support walking and use of public spaces.

Action	Outcome Measures	Responsibility	Timeframe	Resources
1.1.1 Identify and advocate for improvements to existing Council venues used by Seniors Groups and encourage use of new venues that offer better facilities.	Improvements are included in the Capital Works / Forecaster system. Seniors Groups encouraged to attend locally based alternate venues.	Aged and Disability Services	Ongoing	Within existing resources

Strategy 1.2 Address safety concerns of older residents in accessing open spaces in Yarra.

1.2.1 Utilising input from the public, AAAC, DAC, and other seniors' groups in Yarra – identify locations and then advocate to implement demand-responsive signal technology.	Locations identified. Options for signal technology included in traffic management and place making projects.	Aged and Disability Services Traffic (Infrastructure, Traffic and Civil Engineering)	Ongoing	Within existing resources
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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 public and community transport.

Action	Outcome Measures	Responsibility	Timeframe	Resources
<p>2.1.1 Research and identify options to improve the Community Transport service to align with emerging needs – specifically ability to support residents in travelling to:</p> <ul style="list-style-type: none"> • Medical appointments • Social activities • More flexible shopping options. 	Improved service flexibility that increases access and greater opportunities for social connection.	Aged and Disability Services	Ongoing	Within existing resources
<p>2.1.2 Dedicate one AAAC meeting annually to the needs of older people in terms of community and public transport. Invite the PTC and relevant Council Branches to participate in this dedicated transport strategy session.</p>	Transport priorities of people 50+ are communicated to relevant areas, internal and external to Council.	Aged and Disability Services Strategic Transport	June 2024	Within existing resources

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 available through Aged & Disability Services

Action	Outcome Measures	Responsibility	Timeframe	Resources
3.1.1 Work alongside Senior Groups and neighbourhood houses to develop processes which are responsive to changes in aged care grant guidelines and requirements.	Senior Groups who require additional support are provided with this in managing the grant process. Evidence of working with Neighbourhood Houses in identifying requirements and processes to meet CHSP and DEX reporting requirements.	Aged and Disability Services	Ongoing	Within existing resources

Strategy 3.2 Promote “Neighbourliness” across the municipality using a place-based approach.

3.2.1 Continue to convene and resource the Dementia Alliance.	Number of Dementia Alliance meetings held. Number of Dementia Alliance members and breadth of organisations represented. Initiatives identified and agreed upon as priorities by members.	Aged and Disability Services	June 2024	\$10,000 grant
3.2.2 Explore and identify opportunities for expanding Yarra’s volunteer offering, particularly initiatives which celebrate the skills of older people.	Number of initiatives identified. Number of initiatives piloted. Number of volunteers engaged.	Aged and Disability Services	Ongoing	Within existing resources

Strategy 3.3. Facilitate Council and community-initiated activities and events to build social connections

Action	Outcome Measures	Responsibility	Timeframe	Resources
3.3.1 Continue to deliver the Companion Animal Support Program, expanding to recruit additional clients and volunteers.	Number of volunteers inducted and trained. Number of clients accessing program.	Aged and Disability Services	Ongoing	Within existing resources

Goal 4: Respect & Social Inclusion - People 50+ from all backgrounds are valued and appreciated, and no one is excluded based on race, geography, culture, language, sexuality, gender, ability or socio-economic status.

Strategy 4.1 Acknowledge the diversity amongst older people by promoting a range of activities and groups that cater for diverse interests.

4.1.1 Identify grant opportunities for the installation of exercise equipment within an open space to encourage exercise, promote wellbeing and create social connection.	Grant submission completed.	Aged and Disability Services City Strategy (Open Space)	June 2024	Within existing resources budget bid development. Additional \$ required for works.
4.1.2 Support new and existing groups of older people to incorporate physical activity as part of their regular community group (including low cost options).	Number and type of physical activity options trialled by Seniors Clubs.	Aged and Disability Services Recreation	Ongoing	Within existing resources

Strategy 4.2 Ensure the voice of older people is captured through Council wide consultation and engagement processes for all Council services.

4.2.1 Convene and resource the Active Ageing Advisory Committee (AAAC) according to the Terms of Reference and agreement on meeting schedules and key strategic sessions.	Number of AAAC meetings. Range of Branches and external providers engaged with DAC to share knowledge and build understanding of ageing well issues.	Aged and Disability Services	June 2024	Within existing resources
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Strategy 4.3 Promote intergenerational dialogue through meaningful engagement opportunities.

Action	Outcome Measures	Responsibility	Timeframe	Resources
4.3.1 Facilitate opportunities for residents 50+ to engage in intergenerational activities.	Intergenerational activities (with a focus on arts and/or music) and young people attending Yarra Youth Services to connect via intergenerational program activities. Opportunities facilitated for residents 50+ at libraries, Willowview and outreach (pop ups).	Aged and Disability Services Yarra Youth Services Library Services	2023 2024	Within existing resources
Strategy 4.4 Develop engagement approaches which focus on the vulnerable and those experiencing barriers to participation.				
4.4.1 Identify opportunities to support and work with community organisations that engage with people 50+	Number of collaborative initiatives (for example, U3A, Neighbourhood Houses).	Aged and Disability Services	Ongoing	Within existing resources

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+ that support a city for all ages.

Action	Outcome Measures	Responsibility	Timeframe	Resources
5.1.1 AAAC updated annually on the implementation of the Housing, Social Housing and Homelessness strategies to monitor supply and demand, affordable, appropriate and accessible housing for those aged 50 and over.	AAAC updated on progress. AAAC provide advice on this issue as relevant.	Aged and Disability Services Equity and Community Development	2023 2024	Within existing resources

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

Strategy 6.1 Support older people to continue employment, participate in volunteering, life-long learning and civic participation.

6.1.1 Deliver an event or initiative aimed at increasing awareness around ageism.	Delivery of event. Number of participants. Evaluation of activity.	Aged and Disability Services	June 2024	Within existing resources
6.1.2 Promote employment opportunities for older people through holding a targeted event.	Delivery of event. Number of participants.	Economic Development Aged and Disability Services	October 2023	Within existing resources

Strategy 6.2 Ensure older people are actively considered in the development of Council's policies, programs and services.

6.2.1 Explore opportunity for Yarra Council to sign the EveryAGE Counts pledge, which stands against ageism of people of all ages.	Report completed and presented to Council with recommendations on how Yarra can continue to combat ageism.	Aged and Disability Services Yarra Youth Services	March 2024	Within existing resources
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Action	Outcome Measures	Responsibility	Timeframe	Resources
6.2.2 Develop principles and identify priority groups to increase usage of the Djerring Centre	Diversity of groups accessing/using the centre. Increase in regular bookings Diversity of usage. Principles developed.	Aged and Disability Services	December 2023 (principal) June 2024	Within existing resources

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

Strategy 7.1 Educate and inform older people in the community of programs and services available to support their independence.

7.1.1 Provide information sessions, attend groups and engage with local agencies to support residents understand and navigate the My Aged Care system.	Sessions held through CALD groups; and with local agencies supporting socially isolated people. One to one navigation support offered and available, especially for most disadvantaged.	Aged and Disability Services	2024	Within existing resources
7.1.2 Determine Council's future direction in the provision of the Commonwealth Home Support and Assessment Service.	Analysis and community engagement undertaken. Decision determined having regard to final State and Federal Government policy positions and system design.	Aged and Disability Services	2024	Within existing resources
7.1.3 Coordinate the Yarra Aged Care Services Forum to maintain information sharing; identify gaps in the service system and opportunities to work together	Regular attendance by Community Health Centres and Aged Services providers. Feedback from attendees on the value of network.	Aged and Disability Services	Ongoing	Within existing resources

Knowledge

Goal 8: Communication and Information - People 50+ are able to access information they need in a variety of formats to stay informed and connected with their community, families, and friends.

Strategy 8.1 Ensure that older people are aware of the diversity of programs and activities available, with a particular focus on socially excluded and vulnerable people.

<p>8.1.1 Information is provided through a variety of channels and appropriate formats (i.e. Plain Language) to ensure the community has access to information on the range of programs, activities and events provided by the City of Yarra.</p>	<p>Information has been made available through a multitude of formats and channels in accessible formats.</p> <p>Ensure Council's website has links to information on the diversity of programs, activities and events provided by the City of Yarra with a particular focus on Yarra Leisure, Libraries and Events.</p>	<p>Aged and Disability Services Communication s</p>	<p>Ongoing</p>	<p>Within existing resources</p>
<p>8.1.2 Explore ways of ensuring Seniors Clubs receive consistent communications from Council relating to opportunities for involvement in the Yarra community.</p>	<p>Regularity of communication with Seniors Clubs.</p> <p>Number of Seniors Clubs members who become involved with other Yarra initiatives.</p> <p>Feedback from Seniors Clubs.</p>	<p>Aged and Disability Services Communication s</p>	<p>June 2024</p>	<p>Within existing resources</p>