

# **Alive and ageing well in local communities**



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Australian Local Government Association Conference

Townsville 2003



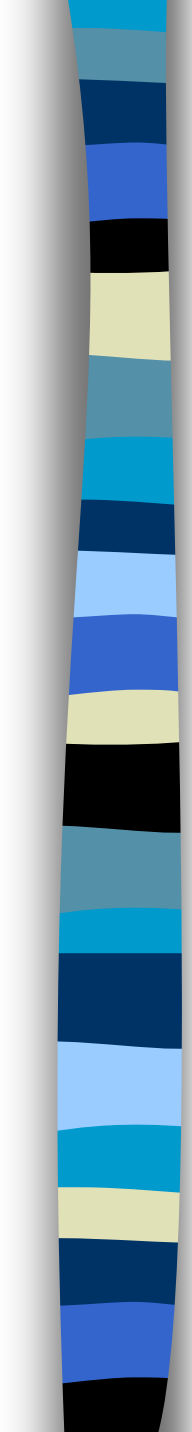
# Alive – and living longer

## Life expectancy at birth

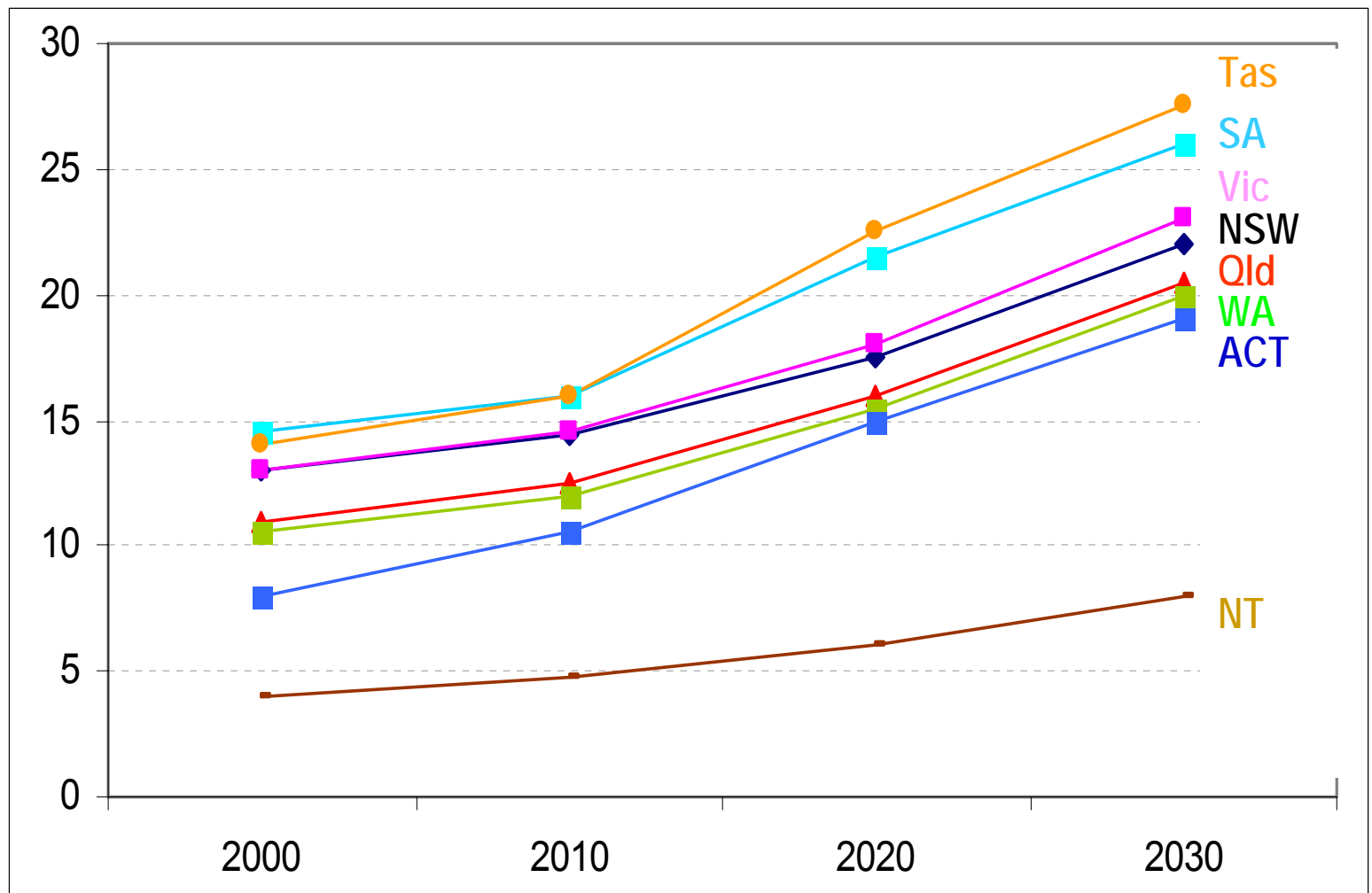
- Men = 77
- Women = 83

## At age 60

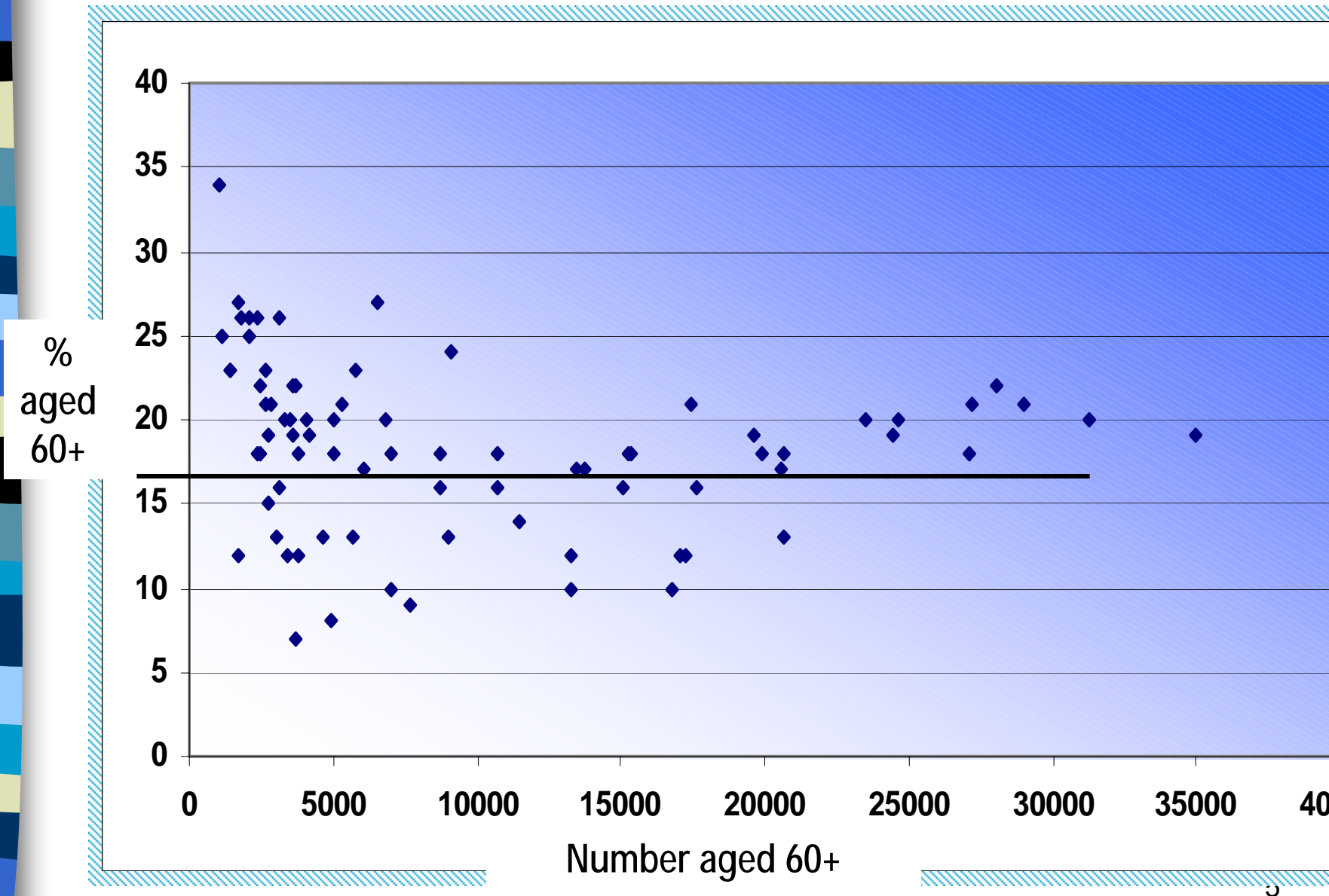
- Men + 20 > half will live beyond 80
- Women + 25 > half will live beyond 85

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- **All communities are ageing ...**
  - **Ageing well –**  
**from global to local communities**
  - **Planning well for ageing well**

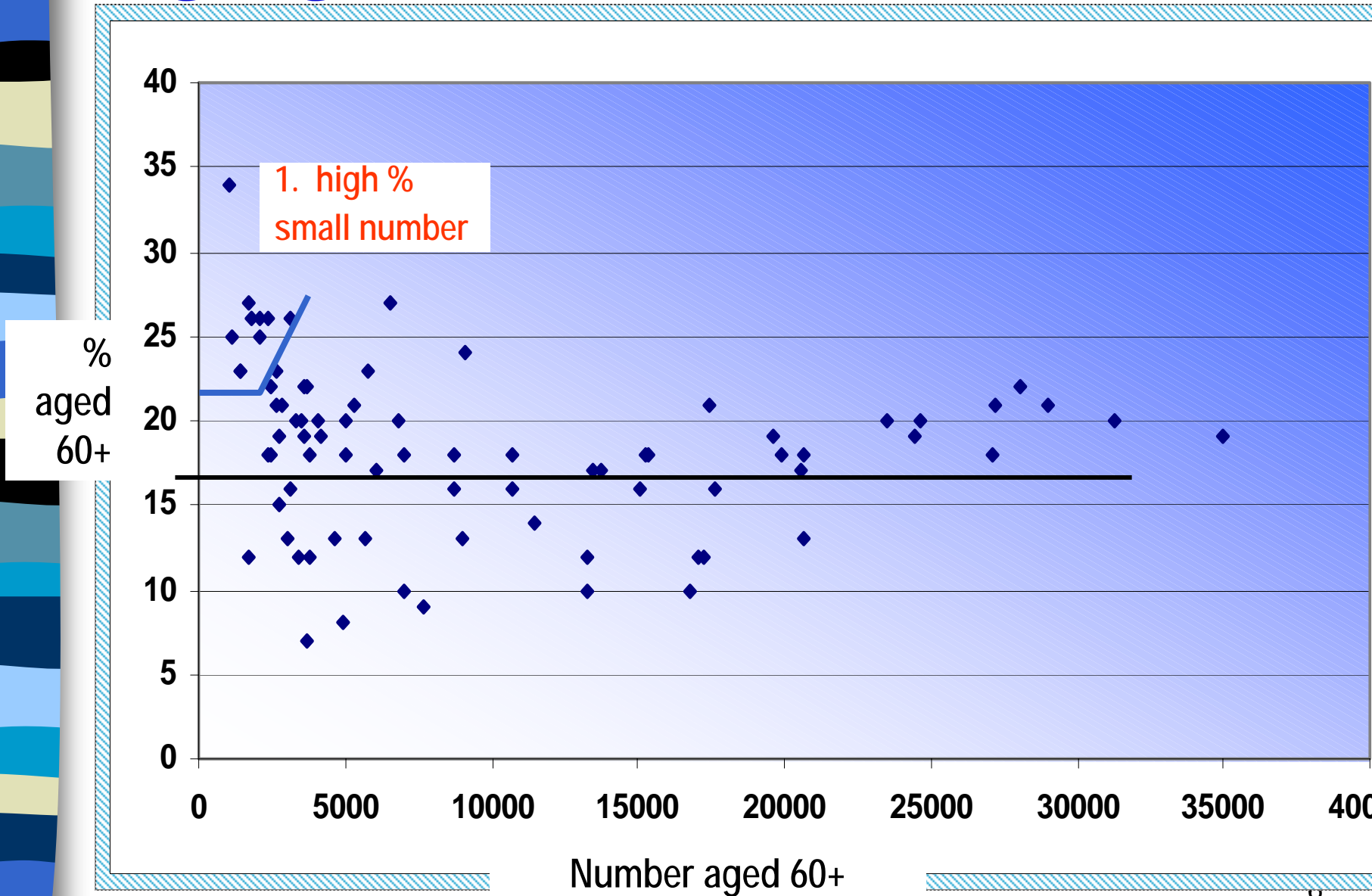
# Ageing across the states



# Ageing within states - Victoria

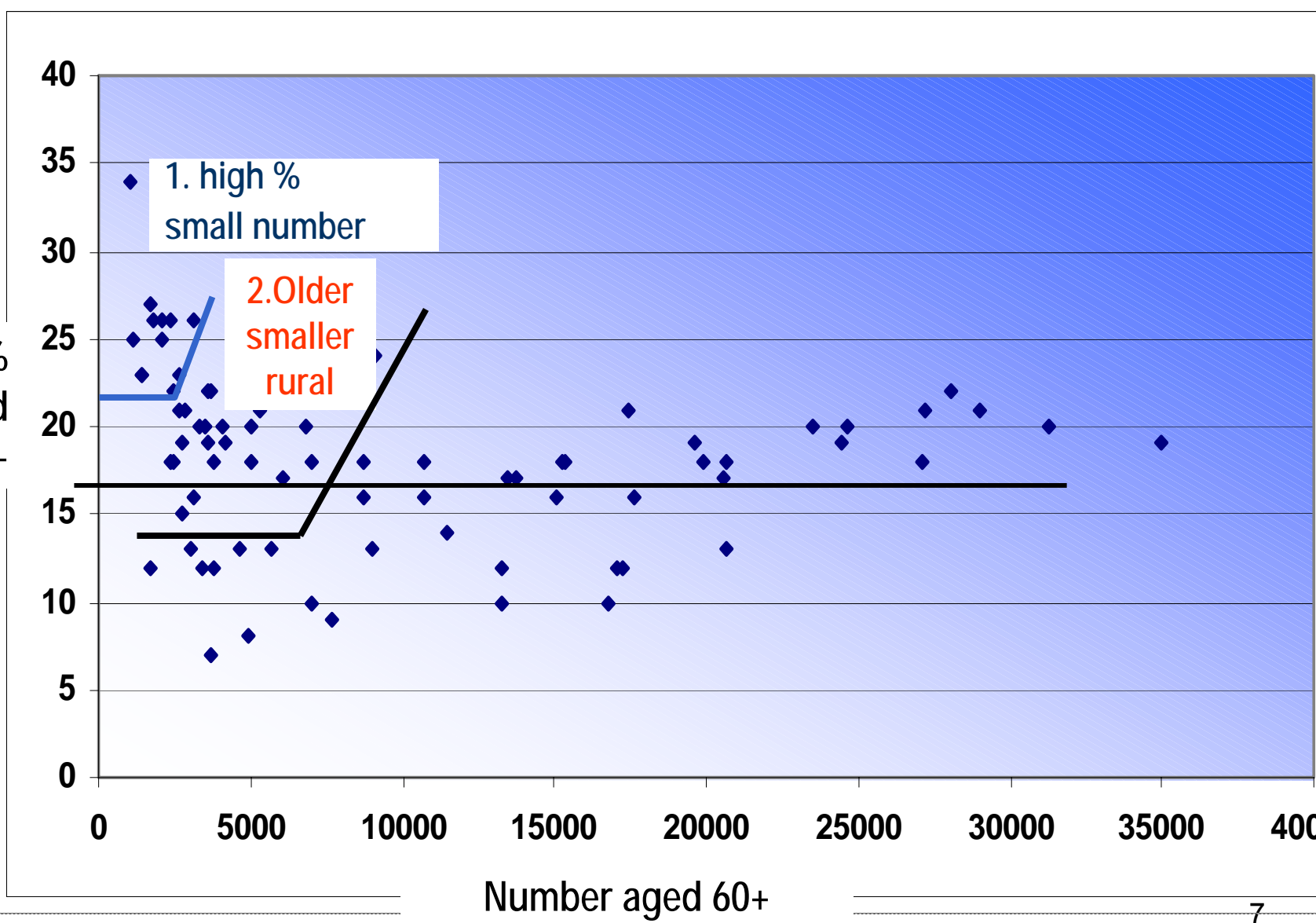


# Ageing in local communities - Victoria

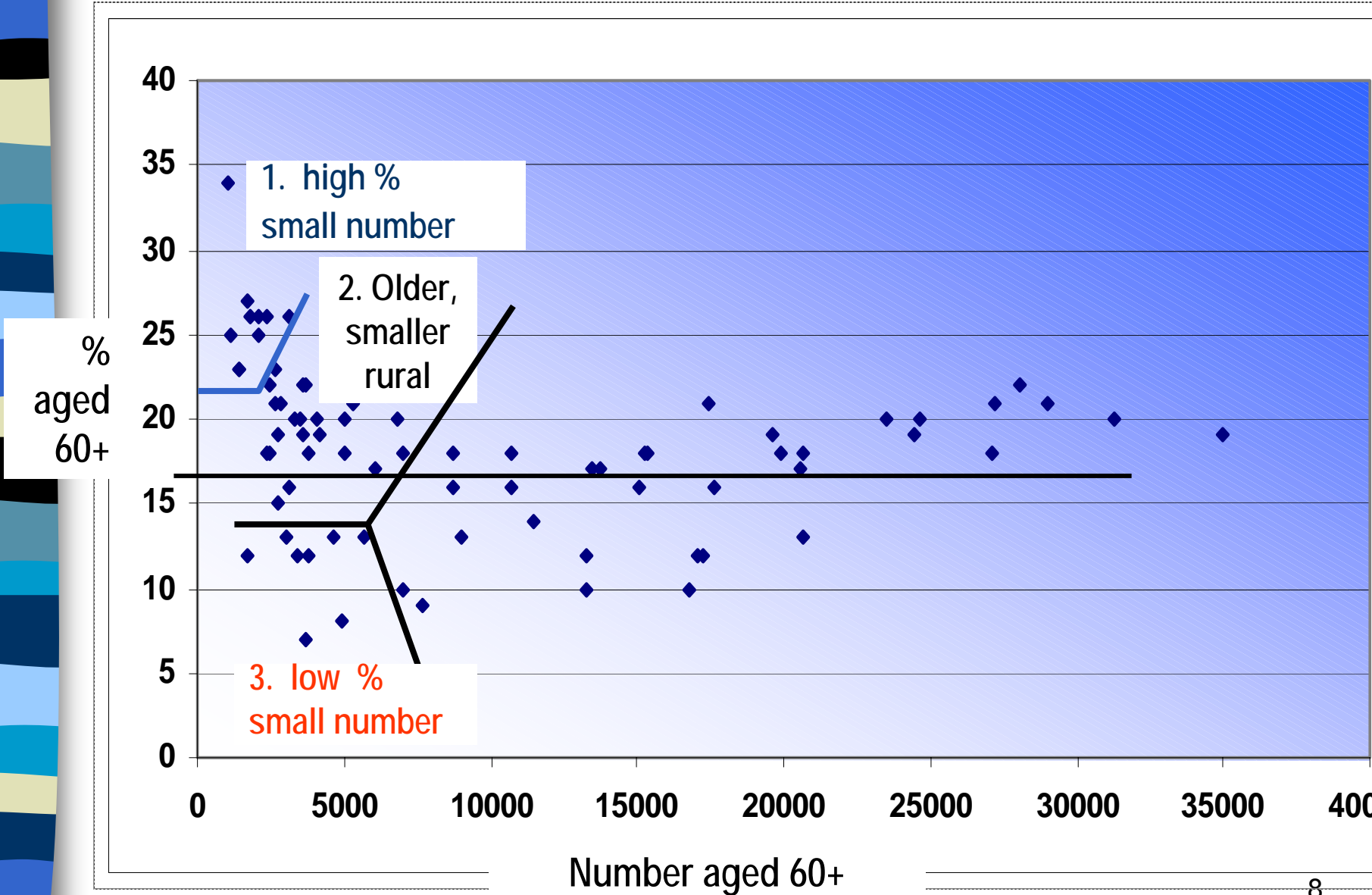


# Ageing in local communities - Victoria

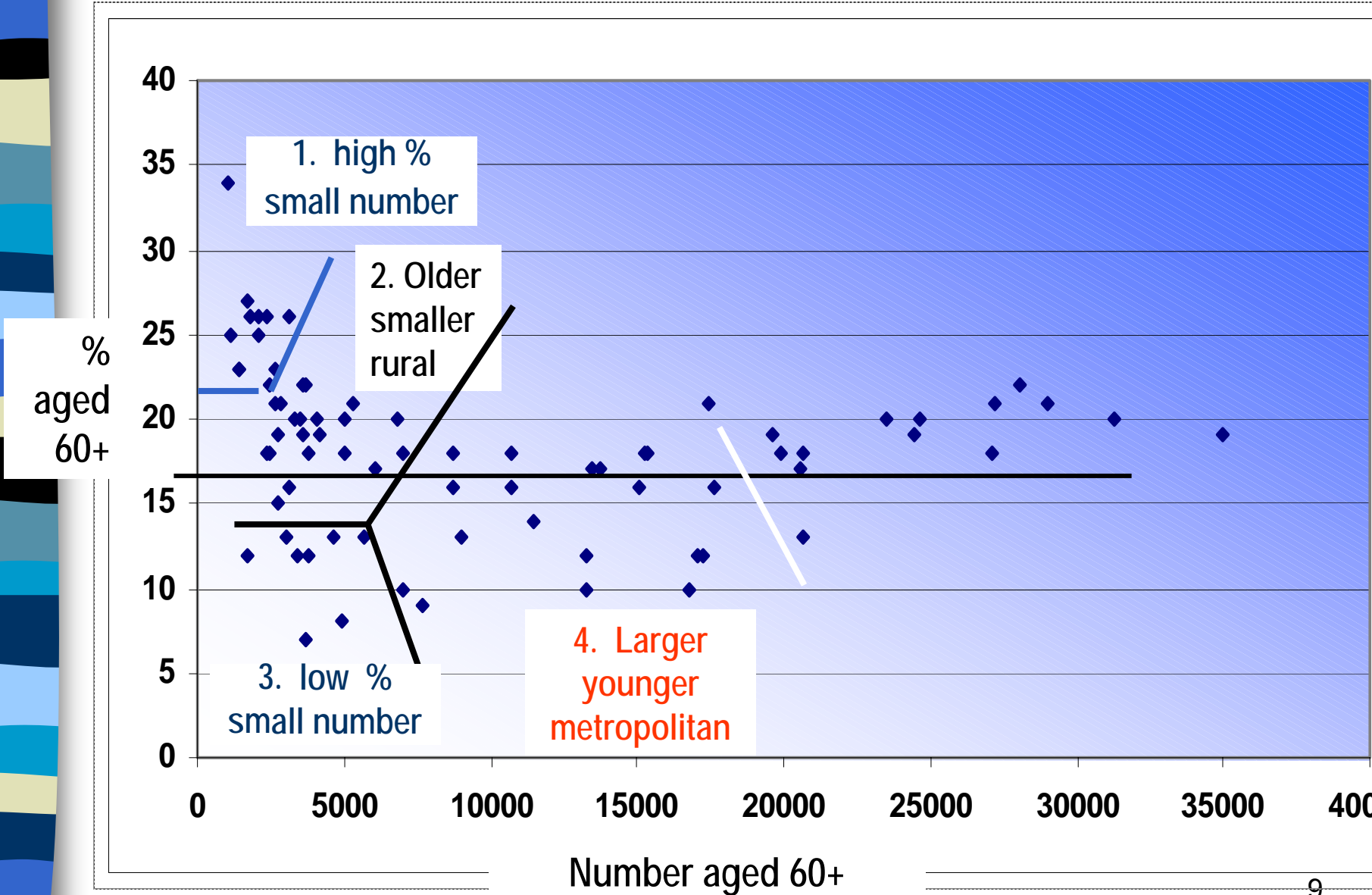
%  
aged  
60+



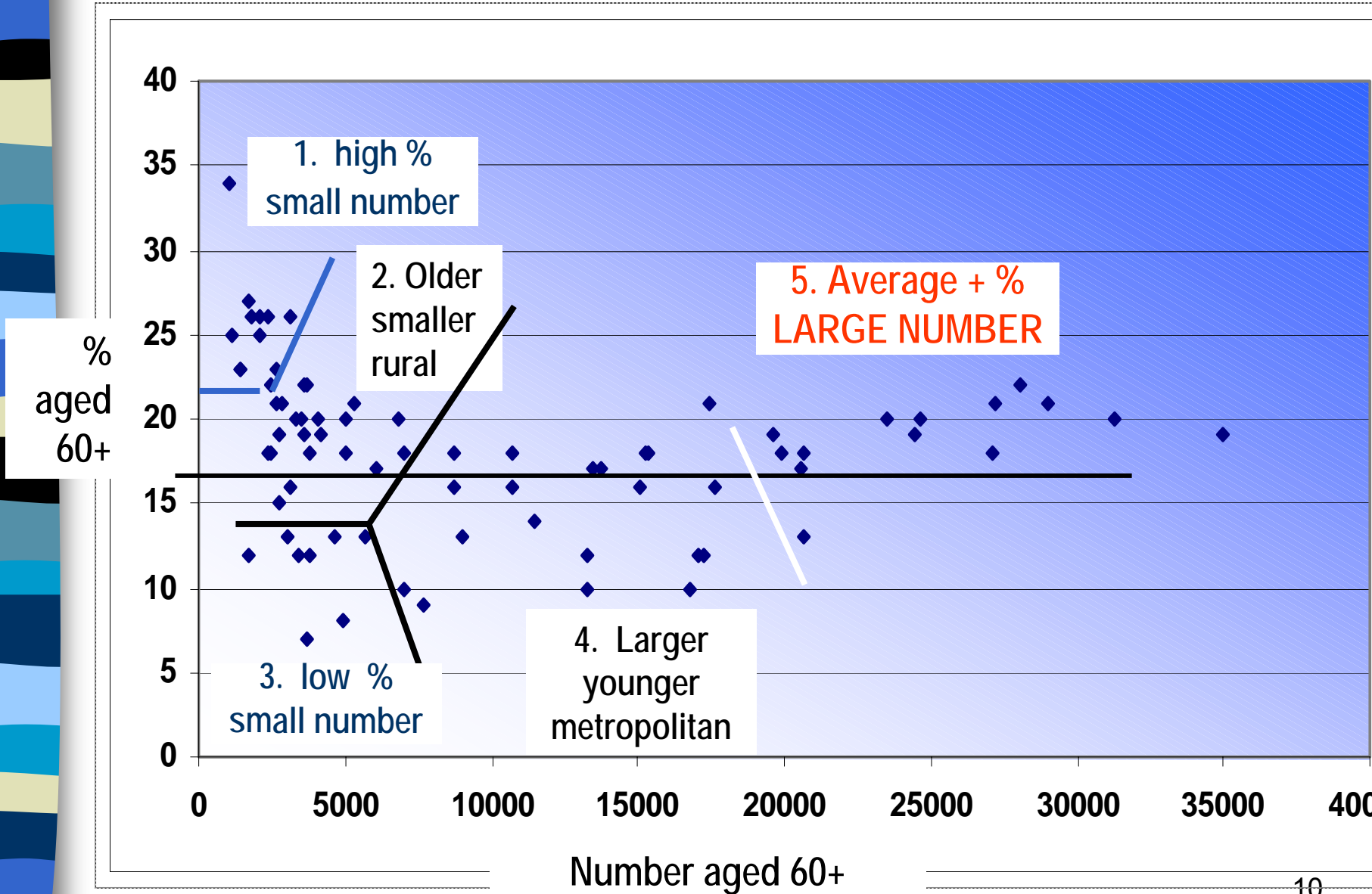
# Ageing in local communities - Victoria



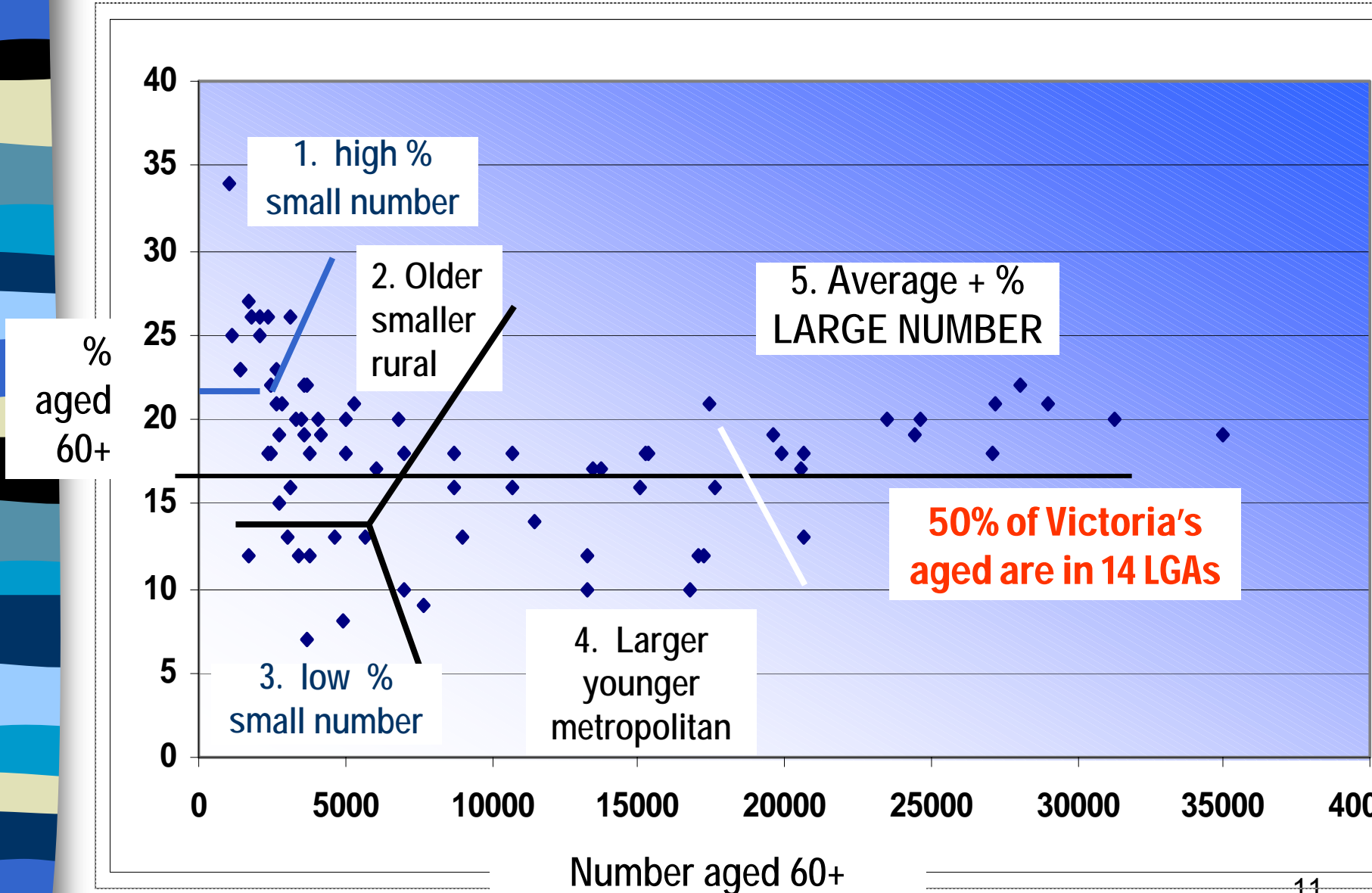
# Ageing in local communities - Victoria



# Ageing in local communities - Victoria



# Ageing in local communities - Victoria





# Ageing well - from global to local communities

## ■ GLOBAL

- United Nations Plan of Action on Ageing, Madrid, 2002
- World Health Organisation Healthy Ageing Strategy, Geneva, 2000



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## ■ STATE

- Senior Agenda for Senior Victorians 2002
- Our Shared Future – Queensland's Framework for Ageing 2000-04



# Ageing well - from global to local communities

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## ■ LOCAL



# Planning well for ageing well

## Approaches to planning

- Life cycle stages
- Public health / health promotion
- State Frameworks

# 1. Life cycle planning

Council roles	Intergenerational		Old Old
	Young	Y'g Old	
Direct	Childcare	Community transport	HACC
Facilitate		Community safety	HACC
Indirect			Resid. Care



## 2. Public health / health promotion

- Systematic information gathering
- Developing clear policy options
- Communicating information about the strategy
- Identifying relevant services and workforce
- Sharing responsibility across sectors
- Mobilising the community.



## 3. Apply State Framework

### Forward Agenda for Senior Victorians

#### 5 Agendas

- The age to be valued
- The age to be involved
- The age to be productive
- The age to be active
- The age to be consumer wise



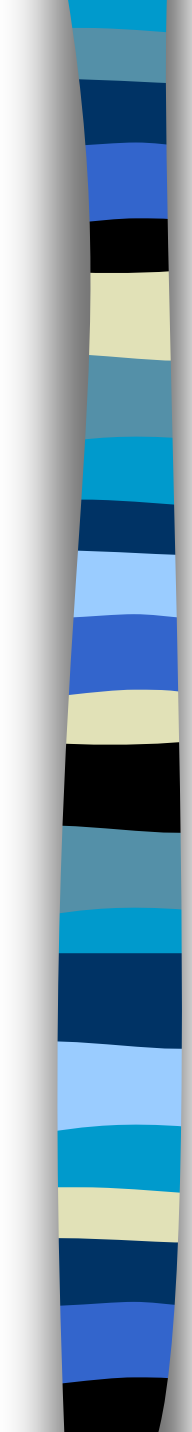
# The age to be valued

## Strategies

- To be heard
- To be seen
- To be listened to

## Participants

- Seniors' Week
- Council on the Ageing
- U3A
- Media
- Mentors



<b>Age to be Active</b>	<b>Federal and State initiatives</b>	<b>What can Council do?</b>
<b>Fitness</b>	Active Script – Div of GP Walk and Talk – Vic Fit Victorian Walking Action Plan Phone Info. and referral service on physical activity opportunities Ageing well in Seniors’ Festival Older Adults’ Recreation Network Migrant Grandparents	
<b>Health Promotion</b>	Older Persons’ Health Promotion Program Oral Health Promotion Program	
<b>Planning</b>	Vic Population Health Survey Victoria’s Tourism Industry Plan	

<b>Age to be Valued</b>	<b>Federal and State initiatives</b>	<b>What can Council do?</b>
Advisory Groups	Ministerial Advisory Council for Senior Victorians	Advisory C'ttee / Forums with U3A
Recognition and awards	Victorian Seniors' Festival Premier's Senior of the Year Award Council on the Ageing Senior Achiever Awards Media Awards	Mayor's Seniors Awards  Local Media – Age Page
Mentoring	Impart – younger and older artists Koori Court – Elder mentors	✓  ✓



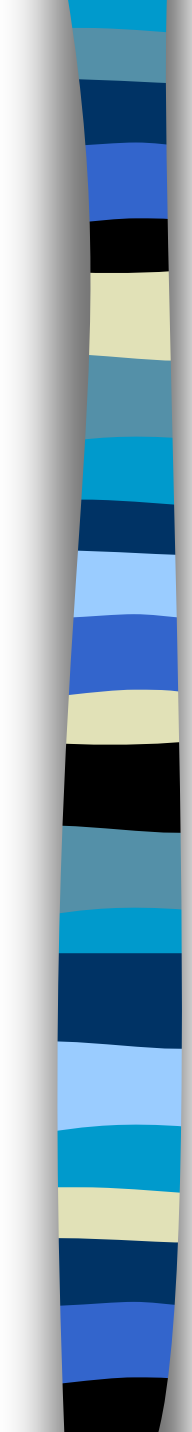
# The age to be active

## Strategies

- Fitness
- Health Promotion
- Planning

## Participants

- Federal
- State
- Local



<b>Age to be Active</b>	<b>Federal and State initiatives</b>	<b>What can Council do?</b>
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ACTIVE	Federal and State initiatives	What can Council do?
<b>Fitness</b>	Active Script – Div of GP Walk and Talk – Vic Fit Victorian Walking Action Plan Phone Info. and referral service on physical activity opportunities Ageing well in Seniors' Festival Older Adults' Recreation Network Migrant Grandparents	X ✓ ✓ ✓ ✓ ✓ ?
<b>Health Promotion</b>	Older Persons' Health Prom. Program Oral Health Promotion Program	✓ X
<b>Planning</b>	Vic Population Health Survey Victoria's Tourism Industry Plan	Local data profiles Senior Sports Sponsors



# Planning for ageing in place in local communities

- In same house?
- In same neighbourhood but in different housing?
- Diversify choices in housing market



# Planning for ageing in place in local communities

- Link land-use zoning and social planning
- Develop principles for medium density housing that include housing for older people
- Publicise for developers
- Include retirement housing
  - Independent living units
  - Serviced apartments/assisted living/hostels
- Include residential aged care



# Planning well for ageing well

- **Why** is ageing a local priority?
- **What** can and should Local Government do?
  - Local Govt. cannot do everything
  - Local Govt. does not have to do everything
- **How** can Local Government plan?
  - Integrate with other planning
- **Who** else can and should be involved?
  - All sectors in the community
- **When** is the plan to take effect?
  - Set timelines, report back



# All communities are ageing



**All communities are ageing**

**But they are each ageing  
in their own way.**