Southern Grampians Positive Ageing Strategy 2013-2017

Principles applied in this Strategy

WHO Age Friendly City Checklist

This work is based on the World Health Organisation (WHO) Age Friendly City Checklist, as adapted by the Canadian Government for use in rural and remote communities. This framework comprehensively covers every facet of ageing from housing to transport and community support.

Environments for Health

The Strategy does not stand alone. It aligns and is supported by other Council policy documents, including the Community Inclusion Plan, Community Plans and Southern Grampians Health and Wellbeing Plan. The Environments for Health have provided the framework for the Strategy's Action Plan. The four environments we live in, the natural, economic, social and built/physical environments, influence all aspects of our lives and the main issues facing ageing people are interconnected in these environments. Safe footpaths for example may fit into the built environment, while inclusion in events and community activity would be identified in the social environment and more flexible employment options would be considered in the economic environment.

Governance & Implementation

The Southern Grampians Positive Ageing Strategy is a whole-of-community plan and will be implemented in partnership with:

- Older people, young people, middle aged, children and anybody in between – the *whole* community
- Older persons groups and organisations with an interest in ageing
- Community groups and social networks
- State and Federal Governments, particularly in relation to aged care planning and funding.

A Positive Ageing Alliance will be established to support the implementation of the Strategy, act as an advocate and advise Council on ageing issues while promoting positive ageing principles in the community. The Network will comprise representatives from service providers, seniors' groups and local community advocates as well as an appointed Councillor.

Evaluation, Monitoring & Review

The actions detailed in this plan provide a roadmap for the next four years. This is a living plan and will continue to be updated as we achieve milestones or identify new opportunities and challenges. Responsibility for implementing the Positive Ageing Strategy is shared among Council and the community. The Positive Ageing Alliance will provide support to implement actions, monitor the progress of the Strategy and report annually on progress to Council.

Feedback

We welcome feedback to this plan. Contact us: in person at the Council office, 111 Brown St, via mail to Locked Bag 685, Hamilton 3300, email to council@sthgrampians.vic.gov.au, phone 5573 0444 or TTY 5573 0458.

Keen to know more?

Check out our Factsheets:

1. The Action Plan
2. The Data
3. The Policy Environment
4. The Methodology

Southern Grampians Shire Council appreciates the contributions made by the members of the Positive Ageing Reference Group who guided the development of the *Positive Ageing Strategy*. They were ambassadors for the project and represented the diverse interests and needs of older people in the Shire of Southern Grampians. Community participation in the development of the Strategy was enthusiastic. Council wishes to thank all the residents, community groups and staff from community agencies who contributed.

About the Strategy

The Australian population is ageing and the Shire of Southern Grampians with it. By 2031, over 44 per cent of people living in Southern Grampians will be aged over 50. The number of people aged 70-84 years as a percentage of the total population will increase by five per cent, or 1,150 people, to 16 per cent. Southern Grampians Shire Council is committed to ensuring that our community's needs continue to be met as the population changes and in 2011 successfully applied for a Victorian Government grant to *Improve Liveability for Older People*. The grant was used to develop this Positive Ageing Strategy which identifies the needs of our ageing community and sets realistic priorities to meet these needs.

SG Population Projections (2011, 2031)
- elderly aged 85+ y/o
- seniors 70-84 y/o
- empty nesters and retirees 60-69 y/o
- older workers and pre-retirees 50-59 y/o
- parents and homebuilders 35-49 y/o
- young workforce 25-34 y/o
- education and independence 15-24 y/o
- primary and secondary education 5-14 y/o
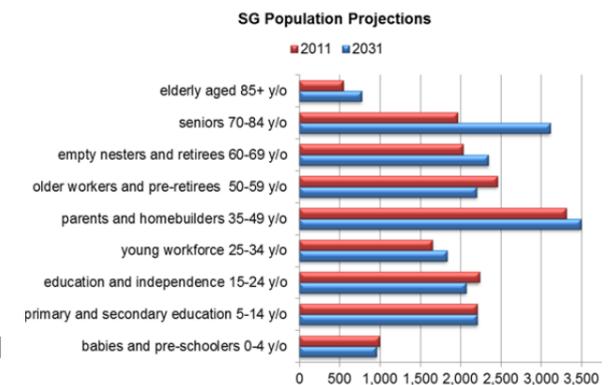- babies and pre-schoolers 0-4 y/o

The development of this Strategy involved consultation with community members and other stakeholders as well as research into ageing and similar studies. In the consultations five key themes emerged. These themes represent the opportunities and issues that were most frequently raised by as important factors in supporting positive ageing:

→ Value and respect for all ages
→ Local communities are able to address local issues and achieve their aspirations
→ Older people are able to participate and connect fully with their community
→ Equitable access to services for rural residents
→ All residents have access to safe, secure and appropriate living options

The key stakeholders in this Strategy may be older people but it is designed to have relevance for the whole community. An ageing-friendly community is one that creates opportunity for all, current and future generations of older people. It is a vibrant and strong community which actively considers the changing expectations and aspirations of each generation of older and younger people.

The Strategy is based on a community development approach and building community capacity to explore approaches to positive ageing. Council's role is that of an advocate, facilitator, planner, infrastructure and service provider in meeting the needs of ageing people in local communities.

Older people in Southern Grampians enrich our community in many ways, through their involvement in paid work, as volunteers, as supportive family members and as community leaders. The Strategy will contribute to fostering a physical, social and economic environment in which all residents have increased opportunity to age well, regardless of their circumstances.

Southern Grampians Positive Ageing Strategy 2013-2017

Our Values

Building on Our Strengths Our older population is an asset, not a burden. Our communities are good places to grow older with many opportunities to live active and fulfilling lives	**Building Community Capacity** Building capacity is a collaborative process of shared resources, knowledge and experiences. It is about building leadership and supporting communities to act on their own behalf.
Whole of Community Positive ageing is about living in a vibrant and strong community with opportunities for all ages. An ageing-friendly town is one where everyone is working together to create opportunity for all.	**Sustainability & Best Use of Resources** Minimise ongoing cost to maximise sustainability of activities. Share, target and be inventive about the use of our resources.
Practical Practical projects with achievable actions for practical people accustomed to "getting on with things".	**Age Does not Define Us** We appreciate the diversity of our population and their varying backgrounds, abilities and interests.

What do we want to see?	How will we do it?
Value and respect for all ages	→ **Build our capacity and leadership to promote Positive Ageing**
	→ **Embed Positive Ageing considerations in Council planning processes**
	→ **Promote the valuable contributions older residents make to our community**
Local communities are able to address local issues and achieve their aspirations	→ **Enable people and organisations in our community to work together**
	→ **Support volunteering**
Older people are able to participate and connect fully with their community	→ **Promote opportunities for older people to be active and involved in their communities**
	→ **Create an environment that supports access for all community members**
	→ **Create opportunities for the economic participation of older people**
	→ **Encourage lifelong learning and development**
Equitable access to services for our rural residents	→ **Explore, promote and advocate for innovative service delivery models that enable fair access to services**
	→ **Improve food security and access to affordable fresh produce particularly in rural areas**
All residents have access to safe, secure and appropriate living options	→ **Support older people so they can enact an informed choice in their living and care options**
	→ **Support people ageing in place**

You told us Positive Ageing means:

Having a voice in community planning.
Being consulted in "a meaningful way" that "results in outcomes."
Maintaining contact across ages and generations.
Looking out for each other.
Being connected to your community.
Being involved in community groups and organisations.
"We need to get more people actively involved. It is the same 'oldies' doing the work."
Knowing what's on and being able to participate in diverse social opportunities.
"Keeping intellectually bright and staying involved with the community is essential."
Having places where the whole community can come together.
Being able to walk places.
Being able to access and learn new technologies.
"A lot of services assume people have access to the internet to get information."
Knowing what services are available and how to access them.
"I wouldn't know how to go about getting Meals on Wheels or Home Help?"
Having transport options, in particular in the smaller communities.
Having access to fresh produce in your community.
A continuum of care that supports ageing in place across rural communities and health/care providers
"Being unable to maintain their garden-physically or economically is one of the main reason people can't stay in their own home."
Having access to a range of appropriate and attractive housing options
"… for people who have spent their lives on the land."

*Indicates initiatives also identified in the Southern Grampians Shire Community Inclusion Plan

	Strategy	What are we going to do? The Actions	Who will do it? The Partners	When will we do it? Year	How will we know it's done? The Measures
Built/Physical Environment	Create an environment that supports access for all community members	**1.1** ***Accessible venues**: • Undertake an access assessment of the primary facility used for community events and meetings in each township. • Prioritise access improvements to these facilities to achieve one fully accessible facility in each community. • Develop an 'Accessible Venues' database and include access information on Council website.	• •SGSC •Hall committees and user groups •Progress and Development Associations •DeafAccess •Vision Australia	2014	Access assessment completed, access improvements prioritised, database available on website
		1.2 ***Recreation/Culture** - Ensure that any future planning and development of infrastructure includes access and inclusion principles	•SGSC •South West Sport •Sporting clubs/ organisations	2017	All future plans and works are accessible
		1.3 ***Footpaths** - Identify strategic walking routes linking key destinations and prioritise accessibility improvements which may include: • Way finding signage • Footpath design, renewal, maintenance or cleaning • Infrastructure like seating or shade	• •SGSC •Disability/ community agencies •Primary Care Partnership	2015	Strategic walking routes identified, prioritised list prepared and works implemented
		1.4 *Prioritise **remedial repairs** of all **pavers** in the Hamilton CBD	•SGSC •Businesses	2013	Works identified, prioritised and repairs completed annually

Strategy	What are we going to do? The Actions	Who will do it? The Partners	When will we do it? Year	How will we know it's done? The Measures
Built/Physical Environment Create an environment that supports access for all community members	**1.5** *Toilets – Develop a **public convenience strategy** to prioritise access improvements to existing public toilets and investigate locations of new, accessible unisex toilets	•SGSC •Community	2013	Strategy developed, priorities identified and implementation plan developed
	1.6 *Parking** – review accessibility, placement and time restrictions of all existing accessible parking bays and identify need for locations of any additional bays.	•SGSC •Disability/ community agencies •Businesses	2014	Review completed and action plan developed and prioritised
	1.7 *Advocate** for access improvements to local infrastructure, businesses and organisations and provide professional advice where required	• SGSC • Government agencies • Businesses • Local clubs/ organisations	2017	Number of instances where professional advice is provided by Council

	Strategy	What are we going to do? The Actions	Who will do it? The Partners	When will we do it? Year	How will we know it's done? The Measures
Social Environment	Build our capacity and leadership to promote Positive Ageing	2.1 Develop a **Positive Ageing Alliance** – a network of service providers, community members and Council representatives advocating for the interests of older adults, including carers and family members, providing advice and monitoring the implementation of this Strategy.	• SGSC	2013	Positive Ageing Alliance established, number of meetings held
	Embed positive ageing considerations in Council planning processes	2.2 *Review the Community Engagement Guidelines and continue to improve **inclusive community engagement** practices and processes to ensure all members of the community have a voice.	• SGSC • Progress Associations	2015	Increase in number of older people engaging in consultation processes
	Promote the valuable contributions older residents make to our community	2.3 *Promote **positive ageing stories** and **images** in Council publications, local media and community newsletters	• SGSC • Community groups/ organisations • Health Services	2014	Number of articles and photos, range of publications, bank of ageing well images to be used in Council publications
	Enable people and organisations in our community to work together	2.4 Develop **resources** that assist clubs with easy templates for compliance and administrative tasks, event and risk management, media and promotion and a funding and sponsorship kit	• SGSC, Volunteering Warrnambool/ Victoria • Our Community • Community newsletters	2017	Resources developed and promoted

Strategy	What are we going to do? The Actions		Who will do it? The Partners	When will we do it? Year	How will we know it's done? The Measures
Social Environment					
Enable people and organisations in our community to work together	2.5	Assist Progress Associations promote their own community with local **welcome events** and **kits**	• SGSC • Progress Associations • Local clubs/organisations • Community newsletters	2015	Number of local welcome events or promotions held, developed and/or distributed
Support volunteering	2.6	Support **training** and professional **development** for volunteers	• SGSC • Volunteering Warrnambool/Victoria • Hamilton Community House • Our Community	2014	Number of training and professional development workshops held, number of attendees
	2.7	Explore innovative ways of filling **office bearer positions** and of reducing administrative burden on volunteer organisations	• SGSC, Volunteering Warrnambool/Victoria • Community groups	2016	Initiatives developed and trialled
Promote opportunities for older people to be active and involved in their communities	2.8	Advocate and support sporting clubs and community organisations to ensure older people can maintain their **participation in physical activity**	• SGSC • HILAC • South West Sport • Sporting clubs/organisations	2017	Number of clubs and community groups actively engaged in inclusive physical activity

Strategy	What are we going to do? The Actions	Who will do it? The Partners	When will we do it? Year	How will we know it's done? The Measures
Social Environment — Promote opportunities for older people to be active and involved in their communities	2.9 Invite community representatives to promote their activities at shire wide **Welcome to New Residents** function	• SGSC • Progress Associations • Local clubs/ organisations	2014	Number of community groups attending welcome events, number of leads to new members
	2.10 Develop a means to distribute information about services, community groups and activities to community members	SGSC	2014	Methodology developed, distribution points and means identified
	2.11 *Promote and continue to build on the **'One and All' Inclusive events** program	• SGSC • Event organisers	2013	Number of events utilising resources
	2.12 Develop a program of **visiting volunteers** or "buddies" for isolated older people.	• SGSC • WDHS • Hamilton Neighbourhood House	2013	Establishment of buddy program to reduce social isolation, number of participants involved in the program
	2.13 Pilot **intergenerational programs**, examples include a multi-media history project, teaching basic IT skills to older people, school-community partnership projects.	• SGSC • Education providers • Community groups	2015	Pilot programs developed and evaluated, partnerships developed
Support people ageing in place	2.14 Provide leadership to investigate the feasibility of a community managed garden or maintenance program	• SGSC • WDEA • Service clubs	2014	Community managed program established
	2.15 Investigate and trial options to redesign gardens as low maintenance	• SGSC • Service clubs • Community groups	2015	Number of low maintenance gardens

	Strategy	What are we going to do? The Actions	Who will do it? The Partners	When will we do it? Year	How will we know it's done? The Measures
Social Environment	Support people ageing in place	2.16 Educate community and professional service providers about Elder Abuse, including financial exploitation	• SGSC • WDHS • Brokerage agencies	2017	Information materials and training opportunities provided
		2.17 Advocate for a more equitable model of funding **HACC services** considering the higher service delivery cost in rural areas	• SGSC	2015	Maintain or increase funding levels through HACC renegotiations, DisabilityCare and transition of HACC program to Federal Government
		2.18 Advocate for funding to support rural **community transport**	• SGSC • WDHS • Transport Connections	2017	Current community transport services maintained or expanded
	Explore, promote and advocate for innovative service delivery models that enable fair access to services	2.19 Explore and advocate for service delivery models that provide fair access to rural communities	• SGSC • WDHS • Health/aged care service providers • SGG PCP • Medicare Local	2016	Variety of service delivery models implemented (i.e. tele-health)
		2.20 Develop community based local solutions to overcome **access** barriers	• SGSC • WDHS • Transport Connections • SGG PCP	2017	Needs assessment completed, solutions implemented

	Strategy	What are we going to do? The Actions		Who will do it? The Partners	When will we do it? Year	How will we know it's done? The Measures
Social Environment	Support older people so they can enact an informed choice in their living and care options	2.21	*Establish and promote the **scooter recharge program**	• SGSC • Businesses • Community organisations • Health Services	2016	Number of scooter recharge points established
		2.22	Provide **practical information** on currently available housing and care options including workshops, guest speakers, local experts and facility tours	• SGSC • Aged care services	2013	Conduct aged care facilities tour
		2.23	Collate and promote **contemporary information** about available home modification services	• SGSC • Businesses • Health/aged care service providers • Service clubs	2014	Brochure detailing services prepared and promoted
		2.24	Encourage the establishment of a **register of age-friendly rentals** or homes for purchase	• SGSC • Real estate agents	2017	Register developed and promoted

	Strategy	What are we going to do? The Actions		Who will do it? The Partners	When will we do it? Year	How will we know it's done? The Measures
Economic Environment	**Create opportunities for the economic participation of older people**	3.1	Identify and promote best practice examples of maintaining mature aged workers in rural industry and Council operations	• SGSC • HABA	2014	Best practice examples identified, implemented and promoted
	Encourage lifelong learning and development	3.2	Identify existing sites providing access to Information Technology and resolve any gaps to Information Technology access	• SGSC • Progress and Development Associations	2016	Each community has one site providing public access to Information Technology
		3.3	Explore peer-to-peer IT mentoring/training programs	• SGSC • Hamilton Library • Education providers • U3A • Hamilton Community House	2014	Training programs development & facilitated, partnerships developed to facilitate IT training
		3.4	*Provide leadership to investigate the feasibility of a community managed garden or maintenance program	• SGSC • WDEA • Service clubs	2014	Community managed program established
	Improve food security and access to affordable fresh produce particularly in rural areas	3.5	Assist communities to identify potential solutions such as **produce swap**, cooperative purchase and delivery of fresh produce and distribution through a central community point	• SGSC • Businesses • SGG PCP • Progress Associations • Community groups	2015	Increased access to fresh food

The People

The Shire of Southern Grampians has a population of over 16,000 and covers an area of 6,650 square kilometres.

The median age of people in our Shire is 44 years. Children and young people aged 0 - 17 years make up 23.3% of the population and people aged 60 years and over make up 27% of the population. In comparison; the median age of people in Victoria is 37 years. Children and young people aged 0 - 17 years make up 22.4% of the population and people aged 60 years and over make up 19.8% of the population.

According to the Australian Bureau of Statistics (ABS) 2011 Census data the population of the Shire of the Southern Grampians is ageing faster than the Victorian or national average, with higher percentages of people in the over 50 years categories as a percentage of the total population; 41.81% in the Southern Grampians compared to 32.25% in Victoria.

Over the next 30 years, our population will grow, but will be increasingly comprised of older age groups. Southern Grampians Shire's population is predicted to increase to 19,004 by the year 2031.[1]

Population Projections – Estimated Resident Population (ERP)	2011	2016	2021	2026	2031
Area: 6,652 sq km	17,411	17,903	18,256	18,642	19,004

Total Population 2011[2]			2011	2031
	% of total		**16,352**	**19,004**
Median Age of Population			44	
Proportion of Aboriginal Population	**1.1**		186	
Median Age of Indigenous Population			18	
Babies and Pre- Schoolers (0- 4)	5.8		949	958
Primary Schoolers (5-11) 2011 or (5-14) 2031	8.7		1,424	2,211
Secondary Schoolers (12-17) 2011 or (15-24) 2031	8.8		1,434	2,068
Tertiary education and Independence (18-24)	7.2		1,176	
Young Workforce (25-34)	9.3		1,517	1,834
Parents and Homebuilders (35-49)	18.6		3,039	3,499
Older Workers and Pre- Retirees (50-59)	14.6		2,394	2,201
Empty Nesters and retirees (60-69)	12.4		2,035	**2,346**
Seniors (70-84)	11.3		1,845	**3,113**
Elderly Aged (85 and over)	3.3		539	**774**
People with a need for assistance with core tasks	**5.8**		943	
People Providing Care to a Person with a Disability	**12.2**		1,629	

[1] Victoria in Future 2012 - Population and Household Projections 2011–2031 for Victoria and its Regions, Department of Planning and Community Development, April 2012.
[2] ABS, Census 2011, place of usual residence

The Southern Grampians Shire's top five community strengths are: [3]

→ Help can be accessed through friends, families and neighbours (94.6% of population agree);

→ Area has easy access to recreational and leisure facilities (84.2% of population agree);

→ Ample opportunities to participate as a volunteer (89.4% of population agree);

→ Area has a wide range of community and support groups (86.0% of population agree); and

→ Shire is an active community (84.3% of population agree).

Facts and Figures on Disability

The latest Australian Bureau of Statistics (ABS) survey regarding disability was held in 2009. While the 2011 Census data above provides limited information, the more detailed survey undertaken in 2009 tells us that:

Almost one in five (19%) Australians, approximately 4 million people, had a disability in 2009. The main disabling conditions reported in 2009 were back problems and arthritis (16% and 15% of all persons with a disability respectively).

Just over half (52%) of people aged 60 and over had a disability. Most of these (63%) did not need any assistance to manage health conditions or cope with everyday activities. For those who did, the most commonly reported needs were help with property maintenance, household chores and mobility.

2.6 million carers in Australia provided some assistance to others who needed help because of disability or old age.

If we apply these percentages as a guide to our own Shire, with a population of 16,352 we would expect 3,100 people in our community to have a disability.

The 2011 Census figures tell us that 943 people or 5.8% of the population in Southern Grampians Shire report needing help in their day-to-day lives due to disability. This data identifies people who report a need for assistance due to a 'profound or severe core activity limitation', that is people who need assistance in their day to day lives with any or all of the following activities – self-care, body movements or communication – because of a disability, long-term health condition, or old age.

With our ageing population these figures are likely to rise significantly in coming years.
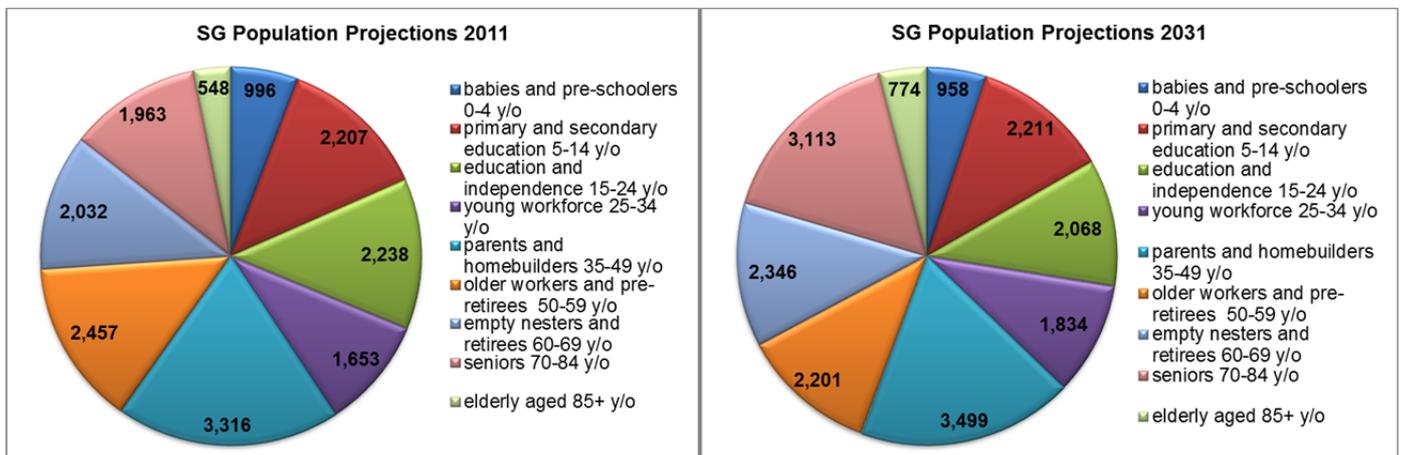
Positive Ageing

Positive ageing approaches originated from the World Health Organisation's (WHO) work in promoting active and healthy ageing.

Positive (or active, healthy or productive, which seem to be used somewhat interchangeably) ageing depends on the broad social, cultural, work and economic environments in which people live. The WHO defines active ageing as "the process of optimising opportunities for **health, participation** and **security** in order to enhance the quality of life as people age" allowing people to "realise their potential for physical, social and mental wellbeing throughout the life course."

Health in the WHO's *Active Ageing: A Policy Framework (2002)* includes lifestyle factors, such as healthy diet and regular physical activity as well as access to and use of health information and services. Participation includes participation in work, family and community life and opportunities for lifelong learning. Security includes personal and financial security and maintenance of human rights. All of these factors require environments that support them, including policy and physical environments.

A holistic approach to healthy ageing and the need to recognise and address multi-dimensional notions of health and wellbeing is therefore essential. Strategies to promote healthy ageing might include the management of health, healthy eating, physical activity, management of alcohol and tobacco use, increased participation, reduction of ageism and the improvement of the physical environment.

The WHO's positive ageing framework has been adopted by many Victorian local governments to guide their work in promoting and strengthening the physical, social, and mental well-being of older people.

Aged Care Reform

The former Federal Government's recently released aged care reform package *Living Longer, Living Better* involves a ten-year reform plan and a funding commitment of $3.7 billion. The reforms will drive significant

changes in the design and supply of services over time.

Active Service Model

The Active Service Model aims to change the way Home and Community Care (HACC) services are provided. Services aim to improve older people's capacity, skills, awareness and knowledge, with an emphasis on independence and self-reliance where possible. A key driver for the Active Service Model is the current growth in numbers of people who are ageing and the inevitably increased demand for community based services. The Active Service Model's catchphrase "doing with, not for" emphasises the transition from services that replace a person's own efforts to proactive services building ability and reducing older people's dependency levels.

Ageing in Victoria: A Plan for an Age-Friendly Society

The former Victorian Labor Government developed a ten-year plan to address population ageing, *Ageing in Victoria: A plan for an age-friendly society 2010-2020*. The strategies outlined in the plan sought to achieve better outcomes for older people in three areas:

1. Good health and wellbeing
2. Age-friendly communities
3. Economic and social participation

The plan acknowledges the important role of local governments as a first point of contact and key service provider, including the provision of services funded by federal and state governments.

Victorian Public Health & Wellbeing Plan

The *Victorian Public Health and Wellbeing Plan 2011-2015* aims is to achieve lasting improvements in the health of all Victorians. The Plan identifies three action areas which support seventeen priorities: to *continue to protect health* (five priorities including immunisation and food safety), *keep people well* (nine priorities including healthy eating, oral health and mental health promotion),

and *strengthen preventive health care* (three priorities – cancer and newborn screening and early detection and intervention).

Council Strategies and Framework

Southern Grampians Shire Council provides more than 60 different services to its communities.

As well as implementing various commonwealth and state government programs, Council also provides a range of discretionary services in response to local community needs.

In order to best use limited resources to provide effective local government and services for the community, councils undertake extensive strategic planning across all areas of service delivery. The result is a multitude of plans and strategies, usually prepared in consultation with the community. Some are required by legislation or a funding agreement, others are initiatives of councils themselves. These might have quite different purposes or subjects, for example, focusing on a population group such as cultural diversity, positive ageing or youth planning, or focusing on specific services such as leisure, recreation or economic development.

In general these plans and strategies are guided by three high-level plans required by legislation:

- **Council Plan** – required by the Local Government Act 1989
- **Municipal Strategic Statement** – required by the Planning and Environment Act 1987.
- Municipal Public **Health and Wellbeing Plan** – required by the Public Health and Wellbeing Act 2008

The **Council Plan** is the central planning instrument of Council and the primary strategic driver for whole-of-council priorities and the activity of all business units. It is prepared for four years after local government elections and reviewed annually.

The **Municipal Strategic Statement** provides the broad outline and vision for existing and future land use within a

municipality. It provides the rationale for the zone and overlay requirements and particular provisions in Council's planning scheme.

The Public **Health and Wellbeing Plan** aims to develop and promote a healthier community and provides the strategic driver for Council's health and wellbeing related activity across the organisation. Like the Council Plan it is also prepared every four years following local government elections and reviewed annually.

The Public Health and Wellbeing Plan is based on a framework known as the "Environments for Health". The framework recognises that the health and wellbeing of our community is determined by a complex combination of the natural, economic, social and built/physical environments we live in and not just by our individual behaviour or absence of disease. Addressing these 'upstream' factors focuses on the circumstances in which people are born, grow up, live, work and age and leads to policies and strategies that consider, for example, employment, education, attention to the early years of life, housing, social connections, and access to transport, healthy food and health services.

In preparing its Health and Wellbeing Plan Council considers issues and develops strategies within these four environments that influence all aspects of our lives.
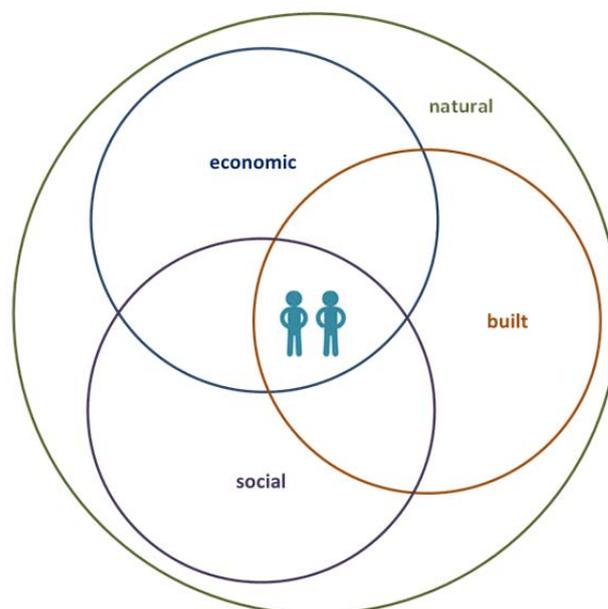

Figure 1: The Environments for Health

While the Environments for Health have in the past only been used in the high-level Health and Wellbeing Plan, because they consider all aspects of our lives they provide a useful framework for the development of other, lower level plans like the Community Inclusion Plan, Positive Ageing Strategy or Community Plans.

As demonstrated in the table to the right, there are many links and synergies between the Positive Ageing Strategy and other Council plans. Using the Environments for Health as a consistent framework helps coordinate implementation, annual action plans and budgeting tasks, strengthens health and wellbeing action across Council and streamlines monitoring and reporting to ensure that a strategic focus is adopted to improve active ageing outcomes.

Diversity Plan

Council's HACC diversity plan will inform the local approach to maximising access to services for HACC special needs groups, including remote/rurally isolated people, people from Aboriginal and Torres Strait islander backgrounds and those with dementia. The overarching priority of the diversity plan is to acknowledge diversity as an integral part of implementing a client centred services within the Active Service Model framework.

References:
(1) World Health Organisation (WHO) Age Friendly City Checklist.
(2) 'Age Friendly Rural and Remote Communities: A Guide' developed by the Federal/Provincial/Territorial Ministers Responsible for Seniors, Canada.
(3) 'The New Agenda on Ageing: To Make Ireland the Best Country to Grow Old In', Ageing Well Network, Dublin 2012.
(4) Australian Bureau of Statistics, Census 2011.
(5) Department of Health, Healthy ageing literature review, 2012
(6) 'Age Discrimination – Exposing the Hidden Barrier for Mature - Age Workers', Australian Human Rights Commission, 2010.

How Our Plans Link:

How current and future Plans and Strategies integrate with and relate to the Positive Ageing Strategy:	Value and respect for all ages	Communities able to address local issues and achieve their aspirations	Older people participate and connect fully with their community	Equitable access to services for rural residents	Access to safe, secure and appropriate living options
Health & Wellbeing Plan	✔	✔	✔	✔	✔
Community Plans	✔	✔	✔	✔	✔
Municipal Early Years Strategy	✔	✔		✔	✔
Youth Strategy	✔	✔	✔	✔	✔
Community Inclusion Plan	✔	✔	✔	✔	✔
Hamilton Structure Plan	✔	✔		✔	✔
Leisure Services Strategic Plan	✔	✔	✔	✔	
Playground Strategic Development Plan	✔	✔		✔	
Sustainability Strategy		✔			✔
Economic Development Strategy			✔	✔	✔
Retail Development Strategy			✔	✔	✔
Asset Management Strategy, Policy & Plan		✔		✔	
Human Rights Charter	✔		✔	✔	✔
Municipal Emergency Management Plan		✔	✔	✔	
Heatwave Plan	✔	✔	✔	✔	
Municipal Fire Prevention Plan		✔			
Community Engagement Policy	✔	✔	✔	✔	✔

Figure 2: Strategies and plans supporting community wellbeing.

The methodology behind the development of this Strategy:

Planning	A general information session about the Strategy with Council's Project Manager and Senior Manager and meeting with the Steering Group. Definition of "older people" for the purposes of this Strategy as people 55 years and older.
Literature review	A literature review, which included international, national, state and local research, policies and plans, key organisational plans, strategies and documents. Australian and international positive ageing research and Australian Bureau of Statistics Census data were used to augment local findings. The World Health Organisation (WHO) Age – Friendly City checklist, as adapted by the Canadian government for use in rural and remote areas was used to ensure a comprehensive discussion of all aspects of supporting people to remain independent as they get older.
Consultation	Consultation was undertaken with Council staff, service providers and residents between March and December 2012. A media campaign through print media, local newsletters and networks was used to raise awareness of the consultation process. The initial methodology to produce quantitative data through scoring the importance of each aspect of positive ageing in accordance with the WHO Age-Friendly City Checklist was modified in practice, with qualitative data the primary source of information. Groups and individuals were invited to participate in this process, to identify key issues in growing older in the region and to assist in the development of practical strategies to address these. Twenty meetings with communities throughout the Shire were held between March and December, with numerous follow up individual contacts to check details and information. Multiple group and individual meetings were held with service providers and organisations.
Draft	Development of a draft Positive Ageing Strategy, further feedback from community members and service providers sought. Alignment with Southern Grampians Health and Wellbeing Plan and further review of Strategy considering Environments for Health and links to other Council strategies and plans.

Within the Consultation section:

Balmoral	47	Tarrington	17
Cavendish	34	Coleraine	14
Hamilton	95	Penshurst	21
Glenthompson	13	Dunkeld	33
Byaduk & Byaduk North (phone and email contact only)			5

Community contact total:	279
Service providers	20
Total:	**299**