



The Eastern Region Alliance Regional Ageing Strategy



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1. Introduction

1.1 The Eastern Region Alliance

The Eastern Region Alliance (ERA) is a group of eastern metropolitan councils who voluntarily work together for the benefit of their local communities and the eastern region community as a whole. Member Councils of ERA are the Cities of Burnside, Campbelltown (Camp), Norwood Payneham & St Peters (NP&SP), Prospect, Tea Tree Gully (TTG), Unley, and the Town of Walkerville.

The combined population of the ERA region is over 289,000 with a diverse mix of household family types, ages and incomes.

Council	Population	Area	Expenditure
Burnside	43,764	2,741ha	\$32.79m
Campbelltown	47,527	2,435 ha	\$28.47m
Norwood, Payneham & St Peters	34,865	1,512 ha	\$32.87m
Prospect	19,814	778 ha	\$14.80m
Tea Tree Gully	99,886	9507ha	\$63.12m
Unley	37,305	1,437 ha	\$32.26m
Walkerville	7,202	356 ha	\$5.94m

ERA has four objectives:

- To improve cooperation, collaboration, and coordination across the seven (7) member Councils.
- To establish a robust operational framework to deliver effective and efficient services;
- To be successful in attracting state and federal government funding for regional initiatives.
- To increase awareness, and the influence of, ERA within the three spheres of government.

1.2 How this Strategy was developed

This Regional Ageing Strategy was developed as part of the Eastern Region Alliance Ageing Strategies project. The aim of the project is to develop a three year (2011-2014) Eastern Region Ageing Strategy and individual ageing strategies for the Cities of Campbelltown, Norwood Payneham St Peters, Prospect, Unley and the Town of Walkerville. The project draws heavily on the consultation and ageing strategies developed by the Cities of Burnside and Tea Tree Gully in 2009.

The Eastern Region Ageing Strategy will inform a regional approach to the issues surrounding the ageing of the region's population and it will identify the actions that are most appropriately addressed at a regional level. Planning is complicated by the fact that the City of Tea Tree Gully while a member of the ERA, is included in the northern metropolitan region for all State government planning and funding purposes.

The objectives of the Eastern Region Ageing Strategy are to:

- Outline the critical drivers and challenges that will affect the Eastern Region in the future;
- Assist the Eastern Region to more clearly understand the contemporary issues and challenges facing older people, their carers and the aged care industry and to identify the roles and strategies that will enable the region to respond collectively to these issues;
- Consolidate the strategic planning on ageing issues already undertaken at the local and regional level;
- Identify the interface between the Eastern Region Ageing Strategy and the ageing strategies at an individual council level.

The ERA Ageing Strategies Project has been informed by a range of consultations and focus groups that were conducted with local residents, regional service providers and local community groups and associations between March and July 2011.

In addition, focus groups were held with staff from ERA member Councils in June 2011 and this culminated in a regional planning workshop on 1 July 2011 involving more than thirty staff from ERA Councils.

The issues and recommendations identified by all consultation participants over the course of this project are contained in the report *Findings of the ERA Ageing Strategies Consultation*.

1.3 Our Ageing Communities

Across the world the populations of first world countries are ageing. In Australia by 2050:

- The number of people over the age of 65 will increase from 2.5m to 7.2m - an increase from 13% to 25% of the total population;
- The proportion of those over the age of 85 will increase from 1.4 % to 6% of the total population;
- The proportion of the population between the ages of 15-64 who will carry the financial burden of our economy will decrease from 67 to 59% of the total population.

In South Australia, the population is ageing at a faster rate than the rest of mainland Australia. Over the next twenty years South Australia will witness four major trends:

- The number of people over the age 65 will almost double;
- The ratio of those over the age of 65 to those between the ages of 15-64 will increase from 1:4 to 1:2;

- There will be a dramatic shift in the values and attitudes of the new ageing cohorts as baby boomers enter retirement;
- The geographical focus of ageing will shift from inner to outer Adelaide.

1.3 ERA Ageing Trends

The following figures and tables are selected from the internal project report *The ERA Ageing Strategies Data Set* and include information derived from the 2006 ABS Basic Community Profile, id Profile and the Ageing of the State Report.

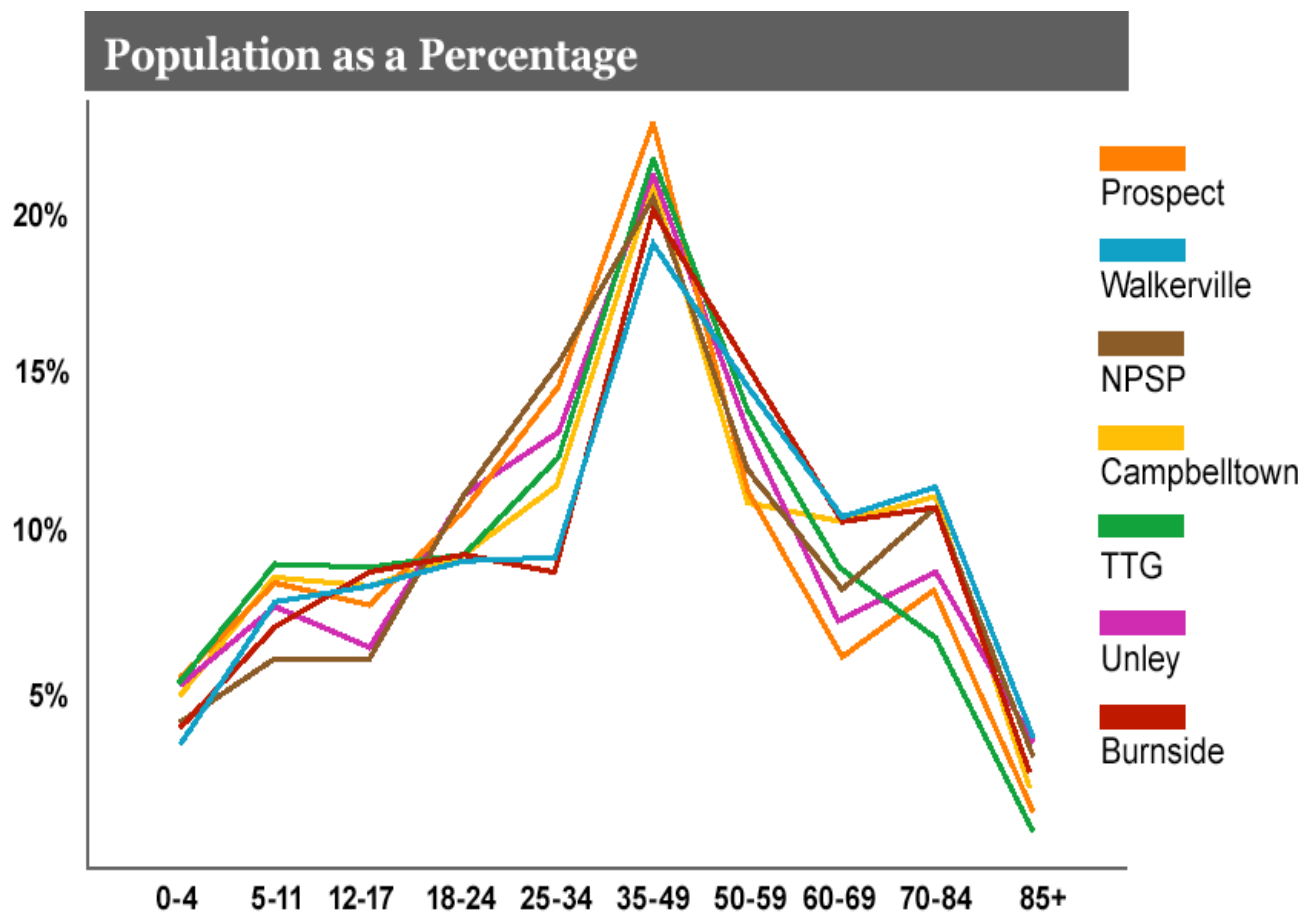


Figure 1 - Population as a percentage for all ERA Councils (Source: id Profile, 2006)

Figure 1 provides an overview of all population cohorts for the ERA and highlights the similarities in the make up of the population across the region. The highest percentages of older people are clustered around Walkerville, Campbelltown, NP&SP and Burnside. Unley and Tea Tree Gully have lower percentages of older people – reflecting in the case of Tea Tree Gully, the fact that ageing will shift over time from inner to outer Adelaide. This figure also highlights Prospect's unique character where the peak of the ageing boom has already occurred and there is significant growth in the 35-49 cohort.

Table 1 presents 2006 ABS data on cohorts of older people from Figure 1 and compares these with population projections prepared for the South Australian Office for the Ageing. It is important to note that this table relies on projections that are partially derived from 2006 Census data which is at the very end of its practical value as a predictive tool.

Table 1. Ageing Projections – 2006-2021							
Source: Ageing of the State, 2009							
Census 2006							
	Prospect	Walkerville	NP&SP	Camp	TTG	Unley	Burnside
60-64	701	404	1500	2541	5192	1553	2,472
65-69	540	349	1319	2455	3704	1145	1,845
70-79	1096	628	2586	3810	5083	2089	3314
80+	910	516	2381	2328	2723	2483	2832
TOTAL	3247	1,897	7,786	11,134	16,702	7270	10,463
Projection 2021							
	Prospect	Walkerville	NP&SP	Camp	TTG	Unley	Burnside
60-64	1201	542	2248	3011	4989	2309	3388
65-69	1001	496	2062	2757	5764	2164	3169
70-79	1571	844	3553	5088	10,127	3434	5528
80+	1046	536	2783	3900	5090	2637	3722
TOTAL	4,819	2,418	10,646	14,756	25,970	10,544	15,807
Projected Increase	1,572	521	2,860	3,622	9,268	3,274	5,344

Table 1 highlights the significant increases in older people across all cohorts for all ERA Councils. Of particular interest is the projected increase of more than 5,500 in those over the age of 80 – this is significant because of their greater need for and reliance on home support services such as those provided through the Home and Community Care program. This projected growth is more pronounced for north-eastern Councils with more than 3,900 people over the age of 80 residing in Tea Tree Gully and Campbelltown. Burnside has the third highest projected growth with almost 900 additional residents over the age of 80 over the next decade.

Table 2. Distribution of Older Migrants 65+							
Source: Ageing of the State, 2009							
	Prospect	Walkerville	NP&SP	Camp	TTG	Unley	Burnside
China	6	7	36	53	38	27	39
Croatia	17	3	26	22	67	25	15
Egypt	4	0	14	15	11	13	20
Germany	39	21	81	203	410	63	111
Greece	231	30	218	189	82	428	128
Hungary	21	4	57	66	44	24	61
Italy	314	65	1,353	2,205	484	331	444
Netherland	12	23	39	110	186	37	53
Poland	44	12	65	92	110	48	61
UK	194	171	517	790	3,343	427	710
Vietnam	12	0	9	7	11	0	7
Total CALD	879	232	2,243	3,559	2089	1,329	1506

Table 2 outlines the distribution of older migrants across the region and gives weight to the findings of the consultation regarding the significant cultural impact that post war migrants from Culturally and Linguistically Diverse (CALD) communities have had on the eastern region – particularly those from Italian backgrounds. This table is significant because of the particular needs of older CALD migrants for culturally appropriate services and the additional challenges posed by the potential loss of English language skills as CALD migrants age.

Table 3. People who need assistance with daily activities								
Source: id profile, 2006 Census								
	Prospect	Walkerville	NP&SP	Camp	TTG	Unley	Burnside	ASD
45-54	52 0.3%	28 0.4%	120 0.4%	128 0.3%	270 0.3%	138 0.4%	92 0.2	0.5%
55-64	79 0.4%	31 0.4%	139 0.4%	203 0.4%	460 0.5%	148 0.4%	150 0.4%	0.6%
65-74	83 0.4%	37 0.5%	239 0.7%	331 0.7%	417 0.4%	185 0.5%	161 0.4%	0.6%
75-84	209 1.1%	115 1.7%	610 1.8%	634 1.4%	749 0.8%	508 1.4%	489 1.2%	1.2%
>85	160 0.8%	143 2.1%	599 1.8%	578 1.3%	537 0.6%	617 1.7%	577 1.4%	1.0%
TOTAL	583	354	1707	1874	2433	1596	1469	

Table 3 indicates the number of people who need assistance with daily activities and require support with personal care, mobility or communication because of a disability, long-term health condition or old age. This table serves as a good measure of those residents with complex needs that require high level of services and highlights the relatively higher percentage of those over the age of 85 in the eastern region who need assistance with daily activities.

The percentages enable a comparison across ERA Councils and across the ASD - the Adelaide Statistical Division. Of particular note are the facts that Norwood Payneham and St Peters and Walkerville have significantly higher percentages of people in the oldest two cohorts who need assistance while Tea Tree Gully has significantly lower percentages on the oldest two cohorts who need assistance with daily activities.

Table 4. Unpaid Assistance to a Person with a Disability							
Source: 2006 Census, Basic Community Profile							
	Prospect	Walkerville	NP&SP	Camp	TTG	Unley	Burnside
45-54	496	173	776	990	2177	964	1084
55-64	322	181	628	961	2145	778	1136
65-74	122	90	293	546	718	246	470
75-84	81	59	220	282	303	199	328
>85	21	11	46	35	43	44	77
TOTAL	1042	514	1963	2814	5386	2231	3095

Table 4 highlights the significant numbers of older carers in the region who provide unpaid support to a person with a disability – support which would otherwise be provided by Council or other government funded services. This table highlights the need for further research to investigate the number of older carers who provide spousal support and those who are caring for adult children with disabilities. It also raises the question as to how the shortfall in unpaid support will be managed as these cohorts age over the next decade.

Table 5 confirms the importance of older volunteers across the region. The final row of this table provides an analysis of older volunteers as a percentage of all volunteers in each community and reveals the significant divergence in the rates of older volunteers across the region. Further research is required to determine whether the very high percentages of older volunteers in Walkerville, Campbelltown and Burnside point to potential volunteer shortages in those communities over the next decade.

Table 5. Volunteering							
Source: 2006 Census, Basic Community Profile							
	Prospect	Walkerville	NP&SP	Camp	TTG	Unley	Burnside
65-74	122	90	293	546	718	246	470
75-84	81	59	220	282	303	199	328
>85	21	11	46	35	43	44	77
Older vols/all vols	12.5%	26%	18%	22%	15%	15.4%	23.4%

Table 6 highlights the significant numbers of older residents with tertiary qualifications – particularly amongst the younger cohorts, who will reach retirement age over the next 20 years. This profile has a number of implications:

- These cohorts are unlikely to be satisfied with bingo and carpet bowls – new opportunities and programs based around learning, knowledge and the pursuit of personal hobbies and passions are likely to be in high demand;
- There is a high level of skill and talent that can potentially be mobilised in volunteer programs in the future;
- Working out strategies to connect and stay engaged with these cohorts will be an exciting challenge in the future.

Table 6. Tertiary Qualifications						
Source: Source: 2006 Census, Basic Community Profile						
	Prospect			Walkerville		
	Cert/Diploma	Degree	Post-grad	Cert/Diploma	Degree	Post-grad
45-54	442	275	130	220	286	147
55-64	274	142	83	218	211	121
65-74	119	38	18	139	106	44
75+	122	22	9	128	91	36
	Norwood, Payneham & St Peters			Campbelltown		
	Cert/Diploma	Degree	Post-grad	Cert/Diploma	Degree	Post-grad
45-54	1102	947	582	1665	885	371
55-64	788	608	358	1201	500	236
65-74	394	198	114	813	214	86
75+	424	170	60	557	126	38

	Tea Tree Gully			Unley		
	Cert/Diploma	Degree	Post-grad	Cert/Diploma	Degree	Post-grad
45-54	4657	1338	546	1269	1379	813
55-64	3645	897	335	936	785	488
65-74	1725	282	113	374	249	134
75+	700	144	30	401	208	48
	Burnside					
	Cert/Diploma	Degree	Post-grad			
45-54	1550	1879	956			
55-64	1175	1308	879			
65-74	839	535	300			
75+	373	371	175			

Table 7 maps the close relationship between the percentage of older people on fixed incomes through Commonwealth income support and the SEIFA rating for ERA Councils. SEIFA or the Socio-economic Index For Areas measures and ranks areas according to socio-economic and positional disadvantage. This table also highlights the fact that despite the relative affluence of the eastern region, very high percentages of older people are reliant on income security payments.

Table 7. Individual Income – 65+ receiving less than \$400 pw

Source: 2006 Census, Basic Community Profile

	Prospect	Walkerville	NP&SP	Camp	TTG	Unley	Burnside
No. of 65+	1699	703	4111	6088	8106	3024	3503
% of total 65+ cohort	67%	47%	65%	71%	70%	52%	44%
SEIFA	1037	1067	1023	1010	1035	1064	1089

2. Principles of the Ageing Strategy

There are a number of ageing philosophies and frameworks that have been very influential in setting the context for ageing in our communities. Most of these approaches seek to empower older people, increase their involvement in society and their access to services. The Eastern Region Alliance Ageing Strategy is underpinned by the philosophy of Active Ageing and informed by the Age Friendly Cities framework and both approaches were developed and refined by the World Health Organisation early this century.

2.1 Active Ageing

Active ageing is the process of “optimising opportunities for health, participation and security in order to enhance quality of life as people age. Active ageing applies to both individuals and population groups. It allows people to realise their potential for physical, social, and mental wellbeing throughout their life course and to participate in society according to their needs, desires and capacities, while providing them with adequate protection, security and care when they require assistance.” (WHO, 2002, p.12).

The word “active” refers to continuing participation in social, economic, cultural, spiritual and civic affairs, not just the ability to be physically active or to participate in the labour force. Participation, health, security and lifelong learning are the four pillars that underpin the active ageing philosophy - a philosophy that is best captured by the simple phrase “engaged in life” (International Council on Active Ageing, 2006).

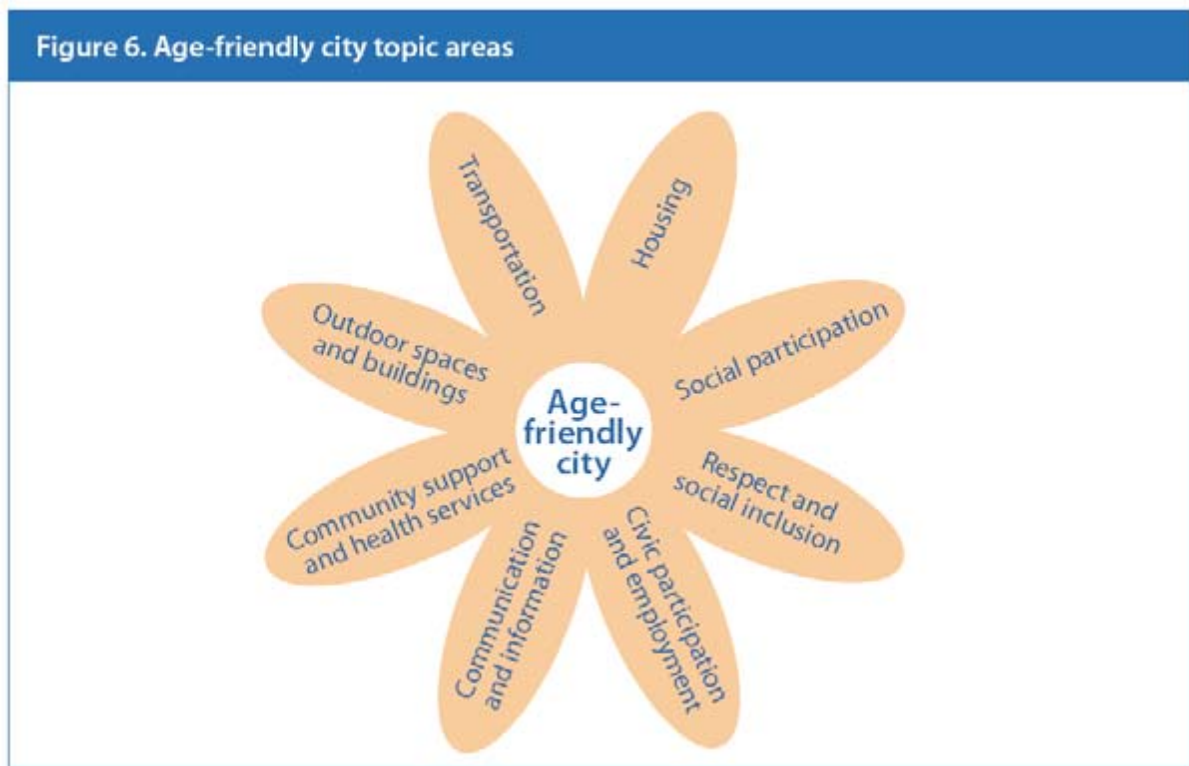
The active ageing approach is based on the recognition of the human rights of older people and the United Nations Principles of self-fulfilment. “It shifts strategic planning away from a “needs-based” approach (which assumes that older people are passive targets) to a “rights- based” approach that recognizes the rights of people to equality of opportunity and treatment in all aspects of life as they grow older. It supports their responsibility to exercise their participation in the political process and other aspects of community life” (WHO, 2002, p.13).

2.2 Age Friendly Cities

Internationally, the World Health Organisation Age-friendly Cities Project is a global initiative that has identified the key indicators of age-friendly cities through a consultation process in 22 countries.

The WHO Age-friendly cities project (WHO, 2007) reflects the broader discourse that now views ageing as a positive process and emphasises the active participation and engagement of older people. This change has seen ageing policy issues redirected from welfare to matters of social inclusion and community engagement and development. Related to this is the recognition that older people have a key role to play in defining and

developing the features of their community's services and facilities. The framework focuses on the planning and implementation of strategic initiatives in 8 key themes.



In an age-friendly city, policies, services, settings and structures support and enable people to age actively by:

- Recognising the wide range of capacities and resources among older people;
- Anticipating and responding flexibly to ageing-related needs and preferences;
- Respecting the decisions and lifestyle choices of older people;
- Supporting those who are most vulnerable;
- Promoting their inclusion in, and contribution to, all areas of community life.

2.3 ERA's Principles for Collaboration on Ageing

The principles for ERA's collaboration on ageing are underpinned by the Active Ageing and Age Friendly Cities frameworks and they were developed through consultation with older people, local service providers and Council staff. They have a dual focus on both the nature of the relationships that member Councils wish to develop with older citizens and the commitment to regional collaboration between partner Councils.

The commitment to older citizens

- Councils recognise the value, skills and wisdom of older people and actively encourage their involvement in planning services and developing community life;

- Older people have the right to options and choices regarding their access to and use of services and programs;
- Regional ageing initiatives build on the strengths of older people and respond to their needs and aspirations;
- By respecting the diversity of older people, Councils are better able to improve the flexibility and responsiveness of Council programs and services
- Councils understand that while all communities are unique, older people expect a sense of equity and consistency in programs, services and opportunities across the region.

The commitment made by Councils

- Respect between partner Councils is demonstrated by honouring commitments and being accountable for actions;
- Resource contributions by partner Councils are fair and equitable and based upon population size and capacity to contribute;
- Collaborative practice between partner Councils on ageing issues is innovative, solution focused with clear benefits for the community and founded upon the open sharing of information and the inclusion of community input;
- Collaboration between partner Councils flourishes when there is open and honest expression of aspirations, expectations and a process to ensure ongoing review and evaluation.
- While the regional strategy is owned by all partner Councils, not all initiatives require the involvement of all alliance partners;
- Members are committed to working with other agencies and all levels of government in order to implement the strategy.

2.4 Roles

The role of local government has been clearly defined as being an advocate, facilitator, planner, and infrastructure and service provider in meeting the needs of ageing people in local communities. The Australian Local Government Association in its Population Ageing Action Plan 2004- 2008, articulates the various roles that local government has in relation to the growing older population.

For the members of the Eastern Region Alliance, the future service response is likely to be as much about facilitating opportunities for education, engagement and autonomy as it is about the provision of more traditional home support services. New opportunities exist for local government in the area of life long learning for its citizens encompassing formal and informal learning. Through this role, local government can support older people in their individual development and active citizenship

Appropriate community facilities along with policies, personnel and resources are the fundamental building blocks of good community development and they highlight the importance of the local government role as a facility developer and manager. Community Centres for older people act as a hub around which programs and services can grow and volunteers can develop. They engender a strong sense of community ownership and loyalty and they serve as a catalyst for new community associations and groups.

3. Strategic Themes

Member Councils of the Eastern Region Alliance work together to ensure that older people are valued and fully engaged in community life. Through collaborative planning and programming, member Councils ensure that older people have access to the information, services, programs and opportunities they need to remain independent and age-in-place.

The ERA Ageing Strategy is structured around five key strategic themes that capture the priorities of the Age Friendly Cities model and reflect the primary structure of the Individual Council Ageing Strategies:

1. Information and Services
2. Access and Mobility
3. Housing
4. Community Engagement and Participation
5. Wellbeing

Below each strategic theme sits an objective or a series of objectives that are linked to the four pillars that underpin the Active Ageing philosophy - participation, health, security and lifelong learning. The objectives capture the priorities of the community and local service providers, with additional input provided by Council officers.

3.1 Information and Services

Rationale

Older people view Local Government as an honest broker and look to their Council as the preferred source of information on a broad range of topics – including the specific services and opportunities that Councils provide for older people. Many feel that their Councils don't do enough to promote their own services and they are looking for more support in navigating the aged care system.

The drive for ageing-in-place and the principles of wellness and autonomy highlight the need for in-home services and community support which in turn is fuelling the growth of the Home and Community Care service sector. As the number of residents over the age of 80 increases across the eastern region, the demand for services to meet the complex needs of frail and aged residents will increase.

Older people are looking for a quicker response to requests for street maintenance - particularly when this relates to hazardous footpaths or pruning/thinning trees that constitute a safety and security risk. While most people appreciate that services standards may vary across the region, they are seeking explicit information as to what these standards are.

The strong CALD influence in the eastern region brings a sense of vitality and diversity to local communities and as CALD migrants age, the provision of culturally appropriate services becomes increasingly important.

Objectives

The objectives of the Information and Services strategic theme are to:

- Develop consistent standards of information provision across the region in order to communicate effectively with older people and to enable them to make informed choices about their own needs and aspirations;
- Support member Councils to continue to provide services and programs that assist older people to remain independent and 'age-in-place'.
- Continue to implement and refine culturally appropriate services for older CALD migrants.

Key Initiatives in the Information and Services Theme		
1	Participation	Collaborative project to research and develop consistent standards of local information provision and a regional approach to marketing consistent "messages" and themes about services for older people
2	Security Participation	Implement a Residents at Risk program based upon the Unley model across the region as a means of supporting isolated and vulnerable older people and enlist staff and volunteers from other local agencies and Not for Profits to participate in the project.
3	Participation Health	Undertake a review of HACC programs across the ERA Councils in order to determine Local Government priorities and specialisations prior to negotiating with Not For Profit providers regarding the preferred range and scope of HACC programs that are required in the eastern region.
4	Participation Lifelong Learning	Develop a regional home library service that links home visiting and support with the provision of traditional library lending services
5	Participation	Undertake a mapping exercise to identify the availability of community centres across the region with a focus on spread, usage and scope of services
6	Participation	Ensure that all programs for older people are monitored from a cultural diversity perspective to ensure that they are accessible to older CALD migrants

3.2 Access and Mobility

Rationale

Personal mobility within the local community is a significant issue for older residents. This has implications for maintenance standards of roads and footpaths as increased numbers of residents over the age of seventy will demand safe, well maintained footpaths and roads for pedestrian and “gopher” use. It also has implications for frail, older residents capacity to access Council services such as hard rubbish collection. Hard rubbish collection is not an accessible service if older people do not have the support to move heavy rubbish from their home to the footpath.

For the residents of the inner-suburban Councils in particular, the network of footpaths that enable them to walk to local shops and services is vitally important. There is broad support for strategies such as higher maintenance and amenity levels on specific routes that link major community and commercial facilities.

Older people highly value the community transport services provided by Councils but people don't live their lives within the limitations of Council boundaries. They want a more collaborative approach between eastern region Councils in order to obtain more cross -Council community transport services.

Objectives

The objectives of the Access and Mobility strategic theme are to:

- Encourage members to focus on the access and mobility needs of older people through the development of consistent standards of footpath maintenance and amenity and supported hard rubbish collection;
- Support the commitment to accessible, affordable, flexible community transport across the region through ongoing involvement in the Community Passenger Networks projects.

Key Initiatives in the Access and Mobility Theme		
1	Participation Security	In partnership with the ERA Assets and Infrastructure group establish aspirational standards for all Councils in regards the development of footpath construction and maintenance standards with a particular emphasis on increased levels of amenity on those routes that link major community and commercial facilities
2	Participation Health	Review community and medical transport services across the region - including Community Passenger Networks projects, with a view to increased coordination of services and greater inter-Council travel
3	Participation	Implement a consistent standard of hard rubbish collection across the region that includes the capacity to move rubbish from the home to the kerbside

3.3 Housing

Rationale

Across the region, older people believe that there is a shortage of medium density housing for older residents who want to stay in the region but in smaller, low maintenance homes. The overwhelming support for ageing-in-place increases the demand for appropriate urban planning responses around adaptable housing and local medical, commercial and community services.

At the same time, many older people are concerned about the implications of the Thirty Year plan and proposed increases in the level of medium density housing. A regional approach to providing information about alternative housing options may alleviate these concerns.

As baby boomers age and look to move out of the family home into alternative housing options in their own communities, pressure will increase on Council to review development plans and encourage more flexible and adaptable housing options based on universal design principles.

Objective

The objective of the Housing and Accommodation strategic theme is to:

- Focus on the housing needs, opportunities, programs and services for older people.

Key Initiatives in the Housing Theme		
1	Lifelong Learning Participation Security	In partnership with the ERA Planning group, plan a regional approach to informing and supporting older residents to plan for their housing needs
2	Participation	In partnership with the ERA Planning group, highlight the need for a review of standards within current development plans and emphasise the important universal design principles and other access frameworks

3.4 Community Engagement and Participation

Rationale

Community engagement in local planning is an accepted and important component of Council business. When older people are actively involved in their communities, well being increases and the demand for traditional care services is reduced.

Across the eastern region, older people identified a wide array of social support activities and events provided by Councils that they value and enjoy but they feel that demand outstrips supply. For those on fixed incomes, the cost of community transport to attend these activities is prohibitive.

Many older people are concerned that their Councils didn't seem to offer a diverse range of volunteering opportunities. They are looking for volunteer roles that maximise their personal and professional skills and interests.

At the same time, many community based agencies and service clubs are struggling to survive and many are exploring new, more informal service models and developing alternative strategies to recruit new members and volunteers. Some groups look to their local Councils for support with planning as they reinvent themselves in a changing community.

Objectives

The objectives of the Community Engagement and Participation strategic theme are to:

- Develop a regional approach to open communication and consultation with the community which informs, educates and encourages participation.
- Increase the range of opportunities and activities that enable older people to participate meaningfully in community life.
- Provide a diverse range of volunteering opportunities, together with training, support and recognition throughout the community.

Key Initiatives in the Community Engagement and Participation Theme		
1	Participation	Develop a regional application for additional HACC funding for increased social support programs across the region that both maintain people in their own existing networks and develop new social opportunities
2	Participation Lifelong learning	Review volunteer opportunities that are available through member Councils in order to increase the scope and skill level of volunteering opportunities within the ERA
3	Lifelong learning	Evaluate the provision of informal learning opportunities within the ERA and meet with the University of the Third Age to canvass opportunities for growth across the eastern region
4	Participation Lifelong learning	Develop a toolkit of strategies for engaging older people in Council decision making processes

3.5 Wellbeing

Rationale

The wellbeing of older people is affected by many different factors including socio-economic status, health, family and other social interactions, employment, civic participation, housing and transport.

Older people feel that organised physical activities are very important and would like to see more opportunities to participate in subsidised activity programs. The parks and reserves that dot the region are well utilised by older residents and there is a general call for higher levels of amenity.

Objectives

The objectives of the Wellbeing strategic theme are to :

- Enhance the wellbeing of older people through facilitating the provision of appropriate services and facilities and opportunities for involvement.
- Enhance the well-being, quality of life and social development of older people through the provision of quality recreational and sporting opportunities.

Key Initiatives in the Wellbeing Theme		
1	Health Participation	Evaluate the provision of physical activity programming across the region as the first step in developing an increased program of subsidised physical activities for older people
2	Health Participation	Establish a working party of ERA members and Not for Profit agencies that are funded to deliver physical activity programs in order to coordinate and maintain a database of physical activity programs and encourage collaborative scheduling between agencies

4. Monitoring and Reporting

The Eastern Region Alliance Ageing Steering Group will be responsible for monitoring the progress of the Ageing Strategy. Reporting mechanisms will include:

- An annual Information Report to the ERA Executive with copies of the Information Report to the Elected Members at each Council;
- Links are provided from individual Council websites to the community updates on the ERA website.

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6. Glossary

ASD	Adelaide Statistical Division
CALD	Culturally and Linguistically Diverse Communities
ERA	Eastern Region Alliance
HACC	Home and Community Care
NFP	Not For Profit
SEIFA	Socio-economic Index for Areas
WHO	World Health Organisation