



City of
KINGSTON

Kingston Positive Ageing Plan

Creating an age friendly community

2014–2019





City of
KINGSTON



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The implementation of some of the actions in this Plan is supported by financial assistance from the Commonwealth and Victorian Governments.

Council acknowledges the Kulin Nation as the Custodians of the land on which the municipality is a part and pays its respect to their Elders past, and present. Council is a member of the Inter Council Aboriginal Consultative Committee.



Cr Paul Peulich
KINGSTON MAYOR

It gives me great pleasure to present this Positive Ageing Plan to the Kingston community.

Through this plan, Council aims to have policies, services, settings and structures that support and enable people to age positively in Kingston in line with the World Health Organisation's Age Friendly Cities framework.

The plan recognises older people as valuable members of the community, who should be treated with dignity and respect. It seeks to capture the wisdom and experience of older people while encouraging and facilitating opportunities for them to maintain their health by participating in civic activities and developing social connections.

This Plan has been developed in collaboration with the community, local organisations and government authorities. It has been integrated across all areas of Council and actions will be implemented over the next five years, building on what has already been achieved. Many of the actions identified in the Plan will also require collaboration with residents, community organisations, government departments and volunteer organisations.

The ideas, thoughts and experiences of our community have been critical to the process of creating a Plan which will help us develop Kingston as an age friendly City.

I would like to acknowledge and thank the individuals and community groups who participated in the consultation process which formed the basis of this Plan. I would also like to thank those members of the Positive Ageing Advisory Committee and Volunteers who were instrumental in providing feedback throughout the development of this Plan.

Council looks forward to continuing to work with all members of our community to enhance and promote Positive Ageing in the City of Kingston.

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Executive Summary

Kingston's Positive Ageing Plan 2014–2019 sets out the strategic direction for Council in working towards and achieving an age friendly Kingston.

The Positive Ageing Action Plan forms part of the overall strategy and is based on community consultation undertaken in 2013 and analysis of local health and social data. The action plan identifies priority areas and objectives based on the needs, concerns and aspirations of older residents.

Outcomes of the strategy will be overseen by the Positive Ageing Advisory Committee and reported on throughout the life of the strategy.

PRIORITY OBJECTIVES

- | PRIORITY | OBJECTIVES |
|----------|--|
| 1 | OUTDOOR SPACES AND BUILDINGS
1.1 To promote quality of life and independence of older people through the ongoing development of community infrastructure and outdoor spaces that are inclusive, safe and accessible. |
| 2 | TRANSPORT
2.1 To maintain awareness of and respond to transport related issues impacting older people in Kingston.
2.2 To increase the ability and confidence of older people to use all modes of transport so that they can move about the community safely and retain their independence and social connections. |
| 3 | HOUSING
3.1 To provide leadership and advocacy in identifying housing initiatives which reflect the needs of an ageing population.
3.2 To support older people to 'age in place' either in their own homes or in residential care. |
| 4 | SOCIAL PARTICIPATION
4.1 To increase social connectedness for older people in Kingston. |
| 5 | RESPECT AND SOCIAL INCLUSION
5.1 To promote intergenerational understanding and respect.
5.2 To increase the level of inclusion in community life for all older people in Kingston. |
| 6 | CIVIC PARTICIPATION AND EMPLOYMENT
6.1 To raise awareness amongst employers and businesses of the potential of older people as workers and customers.
6.2 To provide information to older people to assist in planning for a positive retirement.
6.3 To play an active role in the provision and development of volunteering opportunities for Kingston residents. |
| 7 | COMMUNICATION AND INFORMATION
7.1 To develop and disseminate comprehensive information to older people in a variety of formats in response to need.
7.2 To promote the use and uptake of online and communication technology by older people. |
| 8 | COMMUNITY AND HEALTH SERVICES
8.1 To promote the health, wellbeing and independence of older people in Kingston.
8.2 To promote opportunities for older people to be involved in active and passive leisure pursuits in Kingston. |



Introduction

The City of Kingston Positive Ageing Plan 2014–2019 aims to promote the wellbeing of older people in Kingston and develop Kingston as an age friendly City which has policies, services, settings and structures that 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 older people's decisions and lifestyle choices;
- Protecting those who are most vulnerable; and
- Promoting older people's inclusion in and contribution to all areas of community life.

Council recognises the importance of the involvement of older people in the design and delivery of age friendly initiatives, programs and policy. This will be achieved through meaningful consultation with and involvement of the Positive Ageing Advisory Committee – an advisory committee led by the community – who will provide advice and assist Council to implement the Plan. Council will be guided by the World Health Organisation Age Friendly Cities Framework.

The Positive Ageing Plan contributes to the implementation of the Council Plan 2013–2017 which is the key strategic document that outlines Council's Vision for the city as a 'diverse, dynamic community where we all share a sustainable, safe, attractive environment with a thriving economy'. Council has many other strategic plans that contribute to the development of an age friendly city. These include the Active Leisure Strategy, the Community Safety Strategy, the Public Health and Wellbeing Plan and Multicultural Action Plan. It is intended that the Positive Ageing Plan will complement, rather than duplicate, these other strategies.



Development of the Plan

Since Council's first Positive Ageing Plan which was launched in 2008, the Positive Ageing Advisory Committee has worked with Council to prioritise objectives and successfully implement the actions of the 2008–2013 Plan.

The Positive Ageing Advisory Committee continued to play an integral role in the community consultation process and development of the current 2014–2019 Positive Ageing Plan. The Committee undertook training and assisted with the facilitation of consultation forums. They provided feedback at all stages of the Plan development.

The Action Plan was developed following a comprehensive consultation process including client surveys, targeted and public focus groups, stakeholder consultation and consultations with all of Council's internal departments. In addition a steering committee of Council staff was established to oversee the community consultations process and ensure a whole of Council approach.

COMMUNITY CONSULTATION

A comprehensive community consultation process was undertaken to inform the development of the Plan. The community consultation process actively involved older people, service providers, Council committees and Council staff.

A range of methods was utilized to ensure participants from a broad range of stakeholders. Community forums were a key activity of the engagement process. The sessions were hosted in various locations across Council and held at different times to maximise the opportunities for people to participate. A forum was also held for service providers.

The consultation methodology recognized the importance of engaging people from culturally and linguistically diverse backgrounds. Small focus groups were organised and held at the meetings of three Kingston multi-cultural groups. Interpreters were used to translate during sessions to remove any barriers to participation.

The following committees were also consulted:

- Kingston Access and Equity Committee
- Kingston Probus Network
- Kingston Service Clubs' Network
- Kingston Interfaith Committee
- Kingston Positive Ageing Advisory Committee

One-on-one conversations were held with residents at the Kingston Farmer's market and Matt's Place community lunch venue.

The consultation also included 2 surveys, one targeting the general community and another targeting the business community.

KEY ISSUES

Kingston is perceived as a good place in which to grow old. Older residents appreciate the physical and social environment of the city and the quality of services available to them.

Factors reported as being of vital importance to older people living in Kingston included staying engaged in their community, continuing to be valued, and having opportunities to contribute to community life. To achieve this, people expressed the need for:

- Accessible public and community transport;
- Physical infrastructure that supports and encourages mobility, including clear footpaths, accessible parking and sufficient seating in public spaces;
- Access to a range of diverse social opportunities and activities;
- Access to affordable health and community services to maintain health and wellbeing;
- Information to facilitate their ongoing engagement in their local community, in a variety of formats; and
- Support to access information online.

IMPLEMENTATION AND EVALUATION

The Positive Ageing Plan is a whole-of-Council plan. The actions of the Plan will be integrated and implemented by a range of Council departments. An annual review of the implementation of the Plan will be undertaken with guidance from the Positive Ageing Advisory Committee. The review will focus on what actions have been implemented, track progress and ensure that actions remain relevant to community needs. The Plan will be updated as required to continue to respond to community needs.

DEMOGRAPHIC INFORMATION

The City of Kingston is one of the largest metropolitan municipalities, with an area of 91 square kilometres. There are 149,976 people living in Kingston. The population forecast for 2014 is 151,195, and is forecast to grow to 167,042 people in 2031. Consistent with national trends, Kingston's older residents make up the fastest growing population group in the municipality. Of particular interest is the fact that the number of people aged over 70 will grow by 37% from 17,000 in 2011 to 23,000 in 2031.

A changing population:

AGE GROUP	2011	2031	CHANGE
Under 12	20,500	22,500	9%
35–49	32,500	35,000	7%
70+	17,000	23,000	37%

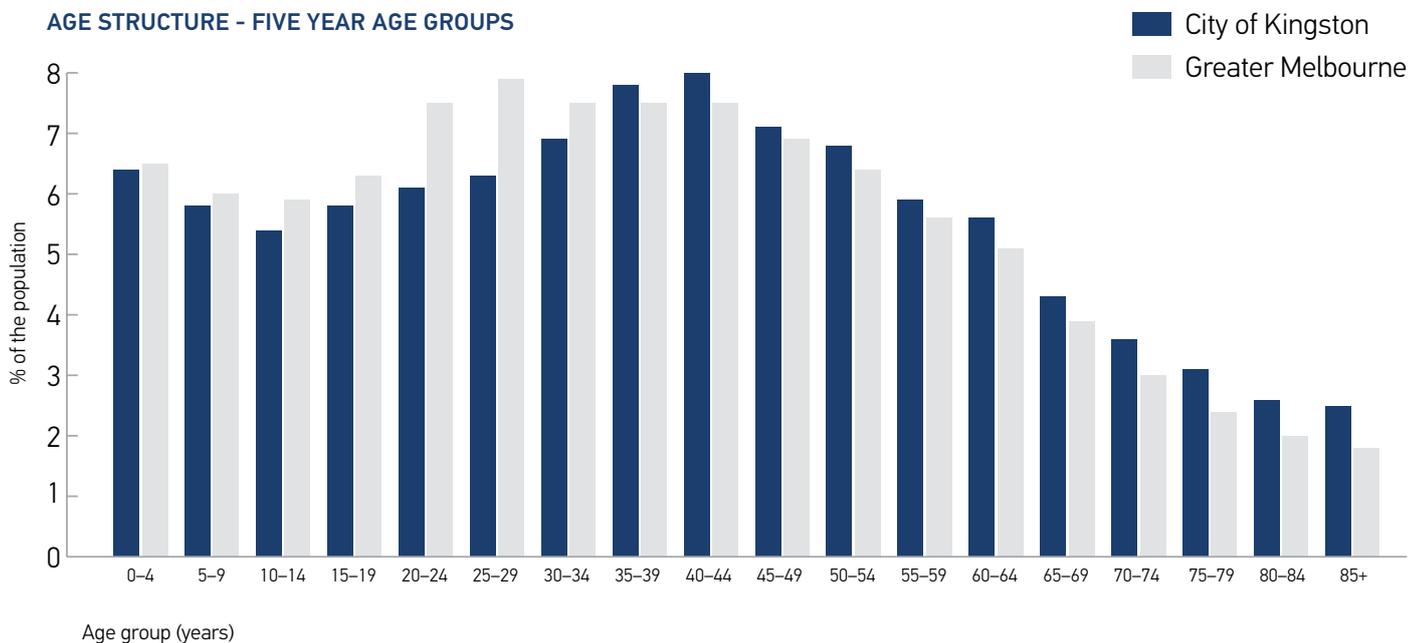
(Council Plan 2013–2017)

CITY OF KINGSTON - TOTAL PERSONS (USUAL RESIDENCE) 2011

Age Group	Number	%
50 to 59	18,119	12.7
60 to 69	14,140	9.9
70 to 84	13,136	9.2
85 and over	3,547	2.5
	48,942	34.4

(ABS Census 2011)

AGE STRUCTURE - FIVE YEAR AGE GROUPS



MULTICULTURAL OLDER PEOPLE IN KINGSTON

One of the most culturally diverse municipalities in Victoria, Kingston is home to residents from over 150 countries of origin who speak over 120 languages. The changing cultural make up of Kingston is reflective of immigration trends across Australia with the Italian and Greek populations ageing and an increase in people arriving from India and China more recently.

A greater proportion of post war migrants from Italy and Greece are aged over 55 years; 81% of the Italian-born and 78% of the Greek-born population compared to the general population aged over 55 either within Kingston (26%) or Victoria (24%).

There are over forty multicultural seniors groups in the City of Kingston and surrounding areas who provide activities and culturally accepted meals for their group members. These include Chinese, Croatian, Dutch, Egyptian, Greek, Hungarian, Indian, Italian, Maltese, Filipino, Polish, Russian, Spanish, Turkish and Vietnamese.



Policy Context

Developing age friendly Cities requires a whole of government, whole of community approach. In planning for local policy development, consideration is given to the priority issues outlined in international, national and state policies.

INTERNATIONAL

The World Health Organisation (WHO) developed the Active Ageing Policy Framework in 2002 to guide governments in the development of strategies to improve the experience of ageing and to improve environments for healthy and active ageing. The Age Friendly Cities Guide (2007) provides a framework to optimise opportunities for health, participation and security to enhance quality of life as people age.

FEDERAL

In 2011, the Productivity Commission released its report on the aged care sector, Caring for Older Australians. The Federal government responded in 2012 with its Living Longer, Living Better policy. Key elements pertained to increasing in-home care packages and the requirement that care packages be delivered on a consumer-directed basis. The current government has said that it will base its aged care policy on the consumer-directed care philosophy recommended by the Productivity Commission.

STATE

The Victorian government has responsibility for a range of services specifically targeted to older people. It is responsible for areas that affect the participation of older people, including housing, transport, urban planning, education and discrimination.

In 2013 Gerard Mansour was appointed Commissioner for Senior Victorians by the Victorian Government for the purpose of promoting and encouraging an age friendly society and enhancing community participation for all senior Victorians. The Commissioner leads the Ministerial Advisory Committee for Senior Victorians which provides independent advice to the Minister for Ageing on the impacts of policies and programs relating to the participation of senior Victorians. The Committee is currently working to develop a Government older person's action plan, detailing strategies and actions to promote community participation of older people and coordinate plans across Government departments and Victorian communities.

Action Plan 2009–2014

PRIORITY AREA 1

OUTDOOR SPACES AND BUILDINGS



The outdoor environment and public buildings have a major impact on the mobility, independence and quality of life of older people. Kingston residents value the attractive physical environment of the municipality and the various Council facilities and buildings. Council is committed to an ongoing program of infrastructure maintenance and development to ensure that outdoor spaces and buildings remain relevant and accessible.

1.1 To promote quality of life and independence of older people through the ongoing development of community infrastructure and outdoor spaces that are inclusive, safe and accessible.

1.1.1 Continue to develop and upgrade Council infrastructure with consideration to all relevant guidelines and legislation (e.g. WHO Age Friendly Framework). Included but not limited to community buildings, seating, public toilets, foreshore beach facilities and access, parks and footpaths and activity structure plans.

1.1.2 Design public spaces that are safe and accessible and encourage social interaction.

PRIORITY AREA 2

TRANSPORT



Access to appropriate transport is a key factor in promoting active and healthy ageing. Being able to move around the community safely determines levels of social interaction and civic engagement and influences access to health and community services. Council will support older people in the community to link and engage with the different transport modes and advocate for ongoing improvements to public transport. Council is committed to supporting individuals who experience transport disadvantage through the ongoing development of the Community Bus Service and Volunteer Transport Program.

- 2.1** To maintain awareness of and respond to transport related issues impacting older people in Kingston.
 - 2.1.1 Continue to work with public transport authorities to advocate for improvements to public transport infrastructure.
 - 2.1.2 Facilitate the involvement of the Positive Ageing Advisory Committee to inform the Integrated Transport Strategy.
 - 2.1.3 Review and develop the community bus service to reflect current and emerging needs of eligible residents.
- 2.2** To increase the ability and confidence of older people to use all modes of transport so that they can move about the community safely and retain their independence and social connections.
 - 2.2.1 Work in partnership with community groups and transport providers to promote information about local and metropolitan transport.
 - 2.2.2 Assist multicultural seniors groups to access transport to maintain active involvement in their clubs.
 - 2.2.3 Continue to provide community education programs which address issues for older drivers, pedestrians and scooter users.
 - 2.2.4 Support ongoing development of local walking groups and bicycle education.



Council supports the desire of Kingston residents to 'age in place' whether this is in their own home or in residential care and understands that affordable, well located housing that facilitates ongoing engagement with the community is important for older people to age well.

3.1 To provide leadership and advocacy in identifying housing initiatives which reflect the needs of an ageing population.

3.1.1 Facilitate representation by older people in consultations about the development of housing strategies, policies and initiatives through the Positive Ageing Advisory Committee.

3.2 To support older people to 'age in place' either in their own homes or in residential care.

3.2.1 Continue to provide quality in-home and community care to enable people to live independently in their own homes for as long as possible.

3.2.2 Provide information on home modifications and improvements to facilitate independent living.

3.2.3 Provide advocacy and ongoing support for older people in vulnerable housing.

3.2.4 Provide information to assist older people and their families to plan for and make informed choices about residential care.

3.2.5 Highlight and promote best practice in the provision of residential care.

PRIORITY AREA 4

SOCIAL PARTICIPATION



Social participation and social support are strongly connected to good health and well-being throughout life. Participating in leisure, social, cultural and spiritual activities in the community, as well as with the family, allows older people to continue to enjoy respect and maintain or establish supportive and caring relationships. Council will support the development and accessibility of a range of social opportunities to encourage the ongoing participation of older people in community life. A focus on supporting older people to connect using emerging technologies is also required. Council will continue to support the development of Council facilities to deliver opportunities for intergenerational social interaction.

4.1 To increase social connectedness for older people in Kingston.

- 4.1.1 Support the development and promotion of interest based community activities and programming.
- 4.1.2 Continue to encourage local groups to deliver and promote affordable and accessible activities through the annual Kingston Seniors Festival.
- 4.1.3 Provide ongoing support and capacity building to established and emerging groups to encourage sustainability.
- 4.1.4 Reduce social isolation through innovative and inclusive programs including options for home based and online social interest based groups.
- 4.1.5 Provide ongoing support for community activities in Kingston e.g. Men's Sheds, community gardens and community sustainability workshops
- 4.1.6 Advocate and seek funding for health and wellbeing initiatives that focus on social connectedness and acknowledge the transitions that people experience as they age.

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PRIORITY AREA 5

RESPECT AND SOCIAL INCLUSION

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Although older people in Kingston generally feel respected and valued in their community, they sometimes experience lack of consideration in their interactions within their community, services and families. We need to provide support to vulnerable groups to ensure their inclusion and work together to increase understanding and respect. Part of this will include facilitating opportunities for older people to connect and interact with other generations.

5.1 To promote intergenerational understanding and respect.

- 5.1.1 Recognise and support the role and contribution of grandparents in Kingston.
- 5.1.2 Develop and deliver intergeneration projects for people of all ages to share interests and skills.
- 5.1.3 Promote and support the nomination for Victorian Senior of the Year Awards.
- 5.1.4 Continue to develop a library of positive images of older people which can be used in Council promotions and publications.
- 5.1.5 Provide opportunities for training and development for Positive Ageing Advisory Committee members and volunteers.
- 5.1.6 Consider the development and implementation of an initiative to recognise and celebrate centenarians living in Kingston.

5.2 To increase the level of inclusion in community life for all older people in Kingston.

- 5.2.1 Recognise and support the roles of carers.
 - 5.2.2 Provide opportunities for older people with dementia and their carers to be involved in community activities.
 - 5.2.3 Explore and support initiatives to increase community involvement in and by residential aged care facilities.
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PRIORITY AREA 6

CIVIC PARTICIPATION AND EMPLOYMENT



Older people do not stop contributing to their communities as they age or when they retire. Many continue in the workforce or provide unpaid and voluntary work for their families and communities. An age-friendly Kingston will provide opportunities and options for older people to continue to contribute to their communities, through paid employment and volunteering.

6.1 To raise awareness amongst employers and businesses of the potential of older people as workers and customers.

6.1.1 Consult and work with local businesses to understand and promote mature age worker employment and advocate to remove barriers to employment for older people.

6.1.2 Partner with local business to promote and advocate for age friendly businesses.

6.2 To provide information to older people to assist in planning for a positive retirement.

6.2.1 Partner with local business and service providers and government agencies (e.g. Centre Link) to provide retirement planning information and education.

6.3 To play an active role in the provision and development of volunteering opportunities for Kingston residents.

6.3.1 Develop comprehensive information about volunteering opportunities and improve entry points for people.

6.3.2 Provide ongoing training and support to community groups to improve volunteer recruitment, training and retention. Include targeted support for multicultural groups.



Staying connected with events and people and receiving timely, practical information to manage life and meet personal needs is vital for active ageing. Rapidly evolving information and communication technologies are both welcomed as useful tools and criticized as instruments of social exclusion. The main concern for older people in Kingston is to have relevant information that is readily accessible to them and in different forms. Council will continue to disseminate information and facilitate ongoing support for older people who need help to access 'new technologies'.

7.1 To develop and disseminate comprehensive information to older people in a variety of formats in response to need.

- 7.1.1 Develop accurate and up to date information about activities, groups, services and resources and make this available both online and in hard copy.
- 7.1.2 Continue to develop and use a variety of innovative, diverse and inclusive approaches to disseminate information to older people about services, activities, groups and initiatives across Kingston.
- 7.1.3 Explore strategies to ensure that older people from multicultural backgrounds have accessible information about services and activities.

7.2 To promote the use and uptake of online and communication technology by older people.

- 7.2.1 Develop and provide programs, training, information and support to enable older people to connect and keep abreast of new technology.

PRIORITY AREA 8

COMMUNITY AND HEALTH SERVICES



Health and support services are vital to maintaining health and independence. Council recognizes the importance of community care services in enabling people to maintain their independence and live in their own homes for as long as possible. In partnership with the Federal and State Governments, Council will continue to provide a comprehensive range of services to meet the needs of the ageing Kingston population. Council will also continue to support the delivery and development of active and passive recreation that promotes wellbeing for older people.

8.1 To promote the health, wellbeing and independence of older people in Kingston.

- 8.1.1 Continue to plan for the needs of an ageing population and ensure services are well coordinated through collaborative partnerships.
- 8.1.2 Continue to develop and implement a wellness/strength based framework in the delivery of Home and Community Care Services.
- 8.1.3 Continue to provide Consumer Directed Care and implement the Living Longer Living Better Aged Care Reforms.
- 8.1.4 Work in partnership with State and Commonwealth Governments regarding reforms and future developments in the Home and Community Care Program.
- 8.1.5 Exercise cultural awareness and sensitivity in the delivery of home and community care and residential care services.
- 8.1.6 Provide opportunities for feedback from service users to facilitate ongoing evaluation and development of Council services.

8.2 To promote opportunities for older people to be active in Kingston.

- 8.2.1 Support and promote Council and community programs to encourage physical activity amongst older people of all abilities.
- 8.2.2 Partner with and support Neighbourhood Houses and community centres in the provision of affordable health and wellbeing options for older people.



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