

Bayside City Council



Healthy Ageing Action Plan

2017-2021



Background

The *Healthy Ageing Action Plan* is part of a suite of action plans that respond to the *Wellbeing for All Ages and Abilities Strategy 2017-2021 (WAAA)*.

The *WAAA* outlines the health and wellbeing priorities for Bayside City Council over the next four years. The *WAAA* has been developed in consultation with the community and through collaboration with key agencies, partners and stakeholders.

The *WAAA* includes three goals and twelve objectives that have been identified through comprehensive research, analysis and consultation processes. Key themes identified through these processes relate to:

- An engaged and supportive community which allows people from all ages and abilities access to services and resources that enhance their wellbeing. Social connectedness and social inclusion were identified as important in sustaining positive mental health and resilience.
- Increased participation in health assessments and being physically active were identified as significant in maintaining and protecting the longevity of good health and wellbeing. Maintaining the independence of the ageing population was identified as important by the Bayside community.
- An environment where people can live, work and play safely was also identified as important with consideration of issues related to crime, family violence, and safety in the home and in public places highlighted.

Plan focus

This action plan focuses on new or revised actions which have health and wellbeing benefits for older people. In addition to the actions outlined in this action plan, Council delivers a diverse range of operational services that support the health and wellbeing of the Bayside community. Services provided or supported by Council to assist older people include:

- Assessment to determine service needs to remain independent and safe at home;
- Practical help at home such as cleaning, shopping, showering, respite, minor property maintenance and delivered meals; and
- Community activities such as socialisation groups, lifelong learning activities, transport and events.

Bayside's commitment to disability

Bayside City Council is working in partnership with the community to enhance the health and wellbeing of people with a disability. Council values the unique contribution that all people make to their community and recognises the complex physical, social and emotional challenges that can exist for people with a disability. Activities targeting people with disabilities are integrated and reflected across the suite of action plans to address the Disability Act 2006.

Development and delivery of the action plan

Partnerships are a key principle of the WAAA, with a focus on capacity building, delivering high quality strategies, and reducing duplication and fragmentation of effort. Actions have been developed and will be delivered in partnership with the community and a range of internal and external partners as relevant.

The Bayside Healthy Ageing Reference Group (BHARG) is a community reference group that regularly provides feedback to inform Council plans and strategies.

The *healthy ageing action plan* has been developed in conjunction with this group. BHARG will continue to support the implementation and annual review processes.

Measuring success

This action plan will be reviewed annually, to ensure its' relevance and to respond to the changing needs of the Bayside community. The goals and objectives of the WAAA will be monitored through the separate WAAA Evaluation Plan and will be reported to Council on an annual basis.

How to read the Action Plan

Goals and objectives: The goals and objectives of the *Healthy Ageing Action Plan* align directly to the goals and objectives of the WAAA.

Actions: Actions outline the activities that Council and/or partners will undertake to achieve the objectives.

Measure: Measures outline how we will assess the achievement of our actions.

Timeline: The estimated start and completion date for each action.

Lead and partners: This area identifies who will be involved in the delivery of actions either in a lead role or supporting role. Council program areas are identified with an asterisk.

Goal 1 An engaged and supportive community

Objective 1.1 Improve mental health and resilience

Actions	MEASURE	LEAD + PARTNERS <small>*Denotes Council Program Area</small>	TIMELINE
Reduce social isolation by providing seniors groups and clubs with options to support the continued participation of frail older members in community activities	<ul style="list-style-type: none"> Information and regular support for group and club committees delivered each year Participant feedback Referrals for assistance to Council 	<ul style="list-style-type: none"> Aged and Disability Services* (lead) 	2018-2021
Identify an accredited research partner to develop and implement a resilience survey to measure resilience levels of older people	<ul style="list-style-type: none"> Resilience levels of older people measured across three years 	<ul style="list-style-type: none"> Aged and Disability Services* (lead) Research Partner 	2018-2021
Develop interventions to improve the resilience of older people	<ul style="list-style-type: none"> Improvement in the resilience level of older people each year 	<ul style="list-style-type: none"> Aged and Disability Services* (lead) 	2019-2021

Objective 1.2 Support opportunities that build social networks and community connections

Identify and deliver intergenerational programs that respond to community needs and interests	<ul style="list-style-type: none"> • 1 continuing program established in Year 1 	<ul style="list-style-type: none"> • Aged and Disability Services* (lead) • Family Services* • Youth Services* • Libraries* • Arts and Culture* • Community Wellbeing* 	2018-2019
Develop a communication plan to increase awareness of available local services and programs	<ul style="list-style-type: none"> • Communication plan developed and delivered • Increased community knowledge of available services and programs 	<ul style="list-style-type: none"> • Aged and Disability Services* (lead) • Libraries* • Arts and Culture* • Community Wellbeing* 	2018 - 2019
Identify and provide a series of education sessions that respond to the priorities identified by older people	<ul style="list-style-type: none"> • 6 education sessions delivered each year • Participant feedback 	<ul style="list-style-type: none"> • Aged and Disability Services* (lead) 	2017-2021

Objective 1.4 Improve access to affordable, appropriate and inclusive services

Support Disability clients in receipt of Council Services to transition to the National Disability Insurance Scheme (NDIS)	<ul style="list-style-type: none"> • 100% of eligible clients successfully transitioned 	<ul style="list-style-type: none"> • Aged and Disability Services* (lead) • Brotherhood of St Laurence 	2018-2019
Advocate to the State Government for suitable levels of funding to support clients aged under 65 years with a disability who are ineligible for the NDIS	<ul style="list-style-type: none"> • Council is resourced to deliver an appropriate level of services 	<ul style="list-style-type: none"> • Aged and Disability Services* (lead) 	2018-2019

Goal 2 A healthy and active community

Objective 2.1 Increase physical activity opportunities

Actions	MEASURE	LEAD + PARTNERS <small>*Denotes Council Program Area</small>	TIMELINE
Develop a community based resource guide for older adults that identifies active and passive recreation opportunities	<ul style="list-style-type: none"> • Resource guide developed and distributed 	<ul style="list-style-type: none"> • Aged and Disability Services* (lead) 	2017-2018
Investigate access to Hydrotherapy for Bayside residents	<ul style="list-style-type: none"> • Report presented to Council 	<ul style="list-style-type: none"> • Aged and Disability Services* (lead) 	2017- 2019
Advocate for the increased provision of Living Longer Living Stronger strength based training program	<ul style="list-style-type: none"> • Reduced waiting list • Programs available in the northern, southern and central areas of Bayside 	<ul style="list-style-type: none"> • Aged and Disability Services* (lead) 	2017- 2019

Goal 3 Safe and sustainable environments

Objective 3.1 Reduce family violence

Actions	MEASURE	LEAD + PARTNERS <small>*Denotes Council Program Area</small>	TIMELINE
Raise awareness of elder abuse by promoting World Elder Abuse Awareness Day and participate in and implement actions from the regional elder abuse network	<ul style="list-style-type: none"> • 1 information session provided each year • 100+ attendees • Network actions implemented 	<ul style="list-style-type: none"> • Aged and Disability Services* (lead) • Southern Melbourne Primary Care Partnership 	2018-2021

Objective 3.2 Improve community safety

Work with Victoria Police to identify and deliver activities to improve perceptions of safety for older people	<ul style="list-style-type: none"> • Improved annual results as measured through the resilience survey for older people 	<ul style="list-style-type: none"> • Aged and Disability Services* (lead) • Victoria Police 	2019–2021
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Objective 3.4 Improve environmental sustainability

Deliver information sessions to senior's groups on sustainable practices	<ul style="list-style-type: none"> • 1 session delivered each year • Participation by 90% senior's groups • Pre and post participant evaluation 	<ul style="list-style-type: none"> • Environmental Sustainability*(lead) • Aged and Disability Services* 	2018-2021
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Objective 3.5 Improve community resilience to extreme weather events

Support vulnerable clients to manage during extreme heatwave events

- Community information promoting cool locations and encouraging community members to monitor vulnerable residents available on the website
- Vulnerable clients in receipt of Council services contacted during extreme events

- Municipal Recovery Manager* (Lead)
- Aged and Disability Services*
- Communications*

2017-2021