



SUMMARY DOCUMENT

# AGEING WELL

## Priority Actions for an Ageing Population



Salisbury, the **Living** City

## **‘Healthy ageing’ requires an early, proactive approach which focuses on ensuring people maintain sound physical, emotional and social health as they age.**

The City of Salisbury is committed to ensuring that all members of the community, regardless of age, language, race, culture, religion, income, gender and disability have a right and opportunity to:

- Be recognised as valuable citizens
- Have equitable access to all services and programs
- Contribute to the economic, social, political and cultural life of society
- Have their needs recognised in the planning and administration of relevant policies, programs and services, and
- Participate in discussions which affect their lives and the communities in which they live

‘Priority Actions for an Ageing Population’ is Council’s response to the aspirations and needs of senior residents. The Action Plan builds on the actions already being undertaken so far and implements a range of new actions that take Salisbury into the future to meet the growing needs of our ageing population.

By 2011, approximately 31 per cent of the City of Salisbury’s residents will be aged over 50 years old. The direction taken by Council needs to be proactive to foster and support self-reliance as much as possible for older people.

‘Healthy ageing’ requires an early, proactive approach which focuses on ensuring people maintain sound physical, emotional and social health as they age.

Salisbury has a long history of delivering programs and services to its older population. This includes Information Services, Healthy Ageing and Wellness programs, learning programs, social programs delivered within Council facilities including the Jack Young Centre and Para Hills Centre, home assistance, programs for seniors from culturally diverse backgrounds and housing support for elderly residents in vulnerable accommodation.

**Core areas of Priority Actions for older people are:**

1. Community Services, Health and Wellbeing
2. Participation (Recreation, Culture, Volunteering)
3. Urban Planning (housing, transport, open space)
4. Employment and learning

**Anticipated outcomes of the new Priority Actions for an ageing population are older residents who:**

- Are safe in their homes and the wider community
- Are able to engage in the economic and social life of the community
- Have the opportunity and capacity to make healthy lifestyle choices
- Have the opportunity to engage in life long learning
- Have knowledge of, and are able to access, information and support services, and
- Are able to continue to contribute to, and be valued by, the community



## 1. Community Services, Health and Wellbeing

Ageing presents both challenges and opportunities in relation to maintaining wellbeing and quality of life. Effective activities are those which address the different needs of older people.

It is Council's intention to put in place actions that provide opportunities for older residents with diverse needs and capacities to access information and services that contribute to and support their overall physical and social wellbeing.

### Priority Actions:

- Expand Positive Ageing, Housing Support Services and social support programs
- Expand Culturally and Linguistically Diverse Services
- Continue seniors 5-PBA FM community radio program with Country Women's Association
- Develop community information
- Showcase older people and their positive contribution to the community in Salisbury's awards program, and
- Implement healthy lifestyle and physical activity programs with Primary Health Care Services through the City of Salisbury's facilities

### Anticipated Outcomes:

- Older people with the knowledge, skills and opportunities to make healthy lifestyle choices
- Availability of assistance programs to enable older people to continue residing in their own homes
- Availability of developmental programs that promote holistic wellbeing and positive images of older people
- Established and ongoing partnerships between stakeholders
- Community support and sense of ownership for the programs
- An older population that is increasingly healthy, self-reliant, less dependent on tertiary services and able to contribute to the community and 'age in place'

**Healthy ageing relies on both social (such as connection to and integration in the community) and physical (such as active and passive recreation) factors that keep older people engaged and active in their communities.**

## **2. Participation – Recreation, Culture, Volunteering**

Healthy ageing relies on both social (such as connection to and integration in the community) and physical (such as active and passive recreation) factors that keep older people engaged and active in their communities. Importantly, programs must reflect the different needs, aspirations and capabilities of all cohorts within the broad definition of 'older residents'.

The goal of Council is to implement actions that provide opportunities for older residents to engage in activities that contribute to their overall physical and social wellbeing and to building community capacity.

### **Priority Actions:**

- Increase number of people over the age of 55 who volunteer
- Maximise opportunities to promote work of volunteers and careers
- Conduct two seniors forums per year
- Implement inter-generational programs between Twelve25 Salisbury Youth Enterprise Centre and user groups of Salisbury Central

### **Anticipated Outcomes:**

- Increased engagement of older people in social, cultural and recreational activities
- The social isolation experienced by some older residents is minimised
- Inter-generational/inter-cultural links forged and maintained
- Positive perceptions of ageing people are actively promoted
- Pool of volunteers is increased, and
- Established and ongoing partnerships between the stakeholders

## **3. Urban Planning – Housing, Transport, Open Space**

Urban planning puts in place policies and actions that support older residents to access services and built environments that are appropriate to their changing needs and circumstances and which contribute to their self-reliance.

The vast majority of people aged over 65 years (over 90 per cent) remain in their own home, as opposed to entering some form of residential aged care facility. Planning decisions should recognise both present and future issues related to the practical needs of an ageing population.

Having affordable and adaptable housing, supportive community features and services, and adequate mobility options will facilitate personal independence and the inclusion of older residents in civic and social life.



## Priority Actions:

- Develop an Ageing Atlas for Salisbury
- Develop a set of desired criteria for the design and location of age specific housing and residential options
- Develop and implement a pilot project of adaptable and affordable housing for older residents at Hoyle Green
- Feasibility study regarding potential provision of transport that facilitates easier access to key services for older residents, and
- Needs assessment form for sport and recreation for residents aged 50+

## Anticipated Outcomes:

- Availability of adaptable and affordable housing options that will enable older people to remain in their own homes
- Transport options maximised
- Identification of the specific recreation needs of all cohorts of older people, and
- Personal independence and the inclusion of older residents in civic and social life enhanced



“**Urban planning puts in place policies and actions that support older residents to age and to access services and built environments that are appropriate to their changing needs and circumstances and which contribute to their self-reliance.**”

“Ageing need not be a barrier to people enjoying active and independent lives and participating in paid or voluntary work. There are significant opportunities to use the skills and talents of older workers in a range of activities in education, mentoring, skills development and community projects”



#### 4. Employment and Learning

As the numbers of older people increase, learning will play a key role in addressing challenges such as increasing social and health costs, re-skilling for employment and participation and inter-generational sharing of experience and knowledge.

There are increasing financial imperatives for older people to remain in waged work – for example to contribute toward superannuation for a self-funded retirement.

Other imperatives include the need for industry and business to retain the skills and corporate knowledge of older people, in the face of a predicted labour shortage as the pool of potential younger workers decreases.

The City of Salisbury plans to put in place policies and actions that provide opportunities for older residents to access employment and learning to increase their financial and social wellbeing.

#### Priority Actions:

- Identify and facilitate targeted training, re-skilling and work opportunity initiatives for mature aged, unemployed residents
- Promote the value of mature age employees to local business and provide information about the availability of training and development
- Information provision on small business development

- Promote aged care as a growth industry and support residents to obtain work
- Support older staff members to maintain employment in Council, and
- Develop options for expanding a full range of learning programs reflecting aspirations and diversity of older people

### **Anticipated Outcomes:**

- Older people provided with opportunities to remain attached to the workforce
- Older people with the capacity to remain financially independent
- Local employers willing to attract and retain older workers
- Sufficient workers to meet the demands of the aged care industry in the local area, and
- Accessible, affordable learning opportunities that reflect the needs and aspirations of all cohorts of older people

The directions and actions sit within the framework of Council's Living City Strategy and reflect the capacity of the City of Salisbury to be both responsive and proactive, in a coordinated manner and in partnership with other levels of Government and non-Government agencies, to the issues associated with an ageing population in order to maximise outcomes for older individuals and the community.

The Ageing Well Action Plan, *'Priority Actions for an Ageing Population'* can be viewed in full at [www.salisbury.sa.gov.au](http://www.salisbury.sa.gov.au)



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