



GREATER BENDIGO POSITIVE AGEING ACTION PLAN 2023-2025



Foreword from the Mayor

Since 2019, through the All Ages All Abilities Action Plan the City of Greater Bendigo has continued to progress work in supporting older adults to lead healthy, happy and resilient lives. The new Positive Ageing Action Plan 2023-2025 (the Plan) will continue this exciting and important work in a changing landscape that is aged care and broaden the scope of programs, activities and events to better meet the needs of the diverse population of older adults.

Older adults in Greater Bendigo represent over a quarter of our population. They are our history holders, our storytellers, our volunteers, our carers, our mentors, our past and current leaders, our pioneers, our trailblazers and much more. Their past and current contributions to our community to make it what it is today and is worth celebrating. The plan aims to celebrate older adults through various means including annual Seniors Festival celebrations and the Positive Ageing and Disability Expo. There are many new and exciting projects to come from this latest action plan.

In finalising the Plan older adults played a significant role in reviewing and responding to the actions in the plan. We saw over 100 responses to the draft plan and of those responses 81 per cent were from people aged 60 years and older. This highlighted the importance of making improvements to how we share information and communicate with older people, including the provision of information about Home Support Services in Greater Bendigo. Expansion of actions relating to this, and the inclusion of new actions ensures we responded to the feedback received.

The forthcoming two years brings exciting new projects and the end of some beloved services. This is a time of great change and as we embark on the implementation of a new Positive Ageing Action Plan to support older adults in our community, we do so with great enthusiasm and respect.

Mayor Cr Andrea Metcalf
City of Greater Bendigo



Acknowledgement of Country

The City of Greater Bendigo is on Dja Dja Wurrung and Taungurung Country. We would like to acknowledge and extend our appreciation to the Dja Dja Wurrung and Taungurung Peoples, the Traditional Owners of the land. We pay our respects to leaders and Elders past, present and future for they hold the memories, the traditions, the culture and the hopes of all Dja Dja Wurrung and Taungurung Peoples. We express our gratitude in the sharing of this land, our sorrow for the personal, spiritual and cultural costs of that sharing, and our hope that we may walk forward together in harmony and in the spirit of healing.



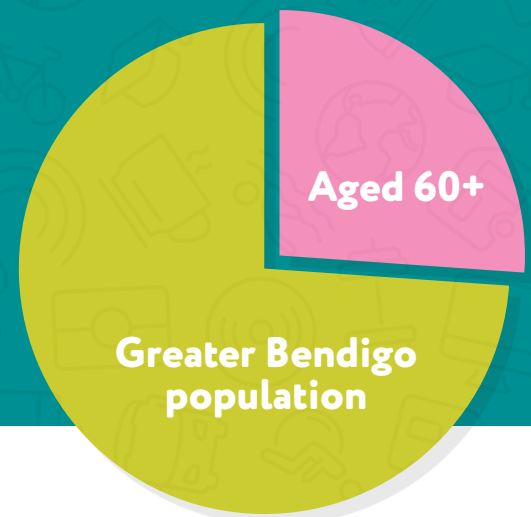
Older adults in Greater Bendigo

In 2021, there were 31,827 people over 60 years in Greater Bendigo, representing 26.2 per cent of the population of 121,478 (Profile ID). Areas forecast to have a high percentage of older adults by 2036 include Heathcote, Elmore, East Bendigo, Eaglehawk, Kangaroo Flat-Big Hill and Strathdale. All these areas will have more than 30 per cent of their population aged over 60 years (Profile ID).

Of those aged 60 years and older 11 per cent were born overseas and 2.5 per cent said they spoke a non-English language at home (Australian Bureau of Statistics, Census of Population and Housing 2021). It's important to note that of those born overseas this may not indicate that English is a second language.

In 2021, there were 3,450 carers aged 65 years or more in the City of Greater Bendigo providing unpaid assistance to a person with a disability, long term illness or old age (Profile ID).

With a growing population of older adults, the impacts on the type and level of services and support required will become increasingly evident over time, not only for in home care but a range of activities and programs will be needed for this diverse population group.



The Action Plan

The aim of the Positive Ageing Action Plan 2023-2025 is to outline the City's commitment to older adults in our community over a two-year timeframe. There are 35 actions outlined in the Plan that aim to address a range of issues, opportunities and aspiration of older adults.

The City is committed to recognising and valuing the contribution of older adults, becoming a signatory to the EveryAge Counts coalition, supporting the ongoing transition of home support services through Service Navigators and the Regional Assessment Service. There will be a continued focus on the delivery of age-friendly programs, activities and events like the Seniors Festival and the Positive Ageing and Disability Expo.



The Plan is aligned with Healthy Greater Bendigo, the Municipal Health and Wellbeing Plan 2021-2025 objectives and actions. There are five key areas of priority, these include:

1. **Healthy and well**
2. **Able to participate**
3. **Connected to culture and community**
4. **Safe and secure**
5. **Liveable**

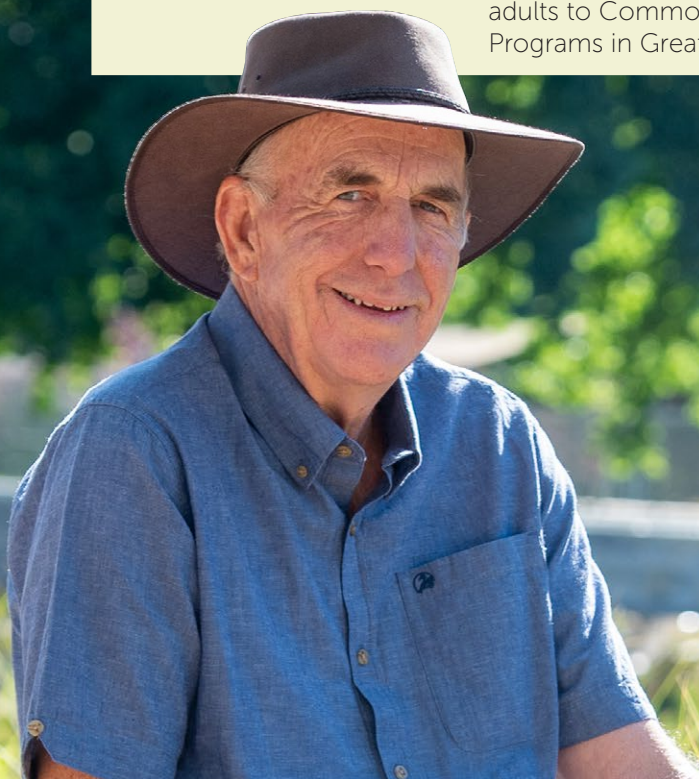
The final Plan incorporates and considers community wide feedback from more than 100 residents collected between February 17, and March 24, 2023, as well as the recommendation received through an internal Equity Impact Assessment (EIA). An EIA process considered how the Plan affects different genders and diverse groups in different ways and recommends changes that will help create a more fair and inclusive community.

Unless otherwise stated, actions commence when the Plan is released with implementation until June 2025. Budget will be within resources of one or more departments within the City.

Outcome 1: Older adults are healthy and well

Descriptor: The Greater Bendigo community has good physical and mental health

Priority	Actions	Measures
1.1 Our public spaces encourage community connection and provides the opportunity for everyone to enjoy the benefits of physical and mental wellbeing	Partner with Goldfields Library Corporation to offer place-based exercise programs for older adults (such as Get Moving) at Kangaroo Flat library	Number of exercise sessions offered in partnership with Goldfields Library Corporation
	Partner with Bendigo Community Health Service to promote <i>5 Ways to Wellbeing</i> to older adults, a program focused on improving mental, social, emotional and physical health	Number of communication activities delivered in partnership with BCHS
1.2 Services and support enables people to feel respected and supported as they age	'Service Navigator' staff are available to help people through changes to their home support services, those seeking (or changing) aged care and disability services	Number and trend in people contacting Service Navigators
	Through the Regional Assessment Team and Service Navigator function, staff will coordinate 'understanding aged care services and support' information session	Successful information session delivered
	Support multicultural older adults to participate in the 'understanding aged care services and support' information session	Successful information session delivered
	Advocate on behalf of the clients and community needs to the Commonwealth Governments for the delivery of quality services to the Greater Bendigo community	Number of meetings with Commonwealth Government to discuss needs, issues and challenges
	Support and direct older people and their carers to advocacy providers including the Aged Care Quality and Safety Commission	Number and trend in people contacting Service Navigators
	Continue to deliver the Regional Assessment Service until June 2024, connecting older adults to Commonwealth Home Support Programs in Greater Bendigo	Number and trend in people requesting Regional Assessment Services



Outcome 2: Older adults are able to participate

Descriptor: The Greater Bendigo community has the capability to participate and contribute to the local economy and community life

Priority	Actions	Measure
2.1 Provide opportunities for older adults to provide advice to Councillors and City units on issues impacting older residents	Run the Positive Ageing Advisory Committee (PAAC). PAAC members participate in six meetings per year and provide advice to Councillors and staff on age-related issues in Greater Bendigo	Number of PAAC meetings each calendar year. Evaluation of the PAAC to be completed by end of 2024
2.2 Support a safe, welcoming, and fair community. A community that values and engages with people of all ages and abilities	Coordinate the annual Victorian Seniors Week event for Greater Bendigo	Victorian Seniors Week event delivered
	Engage, promote and share information with groups that support older adults to help increase participation in their programs	Number of support activities in each calendar year
	Deliver a Positive Ageing and Disability Expo to allow service and support groups and organisations to share information with the community and with each other	Positive Ageing and Disability Expo delivered in 2023
	Take part in and contribute to networks and partnerships that support and advocate for older adults in our community	Evidence of active involvement in three or more networks of partnerships
2.3 Encourage and support our ageing community to use a range of transport options	Increase the City's protected walking and cycling network by implementing the priority projects identified in the City's Walking and Cycling Infrastructure Plan	Number of metres of protected walking and cycling network constructed in line with the City's Walking and Cycling Infrastructure Plan
	Provide input into the City's planned Walking and Cycling Activation Plan ensuring that it considers a positive ageing perspective	Activation activity delivered
	Hold parking information sessions and provide accessible parking information to older adults	Number of sessions delivered. Feedback will be sought from participants to determine ongoing demand for sessions and the best way of communicating parking information
2.4 Promote opportunities for lifelong learning and skill development	Partner with Goldfields Library Corporation and Neighbourhood Houses to deliver programs and resources such as digital, health and financial literacy	Number of programs and resources prepared and delivered
	Promote and share opportunities for lifelong learning and encourage participation of older adults, this will include Financial Information Service support from Services Australia	Number of activities, services or programs promoted

Outcome 3: Older adults are connected to culture and community

Descriptor: The Greater Bendigo community is socially engaged and inclusive, and is a place where people can safely identify and connect with their culture and identity

Priority	Actions	Measures
3.1 Celebrate and acknowledge the contribution that older adults make to our community	Showcase the contributions of older adults through City e-newsletters, social media, and publications	Number of articles per calendar year
	Make one or more nomination to the Victorian Senior Citizen of the Year awards	One or more nominations submitted each year
3.2 Celebrate the diverse experiences and views of older adults in our community	Celebrate the culture and contributions of older multicultural community members	At least one example per year of activities that celebrate older multicultural residents
	Support participation of LGBTQIA+ older adults in community events or activities	At least one example per year of activities that supports participation of LGBTQIA+ people
	Celebrate cultures, histories, knowledge, learnings and rights of older Aboriginal and Torres Strait Islander community members	At least one example of activities per year recognises cultural learning, history, knowledge and rights
	Support and participate in NAIDOC week celebrations in 2023 theme 'For our elders'	Participation in event.
3.3 Create, support and promote opportunities for intergenerational connection and learnings	Look for ways for older people to share skills and knowledge through early years programs and events	Examples of opportunities identified and implemented
3.4 Provide timely, trusted and relevant information that is easy to access and understand	Publish the quarterly Get Moving newsletter with information for older adults in Greater Bendigo and include printed copies in libraries and Customer Support offices	Number of issues published per annum
	In all publications, depict older adults positively and without stereotyping	Completion of a diversity image audit
	Promote CONNECT Greater Bendigo (the community directory) and encourage community groups to review and update their information	Number of groups registered on CONNECT Greater Bendigo website that cater to older adults
	Positive ageing activities and events are promoted in an accessible and diverse way including print and online	Number of events promoted in print and online

Outcome 4: Older adults feel safe and secure

Descriptor: The Greater Bendigo community lives free from violence and abuse, is protected from environmental risks and is supported to live affordably

Priority	Actions	Measures
4.1 Older adults feel welcome and safe and have equitable access to our city's places, spaces, and buildings.	Promote awareness campaigns that target elder abuse and ageism, such as the Warm Safe Home project	Number of campaigns completed
	City of Greater Bendigo values and respects people of all ages and will explore becoming a signatory of EveryAge Counts	City of Greater Bendigo becomes a member of the EveryAge Counts coalition
	Provide information to older adults about emergency preparedness and extreme weather events such as heat health	Number of communication activities completed

Outcome 5: Our community is liveable for older adults

Descriptor: The Greater Bendigo community is resilient to a changing climate, and has access to the natural environment and quality public space for enhanced health and wellbeing

Priority	Actions	Measure
5.1 A climate resilient and healthy landscape	At community events, provide information and assistance to reduce waste, increase water and energy efficiency	Number of community events supported in each calendar year
	Provide accessible information on recycling and waste services, and how to manage changes to bin collections	At least two resources shared per annum (as per action area 4.4)
	Consider the needs of older adults in implementing the Affordable Housing Action Plan, particularly in increasing the diversity of available housing and increasing the supply of social housing	Annual progress update on the implementation of the AHAP
	Consider the needs of older adults in implementing the Greater Bendigo Public Space Plan, work to improve our built and natural environments to be safe and encourage social connection	Annual progress update on the implementation of the Greater Bendigo Public Space Plan



The City of Greater Bendigo would like to thank and acknowledge older adults, their carers, families, the wider community, members of the Positive Ageing Advisory Committee, Goldfields Library Corporation, local community groups, clubs and organisations catering to the needs and interests of older adults, neighbourhood houses and retirement villages. Their input, contributions and support assisted in finalising the Positive Ageing Action Plan 2023-2025.

