



# Successful Ageing Framework

2019 - 2024

*Creating a place where older  
people are living life to the full*

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## Alternative Formats

Please contact the Glenorchy City Council if you would like a copy of this plan in alternative formats.

**Phone** 6216 6800

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# Thank You

We would like to thank the members of the Glenorchy Positive Ageing Steering Committee who generously gave their time and ideas to shape this framework. We are indebted to their encouragement and support. And we look forward to working closely with them in their commitment to improving the experiences of people as they age in our community.

Members of Positive Ageing Steering Committee:

- Kay Wilmott – U3A
- Guila Kelly and Maureen Costello – School for Seniors
- Kath Jones and Rhonda Martin – Golden Years Club
- Kim Patmore – Uniting Aged Care
- Simon Hyvattinen and Diane Gattera – Glenview
- Emilie Schneider – GCC Cultural Diversity Advisory Committee
- Sandra Elliott – Glenorchy on the Go
- Loreta Eskirtas – Community Based Support
- Mary Parissons – National Seniors Australia
- Ros Calvert – Dementia Tas
- John Maginnis – Positive Ageing
- Kirrily Twyford and Tim Polegaj – Libraries Tasmania, Glenorchy

*The Positive Ageing Handbook is amazing – there are so many great things to do in our area. It's so easy to have these listed all in one place - consultation participant*

We spoke to many people throughout the consultation process. Appendix 1 lists the ages, suburbs, and types of residences of the people we talked with.

A big thank you to everyone who contributed in some way by sharing their experiences, ideas, hopes and dreams with us.



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Thank you to the service providers who arranged for us to talk with groups of people – Uniting Age Well, Community Based Support, Glenview, Hobart District Nurses, U3A, School for Seniors, and National Seniors Australia.

We also consulted internally with Glenorchy City Council employees representing various parts of our organisation.

Thank you to all those who attended the Community Planning Forum in May 2017 at the KGV.

As well as a number of individuals from the community and our steering committee, we also had representatives join us on the day from COTA, Barossa Park Lodge, Glenview, Ageing Well, RDNS Homecare, Golden Years Club, School for Seniors, Still Gardening Program, Glenorchy on the Go, VisAbility, Glenorchy Gardens, Frankie Forsyth Consulting, OAK Possability and Glenorchy Line Dancers.



**“We were truly humbled, inspired and touched in some way by everyone’s stories”**



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## Who Are Our Older Adults

The City of Glenorchy is Tasmania's fourth largest city with a population of just under 46,000. Data from the 2016 Census indicates that 17.8 % of this population is over the age of 65 years.<sup>2</sup> This has increased over the last 5 years but is still below the Tasmanian average.

	Number of Residents – Glenorchy 2016	Percentage of population - Glenorchy 2016	Percentage of population – Tasmania 2016	Percentage of population - Glenorchy 2011 <sup>1</sup>
65-69	2353	5.1%	6.5%	4.7%
70-74	1968	4.3%	4.8%	3.9%
75-79	1558	3.4%	3.5%	3.2%
80-84	1167	2.5%	2.4%	2.6%
85 plus	1154	2.5%	2.3%	2.3%
Total	8200	17.8%	19.5%	16.7%

The average age of the Australian population has been increasing since the 1970s. Research undertaken for the Glenorchy City Positive Ageing Plan 2011-2016 projected that by the year 2021 there will be 9753 people over the age of 65, making up 25.5% of our population. This is above the expected proportion of people aged over 65 for the Australian population as a whole – 17.6% in 2021.<sup>3</sup>

It's important to understand that the experience of ageing is very diverse and different. Some older Australians require financial support, some are unable to care for themselves at home without support services, and some require long-term residential care.

However most older Australians consider themselves to be in good health and are able to live independently, with minimal support, until their final days. And many continue to contribute socially, culturally and economically to the wider community.<sup>4</sup>

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<sup>1</sup> ABS Census Data 2011

<sup>2</sup> ABS Census Data 2016

<sup>3</sup> <http://www.aihw.gov.au/WorkArea/DownloadAsset.aspx?id=644245588>

<sup>4</sup> <http://www.aihw.gov.au/australias-welfare/2015/growing-older/>

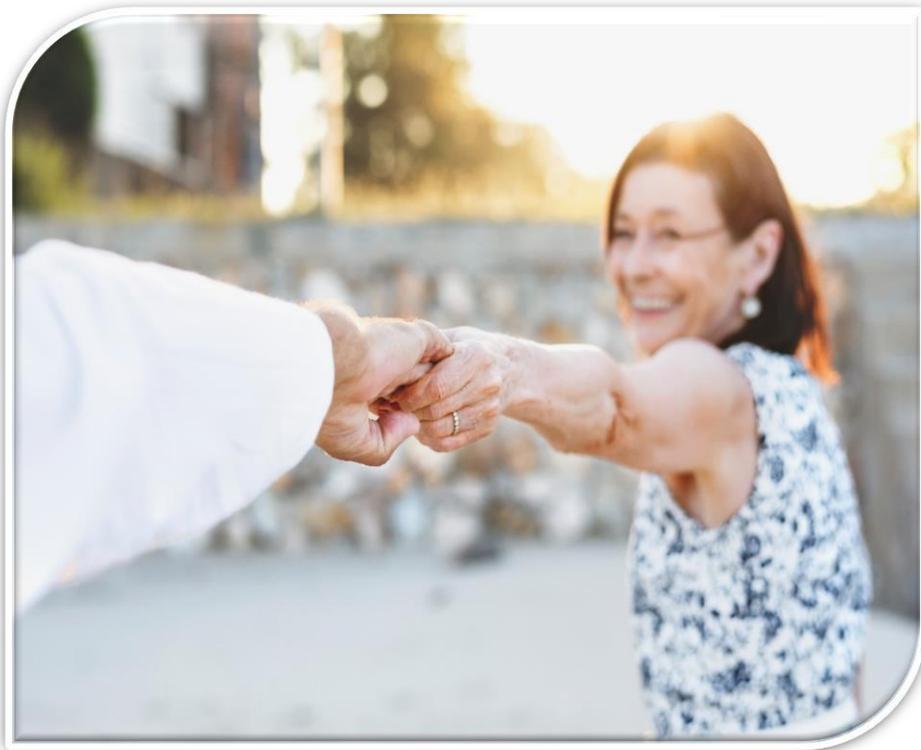
## Older persons contribution to our community

We recognise that older people make a huge contribution to the life of our community.

They provide valuable experience, knowledge, wisdom, care and commitment by:

- being involved in community groups that give our city life
- volunteering to make a positive difference to others
- helping others in their neighbourhood and local areas
- providing care to family and friends
- being active and interested in government matters
- supporting our local businesses and services
- bringing services and employment to our area

We believe encouraging and supporting successful ageing not only improves the experience of older people but will also have great benefits for people of all ages in our community.



*“When I turned 90  
I hired a band to  
celebrate with  
family and friends  
and I danced all  
night.  
I didn’t feel 90  
that night, I felt I  
was 16.  
Tell you what  
though I felt 90  
the next day” –  
consultation  
participant*



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## What is successful ageing?

Older adults who age well generally are more likely to be satisfied with their lives, feel happier, healthier, and live longer. The effects of ageing are not just related to a biological age. Other factors such as attitudes towards ageing, connections with others, sense of purpose, their environment, and lifestyle can all make a difference to how you age.

There are a number of different ways to define and describe successful ageing. Some of these include:

**Active ageing** - making the most of opportunities for health, participation, and security to enhance the quality of your life as you age.

*World Health Organisation*

**Positive Ageing** - having a positive attitude, feeling good about yourself, keeping fit and healthy, and engaging fully in life as you age.

*Australian Psychological Association*

**Successful Ageing** – living long, healthy and happy lives by coping well with changes, taking care of physical, mental and emotional health, being optimistic, practicing gratitude and personal growth.

*Positive Ageing Associates, UK*

**Healthy Ageing Mindset** – recognises the depressing stereotypes and people’s negative attitudes towards getting older can be the biggest barrier to ageing well. However seeing ageing in terms of opportunity and growth, can help improve physical, mental and emotional wellbeing. *Dr Becca Levy, Yale University*

*“Since I retired I never have enough time in the days to do everything I want to do.” – consultation participant*



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## Age friendly cities

The World Health Organisation (WHO) suggests that there are certain structures in our environment that help determine the age-friendliness of a city and contribute to successful ageing. These can influence mobility, health behaviours, social participation and self-determination of older people. WHO outlines 8 key features of an age-friendly community.

The WHO Age Friendly Cities approach acknowledges and recognises governments that develop the social, cultural and physical aspects of their environment that support and enable active ageing.

Glenorchy City Council subscribes to the concepts of an age-friendly community and will endeavour to work towards WHO recognition as an age-friendly community.

### Features of a WHO age-friendly community:

1. **Outdoor spaces and buildings** are pleasant, clean, secure and physically accessible. *This includes adequate outdoor seating, well maintained pavements and pedestrian crossings.*
2. **Public transport** is accessible and affordable. *This includes consistent fares, good connections with well-marked routes, and enough drop-off and parking spaces.*
3. **Housing** is affordable appropriately located, well built, well designed and secure. *This includes affordable home maintenance and support services, and well-built housing.*
4. **Social participation** – there are opportunities to participate in leisure, social, cultural and spiritual activities with people of all ages and cultures. *This includes accessible venues, well-lit and easily reached by public transport, events are held at convenient times, and outreach if provided to people at risk of isolation.*



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5. **Respect and social inclusion** of older people in civic life. *This includes regularly being consulted by public services, staff are courteous and helpful, older people are visible in media in positive and non-stereotyping ways.*
  6. **Civic participation and employment** – opportunities for employment and volunteering that match interests and abilities. *This includes options for volunteers with training and recognition, and training in post-retirement options is provided to older workers.*
  7. **Communication and information** is age-friendly and available. *This includes providing person-to-person services on request, communication using familiar words in short straight-forward sentences, access to computers and internet.*
  8. **Community support and health services** are tailored to older peoples needs. *This includes having a range of health care support services, helpful staff, respectful and trained, community emergency planning takes into account older people.*

Talking Advanced Care Planning at local community event



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## What We Heard

This plan was developed in 2017 through the support of a Successful Ageing Steering group and consultation throughout our community.

We used an appreciative inquiry process that focuses on identifying the strengths and capacities within individuals, organisations, and the community. It then draws on these strengths and looks at ways to build more of what is already working well, create more of what we value, and dream of new possibilities.

We asked many people in a range of settings (see Appendix 1) about what they valued about our community.

### **What is valued about living in Glenorchy**

We have an abundance of activities and groups in our community for people to join and learn new skills. There are too many to mention, but include courses run by Libraries Tasmania - Glenorchy for older people, U3A courses, Schools for Seniors, and the Wellbeing Group guest speaker programs, Line Dancing, recreational and craft activities.

In addition, there are programs, services and support provided by many wonderful service providers

People told us that they valued opportunities to connect with others and feel that they belong. Some of our older people have lived in our city since they were children and love to see people that they have known over the years. While others have recently arrived and have appreciated the welcome they've received when they go along to groups. And as life has changed for others, they've needed to find the courage to join new groups and make new friends. They value having friendly and supportive people, either other members or staff who are interested in them as a person.

Many people also told us that they value the place – the beautiful scenery, parks and outdoor spaces. They have easy access to a number of shopping centres, services and facilities within our city.



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## When Does Successful Ageing Happen Now?

We know that many older people in our City are satisfied with their lives and enjoying experiences of successful ageing - where they are feeling confident and in control of their lives, and they are taking some care of their body, mind, emotions and social life.

We wanted to learn from these moments, so we can build on what is already happening, and encourage more of these experiences.

We asked older people and their carers to share stories about a recent time when they felt they were 'living life to the full' –were confident, had some say over what they were doing, found it interesting, and were doing something that mattered to them.

We identified eight general themes for what it takes to 'live life to the full' from these stories – sharing skills, connections, keeping busy, self-worth, learning, positive attitude, purpose, and belonging.

*I feel so lucky to be able to start my day walking my dog along Montrose Foreshore Park. The views of the river and mountain lift my spirits -  
consultation participant*



Annual Glenorchy on the Go Walking Challenge 2014

Themes from consultations	Factors for living life to full
<b>Sharing stories and skills</b>	Passing on skills to others Learning from others stories Finding out about history first hand Sharing stories and memories
<b>Connections</b>	Being encouraged by others to join in on activities Showing kindness to others Receiving kindness from others Reciprocity Giving and contribute to others Receiving support from others
<b>Keeping Busy</b>	Getting involved in activities Feeling welcomed Having fun and good times Doing things of interest Being self sufficient Being creative or making things
<b>Self-worth</b>	Accepting and valuing self Feeling confident Being recognised for who you are Having say over what you do
<b>Learning and growing</b>	Seeing, doing and trying new things Having sense of adventure Courage to overcome fears and step out of comfort zone Facing challenges
<b>Positive attitude</b>	Being resilient Embracing and jumping through change Appreciating what is now Pride for what has been, and achievements Giving things a go Having something to look forward to
<b>Purpose</b>	Having sense of purpose and meaning in life Connected to something bigger Living passions Following dreams
<b>Belonging</b>	Feel that belong Feeling cared for and caring for, loved and loving others Being connected with others – family, friends, group, community



## Linking to strategy

### Community Plan

The plan is helping us create a participating, active, healthy and vibrant community. A place where people feel safe, connected, cared for and are willing to give and share with others.

### Strategic Plan

A framework that sets out a range of objectives for each community goal in the community plan. The plan provides clear direction in delivery.

### Annual Plan

Glenorchy City Council will be a leader in local government; representing its local community and ensuring best value services.

### Successful Ageing Framework

Creating a place where older people are living life to the full .

### Implementation Plan



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## How Will We Reach Our Vision?

This framework will guide the work of the Glenorchy City Council over the next five years to increase and improve the experiences of successful ageing in our city.

We have sixteen (16) specific strategies; each linked to one of the WHO age-friendly city themes, as every strategy helps us progress to this vision.

The strategies fall under one of the three visions, and include the actions to be taken, who in Council is responsible for the actions, and when will they be commenced.

On the next page there is an overview of our three visions, and the strategies that fall under each of these.

Council are aware of best standards and are committed to other local, state and national plans and frameworks that complement the Successful Ageing Framework. These include working within best practice models including The Cultural Respect Framework 2016 -2026<sup>5</sup> and Tasmania's Active Ageing Plan 2017 -2022<sup>6</sup>.



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<sup>5</sup> <http://www.health.gov.au/internet/main/publishing.nsf/Content/indigenous-crf>

<sup>6</sup> [http://www.dpac.tas.gov.au/\\_data/assets/pdf\\_file/0009/330588/Strong\\_Liveable\\_Communities\\_-\\_Low\\_Res.pdf](http://www.dpac.tas.gov.au/_data/assets/pdf_file/0009/330588/Strong_Liveable_Communities_-_Low_Res.pdf)

# The Glenorchy Successful Ageing Vision

Creating a place where older people are living life to the full

## GOALS

### STRATEGIES

Glenorchy City is a place where more people can age successfully by feeling confident and in control of their lives

Provide a range of ways to access services and information

Promote forums and information sessions

Learn, share and collaborate with others

Advocate for affordable and universal housing

Advocate for and promote range of transport options

Improve the accessibility of infrastructure

Older people are taking greater care over their body, mind, emotions and social life.

Increase the awareness about relevant clubs, groups and activities

Improve the awareness of aged care service providers

Promote opportunities for older people to be physically active

Provide accessible and attractive open spaces

Promote life-long learning

Promote participation in programs and events

There is a more positive attitude towards getting older from within individuals and the broader community.

Welcome new residents to our City

Create a Sense of Belonging

Promote the diversity of the ageing experience

Support an ageing workforce



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## Our strengths

Council also has a number of initiatives that will support our vision and the strategies in the plan including;

The **Community Development Section of Council** has established strong links with a many groups, providers and people across our city and beyond. We are able to use our extensive network to foster linkages, identify gaps and develop strategies that meet the local needs of our community.

**Linkages** is a forum for ageing & Disability Service providers supporting the Glenorchy community that is convened by Council. Members stays in touch by meeting 5 times a year and are part of an email distribution list to share information on services, events and learning opportunities; make connections and build partnerships; and plan for future service provision.

The **Glenorchy Handbook of Positive Ageing** has been developed by Linkages to provide information on the activities that are accessible for people living in the Glenorchy area, are free or low-cost, and are age-friendly. It outlines activities to keep your body, mind, creativity, and social life active. It is available free of charge from Council.

*Each year my wife and I look forward to going to Symphony Under the Stars. We take a blanket and pack a picnic for the evening. There are people there from all generations having a wonderful time. We feel we belong to the community - consultation participant*



## Our Goal

**Glenorchy City is a place where more people can age successfully by feeling confident and in control of their lives**

### **Strategy 1: Provide a range of ways to access services and information**

**Benefits:** Older people will be able to easily find out about relevant information and services

**Age-friendly City Theme:** Communication and Information

### **Strategy 2: Promote forums and information sessions**

**Benefit:** People have easy access to range of relevant and timely information to help understand their options

**Age-friendly City Theme:** Community Support and Health Services

### **Strategy 3: Learn, share and collaborate with others**

**Benefit:** Older people and their carers will have input into a strategy aimed to improve their lives

**Age-friendly City Theme:** Respect and social inclusion

### **Strategy 4: Advocate for affordable and universal housing in our city**

**Benefit:** People are able to choose homes that suit their requirements

**Age-friendly City Theme:** Housing

*I've made a lifestyle change – I now do lots of community volunteering and support others. It's so rewarding to feel that I can be part of others' dreams - consultation participant*



## Our Goal

**Glenorchy City is a place where more people can age successfully by feeling confident and in control of their lives**

### **Strategy 5: Advocate for and promote a range of transport options**

**Benefit:** People are able to travel independently around our city and beyond

**Age-friendly City Theme:** Public Transport

### **Strategy 6: Improve the accessibility of infrastructure**

**Benefits:** People are able to travel easily around our city by walking or mobility devices

**Age-friendly City Theme:** Outdoor spaces and buildings



Glenorchy on the Go members at Fruit and Veg month event

*I enjoy spending time in the garden: planting veggies, watching them grow, and then of course picking them and eating them - consultation participant*



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## Our Goal

**Older people are taking greater care over their body, mind, emotions and social life.**

### **Strategy 7: Increase the awareness about relevant clubs, groups and activities in the Glenorchy area**

**Benefits:** More older people are choosing to participate in a range of activities to keep their bodies and mind active, feel good and connect with others.

**Age-Friendly City theme:** Social participation

### **Strategy 8: Improve the awareness of aged care service providers about relevant clubs, groups and activities in the Glenorchy area**

**Benefits:** More aged care residents are choosing to participate in a range of activities to keep their bodies and mind active, feel good and connect with others.

**Age-friendly City Theme:** Social participation

### **Strategy 9: Promote opportunities for older people to be physically active and fit as possible**

**Benefits:** Older people are taking care over their physical health and connecting with others.

**Age-friendly City Theme:** Social participation

*Last year I was encouraged to go kayaking. But I hate water.  
So, I had to overcome my fear of water to give it a try.  
I actually enjoyed it and learnt new skills.  
This has given me confidence to give other things a try - consultation  
participant*



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## Our Goal

**Older people are taking greater care over their body, mind, emotions and social life.**

### **Strategy 10: Provide accessible and attractive open spaces throughout our City**

**Benefits:** Older people are able to enjoy and connect with nature.

**Age-friendly City Theme:** Outdoor spaces and buildings

### **Strategy 11: Promote life-long learning**

**Benefits:** Older people never stop learning and growing, even when this sometimes takes them out of their comfort zone.

**Age-friendly City Theme:** Civic participation and employment

### **Strategy 12: Actively promote the participation of older people in Council programs and events**

**Benefit:** Older people contribute actively to creating a caring and connected community

**Age-friendly City Theme:** Social Participation, Civic participation and employment

*“As children we mixed and played with people from many different backgrounds – there was no discrimination or judgements of others.*

*Just fun!*

*We need to re-learn to ‘play’ - consultation participant*



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## Our Goal

**There is a more positive attitude towards getting older from within individuals and the broader community.**

### **Strategy 13: Welcome new residents to our City**

**Benefit:** Older people moving to our city are able to easily find out about services and connect with others

**Age-friendly City Theme:** Social participation

### **Strategy 14: Create a sense of belonging to our community**

**Benefit:** Older people are valued for the positive contribution they make to our city

**Age-friendly City Theme:** Respect and social inclusion

### **Strategy 15: Promote the diversity of the ageing experience**

**Benefit:** Negative stereotypes are identified and challenged so that older people have a more positive attitude about growing older

**Age-friendly City Theme:** Respect and social inclusion

### **Strategy 16: Actively support an ageing workforce**

**Benefit:** Council leads the way in supporting an ageing workforce.

**Age-friendly City Theme:** Civic participation and employment

*There are so many interesting people quietly tucked away in our City who have done and are doing amazing things - consultation participant*



*My grandfather relocated from Malaysia and taught Tai Chi in retirement homes at the age of 80.*

*He gained a sense of fulfilment at being able to share his skills, knowledge and wisdom. It gave him a strong sense of purpose - consultation participant*



Performers at the Moonah Taste of the World Festival

*When I first moved here I felt lost and lonely. And then someone 'took me under their wings' and took me along to some groups to join. Now I have so many new friends to enjoy good times with. I feel 'at home' –*  
*consultation participant*



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