



City of  
**Joondalup**

# **MEETING OF THE SENIORS INTERESTS ADVISORY COMMITTEE**

to be held on

**WEDNESDAY 4 OCTOBER 2006**

in Conference Room 3,  
Joondalup Civic Centre, Boas Avenue, Joondalup  
**commencing at 9.30 am**

**GARRY HUNT**  
**Chief Executive Officer**  
29 September 2006

## CITY OF JOONDALUP

Notice is hereby given that a Meeting of the **SENIORS INTERESTS ADVISORY COMMITTEE** will be held in Conference Room 3, Civic Centre, Boas Avenue, Joondalup on **WEDNESDAY 4 OCTOBER 2006** commencing at **9.30 AM**.

GARRY HUNT  
Chief Executive Officer  
29 September 2006

Joondalup  
Western Australia

### AGENDA

#### Committee Members:

|                              |  |
|------------------------------|--|
| Cr R (Richard) Currie        | Councillor (South Ward)  |
| Cr B (Brian) Corr            | Councillor (South-East Ward)                                       |
| Ms S (Sharleen) Mann (Chair) | Industry Representative - Silver Chain                             |
| Mr A (Allyn) Bryant          | Industry Representative - Association of Independent Retirees      |
| Mr K (Kevan) Rogerson        | Industry Representative – Centrelink                               |
| Ms H (Helen) Attrill         | Industry Representative – Aged & Community Services WA (ACSWA) Inc |
| Ms M (Margaret) March        | Community Representative   |
| Ms V (Valerie) Corey         | Community Representative   |
| Ms J (Joy) Coleman           | Community Representative   |
| Ms P (Patricia) Geary        | Community Representative   |

#### Employees:

|                        |   |
|------------------------|---|
| Mr G (Graeme) Hall     | Manager, Community Development Services |
| Ms L (Lanie) Pianta    | Community Development Officer           |
| Ms G (Gillian) Hampson | Administration Officer                  |

#### Invited Guests:

|                          |  |
|--------------------------|--|
| Ms S (Sue) Chapman       | Department for Community Development                   |
| Ms J (Jeanette) McDonald | Community Vision Inc                                   |
| Mr P (Peter) Boam        | WA Retirement Complexes Residents Association (WARCRA) |

#### DECLARATION OF OPENING

#### APOLOGIES/LEAVE OF ABSENCE

**CONFIRMATION OF MINUTES**

MINUTES OF THE SENIORS INTERESTS ADVISORY COMMITTEE MEETING HELD ON 2 AUGUST 2006

**RECOMMENDATION**

**That the minutes of the meeting of the Seniors Interests Advisory Committee held on 2 August 2006 be confirmed as a true and correct record.**

**ANNOUNCEMENTS BY THE PRESIDING PERSON WITHOUT DISCUSSION****DECLARATIONS OF INTERESTS****IDENTIFICATION OF MATTERS FOR WHICH THE MEETING MAY SIT BEHIND CLOSED DOORS****PETITIONS AND DEPUTATIONS****REPORTS**

|               |  | <b>WARD</b> | <b>PAGE<br/>NO</b> |
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| <b>ITEM 1</b> | <b>STATUS REPORT – SENIORS PLAN 2004 - 2008</b>                  | <b>All</b>  | <b>4</b>           |
| <b>ITEM 2</b> | <b>TRANSITIONS IN AGEING RESEARCH PROJECT – AN OVERVIEW 2006</b> | <b>All</b>  | <b>10</b>          |
| <b>ITEM 3</b> | <b>PRESENTATION – TALES OF TIMES PAST – VASANTI SUTHERLAND</b>   | <b>All</b>  | <b>14</b>          |
| <b>ITEM 4</b> | <b>PRESENTATION – SCHOOL VOLUNTEER PROGRAM – CHRISTINE GREY</b>  | <b>All</b>  | <b>15</b>          |

**MOTIONS OF WHICH PREVIOUS NOTICE HAS BEEN GIVEN****REQUESTS FOR REPORTS FOR FUTURE CONSIDERATION****CLOSURE**

## **ITEM 1            STATUS REPORT - SENIORS PLAN 2004-2008 - [55511]**

**WARD:**            All

**RESPONSIBLE**    Mr Chris Terelinck  
**A/DIRECTOR:**    Director Planning and Community Development

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### **PURPOSE**

To provide the Seniors Interests Advisory Committee (SIAC) with a status report for the Seniors Plan 2004–2008 to date.

### **EXECUTIVE SUMMARY**

The Seniors Plan was developed to guide the efforts of the City of Joondalup in relation to its work with seniors. Council endorsed the Seniors Plan 2004–2008 on 11 November 2003.

This report outlines the achievements and challenges of actions and tasks in the plan.

Attachment 1 provides a copy of the Seniors Plan, listing the status of actions and tasks to August 2006. Items implemented in 2004 to 2006 are reflected in the status comments. Of the 23 actions listed in the plan, 20 (87%) have been accomplished. For those tasks that have not been met, the status comments provide an explanation.

*It is recommended that the Committee NOTES the progress of actions and tasks as outlined in the Seniors Plan 2004-2008.*

### **BACKGROUND**

The Seniors Plan evolved from the “Seniors Master Plan – Leisure and Social Activity Needs”, which was commissioned by Council in 2001. The consultant’s brief was to inform Council of the social and recreation needs of seniors within the City of Joondalup.

A report seeking Council’s endorsement of the Seniors Plan was initially considered by the Council in September 2001. At that time Council resolved to defer further consideration of the Seniors Master Plan, in order to seek guidance from the City’s Senior’s Interests Advisory Committee. As a result of feedback from the committee, a follow-up survey was undertaken in June 2002 to test the initial findings of the study. This consultation broadened the process and confirmed the 2001 findings of the original report presented to Council.

The Seniors Master Plan was later refined with the leisure component being redirected into the City’s Leisure Plan, and the Seniors Plan was adopted by the Council in November 2003.

### **DETAILS**

#### **Achievements**

Of the 23 actions listed in the plan, three have not been implemented in full therefore representing an 87% implementation rate from commencement in 2004 to August 2006. Achievements are associated with life-long learning, information provision, policy review, community participation, volunteering and the prevention of Elder Abuse. Positive strategies that have come from the plan are highlighted as follows:

### Seniors Accommodation

Current membership of the SIAC now includes a representative from the WA Retirement Complexes Residents Association (WARCRA), representing senior's accommodation issues relating to retirement complexes. This representation has assisted the City to achieve actions in the Seniors Plan.

### Prevention of Elder Abuse Network

The City facilitates quarterly meetings of the City's Prevention of Elder Abuse Network. The aim of the network is to raise awareness and distribute information about the issue of Elder Abuse. Active membership currently includes representatives from: Advocare; Community Vision Inc; Office of Seniors Interests & Volunteering; Commonwealth Carelink; the University of WA; Carers WA; City of Stirling; Women's Healthworks; Community Policing; Department of Veterans Affairs; Department for Community Development.

Other agencies are included in a growing contact list which includes: Office of the Public Advocate; Department of Health; Silver Chain; ARAFMI Mental Health Carers; Red Cross; Social Work Department Joondalup Health Campus; Social Work Department Osborne Park Hospital; Granny Spiers Community House and Homes West. The City has an operational Prevention of Elder Abuse website and visitors to the website often telephone for additional information.

The City is also represented at quarterly meetings of the Western Australian Network for the Prevention of Elder Abuse (WANPEA), which is facilitated by Advocare. WANPEA provides opportunities to network, share knowledge and information about resources, issues and trends with key stakeholders outside the City of Joondalup.

The City's involvement in the two networks above is reported to the SIAC. The collation and dissemination of information contributes to ensuring that actions in the Seniors Plan are achieved.

### Seminars for Seniors

The Seniors Plan advocates that well designed seminars are an ideal way of communicating with seniors about positive and active ageing. Since 2004, the City has hosted two major seminar events that have been both well attended and received.

From 11-15 September 2006, senior residents of the City of Joondalup will have opportunities to participate in a range of activities at various venues throughout the City under the theme "Seniors: This is Your Life"

### Review of Directory for Seniors and People with Disabilities

A review and evaluation of the directory was completed during 2005. This included looking at other similar resources and obtaining input from the Seniors Interests Advisory Committee and other stakeholders. An updated directory offers an opportunity to provide a holistic and meaningful resource by including additional information as well as appropriate materials related to various life-cycle social issues that may potentially impact upon the directory target group. This includes: prevention of elder abuse; loss & grief; life transitions & changes: positive ageing; volunteering; and emotional health and well-being.

It is anticipated that the directory will be ready for distribution at the end of 2006.

## **Challenges**

Some actions in the Seniors Plan have not been achieved in full within the allocated timeframe. Explanations for actions not being implemented include changes in priorities or capacity to deliver the programs being reduced. Actions listed for continuation or consideration in 2006 and beyond are –

### Storage Standards for Community Buildings

The City has 28 multi-use facilities that are shared by more than one community group. The storage needs of community groups are far greater today than was the case when the facilities were built and this is an area of concern, particularly for seniors groups using the City's buildings. The Seniors Plan identified the storage issue and made provision for action to be taken to develop a policy about storage in community buildings.

The City commenced an audit of all community buildings in July 2006 and expects it to be completed in October. The rationalisation of storage is a key focus of the audit and the process will identify procedures to improve storage in the future. Eight buildings were listed in the 06/07 minor works budget for improvements to storage spaces.

### Community Safety Program

The City priorities with regard to the Community Safety program are being reviewed. Once the City has established a position regarding the responsibility of the program, progress will be made towards implementing the actions and tasks assigned in the Seniors Plan.

### "Absolutely Everybody" Program

The Absolutely Everybody program brings seniors and young people together to break down barriers and perceptions regarding to the victims and perpetrators of crime in the community. The program ran successfully in 2001 and 2002. Whilst attempts to continue the program were made between October 2004 and March 2005, the program did not run due to the inability to engage a group of young people within their academic commitments. At its July meeting, the SIAC resolved not to progress the action to continue the Absolutely Everybody program and to promote other intergenerational programs that exist in the community.

## **Link to Strategic Plan:**

The Seniors Plan is directly linked to the following key focus areas of the City's Strategic Plan –

Community Wellbeing

### Outcome:

The City of Joondalup is recognised globally as a community that values and facilitates Lifelong Learning

### Objective 1.1:

To develop, provide and promote a diverse range of lifelong learning opportunities

Outcome:

The City of Joondalup provides social opportunities that meet community needs

Objective 1.3:

To continue to provide services that meet changing needs of a diverse and growing community

Strategy 1.3.1:

Provide leisure and recreational activities aligned to community expectations, incorporating innovative opportunities for today's environment

Strategy 1.3.2:

Provide quality of life opportunities for all community members

Strategy 1.3.3:

Provide support, information and resources

Outcome:

The City of Joondalup is a safe and healthy environment

Objective 1.4:

To work with the community to enhance safety and security in a healthy environment

Outcome:

The City of Joondalup is an interactive community

Objective 4.3:

To ensure the City responds to and communicates with the community

Strategy 4.3.1:

Provide effective and clear community consultation

Objective 4.3.2:

Provide accessible community information

**Legislation – Statutory Provisions:**

There is no statutory requirement for the City to have a Seniors Plan. It is considered best practice to implement the actions of the plan to enhance the well-being of seniors in the community.

**Risk Management Considerations:**

The City has an ageing population and by implementing the tasks of the Seniors Plan, it is implementing measures that will benefit residents both now and in the future, as well as assisting in preventing common issues from escalating.

**Financial/Budget Implications:**

The actions highlighted in the Seniors Plan are directional only and their identification as part of the plan, does not assume that funds are associated. Any initiatives that are to be undertaken by the City as a result of their inclusion in the Seniors Plan would need to seek funding approval through normal Council budget allocation processes. Funds were allocated in the 06/07 budget to assist with the implementation of the Seniors Plan.

**Policy Implications:**

A key action in the Seniors Plan is that “Council review all policies that affect seniors.” The policies that are deemed to have the most impact on seniors are –

- Access and Inclusion (access to community facilities and public space; overcoming barriers that could prevent participation in community activities)
- Rates (reduced rates for seniors)
- Fees and Charges (reduced fees for seniors for some services)
- Use of community facilities (accommodation provided free of charge to seniors groups under the “subsidised use” policy)

**Regional Significance:**

The Seniors Plan is a locally focused initiative; developed to guide the efforts of the City of Joondalup in relation to its work with seniors. Although there may be some issues that are unique within the City, it is likely there will be issues and concerns that are common for all seniors. Whilst focusing and operating locally, the plan has and does consider universal issues that impact upon seniors.

**Sustainability Implications:**

The existence of the Seniors Plan enables seniors the opportunity to actively participate in decision-making processes that aim to meet their needs.

The majority of tasks listed within the plan utilise existing resources and staff to implement them. Of those tasks that require additional financial resources, normal Council processes will impact upon the allocation of funds in order for them to be implemented; therefore ensuring a level of commitment by the City will be sustainable.

**Consultation:**

Ongoing consultation with City officers, community members and local agencies that work in the areas of seniors occurs to ensure that the tasks listed in the Seniors Plan are completed in a timely manner. Ongoing consultation ensures that the plan continues to reflect local needs and allows for community members and agencies to communicate with the City.

**COMMENT**

The three-yearly review of the Seniors Plan is due to commence in January 2007. The SIAC has reviewed the document as part of their agenda since August 2005 and will continue to identify strengths and limitations as part of their agenda. The review will feed into aligning the Seniors Plan with other components of the Community Development Strategy, which is listed for Council endorsement in September 2006.

**ATTACHMENTS**

Attachment 1 Seniors Plan 2004–2008 including status report.

## **VOTING REQUIREMENTS**

Simple Majority

## **RECOMMENDATION**

**That the Committee NOTES the progress of actions and tasks as outlined in the Seniors Plan 2004-2008.**

*Appendix 1 refers*

## **ITEM 2                      TRANSITIONS IN AGEING RESEARCH PROJECT - AN OVERVIEW 2006 [55511]**

**WARD:** All

**RESPONSIBLE A/DIRECTOR:** Mr Chris Terelinck  
Planning and Community Development (Acting)

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### **PURPOSE**

To provide the Seniors Interests Advisory Committee (SIAC) with an overview of the Transitions in Ageing Research Project – an initiative of the State Government's Active Ageing Strategy – *Generations Together*.

### **EXECUTIVE SUMMARY**

The State Government's Office of Seniors Interests commissioned research and published a report "Transitions in Ageing Research Project – An Overview 2006" in August 2006. The research highlighted that the key predictor of successful ageing was the "absence of depression".

This research is considered valuable to the work of the SIAC, as the committee's objective is to "provide advice to Council to ensure that the concerns of seniors are adequately represented in the City's planning processes and the strategic directions being developed for older people across the City". The document will also be useful to inform the review of the Seniors Plan because it outlines predictors for positive and active ageing.

*It is recommended that the Seniors Interests Advisory Committee:*

- 1        *NOTES the findings of the "Transitions in Ageing Project - An Overview 2006" Report;*
- 2        *ENDORSES the document to be a key resource in the review of the Seniors Plan.*

### **BACKGROUND**

The major objectives of the research were to investigate:

- Which life transitions seniors believed had the most important continuing influence, either positive or negative, on their lives
- Whether or not seniors were ageing successfully
- Which life transitions were most closely related, either positively or negatively, to people assessing the satisfaction with their quality of life as they grew older.

The research involved two stages: an initial exploring stage followed by a major state-wide telephone survey of 600 Western Australian seniors aged 65 years and over. The telephone survey sample was structured and then weighted to provide a representative sample of seniors aged 65 years and over throughout Western Australia.

A key finding of the report was that the absence of depression was vital to successful ageing. Depression is defined as a persistently depressed mood for at least two weeks that is associated with loss of pleasure in most activities and results in loss of personal, social and work function. When people suffer from depression there is a cost to the community as they seek support from health professionals, take time off work, withdraw from their usual family and community activities and participate in antisocial behaviours.

## DETAILS

The most common events having a positive influence on seniors' lives related to family (eg regular contact, having grandchildren), leaving paid employment and finding new opportunities after retirement.

The events having a negative influence tended to involve smaller numbers of seniors and related to their own declining health and fitness, the death of important others and the lack of employment opportunities. Three out of five seniors (61%) were ageing successfully, based on self- assessment. Seniors who were more likely to be ageing successfully on this basis were those who were positive about: their emotional state: contact with family and friends: feelings of autonomy: health: and energy levels.

The key predictor of successful ageing was found to underlie other indicators: the absence of depression. One in twelve seniors reported feeling depressed to some extent, while another one in eight appeared to be experiencing a less than satisfactory level of mood. A secondary predictor was gender: female seniors could to some extent be predicted to be ageing more successfully: whereas males could not.

### Issues and options considered:

Not Applicable.

### Link to Strategic Plan:

The research is directly linked to the following key focus areas of the City's Strategic Plan - Community Wellbeing

#### Outcome:

The City of Joondalup is recognised globally as a community that values and facilitates Lifelong Learning

#### Objective 1.1:

To develop, provide and promote a diverse range of lifelong learning opportunities

#### Outcome:

The City of Joondalup provides social opportunities that meet community needs

#### Objective 1.3:

To continue to provide services that meet changing needs of a diverse and growing community

#### Strategy 1.3.1:

Provide leisure and recreational activities aligned to community expectations, incorporating innovative opportunities for today's environment

#### Strategy 1.3.2:

Provide quality of life opportunities for all community members

**Legislation – Statutory Provisions:**

Not Applicable.

**Risk Management considerations:**

The City has an ageing population and by considering the findings of this report, the City is implementing measures that will benefit residents both now and in the future, as well as assisting in preventing common issues of concern escalating.

**Financial/Budget Implications:**

Not Applicable.

**Policy Implications:**

Not Applicable.

**Regional Significance:**

The findings of the research have state-wide implications.

**Sustainability Implications:**

Not Applicable.

**Consultation:**

The State Government surveyed 600 seniors aged 65 years and over to conduct the research for the Transitions into Ageing report.

**COMMENT**

The findings about depression among seniors support the State Government's present initiative for active ageing. In addition, several key questions from the research will be included in future community surveys to enable the State Government to measure trends in the importance of major life events and to monitor the level of successful ageing in the WA seniors community.

This research is brought to the attention of the SIAC for the purpose of developing awareness of trends in the seniors' population. Awareness can then be incorporated into the work of the committee and provide focus for strategies associated with the Seniors Plan and other activities.

**ATTACHMENTS**

Attachment 1      Transitions in Ageing Research Project - An Overview 2006

**VOTING REQUIREMENTS**

Simple Majority

**RECOMMENDATION**

**That the Seniors Interests Advisory Committee:**

- 1 NOTES the findings of the “Transitions in Ageing Project - An Overview 2006” Report;**
- 2 ENDORSES the document to be a key resource in the review of the Seniors Plan.**

*Appendix 2 refers*

**ITEM 3                      PRESENTATION - TALES OF TIMES PAST                      -  
[55511]****WARD:** All**RESPONSIBLE  
A/DIRECTOR:** Mr Chris Terelinck  
Planning and Community Development (Acting)

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Vasanti Sunderland will attend the SIAC meeting to conduct a presentation on the Tales of Times Past Intergenerational Intercultural Oral History Program. The program evolved from Vasanti's extensive experience working with a wide range of people from diverse experiences and cultural backgrounds in her role as a Community Development Consultant /Facilitator and Storyteller.

The vision of the program is to make a contribution to enriching communities through promoting participation, encouraging understanding and recognition of the value of all members of our community across all cultures and generations.

The aims of the program are to:

- Enable seniors to meet and celebrate shared and different histories;
- Promote interaction between generations within family structures;
- Establish a community resource of oral historians operating as independent groups available to schools, educational institutions, government and non-government agencies, business and community groups and the general public;
- Contribute to a greater understanding of the issues faced by each generation as well as the skills and experiences each can offer, by dispelling the stereotypical myths and fears held by different cultures and generations;
- Break down and reduce the isolation of seniors and age segregation in community activities.

*Appendix 3 refers*

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**ITEM 4                      PRESENTATION      –      SCHOOLS      VOLUNTEER  
PROGRAM [55511]****WARD:**                      All**RESPONSIBLE  
A/DIRECTOR:**              Mr Chris Terelinck  
   Planning and Community Development (Acting)

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Christine Gray the CEO of the School Volunteer Program (SVP) Inc in Western Australia, will attend this SIAC meeting after being invited to give a presentation about the SVP.

The mission of the SVP is to:

- Utilise the abilities of seniors and retired people, as well as other community volunteers, to encourage and guide young people who are having difficulty coping at school;
- Encourage young people to achieve their potential by developing improved life skills;
- Promote the value of seniors and retired people in the community; and
- Break down barriers between generations.

The SVP is a national program, which has been in operation for more than ten years in Western Australia. More than 230 schools throughout the state participate in the program, with about 1,800 active seniors going into schools each week to role model and mentor a student on a one-on-one basis. The program includes pre-primary to Year 12 students. Volunteers have access to workshops free of charge on contemporary topics considered relevant to their volunteering role with young people. Topics include: Drugs and Suicide Awareness; Listening and Communication Skills; and Issues Facing Young People Today. The SVP operates in several schools within the City, including North Woodvale and Connolly Primary Schools as well as Greenwood, Ocean Reef and Belridge High Schools.

*Appendix 4 refers*