

MINUTES

Seniors Interests Advisory Committee

MINUTES OF THE SENIORS INTERESTS ADVISORY COMMITTEE MEETING

HELD ON

MEETING DATE

WEDNESDAY 1 AUGUST 2007

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City of
Joondalup

CITY OF JOONDALUP

MINUTES OF THE SENIORS INTERESTS ADVISORY COMMITTEE MEETING HELD IN CONFERENCE ROOM 3, JOONDALUP CIVIC CENTRE, BOAS AVENUE, JOONDALUP ON WEDNESDAY 1 AUGUST 2007.

ATTENDANCE

Committee Members:

Cr Brian Corr	Presiding Person	
Cr Richard Currie		
Ms Margaret March	Community Member	
Ms Joy Coleman	Community Member	
Ms Valerie Corey	Community Member	<i>from 0936 hrs</i>
Ms Patricia Geary	Community Member	<i>from 0936 hrs</i>
Mr Kevan Rogerson	Industry Representative	
Mr Peter Boam	Industry Representative	
Ms Lynda Waterman	Industry Representative	

Officers:

Ms Rebecca Moore	Manager, Community Development & Library Services
Ms Julie Eaton	Coordinator, Community Services
Ms Bridget Heneghan	Projects Officer
Mrs Jill Hewison	Administrative Secretary
Ms Claire Martin	Program Administrator, Craigie Leisure Centre <i>to 1000hrs</i>

In Attendance:

Kiah Evans, Lecturer, Edith Cowan University *from 1000 hrs*

DECLARATION OF OPENING

The Presiding Person declared the meeting open at 0934 hrs.

APOLOGIES/LEAVE OF ABSENCE

Apology - Ms Maria Bunn

Ms Corey and Ms Geary entered the Room at 0936 hrs.

CONFIRMATION OF MINUTES

MINUTES OF THE SENIORS INTERESTS ADVISORY COMMITTEE MEETING
HELD ON 6 JUNE 2007

MOVED Margaret March **SECONDED** Peter Boam that the minutes of the meeting of the Seniors Interests Advisory Committee held on 6 June 2007 be confirmed as a true and correct record.

The Motion was Put and

CARRIED (9/0)

In favour of the motion: Crs Corr & Currie, Margaret March, Joy Coleman, Valerie Corey, Patricia Geary, Kevan Rogerson, Peter Boam, Lynda Waterman

ANNOUNCEMENTS BY THE PRESIDING PERSON WITHOUT DISCUSSION

The Presiding Person advised that a resignation had been received from Helen Attrill, Aged & Community Services. This vacancy will be advertised through the normal process.

DECLARATIONS OF INTEREST

Nil.

IDENTIFICATION OF MATTERS FOR WHICH THE MEETING MAY SIT BEHIND CLOSED DOORS

Nil.

PETITIONS AND DEPUTATIONS

Nil.

REPORTS**ITEM 3 PRESENTATION – LIVING LONGER LIVING STRONGER PROGRAM**

WARD: All

RESPONSIBLE Mr Clayton Higham
DIRECTOR: Planning and Community Development

Claire Martin, Program Coordinator Craigie Leisure Centre will attend this Seniors Interests Advisory Committee meeting to provide members with information about the Living Longer Living Stronger Program.

Living Longer Living Stronger (LLLS) is a program which seeks to maximise opportunities for older people to engage in affordable, high quality, results oriented, strength training programs over the long term. The concept has been developed and tested in Victoria since 1999 and Western Australia since 2004. LLLS primarily uses the down times of health, fitness and leisure centres to provide a low cost intervention strategy aimed at the over fifties aged group.

Council on the Ageing (WA) Inc, COTA (WA) oversees the program in Western Australia. Organisations are able to obtain endorsement to deliver the LLLS program at their facilities.

LLLS is currently only delivered at one venue in the City of Joondalup, this is at Joondalup Rehabilitation Health & Exercise Clinic at ECU.

Presentation

Ms Claire Martin, Program Administrator, Craigie Leisure Centre gave an overview of the Living Longer Living Stronger Program (LLLS) and provided the Committee members with a Presentation (Attachment 1). Following the presentation, discussion ensued.

Cr Currie congratulated Ms Martin on the opening day of the Platinum program on which there had been very good feedback.

Cr Corr thanked Ms Martin for the excellent report.

The Program Administrator left the Room at 1000 hrs.

ITEM 1 “SENIORS: THE ART OF AGEING” UPDATE

WARD: All

RESPONSIBLE Mr Clayton Higham
DIRECTOR: Planning and Community Development

PURPOSE

To update the Seniors Interests Advisory Committee (SIAC) regarding the “Seniors: The Art of Ageing” event.

EXECUTIVE SUMMARY

This report provides the SIAC with an update on “Seniors: The Art of Ageing”.

It is recommended that the Seniors Interests Advisory Committee NOTES the update on the “Seniors: The Art of Ageing” event to be hosted 9 to 14 September 2007.

BACKGROUND

In 2004 the inaugural seniors event The “Live Life Festival: A Regional Event for Seniors” was held by the City. This event took place between 15 – 20 November 2004.

“Living Now: A Seminar for Seniors” was the second annual seniors event, held in a single venue on one day, 30 June 2005.

The third annual seniors event “Seniors: This is Your Life” was held during the week 11-15 September 2006. Members of the SIAC Committee were involved in the organising committee for this event.

The fourth annual seniors event “Seniors: The Art of Ageing” is to be held during the week 9-14 September 2007. Members of the SIAC Committee are involved in the organising committee.

DETAILS

The 2007 event will continue to promote the principles of positive active ageing.

The focus is to be on forming collaborative relationships, promoting existing City programs as well as involving external stakeholders.

The ‘Seniors: The Art of Ageing’ event will be based at two central locations, Craigie Leisure Centre (CLC) and the City of Joondalup Library.

The event will be launched on Sunday 9 September at CLC and entertainment/activities will be provided at CLC throughout the week. An Expo is to take place on Thursday 13 September (CLC), providing an opportunity to involve external stakeholders and offer seniors information about programs and services available in the community.

Community based activities planned for the week include: Joondalup Police Academy tours, blend(er) gallery - showing of art work by seniors and art workshop; and Centrelink seminars on various financial issues facing seniors.

Various seniors groups have also been invited to participate in open days with St Marks School and the Italian Women’s Choir expressing an interest to date in participating. A formal confirmation of participation is yet to be finalised.

The proposed working timeline for the Event is laid out below:

ACTIVITY	DETAIL	TIMELINE
Identify SIAC working group	Community Development Officer (CDO) to contact SIAC members	Completed
Budget for event	Proposed 2007 event budget adopted in City’s usual budgetary process	As appropriate
SIAC working group to hold first meeting	Group to meet and begin planning for event	Completed
SIAC working group to meet regularly	Group to meet fortnightly from initial meeting to plan and develop event activities & program	March – September 2007
Identify & contact key internal stakeholders	i.e. Marketing, Libraries, Leisure Centre, Recreation, Culture & Art	Completed

Collaborate with internal & external stakeholders to develop new activities for event	Continue to plan, develop and negotiate practical arrangements and issues	Ongoing
Collaborate with internal & external stakeholders & partners to showcase existing activities or events	Event to be held for 1 or 2 weeks between: 10 – 28 September 15 – 26 October	Event date: 9 September – 14 September 2007
Deliver an event to run over one or two weeks.	Event to be held for 1 or 2 weeks between: 10 – 28 September 15 – 26 October	Event date: 9 September – 14 September 2007
Report to SIAC	Provide regular feedback to SIAC Consult with SIAC as appropriate	Ongoing

Link to Strategic Plan:

The seniors' event is directly linked to the following key focus areas of the City's Strategic Plan.

Community Wellbeing

Outcome:

The City of Joondalup is recognised 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.

Financial/Budget Implications:

\$5,000 was allocated in the 2006/2007 budget to enable the City to host a seniors event.

With the adoption of the budget on 3 July 2007, \$7,600 has been allocated in the 2007/08 budget for the seniors event.

Regional Significance:

It is probable that many of the event's issues and topics will be relevant for many seniors throughout the region, the metropolitan area and the state.

Sustainability implications:

The participation of seniors, via the working group, in the planning, and delivery of a seniors event in their community is fundamental to the development of a healthy, equitable, active, engaged and connected community.

COMMENT

The proposed event timeline, noted by SIAC Wednesday 4 April 2007, has been adhered to. The planning and development required to deliver the 2007 seniors' event is on target to deliver an exceptional program.

The working group is cognisant of budget limitations and is including activities that attract either low or no cost in order to host an event that balances quality with value for money.

ATTACHMENTS

Nil.

VOTING REQUIREMENTS

Simple Majority.

The Projects Officer gave an overview of the Report and updated the Committee on the progress of the Seniors' Week to be hosted in September 2007 and provided the Committee members with a draft program for the event (Attachment 2).

MOVED Cr Currie SECONDED Kevan Rogerson that the Seniors Interests Advisory Committee NOTES the update on the "Seniors: The Art of Ageing" event to be hosted 9 to 14 September 2007.

The Motion was Put and

CARRIED (9/0)

In favour of the motion: Crs Corr & Currie, Margaret March, Joy Coleman, Valerie Corey, Patricia Geary, Kevan Rogerson, Peter Boam, Lynda Waterman

ITEM 2 SOCIAL ISOLATION AND AGEING

WARD: All

RESPONSIBLE DIRECTOR: Mr Clayton Higham
Planning and Community Development

PURPOSE

To inform the Seniors Interests Advisory Committee (SIAC) regarding the issue of social isolation and consider strategies on how the City may access socially isolated individuals and offer social support.

EXECUTIVE SUMMARY

This report focuses on the issue of social isolation among older people, informing the SIAC of current available information on the impacts of social isolation. The report identifies risk factors for social isolation, themes regarding effective responses and suggests strategies to increase community participation.

It is recommended that the Seniors Interests Advisory Committee:

- 1 *NOTES the information provided in this report.*
- 2 *CONSIDERS the issue of social isolation within the context of the review of the current Seniors Plan and an ageing population.*

BACKGROUND

The issue of social isolation of older people has been researched and documented over the years. An example of this type of research within Western Australia is:

- Generations Together: the Western Australian Active Ageing Strategy in 2004.

Through Generations Together, the Office for Seniors Interests and Volunteering (OSIV) undertook the Culturally and Linguistically Diverse Seniors: Community Participation Research Project.

The World Health Organisation (WHO) has also researched and produced publications addressing this issue.

The City has the potential to play an ongoing role in identification and support through its existing programs and activities.

DETAILS

Social isolation can be defined as when a person has a limited network of family and friends and encompasses both social and emotional isolation. Social isolation in older persons has been found to lead to poorer psychological wellbeing, such as depression and diminished functional health. Social isolation is also recognised as a potential risk factor for suicide.

Social isolation and loneliness are widely recognised as major issues affecting seniors. People who participate in their community report better physical and mental health and have more positive attitudes about the communities in which they live. They are more likely to be able to get help when needed and appear to be better protected against the negative effects of social disadvantage (Department for Victorian Communities, 2003).

A characteristic of people who age well is that they continue to actively engage in community life through strong social networks and they are involved in productive and interesting activities (Queensland Government Department of Communities, Cross Government Project to Reduce Social Isolation of Older People).

Key findings of the above research identify risk factors for social isolation and themes regarding effective response.

Risk factors for seniors include -

- being 'old';
- low self esteem, low social confidence and/or some types of mental illness;
- hearing impairment;

- being an older male;
- being from Indigenous, Australian South Sea Islander or cultural and linguistically diverse backgrounds (CALD);
- residents of aged care facilities;
- being without access to appropriate and affordable transport;
- carers;
- being unable to access various benefits and services;
- elder abuse;
- fear of crime;

- ageism.

Other 'at risk' groups are -

- homeless and transient people;
- people with low financial income, including borderline self-funded retirees;
- people living on their own;
- residents in boarding houses, hostels and caravan parks.

Broad themes regarding effective response to social isolation are -

- a whole-of-community response;
- mentoring and action planning;
- positive and healthy ageing;
- meaningful and purposeful occupation;
- access to the community;
- 'getting the word out'.

Transport is a lifeline for many seniors. Without access to affordable and appropriate transport, particularly public and community transport, the capacity for community participation is limited. The ability to access social connections, activities, goods, services, and information in a community is a protective factor against social isolation that enhances a person's social wellbeing and independence.

Research undertaken by the UK Government in 2005 concluded transport barriers limited community participation.

Current Strategies and activities to increase community participation:

Participation in community life and social, cultural, leisure, recreational and learning activities are important for seniors' health and well-being and their quality of life. The City of Joondalup provides a wide range of services and subsidies that benefit and support, senior members of the community:

- **Use of Community Facilities:** The City provides free use of its community facilities for senior citizens groups who are ratepayers of the City of Joondalup.
- **Seniors Interests Advisory Committee (SIAC):** The SIAC consists of 2 elected members, 4 representatives from not-for-profit or commercial organisations that provide services to seniors and 4 seniors who are members of the community who have an interest in seniors' issues. The role of the SIAC 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.
- **Seniors Centres:** The City provides its buildings to seniors clubs and groups on a rent-free basis. The City also subsidises telephones and hairdressing services for seniors at various City facilities. Senior Citizens Centres and Clubs supported by the City of Joondalup are: Duncraig Seniors Citizens, Greenwood / Warwick Senior Citizens Club, Whitfords Senior Citizens Club, Ocean Ridge Seniors Citizens Club, Kingsley Seniors Citizens Club, WANJOO Seniors.

- **Platinum 50+ Adventure:** This year-round program is all about enjoying leisure by offering a wide range of activities from practical lifestyle leisure workshops to adventurous challenges. The City Leisure Centres program focuses on City of Joondalup residents and Leisure Centre members over 50 years. The cost is \$8.00 / person / activity.
- **Seniors Plan 2004-2008:** The Seniors Plan was developed to assist in the strategic development and planning of the current and future needs of seniors and address the City's changing population demographics. The Plan, which is reviewed regularly, guides the work of administration. It enables Council to make decisions on current and future seniors services and support the ongoing work of community groups, organisations and agencies in meeting the needs of seniors.
- **Community Transport Program:** The Community Transport Program provides a service for seniors in the City of Joondalup who experience difficulty accessing the public transport system. An assessment is completed to identify an individual's needs and suitability when they contact the City regarding the program. The bus service picks people up from their home, taking them to either local shopping centers for shopping excursions or to various senior centres for social and leisure activities.
- **Seniors Event:** The City regularly holds an event for seniors to promote positive active ageing, health and wellbeing. In previous years, events have included: the "Live Life Festival"; "Living Now: A Seminar for Seniors"; and "Seniors: This is Your Life". The City attempts to work in partnership with existing groups and services when planning events. Through the wide range of activities offered, people are encouraged to remain connected and engaged with their community as they age, through social, physical, cultural, spiritual and economic participation. The City's SIAC members are actively involved in planning and developing these major seniors events.
- **Prevention of Elder Abuse Network:** This program initiated by the City, is unique in local government. The purpose of the Network is to provide a networking forum for service providers and to raise awareness of elder abuse / elder rights in the community. The Network meets quarterly.
- **Library Services:** A range of services is available for seniors at the Libraries. These include Seniors Circle held monthly which features interesting speakers on a wide range of topics, Seniors Games Mornings, catalogue training and a Books on Wheels service for people unable to reach their public library because they are house-bound due to frail health or limited mobility.
- **Sunday Serenades:** The series is an ongoing initiative of the Arts Development Scheme following feedback from the community requesting more events for seniors.
- **Disability & Seniors Resource:** Previously called the Directory for Seniors and People with Disabilities; the Directory has been reviewed and will be reproduced with a new name in a more user-friendly format. The resource will promote positive active ageing. It will include an extensive range of useful resource information, which will assist seniors and people impacted upon by disability, their families and carers.

- **Community Funding Program:** Grants are available to not-for-profit incorporated community organisations for projects that benefit the community. Numerous seniors groups have received grants over the years for projects that benefit many people.
- **Joondalup Volunteer Centre (JVC).** Members of Volunteering WA, who encourage potential volunteers to make an informed choice, staff Joondalup Volunteer Centre. JVC offers positive volunteer experiences for people seeking to volunteer.

Volunteers receive assistance in making an informed choice from over 800 positions. Training is provided through a "Bridge to Volunteering" course that is run twice weekly.

Within existing ranges of services currently provided, some options that could be considered for implementation are:

- seek funding to report on current service and community responses to social isolation of older people;
 - identify models that may reduce social isolation of older people in a particular community;
 - strengthen existing networks and develop new networks; continue to raise awareness of community residents regarding social opportunities, services and benefits that are accessible for older people;
 - continue to advertise seniors events/programs. Community residents do not benefit from a service unless they are aware that it exists. A lack of knowledge relating to services and events can result in older people being isolated despite the availability of opportunities for them to be more socially connected.
 - continue to provide services to access information for visually impaired, hearing impaired and people may not speak English;
 - contact church groups, seniors groups and encourage them to identify isolated seniors and reach out;
 - raise awareness of the impact of social isolation as part of community consultation as part of review of Seniors Plan;
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- seek funding that covers the costs of designing and distributing a brochure providing information that identifies social isolation, the impact of social isolation, strategies for people who are socially isolated, and what to do if a person has been identified as socially isolated.

Link to Strategic Plan:

The seniors' event is directly linked to the following key focus areas of the City's Strategic Plan.

Community Wellbeing

Outcome:

The City of Joondalup is recognised 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:

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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

Financial/Budget Implications:

Not Applicable

Regional Significance:

The issue of social isolation amongst seniors in the community of concern at local, state and national levels.

Sustainability implications:

Not Applicable

COMMENT

Social isolation remains an important societal issue in a local, state, national and global context. The City is well placed to continue with existing programs and events to raise awareness of the impact of social isolation on older persons and engage with external stakeholders to develop strategies, to access isolated individuals and connect with social support.

ATTACHMENTS

Nil.

VOTING REQUIREMENTS

Simple Majority

The Projects Officer gave an overview of the Report, following which discussion ensued.

MOVED Patricia Geary SECONDED Joy Coleman that the Seniors Interests Advisory Committee:

- 1 NOTES the information provided in this report**
- 2 CONSIDERS the issue of social isolation within the context of the review of the current Seniors Plan and an ageing population.**

The Motion was Put and

CARRIED (9/0)

In favour of the motion: Crs Corr & Currie, Margaret March, Joy Coleman, Valerie Corey, Patricia Geary, Kevan Rogerson, Peter Boam, Lynda Waterman

ITEM 4 PRESENTATION – “WELL ELDERLY” PROGRAM

WARD: All

RESPONSIBLE DIRECTOR: Mr Clayton Higham
Planning and Community Development

Kiah Evans, Lecturer Occupational Therapy Edith Cowan University will attend this Seniors Interests Advisory Committee meeting to provide members with information about the “Well Elderly” Program, and seek input regarding any important features to include to ensure that the program is applicable to seniors within the Joondalup area.

The Well Elderly Program is based on a program developed by Occupational Therapists in Southern California. Students will be required to develop community health promotion resources (sessions plans, slides and supporting information) to implement a Well Elderly Program for community dwelling seniors. It is anticipated that the finalised programs will be available to be delivered to the local community through clinical placement opportunities.

Each group of students will be allocated one of the Well Elderly Program topics listed below:

1. Occupation, Health, and Ageing;
2. Transportation and Occupation;
3. Finances and Occupation;
4. Health Through Occupation – Physical and Mental Activity;
5. Dining as an Occupation;
6. Time and Occupation;

7. Home and Community Safety;
8. Relationships and Occupation;

Presentation

The Presiding Person introduced Kiah Evans, Lecturer Occupational Therapy, Edith Cowan University.

Ms Evans gave an overview of the “Well Elderly” Program and gave a presentation to Committee members (Attachment 3). Discussion ensued. The major topic of concern in the list provided was believed to be that of transport.

MOTIONS OF WHICH PREVIOUS NOTICE HAS BEEN GIVEN

Nil.

REQUESTS FOR REPORTS FOR FUTURE CONSIDERATION

Nil.

CLOSURE

There being no further business, the Presiding Person declared the Meeting closed at 1058 hrs; the following committee members being present at that time:

Cr Brian Corr
Cr Richard Currie
Ms Margaret March
Ms Joy Coleman
Ms Valerie Corey
Ms Patricia Geary
Mr Kevan Rogerson
Mr Peter Boam
Ms Lynda Waterman