

City of Cockburn
AGE-FRIENDLY STRATEGY (SUMMARY)
2016 – 2021



Message From The Mayor



The City of Cockburn's vision for older people is that they are valued, have optimal opportunities for good health, active participation and a sense of security while enjoying structures and services that are accessible to and inclusive of their needs. Given our aging population, the City is very keen to engage with our community and continue to identify priorities for moving forward.

I was so pleased that 706 people of all ages were engaged in this process.

I am aware of the importance of allowing people to age-in-place. If you have lived and worked in this wonderful city for a considerable period of time, then remaining here for your retirement is likely to be important. You have made a significant contribution both financially and socially to the development of this community and deserve to have adequate infrastructure, services, programs and events to meet your needs.

The World Health Organisation's Age Friendly Cities Framework was used to guide the development of the vision, outcomes and strategies for this plan. They were also informed by the demographic trends, the City of Cockburn Strategic Community Plan, previous Age-Friendly plans for the City, an understanding of existing services and facilities as well as the consultation processes.

I look forward to keeping you informed on developments as they occur.

A handwritten signature in black ink that reads "Logan Howlett". The signature is written in a cursive, flowing style.

Logan K Howlett JP
Mayor

KEY ACHIEVEMENTS

The initial Age-Friendly Strategic Plan for the City of Cockburn was developed in March 2008 prompted by an increasing awareness of an aging population. The plan was updated in June 2009 with a further community consultation process undertaken in 2011.

Outcomes from these previous strategic planning processes are significant and include:



Establishment of the interim Senior's Centre (which currently operates with 1200 highly engaged members)



Outdoor exercise equipment provided at 15 locations across the City



Bethanie Group selected to develop senior apartments and a residential age care facility



Development of a public toilet map



Extra patrols by the security service



CCTV strategy implemented



Public bus service established connecting Spearwood, Coolbellup and Cockburn Central



Established an interim Men's Shed in Cockburn and successful Lotterywest grant of \$484,000 for a new purpose built shed



Six seniors information forums held annually at the Cockburn Seniors Centre



Co Health initiative to support people at risk of developing chronic disease engaged with 900 seniors



Annual Healthy Lifestyle Expo for 55+ held in conjunction with the Cities of Fremantle and Melville

The City of Cockburn has been successful in receiving the following awards in relation to their Age-Friendly approach:



WA Seniors Awards 2010 - Bendigo Bank Active Ageing Leadership Award

Winner - City of Cockburn Seniors Centre

WA Seniors Awards 2014 - Local Government Award

Winner - City of Cockburn's Age Friendly Strategic Plan



WHO LIVES IN COCKBURN

Population ageing is taking place in nearly all the countries of the world and is the result of decreasing mortality and declining fertility. In 2100 there will be a greater number older people compared to babies for the first time in human history!

People aged 55+ living in Cockburn

18,137 2011

32,447 2026



Currently suburbs with high concentrations of people 55 years and older include Bibra Lake, Coogee and North Coogee, Hamilton Hill, Jandakot and Spearwood. By 2025 a number of suburbs in the southern and eastern parts of the city will experience substantive population increases in this age group including Coogee / North Coogee, Hammond Park, Wattleup, Henderson, Success and Beeliam.

The provision of services for older people in these areas will become critically important.

WHO WAS CONSULTED

Consultations for the review of the Age-Friendly Plan were undertaken between February and May, 2016 and involved 706 people. Events included on-line and hard copy surveys, presentations, workshops and focus groups.

Each of the consultations was guided by the 8 domains developed as part of the World Health Organisation (WHO) Age Friendly Cities Framework.

These domains are:

- » Outdoor spaces and building
- » Transport
- » Housing
- » Inclusion and respect
- » Social participation
- » Civic engagement (employment, civic and volunteering roles)
- » Communication and information
- » Health and community services



Vision

Older people within the City of Cockburn are valued, have optimal opportunities for good health, active participation, a sense of security while enjoying structures and services that are accessible to and inclusive of their needs.

WHAT THE COMMUNITY TOLD US

After considering all the information and data collected as part of this review process, 10 themes of significance were identified as follows (not in order of priority):


- » Seating and shade in parks and public places
- » Managing dogs in parks
- » Engaging with the business community (to address access issues at shopping centres, employment opportunities and age-friendly strategies within the retail sector)
- » Appropriate housing options (to meet a broad range of need and financial capacity)
- » Disseminating information (utilising age-friendly approaches)
- » Satellite services (to meet growing need in southern and eastern suburbs)
- » Linking with Culturally and Linguistically Diverse communities
- » Life-Long Learning Centre (a multi-purpose centre including a permanent Senior's Centre)
- » Intergenerational activities
- » Hearing the views of older people

OUR VISION, OUTCOMES AND STRATEGIES

The World Health Organisation Age Friendly Cities Framework guided the development of the vision, outcomes and strategies. They were also informed by the demographic trends, City of Cockburn Strategic Community Plan, Federal and State Government strategic plans, previous Age-Friendly plans, existing services/facilities as well as consultations processes, analysis and identified trends.

OUTCOMES AND STRATEGIES


Outcomes	Strategies
1: Outdoor spaces and the built environment	
Outdoor spaces and the built environment are clean, accessible and safe	1.1 Ensure all public buildings reflect best practice universal access design principles
	1.2 Develop outdoor spaces that meet the active and passive recreation needs of older people
	1.3 Provide public toilets, appropriate seating and age-friendly signage across the city
	1.4 Partner with State Government, business and the community to improve safety for older people
2: Transport	
Transport infrastructure and public services meet older people's needs	2.1 Continually advocate for safe, accessible and affordable public transport
	2.2 Plan for adequate and accessible paths, bus stops, and road crossings
	2.3 Engage with business to improve car parking accessibility for older people
	2.4 Facilitate the dissemination of comprehensive information to older people on available transport services
3: Housing	
A range of housing options are available to facilitate aging in place and meet need across the age/well-being continuum	3.1 Support the delivery of services that allow people to remain in their homes for as long as possible
	3.2 Facilitate diverse and affordable housing options including retirement complexes, and residential age-care facilities
4: Inclusion and Respect	
Older people are included in all aspects of community life and are treated with respect	4.1 Facilitate awareness by retail and other businesses of the needs of older people in the delivery of services
	4.2 Consider the needs of older people in the planning of public activities and events to facilitate their participation
	4.3 Utilise positive images of older people in all relevant public documents and advertising or promotional material generated by the City
	4.4 Organise and/or facilitate intergenerational programs and events



Outdoor spaces and the built environment should be clean, accessible and safe

OUTCOMES AND STRATEGIES

Outcomes	Strategies
5: Social Participation	
Local, accessible and affordable opportunities for social participation are readily available	5.1 Develop and/or facilitate the development of additional facilities, services and programs at various localities across the city to provide social activities for increasing numbers of older people
	5.2 Explore strategies to engage with and support older people who may be isolated
	5.3 Recognise the diversity of the Cockburn community and provide and/or facilitate services and supports to meet the needs of Culturally and Linguistically diverse and LGBTI communities
6: Civic Engagement	
Opportunities for employment, continual learning, civic contribution and volunteering are actively facilitated	6.1 Continue to provide and/or facilitate the delivery of continual learning opportunities
	6.2 Regularly engage with older people to hear their views particularly on issues that affect them
	6.3 Engage with the business community to encourage employment opportunities for older people
	6.4 Continue to encourage and provide volunteering opportunities
7: Communication and Information	
Information on services and supports is communicated in a variety of formats	7.1 Recognise that information needs to be disseminated in both hard-copy and electronic formats with an age-friendly style i.e. larger fonts, less dense text and straightforward language
	7.2 Facilitate the delivery of information on planning for retirement
8: Health and community support	
Health and community support services are accessible, age-friendly and focused on promoting healthy and active lifestyles	8.1 Provide and facilitate a broad range of proactive physical, dietary and mental health programs and services
	8.2 Provide and/or facilitate the delivery of a broad range of engaging and supportive community services
	8.3 Continue to provide and further develop the delivery of home-based support and community care services in line with need

A photograph of three elderly women sitting together in a library. The woman on the left has short white hair, wears glasses, a light blue top, and a gold necklace. The woman in the middle has short blonde hair, wears glasses, a black vest over a grey long-sleeved shirt, and a necklace with large white and silver circular pendants. The woman on the right has shoulder-length reddish-brown hair and is wearing a light blue top. They are all smiling and looking towards the right. In the background, there are bookshelves filled with books and a red banner with the word 'BOOK' visible.

Local, accessible and affordable opportunities for social participation are readily available

ACTIONS

An implementation plan has been developed to guide a broad range of initiatives over the next five years. This plan contains 46 actions and an annual report will be prepared for the community to update progress.

A total of 10 priority actions have been identified reflecting the key themes that have emerged and are as follows:

PRIORITY ACTIONS FOR THE AGE-FRIENDLY PLAN 2016–2021		YEAR	COST
1.3.1	Undertake an audit of existing outdoor seating in parks and public places	2017/18	\$40,000
1.4.2	Explore mechanisms to encourage and support older people to safely walk their dogs	2016/17	N/A (Operational)
2.3.1	Facilitate discussion with the business community on a range of issues including parking, customer service, access and employment issues	2017/18	N/A (Operational)
2.4.1	Improve the current electronic community information database to facilitate a printable version of a Cockburn Seniors Directory that can be distributed.	2017/18	\$12,000
3.2.1	Facilitate provision of information on housing options for seniors and work with the state and federal government agencies to determine short and long term needs and identify gaps.	2018/19	N/A (Operational)
4.4.1	Invite schools, sporting clubs and other organisations to consider intergenerational programs and activities that invite older people's participation and provide an opportunity for them to share their wisdom and experience	2016/17	N/A (Operational)
5.1.1	Undertake a feasibility study to establish satellite active-ageing centres and/or programs to cater for growing numbers of older people in the southern and eastern suburbs	2018/19	\$50,000
5.3.1	Establish a Culturally and Linguistically Diverse engagement position within the City of Cockburn	2017/18	\$100,000
6.1.1	Further investigate the proposal to establish a purpose built dedicated seniors facility as part of the Life Long Learning Centre at the Spearwood Administration site as a multi-purpose facility.	2019/20	N/A (Operational)
6.2.1	Establish a Seniors Reference Group with diverse representation and clearly defined terms of reference that advises Council on a range of matters	2018/19	N/A (Operational)



REVIEW PROCESS

Community members are invited to provide feedback on the Age-Friendly Strategic Plan 2016-2021 by completing a form developed for this purpose available on the City of Cockburn website www.cockburn.wa.gov.au or hard copies available at the Seniors Centre, Libraries and Civic Centre.

An annual review of the plan will be undertaken with a written update available to the community via the website or in hard copy.

A comprehensive review of all components of the Age-Friendly Strategic Plan will be undertaken in 2021.

FURTHER INFORMATION

Copies of the Informing Report and Implementation Plan can be downloaded from the City of Cockburn website cockburn.wa.gov.au or hard copies are available at the Seniors Centre, libraries and Civic Centre.



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