

# KNOX ACTIVE AGEING ADVISORY COMMITTEE

**21 August 2019**

**Time: 6.00 to 8.25pm**

**Function Room 2**

**Knox Civic Centre**

**511 Burwood Highway, Wantirna South, 3152**

**9298 8000**

*As this Advisory Committee has been established by Council and includes at least one Councillor and a staff member it is an Assembly of Councillors in accordance with the Local Government Act.*

*Councillors and staff are required to declare any conflict of interest that they may have in regards to any item discussed that is intended or likely to be the subject of a report to Council or a decision of an officer under delegation. In declaring a conflict of interest the Councillor or staff member must leave the meeting whilst the matter is being discussed. A definition of conflict of interest in accordance with the Local Government Act is provided in the Active Ageing Advisory Committee Folder.*

*Community representatives on the Committee are not subject to these provisions; however they are required under their terms of appointment to declare any conflicts of interest that may arise for them from time to time. It will be a matter for the Chair to determine if the community representative is required to leave the meeting whilst a particular matter that is subject to a conflict of interest is being discussed.*

## 1. Welcome and Apologies

Attendees – Eddie Atacador, Catherine Balaz, Sharon Buxton, Lynda Carroll, Evelin Martin, Judy Chalkley, Stuart Ireland, Linda Keenahan, Cr. Nicole Seymour.

Apologies – Rita Lang, Bronwyn Stephen, Sonja Pedell, Edmond Wong, Rachel Bast, Cr. Mortimore

## 2. Conflict of Interest Declaration

None were declared.

## 3. Confirmation of Minutes of Previous Meeting

Moved by Lynda Carroll / Seconded by Sharon Buxton

## 4. Items for Discussion

### 4.1 Older people and alcohol and other drug use (20 minutes)

Presenter: Catherine D'Arcy, Acting Team Leader Health Promotion, EACH

Catherine delivered a short PowerPoint presentation to the Committee on the nature and prevalence of alcohol and other drug use, emerging trends and issues, and current EACH services and supports. Key discussion points included:

- The increasing number of older people dealing with alcohol and other drug issues in Australia
- The partnership between EACH, Knox City Council and Maroondah City Council and the delivery of the Communities that Care program in the two municipalities
- The emerging issue of online gambling and the ease in which younger and older people can access betting apps

ACTION: Catherine (via Stuart) to circulate a copy of presentation to KAAAC members for their information. Further reflection and suggestions are welcome.

ACTION: KAAAC members to contact Stuart or Edmond if they are interested in a similar presentation being delivered to their groups/ organisations or in their communities. Please note the ability of EACH to do so will depend on their availability and capacity at that time.

ACTION: Catherine (through Edmond) to provide KAAAC members with a further breakdown - from an age and gender perspective - of the prevalence of financial and gambling related client presentations in the Boronia, Ferntree Gully and Rowville areas.

ACTION: Linda Keenahan to contact Catherine D’Arcy (through Edmond Wong) to discuss what opportunities there are to promote the work of EACH and how to link/ expand the communications reach of the EACH Primary Health Network and Knox Bright Ideas Network.

ACTION: Stuart to share the Inner East Primary Care Partnership (IEPCP) report on *Health and Wellbeing Needs of Older People Living in the Eastern Region of Melbourne January 2017* with KAAAC members for further context and information.

#### 4.2 **AA&DS Client, Carer and Community Consultations 2019 – Survey Results (30 minutes)**

Presenter: Stuart Ireland, Senior Active & Healthy Ageing Strategic Officer, KCC AA&DS

Stuart delivered a high level summary presentation of the survey results stemming from the recent AA&DS Client, Carer and Community member consultations 2019.

ACTION: Stuart to circulate a copy of presentation to KAAAC members for their information. Further reflection and suggestions are welcome.

ACTION: AA&DS to consider testing the concept of Dignity of Risk (dignity of risk is the principle of allowing an individual the dignity afforded by risk-taking, with subsequent enhancement of personal growth and quality of life) during the upcoming focus group discussions with clients.

## 5. Business Arising from Previous Meeting (Actions)

- 5.1 **Stuart/ Judy to follow up with the City of Monash re: The Glen redevelopment and the presence of ‘Senior’s parking bays. Seeking to understand if the City of Monash were involved and to what extent. If not, suggestion is to explore having a representative from The Glen’s Centre Management team/ other to come and speak to KAAAC and explain their thinking behind and the process they went through.**

Judy / Stuart to follow up with relevant Knox City Council staff /Stud Park Shopping Centre Centre Management re: requirements approach and report back at next Committee meeting  
**Meeting to occur in September.**

- 5.2 Review of facilities for future Expos (ongoing). Complete.**
- 5.3 Stuart/ Judy to explore with Council’s IT and Customer Service teams the opportunity to have targeted ‘older persons’ information and communications as part of Council’s hold music/ messaging e.g. to prompt action re: personal alarms.**  
 Stuart/ Judy to meet with Council’s IT and Customer Service team in March – post KCC application to join WHO Global Network of Age Friendly Cities and Communities – to discuss as part of current Council processes (e.g. payment of rates notices, pet registrations) and future community engagement approach.  
 Knox City Council has just been accepted into the WHO Global Network of Age Friendly Cities and Communities. **Detailed project planning to commence shortly, of which the above action will form part of.**
- 5.4 Judy and Stuart to discuss with AA&DS Leadership team to determine resource presence and capacity to develop (a ‘Transition to Ageing’ Toolkit).**  
 A small working group will map existing resources and then develop the concept for future Business Case planning/funding submission.  
 Judy to raise at next Leadership Team meeting and report back at next Committee meeting. **In progress. This will form part of the 2019/20 and 2020/21 Business Planning discussions – to be held in mid-September.**
- 5.5 Judy to discuss (Knox Safety Register and inclusion of CHSP clients) with Michelle Penney (Senior Transition Officer) and Helen Oakley (Coordinator Service Access and Home Support) and advise Committee of outcome.**  
 Rita to provide Cr. Seymour with brochures/ content to be used for promotional purposes. In progress – waiting for brochures to come back from the printer.  
 Rita to provide Linda K. with brochures to be taken and promoted by AA&DS staff as part of the AA&DS staff in Eastern Regional Libraries project. In progress – refer above (flyer was provided, to be sent out with Bright Ideas Network newsletter).  
 Rita to provide Eddie with brochures to be handed out at the Knox Community Chess Enthusiasts Club. In progress – refer first point above.  
**No further update was able to be provided at the meeting – Rita to update Stuart as to status of brochures.**
- 5.6 Kevin (via Stuart) to circulate a copy of the summary document to KAAAC members for their information. Further reflection and suggestions are welcome. Complete.**
- 5.7 Stuart to share proposed On Demand Bus Trial KPIs with Sonja Pedell for review and feedback. Complete (and thank to Sonja for the time given and detailed feedback).**
- 5.8 Stuart to circulate a copy of the (AA&DS Client Carer and Community member consultations 2019) PowerPoint presentation to KAAAC members for their information. Complete.**
- 5.9 KAAAC members are to advise Stuart if they are willing and interested in co-planning/co-facilitating and or being part of the subsequent Focus Group Discussions in August. No expressions of interest were received. Complete.**

- 5.10 Sonja (via Stuart) to circulate a copy of the (Swinburne University Future Self and Design Living Lab) PowerPoint presentation to KAAAC members for their information. **Complete.**
- 5.11 Stuart to advise Lynda where to dispose of energy efficient globes. **Complete.**
- 5.12 Stuart to follow up with Council's Leisure Services team and advise Catherine if there is 'something in the middle' when it comes to walking football/full contact football. **Complete.**
- 5.13 Stuart to follow up and advise Catherine if local Gym Centres offer subsidised memberships for Seniors and the types of programs available. **Complete.**
- 5.14 Stuart to follow up and link Catherine in with the Zest 4 Life program and Bright Ideas Network/ email newsletter. **Complete.**

## 6. Other Business

- 6.1 **Emerging issues from Committee Members** – round the room discussion
  - Walking Football - Catherine has joined KCC's program and is really enjoying it.
  - Pickleball – Catherine highlighted that this is a new sport played on the size of a Badminton Court. It is currently being offered in several regional areas of Victoria. Is there the potential of it being offered in Knox? Cr. Seymour suggested somewhere like the Rowville Community Centre or Carrington Park would be ideal venues.  
ACTION: Linda Keenahan to follow up and advise Committee members of possibilities.
  - Physical Activities for the Over Sixties Forum – Lynda recently attended this forum, which was facilitated by The Inner East Primary Care Partnership and the Eastern Region Local Government Healthy Ageing Network. The forum sought to increase attendees your knowledge about why physical activity is important for people over 60 years of age; what their physical activity needs are; and ways to increase physical activity opportunities for people over 60 years, particularly those who are disadvantaged and less likely to participate.
  - Staying Younger for Longer: Body - Cr. Seymour mentioned that the ABC, through its Catalyst program, has recently shown a couple of documentaries on ageing healthily. Interestingly, new research is suggesting that one's diet/keeping active is more influential than genetics. Here is the link: <https://www.abc.net.au/catalyst/>
  - Knox Community Chess Enthusiasts – Eddie mentioned that the program has now expanded to Rowville Library. It is being held on Fridays between 12.30 and 5.30pm. With additional resources required, Eddie has been encouraged to approach Council's Community Grants team to explore the potential to access additional funding.  
ACTION: Eddie to liaise with Linda Keenahan to then approach the Grants team.
  - Office of the Public Advocate – Evelin recently attended an information session on enduring powers of attorney, medical treatment decision making, guardianship and administration, and advance care planning. Evelin found the session to be quite good and would highly recommend to other KAAAC members.

**6.2 Voices of Over 55s: Challenging ageist stereotypes – Linda Keenahan**

The Bright Ideas Network has been developing a project to combat ageist stereotypes. 'Voices of Over 55s: Challenging ageist stereotypes' exhibition will take place at the Knox Community Arts Centre on Thursday 21 November 2019. The exhibition is an art-based project showcasing the portraits and a short film of Knox residents who are aged Over 55 showing their various skills and ways they contribute to the economy, their family, community and more. Linda is seeking participants for the exhibition – those interested are required to complete an expression of interest form by the end of August. All submissions will then be reviewed by a panel with successful applicants notified in September.

ACTION: KAAAC members to promote the exhibition, share the participant expression of interest form, and to also consider self-nominating/nominating another member.

**6.3 DHH&S Seniors Participant Program Grant - Engaging our older LGBTI community to facilitate safety, participation and inclusiveness – Judy Chalkley**

The State Government recently announced that Knox City Council, in partnership with Val's LGBTIQ Ageing and Aged Care, has been successful in obtaining funding to deliver the 'Engaging Our Older LGBTIQ Community to Facilitate Safety, Participation and Inclusiveness Project' from July 2019 to June 2021.

The Project will involve working with older people identifying as LGBTIQ. In particular, we will aim to work with older LGBTIQ people who are socially isolated, those who care for another person, those with limited or not technological communication skills where this reduces the ability to locate and access services, those with inadequate transport and/or unsafe environments, and those who have limited trusted formal or informal support networks. It is anticipated that this Project will include targeted LGBTI cultural awareness training to Council staff, co-designed and co-facilitated community education training at Libraries, Senior Citizen Centres and Seniors Groups and the establishment of a Knox Seniors LGBTIQ Allies and Friends Group.

**6.4 Life Stages Group Committee meeting – 19 November 2019 (TBC) – Judy Chalkley**

Judy advised that this Committee meeting – which follows on from last year's inaugural meeting – is scheduled to be held on 19 November. The meeting sees members from Council's Early Years, Youth, and Active Ageing, Advisory Committees come together to discuss the Key Life Stages Plan. Calendar invites will be sent out in September and KAAAC members are encouraged to attend.

## 7. Next meeting/s

**Knox Active Ageing Advisory Committee Meeting  
Wednesday 2 October 2019, 6.00 to 8.00pm**