

KNOX ACTIVE AGEING ADVISORY COMMITTEE

29 January 2020

Time: 6.00 to 7.55pm

Function Room 4

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, Rachel Bast, Sharon Buxton, Lynda Carroll, Rita Lang, Evelin Martin, Cr. Seymour, Judy Chalkley, Linda Keenahan, Liz Blair-West (minutes)

Apologies – Sonja Pedell, Bronwyn Stephen, Edmond Wong, Cr. Mortimore, Stuart Ireland

2. Conflict of Interest Declaration

None were declared.

3. Confirmation of Minutes of Previous Meeting

Moved by Lynda Carroll / Seconded by Evelin Martin

4. Items for Discussion

4.1 Group Reflection and Annual Report (30 minutes)

Presenter: Judy Chalkley, Manager Active Ageing & Disability Services, KCC AA&DS

- 2019 Attendance - we had 85% attendance to these meetings.
- 2019 Items for Discussion - My Aged Care, Hoarding and Squalor and the impact on older people, AADS Walking Football project, AADS Client Survey, AADS On Demand Bus Trial, Future Self and Design Living Lab, AADS Strategic Growth and Innovation Register, Older people and alcohol/drug use – EACH, Age Friendly Cities overview, The Voices of Over 55s project, Seniors Safety Register, Lifestages Advisory Group meeting.

What do we think worked well, what could we improve on, what could we change?

- Great meeting attendance, aligned with the Council Plan, increase of knowledge, complimentary feedback on Stuart with his communication and meeting setups (Sharon).
- Communication in general between Council and Community could be improved. Much discussion on this and it was agreed this could be improved by all parties (Lynda).
- Stamford Park – Stage 2 is behind schedule. AADS have submitted an EOI with the National Ageing Research Institute (NARI) for an ‘all abilities’ Playspace at Carrington Park. AADS have met with Leisure and Open Space from KCC.
- Cr Seymour asked the group how they were feeling and whether they felt they were being listened to and valued? All were grateful to see some actions being taken, solutions, and or being acknowledged and replied to.

Action: Judy/Stuart to email the group of the list and encouraged feedback.

4.2 Key Priorities for 2020: – (15 minutes)

Presenter: Judy Chalkley, Manager Active Ageing & Disability Services, KCC AA&DS

- Range of communications/speakers. **Action:** Judy/Stuart to brainstorm.
- Social isolation increase due to high-rise developments within Knox.
- Walking football - Catherine advised the numbers had slightly improved with 16 males and 5 females in the group today. It would be a good if there was a café that people could enjoy whilst waiting to play.
- Transition of ageing – a request was made to promote this idea to assist with people transitioning to retirement.
- Revisit our terminology and the use of language we are using in our brochures/flyers to avoid offending anyone. Lynda has participated in many community engagements and she shared most don't like the word ‘seniors’ and ‘people over 65’. Consider doing a survey to determine like/dislike of the language and people's perception. **Action:** Judy/Stuart.
- Age Friendly Cities - much discussion around where am I going to live when I can't maintain my property/garden and trying to avoid moving into a retirement village. We can't control demographics unless they have been labelled as a retirement village. Cr Seymour advised there are some developments in the Maroondah area (Market Forces) doing this and being advertised as living for the over 55's. **Action:** Judy/Stuart to explore/look at options.
- On Demand Bus - has been a little quieter in the current area (Boronia). Consider whether we continue or move this into a new area. Reviewing our stats and consider options. **Action:** Judy/Stuart to update the group when known.
- ‘A Guide to Disability & Aged Services in Knox’ published by KCC - Cr Seymour wants this edited to include processes/tips/resources in an emergency. With the recent fires people affected who did not have family and had pets opted to stay and defend their properties as it was too difficult to know where to go. Judy advised we do this for CHSP clients and we could add something in this booklet. Advertising for this could be done via rates notices and waste calendars. **Action:** Judy/Stuart, and to arrange for Andrew Marshall from Emergency Management to attend our next KAAAC meeting.
- Framework to support localized or specific groups that have difficulty forming or meeting, such as Asian seniors who are not yet Australian citizens. We need to consider small communities with language barriers and support them to secure venues to meet up. Rita suggested the use of churches. **Action:** Judy/Stuart.

- Climate change is having an impact on our community. Regardless of political preference the reality of extreme weather changes is having huge impacts on our infrastructure due to our soil drying out and cracks appearing. Cr Seymour is aiming to capture everybody's perspective. There was much chat on types of trees that have been planted in the Knox area.
- Think Tank – to be discussed at next meeting. **Action:** Stuart.

4.3 Age Friendly Cities Project Plan – (30 minutes)

Presenter: Judy Chalkley, Manager Active Ageing & Disability Services, KCC AA&DS
 This project plan has been signed off by our Director, Community Services and our CEO. Stuart is in the process of implementing the project plan and is seeking your input, feedback and suggestions. **Action:** All. It is expected that once community engagement and consultation commences, there will be additional actions included into our departmental business plan, not to mention the eventual development of an Age Friendly action plan aligned to our new Community and Council Plan **Action:** Stuart.

5. Business Arising from Previous Meeting (Actions)

- 5.1 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.**
 Complete – Edmond sent through an email in response to this and this was circulated to the group on Monday (3/2).
- 5.2 ACTION: Linda Keenahan to follow up and advise Committee members of possibilities (Pickleball – Is there the potential of it being offered in Knox? Cr. Seymour suggested the Rowville Community Centre or Carrington Park would be ideal venues).**
 Complete - A number of clubs have been approached to host Pickleball, including:
- Tennis Knox, which would be a good fit, given they have approached Council requesting help to increase memberships amongst over 55s.
 - U3A have been approached a couple of times and the current President is considering this as an option.
 - Victorian Badminton Veterans Association may consider offering this as part of the 2020 Knox Seniors Festival in October.
- 5.3 Carrington Park – Council has taken over managing this and all agreed they are doing a great job. U3A use this space and Judy met with Sharon and asked her to send through her wish list. Judy will utilise some Council funds with an emphasis on improving this space. The aim is to encourage other users and introduce new activities.**
- Carrington Seniors - Judy to utilize funds to update this area as well by enhancing the floor plan and making this area more appealing for those people to use this space. Catherine asked if the kitchen will be updated. Judy advised as part of any plans for development our facilities team will be involved and help advise the best fitout options. **Action:** Judy/ Stuart to follow up with Council's Leisure team and advise Sharon/ Catherine as to what usage options are available in the short term. **Action:** Judy/Stuart. Arrange for Nathan and Daniel (Council staff) to come to our next KAAAC meeting.

- 5.4** Basketball at Carrington Park – Ferntree Gully Falcons Basketball Club wants to offer an over 55s class combining exercise and basketball while having a fun approach to improve balance, flexibility, coordination, strength and reduce the risk of falling. The class would be suitable for those wanting to maintain independence and enhance their well-being. Its light paced and focuses on participants’ needs, cardiovascular exercise, and bone and muscle strengthening exercises - combined with elements of balance and core activation. The program will be available on Mondays and Thursdays at Carrington Park. **Action:** Rachel to advise KAAAC if program goes ahead and starting dates. **Update 29/1:** In progress - Rachel advised Falcons are still very keen. Rachel to email Sharon to discuss. **Action: Rachel.**

6. Other Business

- 6.1 Emerging issues from Committee Members** – round the room discussion

- Nil.

- 6.2 Prevention of Elder Abuse Project (OPERA) Launch** – Lynda Carroll

- Lynda presented on the launch of OPERA: Older People, Equity, Respect and Ageing.
- This initiative is funded by the State Government and is to foster communities that value and respect people of all ages by challenging some of the harmful beliefs and attitudes that can lead to ageist behaviour.
- For further information/details please refer to www.opera.ecllc.org.au.

- 6.3 Inner East Primary Care Partnership and Eastern Metropolitan Region Councils “Reframing Ageism” Campaign 2020** – Judy Chalkley

The seven LGAs in the Eastern Metropolitan Region of Melbourne (Boroondara, Knox, Manningham, Maroondah, Monash, Whitehorse and Yarra Ranges) will develop a coordinated, time limited communications campaign in 2020 that tackles ageism. These councils “are committed to a society where all people of all ages living in the EMR are valued and respected and their contributions are acknowledged” (Every Age Counts pledge). A regional approach will have a greater impact than individual councils developing stand-alone campaigns. The EMR is planning for internal communications in April/May, and external communications from June through to September. It is acknowledged that this is additional work for Councils with no additional time or resources.

Other updates:

- Cr Seymour discussed the recent [Australia Day Awards](#) and recognized inspiring Knox locals and the stories behind their Awards.
- Bridges are noticing a significant influx in people accepting and moving across to packages. Rita needs to consider what impact this will have on her business.
- Dementia - Cr Seymour asked Judy what we are doing in this space. Judy advised we have dabbled in this and would like to do more in this space but it is a resourcing matter at the moment. We are at capacity and have no funding.

Action: Judy to speak with Cr Seymour offline about this.

7. Next meeting/s

Knox Active Ageing Advisory Committee Meeting
Wednesday 1 April 2020, 6.00 to 8.00pm