

KNOX ACTIVE AGEING ADVISORY COMMITTEE

25 February 2021

Time: 7.00 to 9.00pm

Zoom meeting

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

Judy Chalkley; Linda Keenahan; Linda Black; Eddie Atacador; Lyn Maestri; Marylyn Beyer; Gary Cantwell; Rachel Bast; Russel Anbiah; Cr. Nicole Seymour; Cr.Meagan Baker; Jacqui Storey; Judith Mercieca

Apologies – Anne Sherrard, Jenny Martin;

2. Conflict of Interest Declaration

None were declared.

3. Confirmation of Minutes of Previous Meeting

Moved by Cr Nicole Seymour / Seconded by Judy Chalkley

4. Items for Discussion

4.1 Introductions (35 mins)

Facilitator: Jacqui Storey, Age-friendly Communities Project Officer

Key messages:

- Councillors and Council Officers are really excited about the caliber and diversity amongst the committee.
- Positive ageing and intergenerational lens is desired by the committee. Ageing is not divisive, it brings us together.

ACTION: Jacqui to circulate Zest 4 Life booklet to committee

4.2 Reflection from Annual Report and 2020 (20 mins)

Facilitators: Cr Nicole Seymour, KAAAC Chair

Key messages:

- Age-friendly cities will be an ongoing topic through this year.
- Collaborative engagement required for committee to be successful.
- Getting the right evidence/data to support the needs identified – will help to catalyse change in the area.
- The 2020 theme of the impact of covid likely to continue to be a major focus this year including; social isolation ongoing / social anxiety – diminished confidence and physical deterioration. Have seen some good examples arise such as the buddy model and other strategies for people to get back into community groups.

ACTION: Jacqui to circulate Age-friendly cities survey results and focus group summaries.

ACTION: Judy/Jacqui to circulate the community transport flyer to the committee.

4.3 Priorities for 2021 (20 mins)

Facilitators: Judy Chalkley, Manager Active Ageing & Disability Services, KCC AA&DS
Cr Nicole Seymour, KAAAC Chair

Key messages:

- Judy gave an overview of the Council CAS Business Plan which included;
 - Age-friendly cities, social connection and social isolation, social prescribing, looking/mapping what is being delivered in the area, Eastern Metropolitan Region collaboration on the Ageism campaign is moving forward – 8 councils already on board.
 - Council starting a program Housing Estates – starting with free coffee in coffee stands. Extremely socially isolated group, may be able to learn from this project.
- Ideas from the committee for 2021 priorities included;
 - Impact of COVID ongoing – elder abuse, social isolation, other pressures resulting from the pandemic, financial dynamics coming at the end of March when the Centrelink payments cease.
 - Looking at what else can service providers do to encourage older people to participate in community groups again. Messaging might be a key part to encouragement. How to build confidence again – multi-pronged approach.
 - Impact of vaccine and how this may assist with confidence building and participation.
 - Gary – emerging from lockdown, start to re-engage; isolation in general – finding the people in need.
 - Marylyn – communication to the people in isolation – how do we get them back there – can't just be through technology. Many community groups in Knox – but if you don't connect through technology or already a part of the group – then it's really hard to engage. Printed directory and the mobile coffee shop are good ideas that help to engage with older people.

- Linda – Looking at how we change the broad community's perception of over 55/60s – this means looking at reducing ageism at a community level.
- Nicole – looking at existing relationships to help older people engage such as: hairdressers, grocery stores, pharmacists, GPs. Using the existing touch points as social connection – could be used to disseminate social prescription. Empower hairdressers to enhance older people’s social connection – soft entry into a new group. Pilot soft entry points into further connection.
- Russel – hairdressers as good way to introduce better mental health practices such as meditation as well as social connection.
- Nicole – muscle atrophy is a big issue. Many people don’t realise that they have deteriorated over the lockdown period. Needs to be a push this year in getting people fit again.
- Nicole - partnerships could be explored further - with corporate organisations for sponsorship and support.
- Gary – there’s a lot of social support, connection and physical activity opportunities already available in the community but people don’t know about it. Community organisations aren’t advertising opportunities very well.
- Megan – leveraging community newspapers to let people know about ways to get physically active.
- Eddie – shopping centres and grocery stores are a good way to connect and disseminate information. We could observe the more popular places for older people to buy groceries as a starting point for engaging with them.

ACTION: Jacqui/Judy consider invitation to Michelle Penney to one of the next meetings to give an update about Housing project.

ACTION: Jacqui/Judy circulate Department of Health vaccine information packs in different languages – consider sending this around to council clients.

<https://cloud.loteagency.com.au/doh-vaccine-resources>

ACTION: Judy to circulate story about 93 year old woman who was a Mayor in later life and transitioning into next life stage – rather than retirement .

ACTION: Jacqui to create library/storage of articles/information relevant to the committee. Explore ways people can access.

5. Other Business

- 5.1** Meeting structure will be via zoom until further notice. Once face to face allowed could consider hybrid meetings or other considerations like avoiding coming in during Winter months due to the cold and dark.

6. Business Arising from Previous Meeting (Actions)

- 6.1** No business arising.

7. Other Business

- 7.1** Zest 4 Life events coming up – booklet to be circulated.
- 7.2** Free public transport available to older people in March – flyer to be circulated.

8. Next meeting/s

**Knox Active Ageing Advisory Committee Meeting
Wednesday 8 April, 2021; 7pm-8.30pm.**