

KNOX ACTIVE AGEING ADVISORY COMMITTEE

3 June 2021

Time: 7.00 to 9.22pm

Meeting held via Zoom

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

Russel Anbiah; Eddie Atacador; Rachel Bast, Marilyn Beyer; Linda Black; Gary Cantwell; Lyn Maestri; Judith Mercieca; Anne Sherrard; Cr. Nicole Seymour; Cr. Meagan Baker; Judy Chalkley; Kylie Johnson; Linda Keenahan.

2. Conflict of Interest Declaration

- No conflict declared

3. Confirmation of Minutes of Previous Meeting

- Moved by Linda Black, Seconded by Anne Sherrard

4. Items for Discussion

4.1 Development of the Community and Council Plans

Facilitator: Kathryn Holland, Corporate Planning Lead, Strategy and Business Intelligence, KCC

Kathryn provided an overview of the engagement undertaken to develop the new Community and Council Plans framework and sought feedback from the Committee on the draft key directions and strategies.

Key summary points:

- Two plans within this cycle: 10 year Community Plan and 4 year Council Plan
- Engaged 4,500 people in Knox over the past 18 months to help create the Plans
- Community responses formed the five key directions to achieve our vision
- More specific Council Plan initiatives and actions will form another layer underneath the strategies and will be shared with the Committee when drafted.

Key Direction: Opportunity and Innovation

Committee member feedback:

- Linda B asked if Council is considering adopting the Doughnut Economics approach from the Regen Melbourne model (www.regen.melbourne/) to work holistically across economic, ecological and social systems.
 - Cr Seymour advised the City Futures Team believe there is some merit to this model.

ACTION: Kathryn to follow up where this could embed in our Community and Council Plans.

- Anne: Council and U3A working together on the Parkhills site re-development. This is very much focused on skills development and lifelong learning.

Key Direction: Neighbourhoods, Housing and Infrastructure

Committee member feedback:

- Linda B asked if consideration has been given to diverse housing for older people choosing to downsize as there are very few two bedroom units in Knox. Can Council advocate to state government?
 - Cr Seymour acknowledged the need for a greater mix of housing and advised Council has a housing strategy and various housing zones but doesn't have the mechanisms to be prescriptive to developers. It was suggested that actions for the Committee could be around advocacy.
 - Gary commented on the planning phase being an opportunity to change the rules around processes/scope for developers.
 - Marilyn commented that the state government encourages density and people power can change Victorian legislation. Our planning should consider locating new infrastructure close to existing transport for accessibility.

Key Direction: Natural Environment and Sustainability

Committee member feedback:

- Marilyn commented that the terminology in the strategy: *"Preserve and enhance our biodiversity, waterways and urban landscape"* could be stronger.

Key Direction: Connection, Wellbeing and Resilience

Committee member feedback:

- Linda B commented that the Indigenous community, and evidence of their culture/traditions/connection to land, is very visible in Knox. That she would like opportunities to learn about their culture in Knox.
 - Judy discussed the appointment of Adrian Greenwood, as the new Community Development Officer - Access and Equity, in Council. Part of Adrian's role is focused on community education to improve understanding of First Nations people and their values, beliefs and norms.
 - Cr Baker and other Councillors attended an engaging and informative session facilitated by Adrian this week.

ACTION: Cr Baker to check if video shown at the session can be shared with the Committee, and to advise Judy/Kylie, for further sharing with the Committee.

ACTION: Judy to invite Adrian to attend the next KAAAC meeting to talk about his role.

ACTION: Kylie to inform the Committee of any opportunities to participate in ceremonies/ other activities (e.g. the recently held National Sorry Day)

- Linda K commented that subtle activities do take place in the community such as the bus outing to Peppermint Ridge Farm's bush food nursery and the Blind Creek Trail indigenous plants.
- Russel commented that we need to remember that Knox is made up of many different cultures.
- Kathryn advised that Council will apply a diversity lens to our planning work and ensure a multi-cultural approach to our initiatives and actions.

Key Direction: Civic Engagement and Integrity

- No Committee member feedback.

General Committee member feedback:

- Russel commented on the good diversity of the key directions. He would like to see tangible KPIs/benchmarking across Council for what is going to be achieved.
 - Kathryn advised Council is taking an outcome measures approach rather than measuring outputs – this decision is based on research gathered from across Victoria. Progress will be tracked against these measures. An annual report will be produced to outline initiatives and achievements for accountability.
- Marilyn commented that the language used may not be understood/interpreted by culturally diverse community members and Russel concurred on the readability.
 - Kathryn: the aim is to make the Plans as plain English as possible and will include stories/infographics to help tell the story.
- Kathryn advised that the next step is to further develop the plans and drafts and go back to stakeholders and partners again for feedback. Members were encouraged to provide any additional feedback via the 'Have Your Say' Council website.

4.2 Seniors Exercise Parks/Carrington Park

Facilitators: Prof. Pazit Levinger, Senior Researcher, National Ageing Research Institute
Ellie Thompson, Occupational Therapist, Community Access & Support, KCC

Pazit provided an overview of NARI's work over the past eight years including their mission to improve lives of older Australians, the focus on age-friendly sites for physical/social activities, and developing a research base around the health benefits of exercise parks (i.e. reduced loneliness, increased health and wellbeing).

Key summary points:

- NARI has partnered with a number of Councils to deliver five exercise parks in Victoria
- NARI work closely with various divisions within Council to coordinate this, including Advisory Committees. This engagement process typically takes 18 months.
- The capacity building and training of 'Champions' is included in the project cycle. These champions can guide and support others to use the equipment safely.
- The ENJOY MAP for HEALTH is used to evaluate the impact and use of the parks.

Ellie provided an overview of the Carrington Park project. This is currently at Stage 1, and Council is preparing to order the exercise park equipment.

- Q&A responses (Judy):
 - Equipment purchase costs (including shading) will be covered using Amaroo funds (acquired from the previous sale of residential facilities and required to be used for projects/infrastructure for the benefit of older persons)
 - It takes 12 weeks for the equipment to be ready for installation. Installation to commence in November and be completed by January.
 - CA&S Team are looking at increasing accessibility for older people through use of the Community Transport program.
 - Council will also explore another two to three activity sites in the future, if Carrington Park proves to be a success. We will need to work with other Council teams to find the best sites with access to electricity/parking/toilets. We may consider a site that is dementia-friendly based on results from research currently being undertaken by NARI.
- General Committee member feedback and comments:
 - Gary visited the Ivanhoe Seniors Exercise Park opening and thought it was fantastic. Great instructions on the equipment.
 - Cr Seymour wonders if there is an opportunity to consider street furniture (e.g. chairs, tables, outdoor chess) to extend the time spent at the park, and to consider equipment design for people with early onset dementia or a sight/hearing impairment (e.g. colours, font size).

ACTION: Judy to follow up with Helen Agius, Project Manager, Engineering & Infrastructure, KCC, to determine what is possible within available budget.

- Cr Baker shared feedback from the Channel 9 news clip (circulated prior to meeting) of the positive benefits of having a children's park near to a seniors park for those with care responsibilities.

- Ellie advised that a consideration for Carrington Park was the creation of an intergenerational space to support child and older person interactions.
- Committee members were encouraged to softly promote the Seniors Exercise Park at Carrington Park through their groups and networks now. Promotional materials and resources for further use will be shared with Committee members in the coming months.
- An official launch of Carrington Park will be held. Council will explore what type of launch is possible and appropriate over the coming months.

4.3 Community Safety

Facilitator: Judy Chalkley, Manager Community Access & Support, KCC

Judy provided a brief overview of recent Council survey data relating to how older people feel about safety in Knox/in their homes. Respondents generally felt more unsafe after dark and 48 respondents thought increased home security would help make them feel safer.

- CA&S team offered an extension of the CHSP Home Maintenance service in response to the 2020 AA&DS Client survey data. A total of 163 clients took up the offer to have security items installed at a subsidised rate (e.g. peepholes, loud chime doorbells, motion sensor lights).
- CA&S Team were recently successful in securing grant funds to reinvest back into security safeguards for older people. A related action will be included in the draft Key Life Stages Plan 2021-2025.
- Council is exploring how we can deliver more through the Occupational Therapy program to increase older person perceptions of safety in the home and community, along with partnering with emergency management agencies to improve emergency preparedness.
- Council's Community Access and Equity Plan 2018-2022 is nearing its end. The community safety commitments that are continuing to focus on include working with minority/vulnerable populations, increasing accessibility through transport/open spaces/Council facilities, and progressing the mobility implementation plan.
- Council is seeking early suggestions from Committee members as to what future safety initiatives and actions should be included in the next plan:
 - Linda B – Increased presence of Victorian Police 'cops on the beat'
 - Cr Seymour – Research/enquire about places that people feel the least safe in the community.
 - Look at 'soft' entry points for people to reach out for support other than Police (e.g. Public Health Networks, GPs).
 - Consider bus stops/road crossings/public toilets use/design.
 - Marilyn – things that work well include visible security cameras at and around train stations along with 'walk-arounds' with Council Officers/Police to identify issues to be addressed in suburbs (e.g. bushes cut back, lights not working in carparks).

ACTION: Judy to discuss feedback with the Community Wellbeing Team and ask them to present to this group in future when the draft plan is available.

5. Business Arising from Previous Meeting

- 5.1 Update on actions from previous meeting have been communicated in the agenda and read by the Committee.
- 5.2 No other business arising from previous meeting.

6. Other Business

6.1 Housing Showcase

Facilitator: Linda Keenahan, Program Lead Inclusive Communities, Community Access & Support, KCC

Linda K provided a brief overview of the Housing Showcase to be held on 15 July, 2021.

Key summary points:

- Housing was identified as a topic of interest by the Bright Ideas Network in 2019, with further community data and insights gleaned through the Age Friendly Knox survey in 2020.
- The network feels there is a need to showcase the different living options in Knox for people aged over 55.
- The Showcase aims to inform and support the decision-making process for older people who are considering down-sizing, moving into a retirement village, living with family, modifying their current home or exploring other innovations.
- The Showcase program includes presentations on topics including current housing options/statistics in Knox, innovations (e.g. co-housing), setting boundaries (e.g. shared living), retirement village considerations, financial considerations, home modifications, downsizing/decluttering.
- Committee members are invited to get involved in the event via participation in the Vox Pop short video of interviews, helping to spread the word, and coming along to the event.

6.2 Future Meetings

ACTION: Committee members to advise Kylie if they feel the meeting agenda was too full and if the meeting tonight was too long, so the planned agenda for the next two meetings can be reviewed to allow time for more discussion.

7. Next meeting

Knox Active Ageing Advisory Committee Meeting

Thursday 5 August 2021, 6.00pm to 7.30pm if held in person or 7.00pm to 8.30pm via Zoom

ACTION: Kylie to update committee if face-to-face meeting is possible prior to next meeting.