

# Knox Bright Ideas Network

Tuesday, 1 April 2025- 1.30pm – 3pm

Knox City Council – 511 Burwood Hwy, Wantirna South

*We are the voice of Over 55s in Knox. We work on events, projects and issues that are important.*

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*We acknowledge that we are on the traditional land of the Wurundjeri and Bunurong people of the Kulin Nation and pay our respects to elders past and present.*

**Attendees:** Names withheld

**Apologies:** Names withheld

The purpose of the meeting was outlined as a workshop to discuss the current project status and the development of the Over 55 Information Pack, Edition 1. We propose to have around 20 -24 pages of content ready for distribution For Seniors Festival in October.

## Project Overview

An overview of the project, including the objectives, target audience (individuals aged 55 and above), and the key goals for the first edition of the Information Pack. The Pack will aim to provide essential information on health services, community programs, transport options, and support services tailored to the needs of people over 55. The main information was provided for review by the attendees.

### 1. Retirement and Aging Concerns

- Discussed emotional aspects of retirement, including fear and uncertainty around ageing.
- Emphasized need for support resources and peer engagement.

### 2. Online Engagement and Content Navigation

- Proposed development of an online interest form to help users find relevant content.
- Need for clear, easy-to-use digital interfaces.

### 3. Senior Discounts and Engagement

- Suggestions to better communicate available senior discounts.
- Strategies to improve male participation in programs discussed.

### 4. Independent Living Support

- Identified need for guidance on tasks individuals face when living alone.
- Discussed local resources and contact points for assistance.

### 5. Community Radio Involvement

- Explored opportunity to promote programs via local community radio.
- Discussed the costs and benefits of joining local broadcasting organisations.

### 6. Driving and Licensing

- Concerns raised over license renewal and updated road rules for seniors.
- Proposed checklist and educational materials to help evaluate driving fitness.
- Alternatives and support options for those who can no longer drive.

### 7. Directories and Communication

- Need for updated local directories including businesses and services (e.g., Knox).
- Mentioned newsletters: *Keep Ideas*, *Bright Ideas*.
- Emphasis on simple URLs and service descriptions.

## 8. Assistive Technology and Programs

- Support for independence through assistive devices (e.g., personal alarms).
- Promotion of unit-based education programs for older adults.

## 9. Dementia Awareness

- Community education suggested for public understanding of dementia.
- Ideas for dementia-friendly locations (shops, clubs, fitness centers).

## 10. Volunteer Opportunities

- Proposed a volunteer register and activities such as:
- Dog walking, bridge clubs
- Pet program
- Aged Care Specialist Officer (Centrelink)
- Ensured volunteer insurance coverage is considered.

## 11. Library and Community Resources

- Highlighted local library offerings and events.
- Discussion on improving digital literacy and scam awareness.

## 12. Meals and Social Connection

- Expansion of Meals on Wheels and wellbeing check-ins.
- Technologies like fall alerts (Garmin/Apple) were mentioned.

## 13. Transport Accessibility

- Raised issues regarding reliability, accessibility, and coverage of public transport.
- Importance of insurance for volunteer drivers discussed.

## 14. Social and Mental Health Programs

- Emphasis on informal social meetups (e.g., coffee chats).
- Mental health resources must be accessible and affordable.

## 15. Community Groups and Learning

- Mentioned organizations: U3A, Rotary, KES, Probus, Lions.
- Suggested promoting productive retirement and ongoing relevance.

## 16. Financial and Legal Services

- Need for public education around:
- Wills, POA (Power of Attorney), Medical POA
- Banking options (e.g., ATMs, community banks)
- Planning tools like NBN guidance and organ donation

## Action Items:

Task	Due Date
Information to be added to <a href="https://forms.office.com/r/0nKZp2NTAd?origin=lprLink">https://forms.office.com/r/0nKZp2NTAd?origin=lprLink</a>	Thursday, 8 May 2025
Template for booklet	Friday, 6 June 2025
Design and review	Wednesday, 16 June 2025

## 2025 Proposed Workshops

Date	Venue
Tuesday, 1 April	Knox City Council – Eastgate North Building
Thursday, 8 May	Knox Library Westfield
Tuesday, 17 June	Knox City Council – Eastgate North Building
Wednesday, 30 July	Miller’s Homestead, Dorrigo Dr & Melrose Crt, Boronia
Thursday, 11 September	Knox City Council Civic Centre – Room 2
Thursday, 20 November	TBA