

Waikerie Ageing Well Strategy 2020 – 2023

March 2020

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Mayors Foreword

In Waikerie, we value residents of all ages and particularly recognise the important contributions that people over 65 make to the vibrancy of our community.

The ageing of our population is likely to involve many aspects of our individual and community life. Our ageing population presents a great opportunity – both to ensure they are well supported through a range of local services and programs, and also to involve them throughout our community life by harnessing their skills and experience.

Waikerie is well-placed to make the most of these opportunities; as well as address the challenges that may arise. In order to do so, businesses, individuals, community organisations and all levels of government will need to play a role.

The Waikerie Ageing Well Strategy provides a foundation for the creation of an age-friendly Waikerie.

In preparing the strategy we focussed on the eight domains of life identified by the World Health Organisation (WHO) as being vital to the development and sustainability of an age-friendly community.

A growing number of cities and communities are striving to better meet the needs of their older residents. The WHO has established a Global Network for age-friendly Cities and Communities to foster the exchange of experience and mutual learning between cities and communities across the world.

It is our intent that with the development of this Ageing Well Strategy, Waikerie will become a partner in this global network.

Waikerie's Ageing Well Strategy sets out the strategic direction for Council in meeting the needs of older residents. The strategy has been developed with input from older residents, their families, community groups and service providers. It will provide a clear direction to guide future services and priorities for Council.

By ensuring the right social and physical environments exist for older residents, ageing can be redefined, and re-imagined as a time of great opportunity.

The Waikerie Ageing Well Strategy is the District Council of Loxton Waikerie's commitment to creating a community in Waikerie where opportunities and choices are in place for older people to be well supported, included and valued.

Leon Stasinowsky
Mayor of District Council of Loxton Waikerie

Strategic Context

The Longevity Revolution

Life expectancy at birth in developed countries is longer than at any time in history and more than double what it was for the millennia before the 1800's.

“Gains in life expectancy have come from reducing mortality among those over 65”

Professor James Vaupel – Founding Director of the Max Planck Institute for Demographic Research - Germany.

According to Vaupel this has occurred both because people were reaching that age in a healthier state than their ancestors and as a result of public health and medical progress in the fight against certain diseases likely to affect this group, such as cardiovascular disease and cancer (The Economist for Swiss Life Group, March 2016).

This marked change in life expectancy, particularly in developing countries has been termed the longevity revolution.

Our society needs to be able to adapt to this phenomenon, to ensure that as people age, they can continue to participate actively in society and lead safe, healthy and fulfilling lives.

Active Ageing

Active Ageing is the process of optimising opportunities for health, participation and security in order to enhance quality of life as people age.”

Active ageing applies to both individuals and population groups. It allows people to realise their potential for physical, social, and mental well-being throughout their life course and to participate in society according to their needs, desires and capacities, while providing them with adequate protection, security and care when they require assistance.

The word ‘active’ refers to continuing participation in social, economic, cultural, spiritual and civic affairs, not just the ability to be physically active or participate in the labour force. Older people who retire from work and those who are ill or live with disabilities can remain active contributors to their families, peers, communities and nations. Active ageing aims to extend healthy life expectancy and quality of life for all people as they age.

“Health’ refers to physical, mental and social wellbeing. Thus, in an active ageing framework, policies and programmes that promote mental health and social connections are as important as those that improve physical health status

World Health Organisation – Active Ageing – A Policy Framework, April 2002

Age-Friendly Cities and Communities

Age – friendly environments foster healthy and active ageing. They enable older people to: age safely in a place that is right for them; be free from poverty; continue to develop personally; and to contribute to their communities while retaining autonomy, health and dignity. Because older people know best what they need, they are at the centre of any effort to create a more age friendly world.

<https://extranet.who.int/agefriendlyworld/about-us/>

The WHO Global Network for Age-friendly Cities and Communities is a global community that is working in partnership towards a vision of an age friendly world. Age-friendly world creates a place for cities and communities to share what they know and learn from others.

The WHO Age-friendly Cities framework proposes eight interconnected domains that can help to identify and address barriers to the well-being and participation of older people. These domains provide the framework for the goals and objectives outlined in this Strategy.

Need for an Ageing Well Strategy in Waikerie

Australia's population continues to grow steadily, fuelled largely by overseas migration.

However, Australia's median age continues to rise, as the baby boomer generation moves into their retirement years.

Regional Australia is typically ageing more rapidly than metropolitan areas, as regional areas tend to attract less (on average) overseas migrants than metropolitan areas.

As most overseas migrants tend to be comparatively young, (usually between 20-35) this has slowed the ageing of metropolitan cities and suburbs as compared to many regional or rural areas.

In the case of Waikerie, population growth has been slow but steady, based largely on a small amount of external (overseas) net migration and also internal (people from other states and areas) migration.

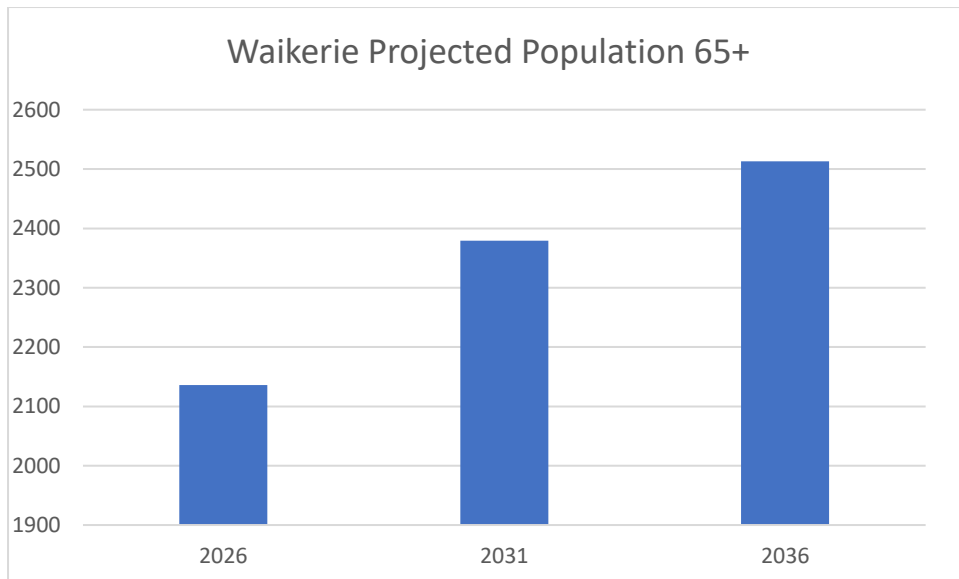
As many of Waikerie's residents are in the "baby boomer" age group, Waikerie's ageing is more rapid than surrounding areas, including regional SA.

While Regional SA's median age in 2016 was 45 years, Waikerie's was 48 years. Waikerie has also showed more rapidly ageing trends, the median age rising 3 years (from 45 to 48) in just one Census period, between 2011 and 2016, while regional SA aged just one year in the same period (from 44 to 45).

As life expectancy continues to rise, more and more of Australia's population, in real and percentage terms, are aged over 65 years.

In 2016, 15.8% of Australia's population was aged over 65, while 23.4% of Waikerie's population was aged over 65.

In the case of Waikerie, in 2016 this represented a total of 1545 people.



Population Projections for South Australian Statistical Local Areas, 2016-36, December 2019 release, © Department of Planning, Transport and Infrastructure, Government of South Australia, 2019

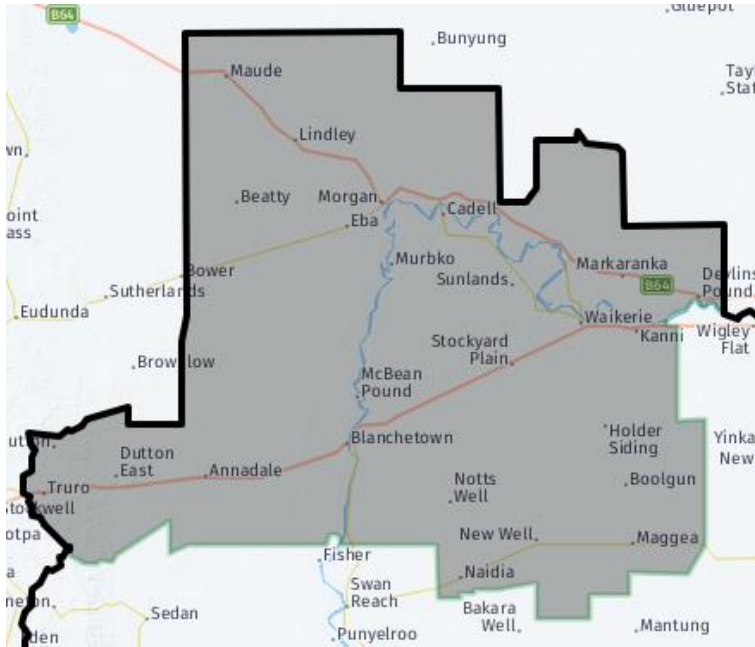
The chart above shows that the population projections for people over 65 in Waikerie are rising rapidly in the coming years.

Accordingly, it is critical that this increasing aged population in Waikerie is well catered for – in terms of services, facilities, activities and programs to ensure they can continue to age “well” and enjoy life.

Demographic Profile of Waikerie

The Waikerie SA2 region

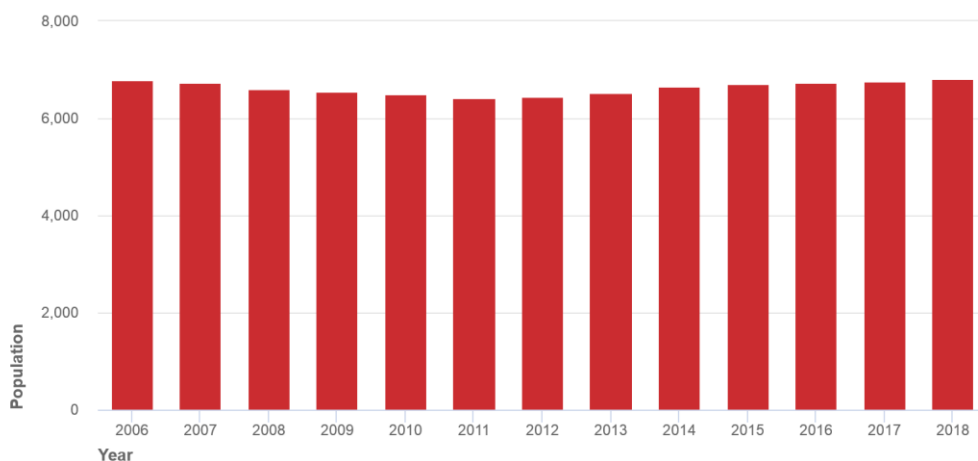
The Waikerie SA2 region (Statistical Area 2 – Australian Bureau of Statistics geography description) extends from Truro in the west to Devlins Pound in the east.



Population growth

Waikerie’s population has grown by 342 since 2011. (2018 ERP – Estimated Resident Population)

Estimated Resident Population
Waikerie SA2



Source: Australian Bureau of Statistics, Regional Population Growth, Australia (3218.0). Compiled and presented by .id the population experts



Components of population growth



2017 – Waikerie SA2		2018 – Waikerie SA2	
Natural increase	-24	Natural increase	-15
Migration from other Areas in Australia	+19	Migration from other Areas in Australia	+44
Net migration from overseas	+28	Net migration from overseas	+25

While the population has been growing, it is due to migration from other areas and net migration from overseas. The Waikerie natural increase (which is essentially Births minus Deaths – is not sufficient to deliver population growth alone. This is due to an insufficient birth rate to keep pace with deaths. The migration of many younger people from Waikerie to other areas contributes to this characteristic as it reduces the potential number of young families.

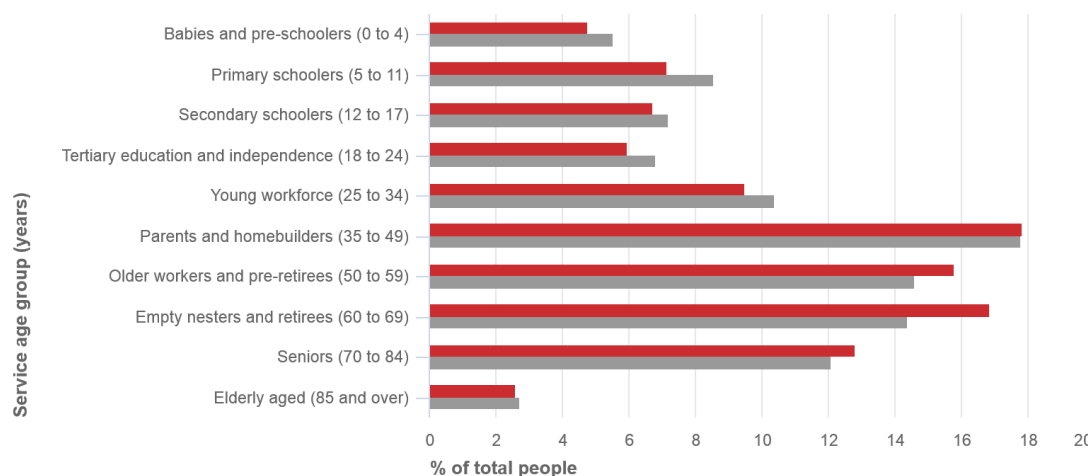
Ageing

As can be seen from the following chart, Waikerie has a larger proportion of 50+ age groups in its population age profile, as compared to regional SA. (and a smaller percentage of under 35's)

Age structure - service age groups, 2016

Total persons

■ Waikerie SA2 ■ Regional SA



Source: Australian Bureau of Statistics, Census of Population and Housing, 2016 (Usual residence data). Compiled and presented in profile.id by .id, the population experts.

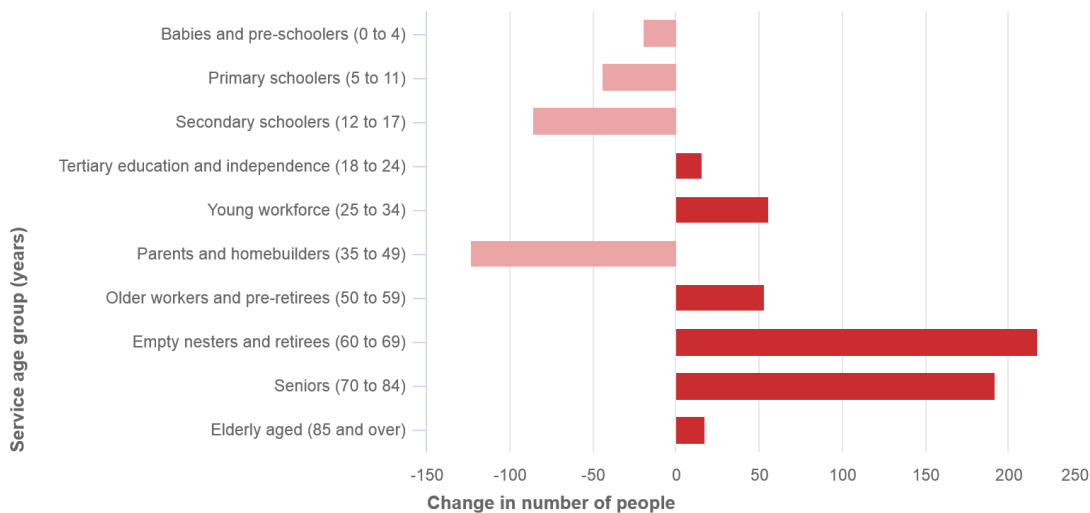
.id the population experts

This results in the median age for Waikerie being older – in 2016 Waikerie’s median age was 48, while regional SA’s was 45. (By comparison, the median age for the whole council region, Loxton Waikerie, was 46). The median age is also increasing quite rapidly, increasing from 45 in 2011 to 48 in 2016.

The following charts show why this rapid increase in media age is occurring. The 60-69 and 70-84 years age cohorts showed the highest growth of all cohorts in the 2011-2016 time frame, in both real and percentage terms.

Change in age structure - service age groups, 2011 to 2016

Waikerie SA2 - Total persons

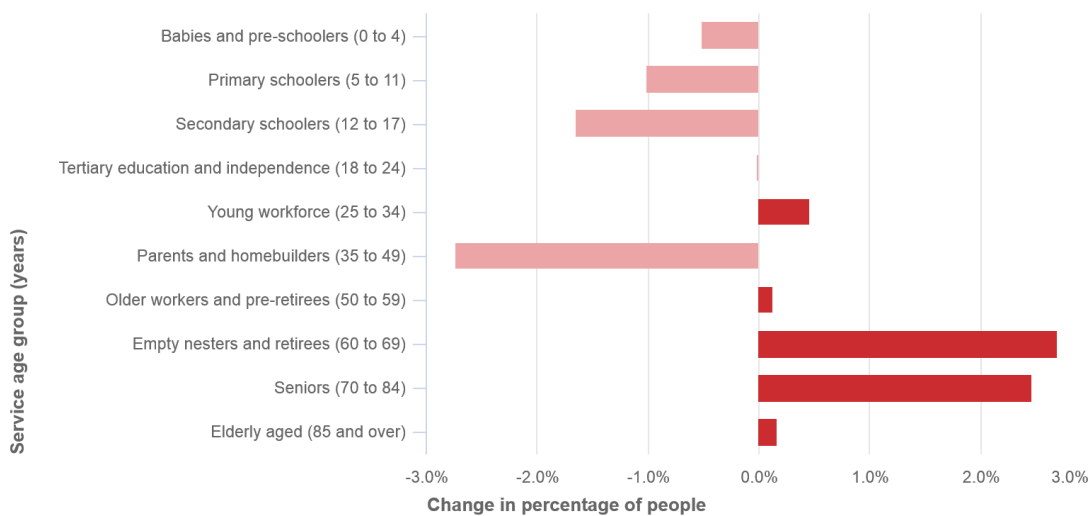


Source: Australian Bureau of Statistics, Census of Population and Housing, 2011 and 2016 (Usual residence data). Compiled and presented in profile.id by .id, the population experts.



Change in age structure - service age groups, 2011 to 2016

Waikerie SA2 - Total persons



Source: Australian Bureau of Statistics, Census of Population and Housing, 2011 and 2016 (Usual residence data). Compiled and presented in profile.id by .id, the population experts.



In 2016, 1545 people living in Waikerie were aged 65 or older.

Projected population (from Population Projections for South Australian Statistical Local Areas, 2016-36, December 2019 release, © Department of Planning, Transport and Infrastructure, Government of South Australia, 2019) forecasts this age group to continue to grow rapidly.

Year	Projected number of persons aged 65 or over
2016	1545 (actual)
2021	1871
2026	2136
2031	2379
2036	2513

Summary

- Slowly growing population
- Reliant on net migration for growth
- Higher median age than comparison areas (Broader council region and Regional South Australia)
- More rapidly ageing population than Regional SA or Australia

The full demographic analysis including other characteristics can be found in the **Waikerie Ageing Well Strategy Demographic Profile and Community and Engagement Summary – November 2019**.

Demographic characteristics of Waikerie SA2 can be found online at <https://profile.id.com.au/rda-murraylands-riverland/about?WebID=200&BMID=20&EndYear=2011&DataType=UR>

How the Plan was Developed

Overview

In 2016, in consultation with the local community, Council developed the Waikerie Prosperity Strategy to 'Position Waikerie as the 'go to' town for business investment, tourism and new residents'.

One of the six key areas in the Waikerie Prosperity Strategy was to 'recognise and capture the opportunities of an ageing population'.

A key action arising from the Waikerie Prosperity Strategy was to develop a Waikerie Ageing Well Strategy.

In addition to taking direct action on recognising and capturing the opportunities of an ageing population, an Ageing Well Strategy would help to deliver on all of the other key areas. It would focus on the goal of the Waikerie Prosperity Strategy: 'A prosperous community that has strong social bonds, is inclusive of diversity, welcomes new residents, and engages in activities that promote health and wellbeing'.

The Strategy is based on the values, principles and definitions developed by the WHO to help places become age-friendly Cities and Communities.

Community Engagement

It was vitally important that the Strategy was developed in partnership **with** the older people who live in Waikerie and surrounds, **and not for** them.

A comprehensive engagement process was undertaken in late 2019 to seek community and stakeholder input into the development of the Strategy. Over 150 people provided valuable feedback, insight and suggestions regarding what an age-friendly community would look like for them.

Information about the opportunities for engagement was disseminated widely to community members and stakeholders using a variety of different means including newspaper advertisements, social media, website, flyers in council and community buildings and email.

The engagement process included three Community and Stakeholder workshops, distribution of an online and hard copy survey, interviews with key stakeholders and written submissions. Throughout the process we received 20 expressions of interest for participation in the proposed Waikerie Ageing Well Advisory Committee.

The survey and workshops were designed to gain feedback and insight regarding the eight WHO age-friendly Domains for Waikerie. In particular participants were asked to consider:

- What was important to them
- What was working well
- Where does there need to be improvement
- What are the opportunities

Key Findings Snapshot

In general, the participants in the engagement process told us that they were happy living in Waikerie. There were strong social connections amongst people in the community and lots of opportunities to volunteer and participate in activities through the various clubs, groups and associations in the town. People generally felt safe living in Waikerie and enjoyed visiting the beautiful open spaces, in particular the parks and gardens at the riverfront area.

There were three primary areas of concern for older people in Waikerie: access to and affordability of transport to attend social activities and medical/health appointments (now and into the future, when they may no longer be able to drive); access to and affordability of medical/health services; and, availability of local residential care places when they could no longer live independently. The latter concern was particularly heightened with the recent loss of ten high care nursing home beds from the town.

Other key areas for improvement that were mentioned included greater diversity of housing options for older people, more intergenerational and cross-cultural activities, being more inclusive and welcoming to new residents, better footpath accessibility and maintenance, installation of more resting places in the town and increased access to the Swimming Pool during the day and across the cooler months.

The engagement process also highlighted an important role for the Council to provide regular and up to date information to the community about services available in the town, events and activities, volunteering opportunities, transport options, in home support services and other key information that will support them to age well.

Detailed findings from the community engagement process are available in the **Waikerie Ageing Well Strategy Demographic Profile and Community and Engagement Summary – November 2019**.

Vision and Principles

Vision

“Waikerie is recognised as an ideal place to grow old, where people of all ages can lead fulfilling, healthy and active lives within a welcoming, inclusive, safe and supportive environment.”

Guiding Principles

The implementation of the Waikerie Ageing Well Strategy will be guided by the following principles:

Inclusive

We will support and encourage a culture of diversity and inclusion where everyone has the opportunity to participate and be engaged in community life.

Intergenerational

We will support and encourage intergenerational connections to promote respect and tolerance and foster the enrichment of community life.

Innovative

We will develop and support innovative programs and solutions that will enhance the quality of life of older persons in Waikerie.

Collaborative

We will collaborate with community organisation's, agencies, businesses, clubs and associations and learning institutions to foster an age friendly community in Waikerie.

Whole of Life

We recognise that strategies that enhance the quality of life of older people will also benefit those at all other stages of their life.

Focused

We will focus on strategies that will have real impact and take ongoing action to support and develop an age friendly community in Waikerie.

Alliance Model

A partnership approach with both the community and key health and support service providers is essential to the success of the Strategy.

As a priority the Council will focus on the establishment of the Waikerie Ageing Well Advisory Group – to be made up of interested community members. The Advisory Group will be an informal group that will report through to the Waikerie Delivers Committee.

The role of the Advisory Group will encompass:

- assisting in the development of the Ageing Well Strategy by reviewing community feedback when the draft Plan goes out for consultation
- providing input into the prioritisation of actions within the Strategy for each budget cycle
- Assisting in implementation of some actions/project
- Promoting and championing the Strategy within the community
- Providing ongoing feedback to Waikerie Delivers and the Council on the implementation of the Strategy

Domains

The goals of the Waikerie Aging Well Strategy address the eight domains identified by the WHO as being essential to the development of an age-friendly city.

The following section of the Strategy provides an overview of each domain including community feedback, the goal and corresponding objectives. These domains are interconnected and in many cases objectives and actions will address more than one goal or domain.

Within each domain a high priority action has been identified that will provide an initial focus for Council efforts and resources.

Outdoor Spaces and Buildings

The external environment has a major impact on the mobility, independence and quality of life of older persons as they go about their daily lives beyond the comfort of their homes. A clean city with well-maintained recreation areas, ample rest areas, well developed and safe pedestrian and building infrastructure, and a secure environment provides an ideal living environment where older persons can comfortably age in place.

Community Feedback

Positives

- *Provide attractive green outdoor spaces such as the Waikerie Riverfront*
- *Provide quality playgrounds and areas for recreational and sporting activities*

Areas for improvement

- *Footpath quality - levels and kerbing*
- *Safer options for crossing busy roads*
- *Not enough resting points along walkways*
- *Maintenance and hygiene of public toilets*
- *Accessibility of public buildings and businesses*

What you told us was important

- *Good mobility and accessibility*
- *Adequate parking*
- *Good lighting*
- *Smooth footpaths*

Goal

Waikerie has well maintained, attractive, safe and accessible outdoor spaces, buildings and pedestrian/mobility device infrastructure.

Objectives

- Footpaths are safe and accessible for all members of the community
- There are safe pedestrian crossing points on all busy roads
- There are adequate resting places for people walking within the town
- Waikerie has attractive and well-maintained outdoor spaces that facilitate social interaction and support active lifestyles
- All community and public buildings are well maintained and accessible

High Priority Action

A council information directory providing details on the community and recreational facilities/areas in Waikerie is developed and distributed to residents

Transportation

Easy access to affordable transport options is key to ensuring a city's elderly population is able to age actively, remain engaged with their community, access health and medical services and participate in recreational and social activities. For residents of rural towns such as Waikerie (and their surrounds) access to public transport is both more limited and more expensive than for city dwellers. As such there is a greater imperative for seniors to retain the ability to drive (even in a limited capacity) for as long as possible.

Community Feedback

Positives

- *Hospital Community Car*
- *Bus Transport to Adelaide and Berri*
- *Community Bus*

Areas for improvement

- *General access to public transport*
- *Affordability of Bus to Adelaide and Berri*
- *Availability of Community Car (limited)*
- *Availability of Community Bus (limited to charters for group outings)*
- *Bus to Berri is only once a week and there is a short 'window' for appointments*
- *Access and affordability of local taxi service (limited)*

What you told us was important

- *To be able to go where you need to go, when you need to go, e.g.*
 - *Access to health services*
 - *Social engagement opportunities/volunteer work/Community*
 - *Shopping*
- *Not to be reliant on a driver's licence*

Goal

Waikerie has affordable and accessible transport options so that residents can travel easily within the town as well as to other towns, regional centres and cities to access services and facilities.

Objectives

- Local initiatives/services that provide safe and accessible transport options for the community are supported and encouraged
- People reliant on mobility devices are able to travel safely through the town
- Older drivers are able to continue driving for as long as possible to maintain their independence
- The community has easy access to accurate and up to date information on all available transport options

High Priority Action

Investigate demand for community bus service including forums/survey of potential users regarding routes, costs, etc

Housing

The housing conditions of older people are often linked to their quality of life and are a significant factor in whether they are able age independently and actively in their local community. Appropriate housing which is located close to community, social and health services will enable older residents to live comfortably and safely at home for as long as their health permits.

Community Feedback

Positives

- *Affordability – retirement villages are affordable, as are land prices and private housing*
- *Retirement villages (Warawee and Lifestyle Village) are good, and expanding*

Areas for improvement

- *Availability of alternative housing options – at present it's live in your own large family home or a retirement village, nothing in between*
- *Availability of appropriate rental accommodation*
- *Availability of high care accommodation now and in the future*

What you told us was important

- *Affordable living*
- *Suitable housing options – both rental and purchase*
- *Being in a safe and secure environment*
- *Availability of local Aged Care facilities*

Goal

Waikerie has a range of diverse and affordable housing options and services to enable residents to age comfortably in place.

Objectives

- There are a range of housing options available to suit different stages of life
- When the time comes, Waikerie residents are able to move into nursing home care within their local community and stay connected with family and friends

High Priority Action

Assist the Waikerie Hospital to forecast and assess future demand for nursing home beds through the provision of a tailored demographic profile highlighting ageing trends for Waikerie.

Social Participation

Participating in leisure, sporting, social, cultural and spiritual activities helps older persons to remain active and engaged in their local community and reduces the risk of social isolation (particularly for those living alone). Senior's participation in such activities, however, is affected by access to transport, affordability and suitability of the activities and their awareness of what is on offer within their local community.

Community Feedback

Positives

- *Multitude of activities available from sports to social activities*
- *Volunteering – great volunteer base*
- *Excellent Service clubs, Men's shed, Senior Citizen's club*
- *Op Shop*

Areas for improvement

- *Access to public/community transport*
- *Affordable social events*
- *Interaction between old and young – more intergenerational activities*

What you told us was important

- *Community services*
- *Year-round heated Swimming Pool*
- *Transport facilities*
- *Having a purpose*

Goal

There is a diverse and inclusive range of events and activities available to the community that encourages residents to stay active, engaged and socially connected throughout their lives.

Objectives

- Waikerie has vibrant and accessible indoor and outdoor spaces suitable for events and activities for all ages
- The community has access to a diverse program of intergenerational and multicultural social, sporting and cultural events that meet the needs of all
- Local clubs and associations are accessible, active and financially sustainable

High Priority Action

Establish steering committee made up of Council staff and community members to develop an annual program of events for Waikerie.

Respect and Social Inclusion

An inclusive society encourages older people to participate more in their city's social, civic and economic life. There is strong mutual respect and integration across generations and cultures. This, in turn promotes active ageing.

Community Feedback

Positives

- *Men's Shed*
- *Waikerie Lutheran Social Centre*
- *Warrawee Hub*
- *Meals on wheels, Rotary, Lions*

Areas for improvement

- *Mixing of old and new residents*
- *Welcoming/integration of new migrant groups*
- *Intergenerational activities*

What you told us was important

- *To have many intergenerational groups*
- *To be welcoming to new residents*
- *Show respect for all ages*

Goal

Our older residents are valued and encouraged to contribute to and participate in community life.

Objectives

- Respect and understanding across different generations and cultures is encouraged and supported
- New residents feel welcome and supported

High Priority Action

Develop a Council Welcome Pack for new residents.

Civic Participation and Employment

An age-friendly city provides opportunities for older persons to continue to make a contribution to their community through volunteerism or paid employment as well as actively contribute to local decision-making processes.

Community Feedback

Positives

- *Many local opportunities to engage*
- *Volunteer groups strong*
- *Strong local service clubs*
- *Sporting culture*
- *People have a passion for the region*

Areas for improvement

- *Need more Intergenerational activities*
- *Reduce red tape for volunteers – e.g. multiple police checks*
- *Access to training for volunteers*
- *Need to attract younger people into service clubs to keep them viable*
- *Focus on more non-sporting activities, more cultural activities and events*
- *Pool opening hours need to suit retirees – those that would like to visit during the day*

What you told us was important

- *Feel valued, part of the community*
- *Contribute something meaningful*
- *Active involvement in Civic/Council/Community*
- *Pride in local community*
- *Care for local community*

Goal

Older residents actively contribute to the community as volunteers or through paid employment and are included in decision making processes.

Objectives

- Volunteerism is encouraged and supported in the community
- Older persons are actively engaged in the decision-making processes of Council
- The community has access to local educational and learning opportunities
- Older persons are supported to participate in employment as they age

High Priority Action

Promote existing opportunities for volunteering, participation and part time employment through newsletter, website, social media and community information directory.

Communication and Information

Access to timely and practical information is very important for older persons to ensure they can maintain their health, stay connected to their communities and remain independent for as long as possible. Information should be provided in ways that take account of the differing needs, abilities and resources of older persons. This includes the needs of persons from diverse cultural backgrounds.

Community Feedback

Positives

- *Local newspaper*
- *Library (IT training)*
- *Word of mouth communication*
- *Centrelink – help with My Aged Care*
- *Social activities*

Areas for improvement

- *Digital literacy*
- *Mobile black spots*
- *Internet speed and access*
- *Library programs could be better advertised/scheduled*

What you told us was important

- *To stay informed/connected in a changing world*
- *Social interaction*
- *IT Access*

Goal

Information is easily accessible in a variety of forms that take into account the needs, resources and abilities of all residents.

Objectives

- Residents have timely access to information about the community, events and local services.
- Older persons are well equipped to access online information and services

High Priority Action

Develop a newsletter to be sent to all residents on a regular basis. The newsletter could be a mix of online subscription (sent to email addresses) and printed. Printed copies could be included with rates notices and/or made available in council venues.

Community Support and Health Services

Accessible and affordable community and health services are very important to the health and wellbeing of older persons. This includes general and specialist medical services and facilities, allied health services and in-home support services.

Community Feedback

Positives

- *Local and visiting specialists*
- *Good range of local allied health*
- *Local Hospital*
- *Local Ambulance*
- *Chemist*
- *Community volunteer services e.g. meals on wheels*
- *Community Nurse*
- *Many services available in Berri*

Areas for improvement

- *Takes too long to secure medical appointments with local doctors or visiting specialists*
- *Local Aged Care facilities closing – should be expanding in line with demand*
- *More staff to provide home based aged care services*
- *Current health staff being given short shifts, very part time work*
- *Out of hours consult very expensive locally or need to drive to Berri*
- *Accessible and affordable transport options to medical and health appointments*
- *Respite care options*
- *Opportunity to access a bulk billing service*
- *Access to a heated/hydrotherapy pool*

What you told us was important

- *Access to local medical and health services*
- *or...transportation to services in Berri / Adelaide*
- *Respite Care*
- *Services available to enable people to stay in their homes as they age*
- *Facilities available locally if they need to leave their home*
- *Access to Rehab services*

Goal

Waikerie has a range of suitable and accessible services to enable residents to remain healthy and independent throughout their lives.

Objectives

- Residents are supported to remain living independently within their homes
- Residents have access to affordable services and facilities to support healthy and active living

High Priority Action

Establish/Auspice/Chair a local aged health services group to share information and partner on projects/service delivery for older persons.

Making it Happen

Translating the Strategy into Action

The Waikerie Ageing Well Strategy vision, goals and objectives will provide a focus for the Council in supporting and fostering an age friendly community for Waikerie. Specific actions for each domain area are detailed in the attached plan.

The role of Council is also specified, as whilst Council will be responsible for the delivery of some of the actions in the plan, in other instances the Council will act as a facilitator, partner, advocate and/or information provider.

- The Council has direct control and can take the lead in many areas such as the provision and maintenance of outdoors spaces, footpaths and public buildings.
- In other areas, such as access to medical/health services, provision of more diverse housing and access to local residential care places, Council will act as a partner, facilitator or advocate to help bring about improvements.
- The Council also has a vital role to play in collating and providing information to the community about services and facilities that are available across all the facets of ageing well.

An implementation plan will be developed that will outline for each action, the resources required and timeframe for delivery. It is intended that the Strategy will be coordinated by a Council Project Manager who will work with the Waikerie Ageing Well Advisory Group and Council staff to incorporate actions into Council's Annual Business Plan and Budget.

Measuring our Progress

Progress on delivery of the actions in the Strategy will be tracked and reported quarterly.

The survey that was undertaken as part of the development of the Strategy provides benchmark data for age friendly KPIs within each of the Domains. The survey will be repeated on an annual basis to measure progress against the age friendly KPI's.

An annual report card will be prepared and reported to the Waikerie Aging Well Advisory Group, the Waikerie Delivers Committee and the wider community.

Waikerie Ageing Well Strategy Action Plan

Outdoor Spaces and Buildings

Goal: Waikerie has well maintained, attractive, safe and accessible outdoor spaces, buildings and pedestrian/mobility device infrastructure.

Objective	Action	Council's Role
Footpaths are safe and accessible for all members of the community	Pedestrian/mobility device access and safety is improved through a footpath audit and upgrade program	Owner
There are safe pedestrian crossing points on all busy roads	Additional pedestrian crossings are installed in the Town to improve safety when navigating streets on foot or by mobility device	Owner
There are adequate resting places for people walking within the town	Additional seating and resting points are installed along key walking paths/footpaths	Owner
Waikerie has attractive and well-maintained outdoor spaces that facilitate social interaction and support active lifestyles	Ensure an active ageing focus is applied to future upgrades of parks and outdoor recreational areas	Owner
	A council information directory providing details on the community and recreational facilities/areas in Waikerie is developed and distributed to residents	Information Provider
All community and public buildings are well maintained and accessible	Building entry standards that detail appropriate disability access requirements are in place and promoted to local businesses	Facilitator Information Provider
	Ensure public toilets are clean and well maintained	Owner
	Ensure an active ageing focus is applied to future upgrades of buildings and construction of new buildings	Owner

Transportation

Goal: Waikerie has affordable and accessible transport options so that residents can travel easily within the town as well as to other towns, regional centres and cities to access services and facilities.

Objective	Action	Council's Role
Local initiatives/services that provide safe and accessible transport options for the community are supported and encouraged	Support is provided to the Waikerie Hospital to maintain the community car	Facilitator
	Investigate demand for community bus service including forums/survey of potential users regarding routes, costs, etc	Facilitator Service Provider Partner
People reliant on mobility devices are able to travel safely through the town	Support for mobility device users is increased through the provision of education and training programs on safe usage and road rules	Partner Information Provider Service Provider
Older drivers are able to continue driving for as long as possible to maintain their independence	Support for older drivers is increased through the provision of education and training on car maintenance and licensing options	Partner Information Provider Service Provider
	Identify a partner to deliver driver training for older people to maintain driving skills as long as possible	Partner Information Provider
The community has easy access to accurate and up to date information on all available transport options	Deliver forums for older people who are soon to give up or lose their licence, advising of future transport options	Partner Information Provider Service Provider
	A council information directory on transport options is developed and distributed to residents	Information Provider

Housing

Goal: Waikerie has a range of diverse and affordable housing options and services to enable residents to age comfortably in place.

Objective	Action	Council's Role
There are a range of housing options available to suit different stages of life	Developer investment in a diversity of housing styles e.g. smaller footprint is supported and encouraged	Facilitator
	Prepare a Prospectus for "Aged Housing in Waikerie" that highlights the towns demographics and in particular the opportunities presented by the ageing population	Facilitator
When the time comes, Waikerie residents are able to move into nursing home care within their local community and stay connected with family and friends	Assist the Waikerie Hospital to forecast and assess future demand for nursing home beds through the provision of a tailored demographic profile highlighting ageing trends for Waikerie	Facilitator Information Provider
	Commission a study into the number of high and low care nursing home places and home care packages needed in Waikerie now and into the future and utilise the findings to advocate for increased places and funding.	Facilitator Information Provider Advocate

Social Participation

Goal: There is a diverse and inclusive range of events and activities available to the community that encourages residents to stay active, engaged and socially connected throughout their lives.

Objective	Action	Council's Role
Waikerie has vibrant and accessible indoor and outdoor spaces suitable for events and activities for all ages	Revitalise Waikerie Institute for events such as movies and theatre performances	Owner
	Provide a path for wheelchair access to river activities	Owner
The community has access to a diverse program of intergenerational and multicultural social, sporting and cultural events that meet the needs of all	Establish steering committee made up of Council staff and community members to develop an annual program of events for Waikerie	Facilitator Service Provider
	Promote opportunities and events through newsletter, community information directory and website	Information Provider
	Review current participation opportunities and identify any specific gaps (e.g. multicultural)	Service Provider Facilitator
	Review range of current programs offered in the Waikerie library suitable for older participants	Service Provider
Local clubs and associations are accessible, active and financially sustainable	Provide education for clubs and groups on seeking grants for infrastructure, programs	Information Provider
	Promote Council's Community Grants Program and consider the inclusion of a special grant category to provide seed funding for clubs and groups to assist in the delivery of relevant programs and activities for older residents	Facilitator

Respect and Social Inclusion

Goal: Our older residents are valued and encouraged to contribute to and participate in community life.

Objective	Action	Council's Role
Respect and understanding across different generations and cultures is encouraged and supported	Promote current intergenerational activities such as school mentoring via local paper, council newsletter	Information Provider
	Investigate expansion of mentoring and reverse mentoring programs between schools and older persons	Facilitator
	Investigate an annual multicultural festival (event) for Waikerie that will showcase and celebrate the food, music and cultural life of the various multicultural groups within the community	Partner Facilitator
New residents feel welcome and supported	Develop a Council Welcome Pack for new residents	Information Provider
	Introduce a volunteer program to provide buddies for new older residents to help them navigate what is on offer in Waikerie and settle into the community	Service Provider Partner Facilitator

Civic Participation and Employment

Goal: Older residents actively contribute to the community as volunteers or through paid employment and are included in decision making processes.

Objective	Action	Council's Role
Volunteerism is encouraged and supported in the community	Develop an education program on volunteer management to provide to local clubs and community groups to assist them in attracting and managing their volunteers	Facilitator
	Hold an annual celebratory / thank you event for volunteers in Waikerie	Partner Facilitator
	Investigate intergenerational activities – e.g. mentoring for young entrepreneurs by retired business owners/managers	Facilitator Partner Service Provider
	Develop information directory on volunteering options within Council and through clubs, groups and associations	Information Provider
	Promote existing opportunities for volunteering, participation and part time employment through newsletter, website, social media and community information directory	Information Provider
	Partner with local paper to highlight local volunteering/participation opportunities	Information Provider Partner
	Ensure consideration is given to the needs of older volunteers (recruiting and managing) in Council's volunteer strategy	Service Provider
Older persons are actively engaged in the decision-making processes of Council	An Ageing Well Advisory Group is established to provide advice and input to the Council on the implementation of the Ageing Well Strategy	Facilitator
The community has access to local educational and learning opportunities	Investigate the provision of learning opportunities for local residents through a local presence by U3A	Facilitator

Older persons are supported to participate in employment as they age	Provide local businesses with advice on transition to retirement options for their older workers	Facilitator Information Provider
	Work with the RDA to develop advice/coaching options for older people wanting to start or run a small part time business, from home or even a co-working facility	Partner

Communication and Information

Goal: Information is easily accessible in a variety of forms that take into account the needs, resources and abilities of all residents.

Objective	Action	Council's Role
Residents have timely access to information about the community, events and local services	Develop a newsletter to be sent to all residents on a regular basis. The newsletter could be a mix of online subscription (sent to email addresses) and printed. Printed copies could be included with rates notices and/or made available in council venues	Information Provider
	Develop a website page or section specifically for activities/programs/resources for older residents, part of which could be included in each regular newsletter, especially for upcoming events	Information Provider
Older persons are well equipped to access online information and services	Promote IT training in the library for older adults via the newsletter, information directory, social media and website	Service Provider

Community Support and Health Services

Goal: Waikerie has a range of suitable and accessible services to enable residents to remain healthy and independent throughout their lives.

Objective	Action	Council's Role
Residents are supported to remain living independently within their homes	A council information directory on in-home support options, home modifications and other services is developed and distributed to residents	Information Provider
Residents have access to affordable services and facilities to support healthy and active living	Deliver/discuss implications of latest demographic information with local health organisations/businesses, including hospital. Could be a paper/investment prospectus developed to highlight the growing need for local health care and services	Facilitator Information Provider
	Establish/Auspice/Chair a local aged health services group to share information and partner on projects/service delivery for older persons	Facilitator
	Council work with local providers (through the health services group) to help "combine" hours for health workers to create more full-time work	Facilitator
	Investigate/trial at the Waikerie Swimming Pool, (in partnership with the management company): <ul style="list-style-type: none"> • changes to pool opening hours to better suit retirees • an extended pool season • extended pool heating • active ageing fitness sessions 	Facilitator Service Provider
	Develop education campaign about supporting local health/community services to maintain their presence "use it or lose it"	Facilitator Information Provider
	Deliver health and wellbeing education/programs and seminars for older persons at council facilities	Facilitator Service Provider Partner