

KNOX ACTIVE AGEING ADVISORY COMMITTEE

2 October 2019

Time: 6.00 to 8.05pm

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, Sonja Pedell, Bronwyn Stephen, Edmond Wong, Judy Chalkley, Stuart Ireland
Apologies – Linda Keenahan, Cr. Mortimore, Cr. Seymour

2. Conflict of Interest Declaration

None were declared.

3. Confirmation of Minutes of Previous Meeting

Moved by Lynda Carroll / Seconded by Sharon Buxton

4. Items for Discussion

4.1 Age Friendly Cities – Overview and Planning (Years 1-2) (30 minutes)

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

ACTION: Stuart to circulate a copy of the Age Friendly Cities presentation to KAAAC members for their information.

4.2 AA&DS Client, Carer and Community Consultations 2019 –

Focus Group Discussions and Business Case / Future Program Development (20 minutes)

Presenter: Stuart Ireland, Senior Active & Healthy Ageing Strategic Officer, KCC AA&DS

Stuart provided an overview of how the Focus Group Discussions were planned and implemented, and what was tested and learnt through the two workshops. The two main thematic areas in which further information and insight was gleaned concerned:

1. Computer Skills Training / Internet Safety
2. Cooking / Gardening

Committee members provided the following thoughts and reflections in respect to the proposed Computer Skills Training / Internet Safety pilot:

- The idea of taking an intergenerational approach/ peer to peer approach to the design and delivery of the program is appropriate and well proven
- Australian German Welfare Society currently offers an on-site program where participants use their own devices - sessions typically run for 30 minutes
- Coonara Community Neighbourhood House currently offers a 'Computers for Blokes' program, which has been well received
- U3A has previously undertaken some significant work in this space, working with both primary and secondary schools, and therefore would be a logical partner
- Consideration needs to be given re: building on what is already working and how that could be part of a new program/ scaled and replicated
- Consideration needs to be given re: tying in a mental health, gaming, and social and physical activity focus and applications (a strong social connectedness model)
- Consideration needs to be given re: supporting people to have their own device, and then the right device based on their needs
- Consideration needs to be given around ensuring 'support' in between weekly sessions along with post the initial training period
- Consideration could be given to a Mobile Bus to support taking such training to the community (similar to that of a Mobile Library)

ACTION: Stuart to circulate a copy of the updated presentation to KAAAC members for their information.

5. Business Arising from Previous Meeting (Actions)

5.1 **Stuart/ Judy to explore with Council's IT and Customer Service teams the opportunity to have targeted 'older persons' information and communications as part of Council's hold music/ messaging e.g. to prompt action re: personal alarms.**

Stuart/ Judy to meet with Council's IT and Customer Service team in March – post KCC application to join WHO Global Network of Age Friendly Cities and Communities – to discuss as part of current Council processes (e.g. payment of rates notices, pet registrations) and future community engagement approach.

Knox City Council has just been accepted into the WHO Global Network of Age Friendly Cities and Communities.

Draft Project Plan to be developed (with the above action embedded) in November and circulated to AA&DS Leadership team and KAAAC members for review and comment. The intention is to have the Plan finalised and approved by mid-December. Complete.

- 5.2 Judy and Stuart to discuss with AA&DS Leadership team to determine resource presence and capacity to develop (a 'Transition to Ageing' Toolkit).**
A small working group will map existing resources and then develop the concept for future Business Case planning/funding submission.
Judy to raise at next Leadership Team meeting and report back at next Committee meeting.
AA&DS Leadership team has made the decision to not progress with this initiative at this stage. A number of other initiatives have been put to Council for consideration as part of the Business Case planning process. Determining the need for this will be picked up and explored as part of the Age Friendly Cities consultation in 2020. Complete.
- 5.3 Judy to discuss (Knox Safety Register and inclusion of CHSP clients) with Michelle Penney (Senior Transition Officer) and Helen Oakley (Coordinator Service Access and Home Support) and advise Committee of outcome.**
Rita to provide Cr. Seymour with brochures/ content to be used for promotional purposes. In progress – waiting for brochures to come back from the printer.

Rita to provide Linda K. with brochures to be taken and promoted by AA&DS staff as part of the AA&DS staff in Eastern Regional Libraries project. In progress – refer above (flyer was provided, to be sent out with Bright Ideas Network newsletter).

Rita to provide Eddie with brochures to be handed out at the Knox Community Chess Enthusiasts Club. In progress – refer first point above.
Complete (Stuart to ensure brochures are provided to Cr. Seymour).
- 5.4 ACTION: Catherine (via Stuart) to circulate a copy of presentation to KAAAC members for their information. Further reflection and suggestions are welcome. Complete.**
- 5.5 ACTION: KAAAC members to contact Stuart or Edmond if they are interested in a similar presentation being delivered to their groups/ organisations or in their communities. Please note the ability of EACH to do so will depend on their availability and capacity. No contact has been made – Complete.**
- 5.6 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. In progress – Edmond to follow up week commencing 7 October 2019.**
- 5.7 ACTION: Linda Keenahan to contact Catherine D'Arcy (through Edmond Wong) to discuss what opportunities there are to promote the work of EACH and how to link/ expand the communications reach of the EACH Primary Health Network & Knox Bright Ideas Network. Complete.**
- 5.8 ACTION: Stuart to share the Inner East Primary Care Partnership (IEPCP) report on Health and Wellbeing Needs of Older People Living in the Eastern Region of Melbourne January 2017 with KAAAC members for further context and information. Complete**

- 5.9 **ACTION:** Stuart to circulate a copy of presentation to KAAAC members for their information. Further reflection and suggestions are welcome. **Complete.**
- 5.10 **ACTION:** AA&DS to consider testing the concept of Dignity of Risk (dignity of risk is the principle of allowing an individual the dignity afforded by risk-taking, with subsequent enhancement of personal growth and quality of life) during the upcoming focus group discussions with clients. **Due to time constraints, this was not able to be explored as part of the Focus Group Discussions - Complete.**
- 5.11 **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). **In progress.**
- 5.12 **ACTION:** Eddie to liaise with Linda Keenahan to then approach the Grants team (Knox Community Chess Enthusiasts – Eddie mentioned that the program has now expanded to Rowville Library. Eddie has been encouraged to approach Council’s Community Grants team to explore the potential to access additional funding). **Complete.**
- 5.13 **ACTION:** KAAAC members to promote the exhibition, share the participant expression of interest form, and to also consider self-nominating/nominating another member ('Voices of Over 55s: Challenging ageist stereotypes' exhibition will take place at the Knox Community Arts Centre on Thursday 21 November 2019). **Complete**

6. Other Business

- 6.1 **Emerging issues from Committee Members – round the room discussion**
 - The Voices of Over 55s – Eddie and Lynda recently participated in an all-day photoshoot for this upcoming exhibition (21 November 2019). Eddie mentioned that it was a *'great day and that he had a very good experience'*, whilst Lynda commented that *'Linda Keenahan did an excellent job ensuring everyone was comfortable being photographed, that the diversity was just brilliant, no one thought they were special, that there was no stress at all, and that it was such a warm and friendly environment.'*
 - Walking Football – Catherine reported that in recent weeks female participation numbers have been decreasing, and that this week she was the only female in attendance. In addition, that with some more highly skilled/ more aggressive players, that there may be the potential for those less skilled to have minimal touches and potentially get hurt. Suggestions included to explore a Women’s Group or Mixed Groups whereby a smaller number of players take to the pitch for games.
ACTION: Stuart to feed back concerns and suggestions to Helen Oakley, Coordinator Service Access & Home Assessment, who is coordinating the program on behalf of KCC.
 - Carrington Park – Sharon spoke to the fact that Knox U3A have recently submitted a series of mapping documents to Council that show the range of activities undertaken across the three facilities in which they have a presence across the municipality. Both Sharon and Catherine then spoke to the current use of Carrington Park by Knox U3A members, and the potential for increased use – particularly for activities that involve physical activity/exercise. The 'ambience' of the facility was also discussed.

Brief reference was also made to the current Management arrangements and what can be realistically done/achieved over the coming months. Stuart suggested that, in the meantime, it would be very worthwhile for U3A to engage their members (via a simple online survey) to determine what their specific 'physical activity' interests are and what that might mean from a frequency and timing perspective. Judy also flagged that we can speak to Council's Leisure team to explore interim possibilities as well.

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.

- Basketball at Carrington Park – Rachel advised that the Ferntree Gully Falcons Basketball Club wants to offer an over 55+'s class combining exercise and basketball while having a fun approach to improve balance, flexibility, coordination, strength and reduce the risk of falling (aids such as chairs may be incorporated). 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 proposed program would be available on Monday's and Thursday's at Carrington Park.
ACTION: Rachel to advise KAAAC if proposed program goes ahead and starting dates etc.
- Adults Returning Home Forum – Sharon recently attended this forum, which saw Knox City Council, Eastern Community Legal Centre and Belgravia Leisure, work together. Sharon said that 'it was fantastic, the information provided was excellent, and that is was interesting to know that ECLC were setting up a group to address Elder Abuse'.
- Aussie Veterans Coffee Shop – Lynda recently visited this new social enterprise in the Boronia Mall, set up to provide quality coffee to the Boronia community (and beyond), to then be able to reinvest profits to provide social programs and enable employment opportunities for the Veteran community.
- Occupational Therapy Week – Bronwyn circulated a promotional flyer which details an upcoming afternoon tea and informal chat. This will be held on Thursday 24 October from 2.00pm to 4.00pm at The Atrium, St Paul's Anglican Church, 273 Dorset Road Boronia. RSVPs are to be sent to Bronwyn and are required by 21 October.
- Martin Luther Homes – Evelin again highlighted that we all need to be cognisant of not going down the one-size fits all model when it comes to programs for seniors. Particularly when it comes to physical activity based programs and people have mobility challenges/ differing fitness levels.
- Knox Senior Safety Register – Rita spoke to the fact that Bridges now have 21 people registered. As a reminder, this is a joint initiative between Bridges Connecting Communities and Victoria Police to help seniors feel safe and confident in our community. The program is run by volunteers, whereby participants receive regular phone calls from volunteers who check on their welfare. For further information: <https://www.bridgescc.com.au/about-us/services/knox-senior-safety-register/>

6.2 Life Stages Group Committee meeting – 19 November 2019 or 28 November 2019 (TBC) –

Judy Chalkley

Judy confirmed that this Committee meeting – which follows on from last year’s inaugural meeting – will be held on Thursday 28 November. The meeting sees members from Council’s Early Years, Youth, and Active Ageing, Advisory Committees come together to discuss the Key Life Stages Plan. Formal Calendar invites will be sent out in October and KAAAC members are encouraged to attend.

ACTION: Stuart to send Placeholder Calendar invites to KAAAC members.

7. Next meeting/s

**Life Stages Group Advisory Committee meeting
Thursday 28 November, 6.30pm to 8.30pm**

**Knox Active Ageing Advisory Committee Meeting
TBD – January 2020**