

KNOX ACTIVE AGEING ADVISORY COMMITTEE

22 July 2020

Time: 5.00 to 6.45pm

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

Attendees – Eddie Atacador, Sharon Buxton, Lynda Carroll, Evelin Martin, Sonja Pedell, Bronwyn Stephen, Edmond Wong, Cr. Seymour, Cr. Mortimore, Judy Chalkley, Stuart Ireland, Linda Keenahan, Jacqui Storey, Sam Sampanthar, Tracie Armstrong, Ellie Thompson.

Apologies – Catherine Balaz, Rachel Bast, Rita Lang.

2. Conflict of Interest Declaration

None were declared.

3. Confirmation of Minutes of Previous Meeting

Moved by Evelin Martin / Seconded by Bronwyn Stephen.

4. Items for Discussion

4.1 Climate Response Plan – consultation on draft plan (45 mins)

Facilitators: Sam Sampanthar, Senior Program Lead - Sustainability, KCC
Tracie Armstrong, Senior Program Manager – Climate Response, KCC

Tracie provided an overview of the climate impacts for older individuals, Knox community emissions profile, guiding principles for City climate action planning, and what the Climate Response plan will do and how it will do it.

Some important key takeaway messages:

- Cr. Seymour spoke to Council being excited about the development of the Plan
- The Plan will be aligned to the Sustainable Development Goals
- That this will not be the only opportunity to provide input and suggestions into the Plan's development, implementation and review
- Council is looking at this Plan with the overlay of the current pandemic, recognising that in the future we may be dealing with multiple events at the same time
- The Plan will respond to both mitigation and adaptation, and therefore actions contained will have 'co-benefits'.

Committee member comments and responses:

- Sharon
 - Older people struggle on hot days and often seek refuge in shopping centres – is there the possibility of having dedicated 'cold' rooms in such centres?
 - When it comes to fire risk and having to evacuate, older people will want to take their pets so there must be places that allow for that.
- Lynda
 - Multiple extreme weather events often result in older people having to 'choose what actions they will take'.
 - This Plan needs to contain a 'moral and ethical' statement which makes clear Council's response to and support of these situations.
- Evelin
 - Older people often struggle with simple things e.g. effectively using heating and cooling appliance remotes.
- Sonja
 - Technology access needs to be considered, particularly during an emergency.
 - Is there enough knowledge in the community concerning climate response and practical steps citizens can take?
 - What constitutes an appropriate threshold because thresholds can have different meanings to different people?
- Bronwyn
 - Many older persons are living in older homes and with outdated/unsafe appliances/ equipment and are therefore less prepared and able to cope with climate change and its effects (e.g. increasing costs of utilities).
 - What Council and community programs can be developed to help with energy efficiency and retrofitting homes?
- Edmond
 - The need to think about intergenerational education/ programs using digital means to help facilitate and support behavioural change.
- Stuart
 - A common thread is the importance of having community awareness raising and education as a pillar of the Plan.
- Jacqui
 - It will be important to think about how we can engage with Climate Action groups (e.g. Friends of the Yarra). These are community assets that bring significant citizen science to climate action. Perhaps a Peer to Peer Group?

- Cr. Seymour
 - Food security and gardening are important considerations giving their importance to, and benefits for, older people.
 - The need to think about tree canopies across the municipality and the need to facilitate/encourage insects to come and pollinate (links back to gardens).
 - The need to consider the impacts on basic living tasks with a particular concern re: the access and use of potable and recycled water etc.
 - The need to ensure messaging is not alarmist - that it provides a balance between responsibly using our resources and not compromising one's health.
 - The need to leverage our local Retirement Villages – particularly those in Knoxfield and Rowville – many of our older residents would embrace the opportunity to support climate actions and become a 'ground force'.
 - The need to be careful and considered with the type of the language we use in the Plan – thinking back to last year, so much of the language was alarmist.
 - The need to have localised messaging and practical actions.
 - The need to think about recycling and provision of bins for waste purposes.
- Cr. Mortimore – when it comes to retirement, the shortage of affordable and sustainable dwellings makes it incredibly challenging for older people to downsize.

ACTION: Stuart to circulate a copy of the Climate Change Response Presentation to Active Ageing July 2020 PowerPoint presentation to KAAAC members for their information.

ACTION: KAAAC members to review the Presentation and provide feedback/ additional feedback to Stuart (with no specific timeframe – this is an open and ongoing dialogue).

4.2 **Occupational Therapy - refining and strengthening our approach to reablement (10 mins)**

Facilitators: Ellie Thompson, Occupational Therapist, AA&DS KCC

Ellie provided an overview of OT and how it supports people to remain living independently and safely as possible at home as well as to help prevent hospitalisation and premature admission into aged care facilities, and then spoke to some of the impacts of COVID19:

- KCC OT has seen a further increase in OT service demand during the pandemic.
- The health and wellbeing of many clients has declined, either due to, or exacerbated by, the COVID-19 pandemic and advice for older people to self-isolate at home.
- More specifically, a decrease in their physical, mental & cognitive health; decreased access to their social, community and cultural environments; and a decrease in doing daily activities (i.e. becoming too physically deconditioned and/or becoming too anxious / depressed to do the things they want to do or as well as they normally do).
- AA&DS was successful in getting an CHSP COVID-19 grant – this will enable us to have more in-depth conversations with clients and their loved ones to create care plans to help people not only to survive during COVID-19 but hopefully thrive.
- Strong outcomes focus: restored confidence or feeling better equipped to resume daily activities; increased confidence to contribute and participate in their communities and social activities and events; improved mental and physical health; established new, re-established past, and or strengthened existing connections; feeling connected to their communities; feeling safe in their home environment; and increased accessed a broader range of health and wellbeing services and supports.

Committee member comments and responses:

- Bronwyn – we are also seeing many of these issues, with clients becoming anxious and or depressed due to physical isolation.
- Cr. Seymour – is there a need for a Think Tank of OTs in Knox? It will be important that these gathered insights is fed in to our Council thinking and planning over the coming months.

ACTION: Ellie to discuss with Bronwyn in the first instance, the potential need for and value of establishing a Knox OT think tank/group/network (recognising that there already is an Outer East OT group that meets on a regular basis).

ACTION: Ellie and Stuart to review how current OT data is reported on and used within Council, particularly in light of future municipal health and wellbeing planning.

5. Business Arising from Previous Meeting (Actions)

- 5.1** 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. Judy flagged that we can speak to Council’s Leisure team to explore interim possibilities.
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.
ACTION: Judy/Stuart to arrange for Leisure staff to come to our next KAAAC meeting.
UPDATE: Due to this meeting’s agenda being full, Leisure staff have been invited to attend our July meeting.
UPDATE: Due to the current pandemic and the effect it is having/has had on Council and Community services, it is not realistic to progress this. This can be revisited in the future if and when the pandemic situation changes. **COMPLETE.**
- 5.2** Basketball at Carrington Park
ACTION: In progress - Rachel advised Falcons are still keen. Rachel to email Sharon to discuss.
UPDATE: To be reported on at next meeting.
- 5.3** Key Priorities for 2020
ACTION: Judy/Stuart to brainstorm a range of communications/speakers.
UPDATE: to be reported on at next meeting.
UPDATE: Due to the current pandemic and the effect it is having/has had on Council and Community services, and with only one KAAAC meeting scheduled for the rest of the year, it is not realistic to progress this. **COMPLETE.**
- 5.4** Age Friendly Cities - discussion around where people are going to live when they can’t maintain their property/garden and are trying to avoid moving into a retirement village. Cr. Seymour advised there are some developments in the Maroondah area (Market Forces) doing this and being advertised as living for the over 55’s.
ACTION: Judy/Stuart to explore/look at options.
UPDATE: To be followed up and reported on at next meeting.

- 5.5 Framework to support localised or specific groups that have difficulty forming or meeting e.g. Asian seniors who are not yet Australian citizens. We need to consider small communities with language barriers and support them to secure venues. Rita suggested the use of churches.
ACTION: Judy / Stuart to follow up.
UPDATE: To be followed up and reported on at next meeting.
UPDATE: Due to the current pandemic and the effect it is having/has had on Council and Community services, it is not realistic to progress this. This can be revisited in the future if and when the pandemic situation changes. COMPLETE.
- 5.6 Guidance and information on facility opening, cleaning requirements, physical distancing
ACTION: Judy / Stuart to circulate guidance document to community groups once finalised and approved. COMPLETE.
- 5.7 (Eddie) Unclear where to get specific information in relation to the Knox Community Chess Enthusiasts Club.
ACTION: Judy / Stuart to follow up with Samantha Mazer re: Westfield Knox and what information is being provided to tenants/users of the Centre.
UPDATE: To be followed up and reported on at next meeting.
- 5.8 Resilience and Recovery – COVID-19 – Developing a joint approach
ACTION: Stuart to circulate a copy of the Resilience and Recovery – COVID-19 – Developing a joint approach PowerPoint presentation to KAAAC members for their information. COMPLETE.
ACTION: KAAAC members to review presentation and provide feedback/ additional feedback to Stuart on the following questions by Friday 26 June:
- What is negotiable; what is non-negotiable?
 - Where do you get information?
 - What information do you need?
 - How can we engage your sector's community leaders in the recovery planning?
 - Committee structure (community leaders & networks) ideas. **COMPLETE.**
- 5.9 Specialised Access Team Update
ACTION: Michelle to follow up with the internal Communications team to explore what promotional opportunities and mechanism exist. COMPLETE.
ACTION: Stuart to circulate a copy of the Impact of COVID-19 on the SAT PowerPoint presentation to KAAAC members for their information. COMPLETE.
ACTION: Judy to set up a meeting with Cr. Seymour and Stuart to further progress the thinking on 'exploring and potentially undertaking a collaborative project that seeks to engage older men and supports them to connect or remain connected with family and friends'. Judy and Diana Carroll met with Cr. Seymour on Friday 19 June, and discussed this and other programs/ initiatives that can support older men (and woman) to connect and remain connected. It is envisaged that results obtained through the Age Friendly Cities Survey and the COVID-19 Household Survey will provide a strong evidence base for future programming and the seeking of internal and or external funding. COMPLETE.

5.10 Fridge Magnet

ACTION: Judy to follow up with Bronwyn, Sharon and Evelin re: the potential for the Fridge Magnet to be distributed to their clients and groups/organisations. COMPLETE.

5.11 Most preferred and effective manner for conducting KAAAC meetings in the future

ACTION: Stuart to pose the question to, and seek responses from, Committee members when circulating the meeting minutes. Committee members to respond and identify their preferred method of engagement. COMPLETE.

6. Other Business

6.1 Emerging issues from Committee Members – round the room discussion

- Eddie
 - Many people are bored and frustrated.
 - Exploring the potential to switch to online chess through the use of Zoom.
 - Working with Coonara to come up with ideas to support my members.
- Evelin
 - Residents are very sad - many can't manage video calling etc.
 - Staff are very edgy and stressed.
- Sonja
 - A focus on people's emotions is so important right now.
- Stuart
 - Council has recently launched a COVID19 Household Survey – have sent 800 hard copies of the survey to randomly selected households and have now opened it up to the rest of the community (this will remain open).

ACTION: Stuart to circulate the COVID19 Household Survey information and link to Committee members for their completion, and further promotion and sharing.

- AA&DS is in the process of drafting an Age Friendly Cities Survey, which will 'Go Live' in mid-August and close on 18 September (so as to be closed before the Council elections and caretaker period commences). Once drafted, the survey will be sent to KAAAC members for review and comment.
- Linda
 - Sense of real flatness in the community – people are really struggling.

6.2 AA&DS Libraries project report – Linda Keenahan (5 minutes)

Linda provided an overview of the project, the gender and age of people engaged, collateral that was distributed, feedback received from AA&DS staff, and next steps.

ACTION: Stuart to circulate a copy of the AA&DS staff in Eastern Regional Libraries PowerPoint Presentation to KAAAC members for their information.

7. Next meeting/s

**Knox Active Ageing Advisory Committee Meeting
Wednesday 16 September 2020, 5.00pm to 6.30pm**