

KNOX ACTIVE AGEING ADVISORY COMMITTEE

Tuesday 20 September 2022

Time: 6.30 pm to 8pm

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

Attendees: Anna Lawton, Breeana Bloomfield, Cr Nicole Seymour, Cr Meagan Baker, Diana Bossio, Eddie Atacador, Gary Cantwell, Linda Keenahan, Maiaan Galant, Marilyn Beyer, Marlene Franke, Rachel Bast, Sally Clark

Apologies: Anne Sherrard, Judy Chalkley, Linda Black, Lyn Maestri, Stuart Ireland

Welcome to the following people who have joined the Community Access and Support team:

- Anna Lawton – new Healthy Ageing Project Officer
- Breanna Bloomfield – new Intergenerational Project Officer (secondment for 12 months)
- Maiaan Galant – new Coordinator Social Connections

2. Conflict of Interest Declaration

No conflict of interest declared.

3. Confirmation of Minutes of Previous Meeting

Moved by Gary Cantwell, seconded by Diana Bossio

4. Items for Discussion

4.1 Swinburne University research to guide the Commissioner's review of digital connection for older people in Victoria (45 minutes)

Facilitator: Dr Diana Bossio, Associate Professor, Swinburne University

- Following the launch of the Ageing Well Action Plan 2022-2026, the Victorian Government has asked the Commissioner for Senior Victorians to review and provide further advice about how to improve the levels of digital connectedness for senior Victorians. This will include priority issues of:
 - improving digital ability and building confidence
 - affordability concerns
 - addressing privacy and scamming protections.
- The Ageing Well Action Plan talks about the digital divide and how digital connection has both social and economic benefits.
- Knox City Council's strategy is to: Support our community to improve their physical, mental and social health and wellbeing. We aim to do this by improving access to, and increasing the reach of technology programs, services and supports for seniors across the municipality.
- Given Knox City Council is performing a desktop review of Digital Literacy programs, services and supports in Knox and Swinburne University is conducting research to guide the Commissioner's review of digital connection for older people in Victoria, a joint digital session took place on Thursday 15 September 2022.
- There are five aspects that contribute to and influence digital connection:
 - Digital Access
 - Affordability
 - Online safety
 - Access to provision of e-services
 - Digital Literacy
- Swinburne has conducted a global review and identified trends showing the digital inclusion of older people is relatively recent. This research was conducted over the past 10 years.
- There is certainly a technology focus where the research has shown there is stigma and ageist assumptions which are barriers to use eg If older people feel that tools are not for them, then they don't feel they can use them.
- The design of programs also shows that older people are treated as a homogenous group, but programs that work are more effective when they first establish purpose, and then match purpose to learning.
- The second part of this new research is a quantitative review of programs, specifically to evaluate program performance. What has been discovered is that programs are evaluated on an adhoc basis and there isn't a lot of data and information available.
- There are four main ways programs are being delivered:
 1. Australian Government's Be Connected program
 2. Libraries
 3. U3A (adhoc depending on location)
 4. Services that are funded through Adult Education Funding

In addition, there is funding for technical support through the Australian Government's Commonwealth Home Support Programme (CHSP) and home care packages. There are also various unique and specialized one-off programs that exist, but these are often difficult to find and explore.

- Barriers to Program Delivery – there are great resources and people with a good understanding of how to deliver programs. However, a significant barrier is how to reach the people who need these types of programs eg vulnerable/non English speaking people. Reaching those people is difficult, unless we are able to bring them together. Eastern Regional Libraries has partnered with the migrant centre where there are 13 language groups. Feedback from ERL is that this is proving a success and they are able to reach people who have never engaged previously.
- Enablers to Program Delivery - fostering collaboration and partnerships is important.
- Lessons Learnt – more work is required to ensure programs are meeting the needs of older people eg repetition, location, hybrid learning, smaller class sizes/individual tuition.
- Dr Diana Bossio and her team have had four weeks to conduct this rapid review which they will submit to the Commissioner by the deadline of Friday 23 September 2022.

4.2 Knox Dementia-Friendly Communities Update (15 mins)

Facilitator: Linda Keenahan, Age and Dementia Friendly Communities Project Officer, Knox CC

- The Roadmap outlining timelines to deliver the priorities was discussed. For details refer to the attached slides.
- The Knox Dementia Advisory Group held their first meeting on Thursday 18 August 2022. The group consists of nine participants and their first priorities were to confirm the Terms of Reference and develop the Knox Dementia-Friendly Communities survey.
- The Dementia-Friendly Communities survey is available on the Have Your Say website and via hardcopy and closes on Monday 3 October 2022.
- Over 2,500 hardcopy surveys were distributed and to date, 17 online surveys have been completed and 206 hardcopies have been returned. Thank you to those who have distributed hardcopies throughout your community groups.

Action: Sally Clark to provide Cr Nicole Seymour with 65 hardcopies (on Linda's desk) which Nicole will distribute on Saturday 24 September 2022 at Wellington Village - Complete

5. Business Arising from Previous Meeting

Vaping – e-cigarettes cannot be used

- Cr Nicole Seymour and Cr Meagan Baker to follow up on the Vaping e-cigarettes at leisure and sporting events.

Knox Active Ageing Advisory Committee – member terms

- An Expression of Interest process will take place in November 2022 to recruit new members of the Knox Active Ageing Advisory Committee. At this stage we are waiting to hear from Governance as to whether current members can reapply after their second two-year term.
- The changeover of the new committee will take place at the KAAAC meeting on Thursday 23 February 2023.

6. Other Business

6.1 Grow Old Gloriously! – Knox Seniors Festival program update (5 mins)

Facilitator: Sally Clark, Program Lead Social Connections, Knox CC

- The Knox Seniors Festival kicks off at Carrington Park on Monday 3 October 2022. There is a fantastic line up including Seniors Exercise Park tryouts, Scams, 'Knox Box': build a street library, tap dancing and much more. The Festival will run for the month of October and will conclude on Saturday 29 October 2022 with a 'Grow Old Gloriously' Dance event. For further details, see the attached brochure.

Action: Sally Clark to provide Cr Nicole Seymour with 30 hardcopies of the Knox Seniors Festival booklet – Complete.

6.2 Ageism Awareness Day at Boronia Bowls Club

- An Ageism Awareness Day event is scheduled to take place at Boronia Bowls Club on Friday 7 October 2022 from 11am to 12.30 pm. The event will include speeches from the Mayor, Cr. Susan Laukens and CEO Bruce Dobson, and will also showcase one of the intergenerational videos. For further details contact Bree Bloomfield at Breeana.Bloomfield@knox.vic.gov.au or on (03) 9298 8361.

6.3 Community Survey

- Cr Nicole Seymour recently conducted a general survey for community and found that hardcopy surveys were preferred over online for those aged 75+. Some themes arising include:
 - Cost of living is hurting our seniors across all areas such as utilities, medications etc
 - Seniors ability to access their GP and Allied Health services is becoming increasingly difficult
 - Wait time for surgeries is long and some seniors have been told 'they are too old'

Action: Cr Nicole Seymour to forward Linda Keenahan a copy of the survey link.

7. Next meeting

Thursday 17 November 2022 – 6pm to 8pm – Eastgate North Conference Room