PURPOSE
The Framework expresses the ACT Government’s priorities for Active ageing over the next 3 years. The Framework will have accompanying Guiding principles with achievable and measurable actions to be completed by ACT directorates during the life of the document.

VISION
All senior Canberrans lead active, healthy and rewarding lives as valued members of our community.

ACT ACTIVE AGEING FRAMEWORK 2015 – 2018
MESSAGE FROM MINISTER FOR AGEING

Canberra has one of the fastest growing populations of people aged 65 years and over in Australia and this growth is set to continue.

There is little doubt that ageing has a profound impact on our community, be it on the labour market, social security, health care, long-term care or on the relationships between generations.

In this context, active ageing is not only about the challenges but also the opportunities, such as older people continuing to work, to stay healthy longer and to continue to contribute to society.

The ACT Active Ageing Framework 2015-2018 has been developed following extensive community consultations in 2014 and early 2015. It provides guidance to ACT Government directorates and requires them to incorporate active ageing principles into mainstream policies such as health, transport, employment, housing and social inclusion.

It is acknowledged that while interventions for active ageing are most efficient when taking place early in the life-course, they are also effective and meaningful in later life with the transition to retirement being recognised as an important gateway for active ageing.

The associated Action Plan sets out practical initiatives that will encourage Canberrans to remain active, healthy and independent as they age in our community.

I am confident that the implementation of the Framework and the initiatives outlined in the Action Plan over the next three years will yield many benefits for seniors in Canberra, now and into the future.

Mick Gentleman MLA Minister for Ageing
GUIDING PRINCIPLES
FOR THE AUSTRALIAN CAPITAL TERRITORY

(based on outcomes from local community consultations and the ‘Checklist of Essential Features of Age-friendly Cities’ issued by the World Health Organisation)

1. CIVIC PARTICIPATION AND EMPLOYMENT
This principle captures actions related to social and economic participation, equity, social inclusion and respect and safety. The ACT Government is committed to providing a range of volunteering and employment options for seniors including promoting training and/or re-skilling options for mature aged workers.

2. COMMUNICATION AND INFORMATION & SOCIAL PARTICIPATION
This principle supports access to training in the use of computer technology for senior Canberrans to reduce the incidence of social isolation. This principle will allow the ACT Government to explore options to encourage and assist senior ACT residents to use social media and review current communication mechanisms to establish ways in which the information can be more efficiently and effectively disseminated.

3. RESPECT AND SOCIAL INCLUSION
This principle will focus on actions that are equitable so that seniors in the ACT can live well, with dignity and purpose. The ACT Government is committed to human rights, social justice and the eradication of ageism and provides information, education and services to seniors, their family, carers and the wider community.

4. COMMUNITY AND HEALTH SERVICES
This principle focuses on accessible health services including mental health, health services available in the home, and that such services need to be adequate, respectful and affordable.

5. HOUSING & OUTDOOR SPACES AND BUILDINGS
This principle has a focus on outdoor spaces and includes actions that directly support and increase seniors independence and mobility. It challenges Government to support active-ageing, accessibility and healthy lifestyle options. This includes work undertaken by Housing ACT and the Chief Minister, Treasury and Economic Development Directorate to provide age appropriate affordable housing and other forms of social housing.

6. TRANSPORTATION
This principle has a focus on city areas and services to be inclusive of accessible and Age-Friendly private transport services to increase consistency with current government initiatives.

The Commonwealth Government’s National Disability Insurance Scheme provides financial assistance to participants so that they can choose other forms of private transport such as taxis.

The ACT Government also administers a taxi subsidy scheme for those who cannot access public transport due to disability.
DEFINITIONS


• For the purposes of the Framework ‘Healthy Seniors’ refers to physical, mental and social well being as expressed in the WHO definition of health. Maintaining autonomy and independence for older people is a key goal in the policy framework for active ageing. http://www.who.int/ageing/active_ageing/en/.

• For the purposes of the Active Ageing Framework and Associated Action Plan - Home and Community Care (HACC) is for people who need support services to assist them to live in their own home. For example, HACC can help with everyday tasks such as: housework, shopping, showering and getting dressed. The Commonwealth is responsible for the HACC Program - as of 1 July 2015, this program was consolidated into the Commonwealth Home Support Programme https://www.dss.gov.au/our-responsibilities/ageing-and-aged-care/older-people-their-families-and-carers/staying-at-home/commonwealth-hacc-program.

• The Department of Social Services aims to encourage older people to live active and independent lives. The Department works to deliver quality, affordable and accessible aged care and carer support services for older people, including through subsidies and grants, industry assistance, training and regulation of the aged care sector. https://www.dss.gov.au/ageing-and-aged-care.

PRIMARY OBJECT

• Services and programs are inclusive, empowering and responsive and recognise the diversity of seniors and their right to safety, security and informed decision making.

• Opportunities exist for seniors to be socially connected and active participants in community life through lifelong learning and social and economic engagement.

• The needs of seniors are recognised by supporting good urban planning for user friendly environments that benefit all ages.

A range of volunteering and employment options are provided for seniors and retirees, including training and/or re-skilling options for mature aged workers
COMMUNITY CONSULTATIONS

Extensive community and government consultations to inform the ACT Active Ageing Framework: 2015 - 2018 were conducted throughout 2014.

In June 2010 Canberra was invited to join the World Health Organisation’s Global Network of Age-Friendly Cities and Communities.

The World Health Organisation has developed a checklist of the essential features of age-friendly cities that make a community more liveable and manageable for citizens, providing practical guidance about how the pillars of active ageing can be achieved. The checklist was developed through consultation with older people in 33 cities across 22 countries.

Importantly, this Framework applies the practical guidance developed by the World Health Organisation and, at the same time, responds to the unique needs of seniors living in the Australian Capital Territory as identified through extensive consultations undertaken between June 2014 and March 2015.

These local community consultations included: a series of feedback sessions in June and July 2014 which shaped the three resolutions debated at the 2nd Older Persons Assembly in October 2014; and feedback received at the ACT Ministerial Mature Age Workers Roundtable held in March 2015.

The national prevalence of age discrimination in the workplace survey revealed more than a quarter of people over 50 have experienced age bias over the past two years.

The Government also welcomes the recent announcement of the ‘Willing to Work: National Inquiry into Employment Discrimination Against Older Australians and Australians with a Disability’, to be led by the Age and Disability Commissioner, Susan Ryan.

HIGHLIGHTS
FROM THE ACT STRATEGIC PLAN FOR POSITIVE AGEING 2010 – 2014

The ACT Strategic Plan for Positive Ageing 2010-14 guided the implementation of the following initiatives:

- The ACT Digital Hub which opened at Gungahlin library in February 2013 offers one on one sessions by appointment tailored to individual needs, as well as three weekly group sessions. Topics that have assisted seniors include training on a range of computer and internet skills.

- The ‘Find an ACT health service’ page which includes up-to-date information about aged care health services in Canberra and surrounding regions http://www.health.act.gov.au/health-services/find-a-health-service)

- The centralised Assistance website http://www.assistance.act.gov.au/ was launched in 2012. It provides up-to-date information on concessions, services and supports.

- Of the 1,700 programs held in public libraries in 2012-13, 817 were programs for adults and seniors.

- Considerable upgrades in infrastructure across the city completed during 2013-14 included improved lighting, amenities and accessibility.
REPORTING FRAMEWORK

ACT Government Directorates will contribute to an annual Ministerial Statement presented by the Minister for Ageing to the Assembly on activities and efforts undertaken in their respective areas in progressing the practical outcomes of the Framework.

MATURE AGE EMPLOYMENTSNAPSHOT

At the 2011 Census there were 38,159 ACT residents aged 65 and over, representing 11% of the population. From June 2012 to June 2013 the ACT saw the second largest percentage increase in the 65+ population at 5.1%. 2011 Census data.

The Commonwealth Intergenerational Report 2015 (the Report) identified that forty years from now the ‘Aged workforce participation (those 65 plus) will rise to 17.3% from 12.9% today.’ The Report also noted that ‘projections indicate that by 2055, life expectancy at birth will be 95.1 years for men and 96.6 years for women in Australia, so there is a growing urgency in addressing the need to keep workers aged over 65 in the workforce for longer.’ Intergenerational Report.

The ACT workforce is highly skilled. About 73% of workers hold post-school qualifications, and they are much more likely to hold a bachelor degree or higher qualification than those in other locations. Australian Commonwealth Department of Employment, Australian Jobs 2015. P.10.

The ACT Public service employed 21,927 people, as of June 2015. ACT Government Willing to Work: Inquiry into Employment Discrimination against Older Australians and Australians with Disability submission.

As per June 2015, the number of ACT public sector employees aged over 45 – 65 + years (both male and female) was 9,834 or 45%. ACT Government Willing to Work: Inquiry into Employment Discrimination against Older Australians and Australians with Disability submission.

Overall growth for the combined age ranges occur at a rate of 1.3% in the 2013-14 period, and 1.9% in the 2014-2015 period. ACT Government Willing to Work: Inquiry into Employment Discrimination against Older Australians and Australians with Disability submission.

In the 45-54 and 55-64 cohorts, Full Time employment and Part Time employment are the predominant employment type. However, in the 65+ cohort, Casual employment comes second to Full Time employment (as opposed to Part Time employment in the other two cohorts). ACT Government Willing to Work: Inquiry into Employment Discrimination against Older Australians and Australians with Disability submission.

Accessibility

The ACT Government is committed to making its information, services, events and venues, accessible to as many people as possible. If you have difficulty reading a standard printed document and would like to receive this publication in an alternative format - such as large print and audio - please telephone (02) 6205 3535. If English is not your first language and you require the translating and interpreting service - please telephone 131 450.
### 1. CIVIC PARTICIPATION AND EMPLOYMENT

- **Recognize seniors for their important contribution to the continuing social and economic prosperity and development of ACT and surrounding region.**

  - Conduct a feasibility study of IRT Health (jobs) Checkpoint plan pilot to be implemented in the ACT for people in their early 50s.
  - Educate local employers about the benefits of employing mature-aged people and dispelling common myths.
  - Provide a range of ACT Government grants for seniors to encourage participation and enable seniors to build their communities.

  - Implement IRT Health (jobs) Checkpoint plan pilot in the ACT by December 2016.
  - Distribution of the ACT Business Chamber Mentoring Access Worker Toolkit to local businesses.
  - Number of Participation (Seniors), (Digital) grants projects with seniors employment training and volunteering focus increased.
  - Support older workers with skills development and career advice that enables pathways to workforce participation.
  - Work towards finding innovative solutions, practices and programs to address the issues of mature age employment for seniors.

### 2. COMMUNICATION AND INFORMATION & SOCIAL PARTICIPATION

- **Develop and support strategies to encourage social and community connectedness for seniors.**

  - ACT Government grants to encourage community groups and individual seniors to apply for grants that support social inclusion and community connectedness for seniors.
  - Applicable ACT Government programs to include a seniors focus criterion.

  - Increased community participation in community groups and business sector to provide discounts for Seniors Card holders.
  - ACT government information is provided to seniors where it is required and is in a format that is accessible and user friendly.
  - Support initiatives that bring the community together and reinforce respect for seniors and reduce social isolation.

  - Increased participation of community and business sector to provide discounts for Seniors Card holders.
  - Number of community groups that advertise on the Active Ageing Online directory and users of the Digital Hub increased.
  - Increased number of constituents accessing Alzheimer’s Australia ACT programs and services.

### 3. RESPECT AND SOCIAL INCLUSION

- **Establish protocols in all aspects of ACT Government service planning and delivery to ensure diversity is considered in the context of Age-friendly initiatives.**

  - Provide cultural and diversity awareness training for ACT Government staff and volunteers who are working with Age-friendly initiatives.
  - Host computer training courses for seniors from multicultural, inter-kish, ACT Lioness, Gay, Bisexual, Transgender, Bisexual, Lesbian and Queer and Aboriginal and Torres Strait Islander communities.

  - Increased number of ACT Government staff and volunteers who participate in cultural and diversity awareness training.

  - Promote active ageing in the ACT by providing increased opportunities for seniors to participate in a range of social, cultural and recreational activities.

  - Increased participation of eligible seniors utilising the National Disability Insurance Scheme services.

### 4. COMMUNITY AND HEALTH SERVICES

- **Seniors have access to accessible information including preparedness and end-of-life.**

  - Work collaboratively with ACT Government and relevant health service providers to support initiatives that encourage such recognition of responses to older age.
  - Conduct a Seniors Health Forum in early 2016 in consultation with ACT Health.
  - Promote ACT Government strategies for health promotion, bush fires, flooding taking into account the particular needs of vulnerable seniors.

  - Actionally promote the National Disability Insurance Scheme to seniors with a disability in the ACT (National Disability Insurance Scheme only for seniors from 55 – 65 years).

### 5. HOUSING & OUTDOOR SPACES AND BUILDINGS

- **Design features and recreational facilities that encourage seniors to participate in social and physically active, to maintain a healthy lifestyle, to be socially engaged.**

  - ACT Government public facilities to include considerations with Age-friendly considerations.

  - Investigate feasibility study into the vertical Age-friendly communities.

  - ACT Government public facilities to include consideration of age friendly requirements.

  - Ensure green spaces and outdoor seating are sufficient in number, well-maintained and safe and develop a guide to community gardens by conducting a study into seniors physical and what is required, as ongoing maintenance.

  - Provide public infrastructure that promotes community safety and Age-friendly community practices e.g. street lighting.

### 6. TRANSPORTATION

- **Support accessible and Age-friendly transport.**

  - Develop a community education strategy to include a youth’s code of conduct.

  - A policy code of conduct available by June 2016.

  - Develop programs and services geared to the needs of seniors and interest in modern transport infrastructure.

  - Support initiatives to assist older people to work with COA and ACT Government in National Road Safety Week to raise awareness of road safety issues for older road users.

  - Extension of the Flexible Bus Service to meet the specific needs of isolated seniors in the ACT noting an extension of this service would be conditional on the outcome of a future budget bid.

### KPIs

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