
Ageing Well in Melton

ACTION PLAN
2012-2014



Moving Around

Maximise opportunities for older residents to move in and around the community

Strategy	Action	Timeline
Support the development and implementation of Council's Transport Strategy	<ul style="list-style-type: none">- Contribute to relevant internal consultation processes- Encourage older residents to participate in Council initiated community consultations- Support and deliver Transport Strategy actions relevant to ageing well	Ongoing Ongoing Ongoing
Provide a footpath network that meets the safety and accessibility needs of older residents	<ul style="list-style-type: none">- Promote the process for residents to report safety issues related to Council's footpath network	June 2013
Support the implementation of road safety programs	<ul style="list-style-type: none">- Work in partnership with Council's Road Safety and Active Transport program to implement relevant initiatives, including the Years Ahead program	Ongoing
Increase people's confidence and ability to use Public Transport	<ul style="list-style-type: none">- Investigate the Travel Assist Program for implementation in the Shire- Investigate and implement strategies to increase older residents awareness of the Myki ticketing system	June 2013 June 2013

Socially Active

Encourage opportunities for people to come together socially

Strategy	Actions	Timeline
Provide existing seniors groups with support to sustain their activities	<ul style="list-style-type: none"> - Strengthen links with local seniors groups by providing club development support such as sharing information, assisting to apply for grants and supporting promotional activities 	Ongoing
Investigate opportunities to develop new groups and activities	<ul style="list-style-type: none"> - Identify needs of HACC service users through internal consultations and deliver identified activities - Develop a Community Care and Inclusion database of HACC service user requests relating to ageing well and use data to inform the development of new opportunities - Promote activities and initiatives of external providers that respond to the needs of HACC service users 	Ongoing December 2012 Ongoing
Support the development of the Ageing Well Precinct	<ul style="list-style-type: none"> - Contribute to internal consultation processes for the design of the Precinct - Support the engagement of relevant stakeholders into relevant community consultations 	June 2013 June 2013
Encourage the ongoing development of Morton Homestead as an important base for activities and services	<ul style="list-style-type: none"> - In partnership with internal stakeholders identify, develop and implement suitable initiatives that respond to ageing well - Lead, maintain and evaluate ageing well activities and initiatives at Morton Homestead 	Ongoing Ongoing
Encourage the Lifelong Learning of our ageing residents	<ul style="list-style-type: none"> - Investigate opportunities to increase participation by ageing residents in existing and new programs offered at the Melton and Caroline Springs Libraries - Support local providers to promote Lifelong Learning opportunities 	Ongoing Ongoing

Encourage and support older adults to participate in community festivals and celebrations	<ul style="list-style-type: none"> - Utilise the local network of seniors groups to more strongly promote and encourage participation in local festivals and celebrations 	Ongoing
Implement a calendar of local activities during the Victorian Seniors Festival	<ul style="list-style-type: none"> - Deliver the Seniors Dinner Dance as a feature event of the Seniors Festival - Deliver a broad range of activities across the municipality which encourage local residents to come together to celebrate ageing well - Support and promote local seniors clubs and groups, and others to participate in the Festival by holding their own activities and celebrations - Utilise Council's communication resources (website, facilities, local networks) and the local media to promote the Victorian Seniors Festival and the array of local activities on offer 	October 2012 & 2013
Dining Room/Seniors Centre	<ul style="list-style-type: none"> - Investigate potential ageing well partnership opportunities at the Seniors Community Learning Centre 	June 2013

Staying Healthy

Enhance community health and wellbeing

Strategy	Actions	Timeline
Encourage greater support for and recognition of carers	<ul style="list-style-type: none">- Contribute to the review of Council HACC Carer Support Groups- Support the planning and delivery of the CARE Melton Expo in consultation with relevant Community Care and Inclusion staff	December 2012 October 2012 & 2013
Support community safety initiatives of the local Police	<ul style="list-style-type: none">- Facilitate discussions with relevant Council stakeholders and Melton Police to determine strategies to support the implementation of the 'Melton Safely Home Program'- Continue to support Melton Police to implement the Community Safety Register	August 2012 Ongoing
Support increased access to local health services	<ul style="list-style-type: none">- Support the campaign to advocate for a Public Hospital in Melton by promoting widely through the network of local seniors groups,- Support Council initiatives to increase the access to allied health services	Ongoing Ongoing
Increase awareness of the importance of good nutrition	<ul style="list-style-type: none">- Develop and deliver community information sessions as part of ageing well initiatives and other HACC programs- Assist the promotion of Djerriwarrh Health Services initiatives which address nutrition- Support the implementation of Council's Healthy Communities program	Ongoing Ongoing Ongoing

Well Informed

Ensure older residents are well informed about local activities and services

Strategy	Actions	Timeline
Improve information dissemination to local residents	- Ensure Council's website promotes content which is up to date and reflects local issues and aspirations	Ongoing
	- Encourage local Seniors Clubs and Groups to promote themselves in Council's Learning Directory	Ongoing
	- Develop and deliver a range of accessible approaches to promote information to local Seniors Clubs and Groups, and HACC services users, including in languages other than English	Ongoing
Foster opportunities for local clubs and groups to share information, to come together and to work in partnership	- Lead and facilitate gatherings of local seniors groups with the aim of raising awareness of each group's particular activities, seeking opportunities for the groups to work together, and for information to be disseminated to all groups eg. Sourcing Grants, Planning for Sustainability, Impact of Trends in Population etc.	Ongoing
Promote information and awareness of issues relating to safety and security	- Work in partnership with Library Services to implement and promote training for older adults on using computers and the internet	December 2013
	- Host workshops and promote information for older adults and HACC service users about topics such as Planning for Retirement, Avoiding Scams, Fire Safety	Ongoing

Physically Active

Foster physical activity across the community

Strategy	Actions	Timeline
Development of Council facilities, parks and reserves to meet the need of older residents	<ul style="list-style-type: none">- Contribute to the development of relevant Strategies, Master Plans and Detailed Designs by advocating for the particular needs and aspirations of older residents- Where community consultations are sought, actively promote and support the participation of older residents in these processes	Ongoing Ongoing
Support and promote new and existing exercise programs for ageing residents	<ul style="list-style-type: none">- Strengthen participation in new and existing exercise programs delivered through Council, such as the Chair Based Exercise Program (Melton), Lifestylers Walking Group (Melton), Tai Chi for Arthritis (Melton South and Taylors Hill) and the programs at Caroline Springs Leisure Centre- In partnership with Djerriwarrh Health Services and Melton Waves Leisure Centre, develop and widely disseminate a guide which promotes physical activity options for older residents	Ongoing June 2013
Encourage more older residents to take on leadership roles	<ul style="list-style-type: none">- Provide support for the leadership opportunities for older volunteers through Council's Ageing Well Ambassadors Program,- Investigate opportunities to support older people to take on leadership roles through local physical activity providers such as local Leisure Centres	Ongoing June 2014

Positive Ageing

Promote the valuable contributions of older residents

Strategy	Actions	Timeline
Promote positive messages about ageing across the community	<ul style="list-style-type: none"> - Utilise Council's Moving Ahead, website and other promotional materials to highlight positive aspects of ageing well - Submit articles to local newspapers which promote positive messages around ageing well - Promote information across key Council facilities and sites 	Ongoing Ongoing Ongoing
Encourage the contributions of older residents into Council consultation and planning processes	<ul style="list-style-type: none"> - Utilise connections with local seniors groups to promote relevant consultation opportunities and to promote the benefits of contributing to these consultations - Encourage Council Departments undertaking community consultations to develop specific approaches to gain the insights and contributions of older residents 	Ongoing Ongoing
Encourage older residents to be recognised through relevant awards	<ul style="list-style-type: none"> - Promote and support nominations of older adults to Council's Community Achievement Awards - Investigate other relevant awards to nominate local older residents for and provide support where appropriate 	Ongoing Ongoing
Support local volunteering opportunities	<ul style="list-style-type: none"> - Provide ongoing support and development opportunities to Council's existing team of older volunteers, particularly through the Ageing Well Ambassadors Program - Maintain a strong presence and promotion of volunteering on Council's website, through the dissemination of brochures and other promotional material, and through media releases 	Ongoing Ongoing
Maintain an ageing-well image bank	<ul style="list-style-type: none"> - In partnership with Council's Communication Department, continue to update Council's ageing well image bank to be utilised across Council including Moving Ahead, website and other printed materials 	Ongoing