

AGE FRIENDLY SA STRATEGY



“A great place to
spend a lifetime”



Government
of South Australia



Community Conversation Devon Street



Community Conversation Semaphore



Community Conversation City of Salisbury



Community Conversation Kapamilya Filipino Group



Community Conversation with Victor Harbor Walking Group

Foreword

South Australia is a great place to spend a lifetime – a great place to participate, to contribute and to be an active member of the community.

South Australians are living longer than ever before. Our state has one of the highest proportions of older people in the nation, and the number of older people in our community continues to grow. Older people make a significant contribution to their families, communities and the economy. They are a tremendous resource, adding value to our society through their skills, experience and contributions.

Our vision for an age friendly South Australia brings together the expertise of the community, with the innovation of local and state government policy makers and services. Our communities, multicultural agencies, local government and state government partners have previously contributed and continue to commit to building a community that is friendly to all ages.

In late 2016, the State-wide Conversation with Older South Australians was launched to engage with people across the state about what ageing well into the future means for them. These conversations reinforced the importance of feeling valued, maintaining independence and staying connected, and have shaped our priorities for building South Australia's capacity as an age friendly state.

Age Friendly SA is the third strategy under *Prosperity Through Longevity: South Australia's Ageing Plan, Our Vision 2014-2019*, and addresses the South Australian Government's commitment to ensuring that the services we provide, the communities we build and the state as a whole is one that is friendly to all ages.

Through the Strategy, government and the broader community are being encouraged to implement innovative age friendly initiatives and projects.

All South Australian's have a role to play in changing the way we think about ageing in our state, with consideration given to what contribution you can make towards achieving our vision for an age friendly South Australia.

THE STATE OF AGE FRIENDLY



In 2011, around 34% of South Australia's population were aged 50 years or over ¹.

BY 2061, this proportion is expected to **INCREASE TO OVER 42%**.²



51%

of people aged 65 or more use the internet, with the most common activities being banking (50%) and social networking (43%).³



OVER
92%

of older Australians live independently in the community.⁴

OVER
145,800

South Australians aged 55 years and over are volunteers.⁵



OVER
8
million

public transport (bus, train and tram) validations were made by Seniors Card holders in the 12 month period ending June 2016.⁶



31%

of children of working parents receive childcare from a grandparent.⁷

SHAPING OUR PRIORITIES

As active contributors with a lifetime of experience, the diverse voices of older South Australians are a valuable resource that can help shape the age friendliness of our state now and into the future.

In 2016, the South Australian Government held the first Conversation with Older South Australians, exploring issues such as sense of purpose, contribution to society, relationships, and how the future will look. As part of this process, over 425 older people from across the state engaged in more than 50 separate community conversations to share their views about the future of ageing. A number of culturally and linguistically diverse (CALD) communities also participated in conversations as part of the CALD Age Friendly South Australia project.

The World Health Organisation (WHO) defines age friendly cities as “inclusive and accessible environments that promote active ageing by optimising opportunities for health, participation, security and lifelong learning in order to enhance the quality of life as people age.”

From the outcomes of these community conversations, five priorities were identified as key enablers to ageing well and have shaped the development of this Strategy. The priorities were used to guide further discussions with local and state government partners, from which three broad themes for action emerged. These themes work towards outcomes across the five priority areas, encouraging partnerships to drive our age friendly work.

Age Friendly SA sets the direction for building South Australia’s capacity as an age friendly state; making our state a better place to live for people of all ages.

OUR VISION

“South Australia is a place where older people are recognised as valued members of the community and an important resource to society; where people are included in decisions that affect them and supported to lead productive and active lives as they age.

South Australia is a great place to live, contribute and spend a lifetime.”



State-wide Conversation with Older South Australians – Hands Up

AGE FRIENDLY

FIVE KEY PRIORITIES

Informed by the diverse voices of older South Australians, five priorities were identified as key enablers to ageing well and form the backbone of the Age Friendly SA Strategy.

Home, Community & Environment

Creating spaces that are inviting and accessible to all ages; encouraging a sense of community, as well as safety, security and independence. Enjoying nature and taking care of the environment for the future.

Making a Contribution

Supporting opportunities for the positive contribution, lifelong learning and active participation of older people. Ensuring the voices of older people are sought out and heard.

Making it Easier to Get Around

Well-maintained paths for walking and cycling. Reliable and affordable transport, convenient parking, and being able to travel safely around our city and neighbourhoods, are all part of maintaining connection to community and independence.

Intergenerational Connectedness

Creating environments and communities that bring together people of all ages and stages of life; promoting strong community connections; building trust; challenging ageism; and creating opportunities for shared activities.

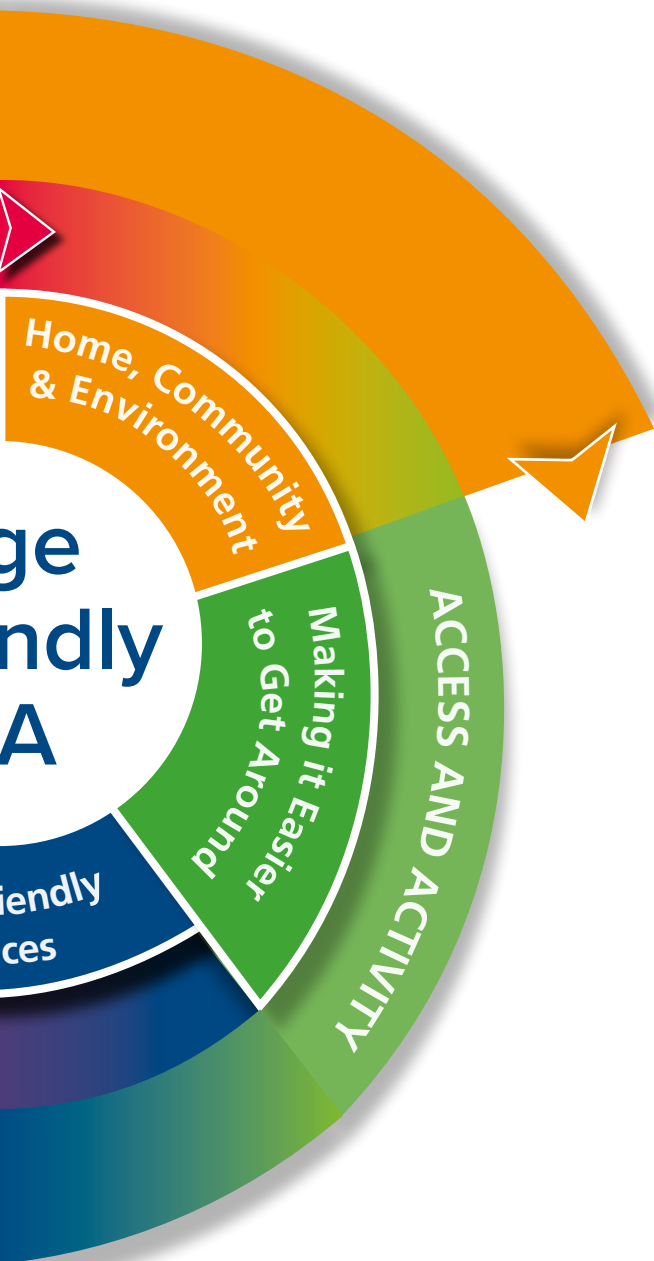
Age Friendly Services

Ensuring services are designed and delivered in ways that are inclusive of and respectful to the needs and wants of older people.



“A great place to

SA STRATEGY



spend a lifetime”

THEMES FOR ACTION

The following three broad themes for action encourage partnerships and drive the state government’s age friendly work across the five priority areas.

Community Connections

Creating a community that respects, includes and cares for older people is everybody’s business. We will look at the design of housing and communities to better meet the differing lifestyle, family and care needs and wants of people as they age. We will focus on creating communities that know and look out for each other, and opportunities for people of all ages and cultures to connect for wellbeing, for sharing and for learning. We will promote opportunities for older people to contribute to their community with purpose; valuing the skills and expertise they have developed over their lifetime.

Access and Activity

Being able to get where you want to go and do what you need to do is essential for active ageing. We will continue to prioritise low cost and accessible transport options, and focus on creating neighbourhoods that are age friendly, easy to get around and foster active travel choices. We will promote the places and spaces that support the community and enable older people to undertake new and different roles. We will focus on ensuring our natural environment is accessible and enjoyable for people of all ages, with opportunities to be involved in its care for future generations.

Digital Inclusion

Access to information and communication technologies is essential to living and participating in today’s society. Digital inclusion is more than learning about computers and the internet. It is also about making technology accessible, learning new skills and streamlining access to services. We will explore using technology to generate opportunities for older people to meet, learn and contribute to the community; to develop new skills and confidence to connect, participate and interact in the digital world.



Stepping Out Together

EARLY ACTIONS



Age Friendly SA Grant Round

In 2017, an Age Friendly SA Grand Round was established to provide grants of up to \$25,000 to deliver projects that contribute to an age friendly South Australia. The Department of State Development has contributed additional funds to the Age Friendly SA Grant Round in 2017 to enable a specific northern suburbs grant to be offered in support of the Northern Economic Plan.

Over the next three years, the state government will commit a total of \$600,000 to Age Friendly SA Grants.



Exploring Citizen Science

Office for the Ageing will partner with the Department of Environment, Water and Natural Resources to explore ways in which citizen science projects can promote opportunities for older South Australians to engage with each other, their local community and the environment through contributing to research, connecting with experts and sharing their findings.

This work aims to increase the variety of ways that older people can become engaged in contributing to their community and caring for nature, and experiencing the health and wellbeing benefits.



Connecting and Participating in the Digital World

Office for the Ageing will work with Service SA and the South Australian Public Library Network on a digital inclusion project aimed at supporting older people to develop the skills and confidence they need to connect, participate and interact safely in the digital world, and to use services available through sa.gov.au and beyond.

This project will work towards increasing South Australia's score on the Australian Digital Inclusion Index through improving the digital confidence and participation of older South Australians.

The Age Friendly SA Strategy will be supported by an Implementation Plan, which will be refreshed regularly and feature innovative activities, initiatives, projects and partnerships that support the key priorities and action themes.

“I am very proud to have been part of South Australia’s age-friendly journey from the beginning. It is a journey without a singular destination. Arrival, in fact, is less important than ensuring that all South Australians of every age are invested in a ticket for the trip.”

Professor Alexandre Kalache

Renowned Active Ageing expert and founder of the World Health Organisation Age-friendly Cities global movement.



OTHER CONTRIBUTORS

Age Friendly Local Government Partners

Alexandrina Council
City of Adelaide
City of Campbelltown
City of Charles Sturt
City of Holdfast Bay
City of Marion
City of Mitcham
City of Mount Gambier
City of Mt Barker
City of Onkaparinga
City of Playford
City of Port Adelaide Enfield
City of Port Lincoln
City of Salisbury
City of Tea Tree Gully
City of Unley
City of Victor Harbor
City of Whyalla
District Council of Adelaide Hills
District Council of Yankalilla
Local Government Association

Contributors to the State-Wide Consultation with Older South Australians, the CALD Age Friendly South Australia project and other engagement processes

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Photos

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by MCCA
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Thies, Through the Lens
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Australian Red Cross
Page 10 *Seniors at Work* – Photo by Lydia Strutton,
Through the Lens

1 Source: ABS 2001 Census.

2 Source: ABS 3222.0 Population Projections, Australia, by Age and Sex, June 2012 - 2061 Series B

3 Source: ABS 8146.0 Household Use of Information Technology, Australia, 2014-15

4 Source: ABS Census 2011

5 Source: ABS 41590.0 General Survey Summary Results Australia 2014

6 Source: Seniors Card 2015-16

7 Source: ABS 4402.0 - Childhood Education and Care, Australia, June 2014

We need to get the message to businesses... just because people have reached 65 or 75 doesn't mean to say they've had it.
(Vox Pop, Open State)



Maybe older people will value the enthusiasm, flexibility, struggles, uncertainty and confidence of our young people, who could in turn respect our experience, slower pace, attention to detail, enthusiasm to do what we can, and honest communication.
(Your SAy)

People need to be abreast of modern communication methods. Skype allows them to chat to grandchildren anywhere in the world. Email and Facebook allows them to be included in family communications, even if it is just the latest joke group emailed to all contacts.
(Your SAy)



For more information

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www.ausgoal.gov.au/creative-commons

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