

Strong, liveable communities

**TASMANIA'S ACTIVE
AGEING PLAN**

FIRST YEAR

**IMPLEMENTATION STRATEGY
2017–2018**





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Active ageing is about providing people with opportunities to grow older in the way they want. It is more than being physically active. Active ageing is about continuing to have the opportunity to belong, to be involved, to learn, to contribute and to have purpose as we age.

Strong, Liveable Communities: Tasmania's Active Ageing Plan 2017-2022 (the Active Ageing Plan) is the Tasmanian Government's commitment to support people to maintain their health, increase their participation, continue to learn, and feel secure as they age.

A key focus of the Active Ageing Plan is on building strong, liveable communities. A liveable community creates a physical and social environment that helps older people live independently in the way they choose. Communities and environments that are more liveable support better social connections, improve the health of older people by reducing the risk of falls, and encourage greater physical activity and better social connections. The Active Ageing Plan also aims to adapt and reshape our communities to better facilitate and value the contributions of older people.

To support the Active Ageing Plan Tasmanian Government agencies have developed the first Implementation Strategy which outlines actions planned for the period 1 July 2017 to 30 June 2018. The Plan and Implementation Strategy contain four priority action areas taking into account the needs of people over 50 as identified through consultations. These are health, life-long learning, participation and security.

The Active Ageing Government Advisory Group will continue to have oversight of the Implementation Strategy, to ensure an integrated and sustained effort by Tasmanian Government agencies over the next five years.

In developing future implementation strategies, agencies will continue to listen to the valuable advice provided by the Council on the Ageing Tasmania, which is the peak body representing the needs of older people, and the older persons sector, in Tasmania. Agencies also acknowledge the important contribution made by many organisations in the delivery of services to older Tasmanians.

OUR AREAS FOR ACTION

The Tasmanian Government will act in areas that make it easier for older Tasmanians to live full and active lives. These four key areas are:



ONE: HEALTH

1. Support people to be active in managing their own health
2. Facilitate access to physical activity to improve strength, resilience and participation
3. Provide information and programs about affordable, healthy eating
4. Improve access to mental and physical health care in rural communities



TWO: LIFELONG LEARNING

5. Work collaboratively to increase confidence and skills to use digital technology
6. Provide opportunities for diverse groups to share skills and knowledge
7. Work to lift literacy and numeracy levels of older adults
8. Provide targeted information about education, training and learning opportunities



THREE: PARTICIPATION

9. Strengthen the liveability of local communities
10. Maximise opportunities for older workers to re-enter, reskill or remain in the workforce
11. Work with local businesses to respond to the needs of an ageing community
12. Implement whole-of-community strategies to overcome transport barriers
13. Support a skilled, sustainable volunteering workforce
14. Address ageism and combat age-related stereotypes



FOUR: SECURITY

15. Support awareness and improve our response to elder abuse
16. Assist people to access appropriate cost of living support
17. Strengthen our efforts to provide appropriate and affordable housing
18. Facilitate education and support for older people to be safe online
19. Support older people to maintain independence as they age



ACTION AREA ONE: HEALTH

Tasmanians can access information and services to be active participants in managing their own health and wellbeing as they age.

I Support people to be active in managing their own health.

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| 1.1 | Pursue opportunities to support and promote mental health of Tasmanians and help reduce stigma under <i>Rethink Mental Health, Better Mental Health and Wellbeing: A Long-Term Plan for Mental Health in Tasmania 2015-2025</i> . | Department of Health and Human Services |
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| 1.2 | Through the Get Outside (GO) with Health program, work cooperatively with mental health organisations to provide safe experiences in parks and reserves. | Department of Primary Industries, Parks, Water and Environment |
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| 1.3 | Establish new and enhanced services under the One Health System reforms for geriatric services, palliative care and rehabilitation services. | Tasmanian Health Service |
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| 1.4 | Continue to provide an opportunity for allied health professionals and the non-government sector to share information about their services and outreach (e.g. through the Healthy Ageing Network South). | Department of Health and Human Services |
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| 1.5 | Develop a cooperative approach between the Primary Health Network, the Department of Health and Human Services and the Council on the Ageing Tasmania, to raise awareness of, and access to, adult immunisations for older Tasmanians. | Department of Health and Human Services |
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| 1.6 | Implement priority areas for action under the <i>Healthy Tasmania Five Year Strategic Plan</i> (July 2016) including: <ul style="list-style-type: none"> – Chronic conditions screening and management; – The Healthy Tasmania Challenge (Action 10); – The Healthy Tasmania Portal (Action 17); and – The LiveLighter (Action 11) campaign. | Department of Health and Human Services |

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Facilitate access to physical activity to improve strength, resilience, and participation.

2.1	Support the Australian Masters Games in the North-West in October 2017, to provide older Tasmanians with opportunities to participate in physical activity.	Department of State Growth
2.2	Ensure the needs of older Tasmanians are considered in the development of a State Sport and Recreation Infrastructure Strategy.	Department of Premier and Cabinet
2.3	Launch the first round of the Community Innovation Pool funding, as part of the <i>Healthy Tasmania Five Year Strategic Plan</i> , to facilitate innovative community partnership approaches to better health.	Department of Health and Human Services
2.4	Update the <i>Get Active</i> booklets to provide ideas for older adults to be active and social in their local area.	Department of Premier and Cabinet
2.5	Undertake a community based audit of current opportunities for older Tasmanians to be active, to identify directions for future activity.	Department of Premier and Cabinet
2.6	Support new experiences and/or augment existing mountain bike trails, and provide infrastructure that encourages the physical challenge of cycling.	Department of Primary Industries, Water and Environment
2.7	Promote the <i>Parks for All People: Access for the mobility impaired in Tasmania's national parks and reserves</i> resource, to encourage older Tasmanians to enjoy Tasmania's National Parks, be physically active, and form social connections.	Department of Primary Industries, Water and Environment
2.8	Consider further Healthy Parks, Healthy People initiatives to encourage people to increase their physical activity levels through walking.	Department of Primary Industries, Water and Environment

3**Provide information and programs about affordable, healthy eating.**

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| 3.1 | Provide training and resources to community organisations to improve access to affordable and healthy food, including for older Tasmanians. | Department of Health and Human Services |
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| 3.2 | Continue to roll out the <i>Nutrition for Older People</i> online training, a free online training package for all staff and volunteers who work with older people living in the community. | Department of Health and Human Services |
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| 3.3 | Roll out online training for aged care providers to support healthy eating and physical activity for older people, including identifying key signs of malnutrition in older people. | Department of Health and Human Services |
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| 3.4 | Provide funding for the <i>Eat for Life</i> peer education program which supports older Tasmanians in improving their knowledge of age appropriate diets. | Department of Premier and Cabinet |

4**Improve access to mental and physical health care in rural communities.**

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| 4.1 | Improve the provision of health services in rural communities through the Telehealth Expansion Project. | Department of Health and Human Services |
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| 4.2 | Fund Rural Alive and Well (RAW) \$1.7 million to support rural individuals, families and communities to respond to challenging life experiences, with a particular emphasis on suicide prevention. | Department of Health and Human Services |
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| 4.3 | Fund the Council on the Ageing Tasmania to work with local government and community organisations to improve the health and recreation of older Tasmanians through providing low cost and intergenerational opportunities for older people (including those in rural communities) to participate in outdoor activities. | Department of Premier and Cabinet |





ACTION AREA TWO: **LIFELONG LEARNING**

Learning is accessible and inclusive of older Tasmanians so that they feel valued, accepted and able to cope with change.

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Work collaboratively to increase confidence and skills to use digital technology.

- 5.1** Continue to roll out computing and technology courses for older Tasmanians in local communities through LINC Tasmania. **Department of Education**
- 5.2** Fund the Council on the Ageing Tasmania to deliver initiatives to improve digital inclusion for older Tasmanians, through a train-the-trainer model which delivers place based solutions in local communities and the identification of opportunities to capitalise on existing programs, resources and infrastructure. The Department of Education will work with the Council on the Ageing Tasmania on a coordinated approach to digital inclusion programs, in order to effectively provide skills and resources. **Department of Premier and Cabinet**
Department of Education
- 5.3** Fund TasICT to support workforce development in the Science, Technology Engineering and Manufacturing (STEM) and ICT industries, including an interactive online portal and app for careers in ICT through Workforce Development grants. **Department of State Growth**





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Provide opportunities for diverse groups to share skills and knowledge.

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| 6.1 | Explore partnerships between schools and community learning programs to identify intergenerational learning opportunities. | Department of Education |
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| 6.2 | Continue to work in partnership with the Migrant Resource Centres and Wildcare to deliver activities aligned with the <i>Get Outside (GO) with Community</i> program, using Tasmania's natural environment to help connect new migrants to place and community. | Department of Primary Industries, Parks, Water and Environment |
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| 6.3 | Work with the Tasmanian Aboriginal community, and in particular Aboriginal Elders, to enhance the cultural experience of visitors to parks. | Department of Primary Industries, Parks, Water and Environment |
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| 6.4 | Support Seniors Week events that encourage grandparents to share national parks experiences with their grandchildren. | Department of Primary Industries, Parks, Water and Environment |
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| 6.5 | Provide core funding to establish a statewide, coordinated approach for Men's Sheds, to support intergenerational sharing of knowledge and skills. | Department of Premier and Cabinet |
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7**Work to lift literacy and numeracy levels of older adults.**

- 7.1** Work in collaboration with the Council on the Ageing Tasmania, to target literacy and numeracy programs to older Tasmanians in areas where they are needed most. **Department of Education**
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- 7.2** Proactively advertise 26TEN literacy and numeracy mentoring opportunities to older volunteers to support communities to build skills and provide an opportunity for older people to participate. **Department of Education (through 26TEN)**
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- 7.3** Celebrate and recognise older Tasmanians who are working to raise literacy and numeracy levels in the Tasmanian community. **Department of Education (through 26TEN)**
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8**Provide targeted information about education, training and learning opportunities.**

- 8.1** Review the *Community Use of Facilities Policy* to maximise opportunities for use of Department of Education facilities by older persons' community groups. **Department of Education**
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- 8.2** Continue to fund Red Cross to deliver the Migrant Mentor Program to assist new migrants, including older migrants, to improve their employability through partnering with experienced professionals, including older Tasmanians, who can help to build their skills, experiences and networks. **Department of Premier and Cabinet**
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ACTION AREA THREE: PARTICIPATION

Older Tasmanians are able to fully participate in family, community and civic life.

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Strengthen the liveability of local communities.

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| <p>9.1</p> | <p>Ensure State Planning Policies guide the location of development based on proximity to health and community services, the surrounding transport network, residences and community use areas (e.g. parks).</p> | <p>Department of Justice</p> |
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| <p>9.2</p> | <p>Fund the Council on the Ageing Tasmania to work with local councils and communities, to support local councils to build local, liveable communities. A toolkit will be developed to support local councils to undertake liveability audits, identify barriers for older persons' participation, and identify actions to increase their community's liveability.</p> | <p>Department of Premier and Cabinet</p> |
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| <p>9.3</p> | <p>Deliver a Liveable Communities Grants Program for local councils. Funding will be directed towards innovative and strategic projects that aim to make local communities more responsive and inclusive of the needs of older people.</p> | <p>Department of Premier and Cabinet</p> |
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| <p>9.4</p> | <p>Release the <i>Disability Framework for Action 2018-2020</i> to support older Tasmanians with disability to continue to participate in their community.</p> | <p>Department of Premier and Cabinet</p> |
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Maximise opportunities for older workers to re-enter, reskill, or remain in the workforce.

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| 10.1 | Ensure that funding for Tasmanian vocational education and training programs includes opportunities for older Tasmanians to have a working future by building their vocational, employability and adaptability skills. | Department of State Growth |
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| 10.2 | Deliver the Rapid Response Skills initiative, to provide financial support for training to people who have lost their jobs because they have been made redundant, the place they work has closed or had to let their staff go. The targeted training is aimed at helping people to transition into their next career. | Department of State Growth |
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| 10.3 | Fund the Council on the Ageing Tasmania to deliver the Recruiting for Life project and to develop a report on ways to improve participation by older Tasmanians in the workforce, and to promote age-diverse and inclusive employment and workplace planning practices. | Department of State Growth
Department of Premier and Cabinet |
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| 10.4 | Undertake research to determine the needs of older workers, including identifying key attraction, engagement and retention elements for mature age employees, and what supporting policies, practices and information can benefit them in these transitions. | Department of Premier and Cabinet |
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| 10.5 | Release the mental health best practice framework for workplaces in Tasmania. | Department of Health and Human Services |
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| 10.6 | Consider amendments to the <i>Workers Rehabilitation and Compensation Act 1988</i> to ensure that older workers are not disadvantaged by changes to the Age Pension eligibility age. | Department of Justice |
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Work with local businesses to respond to the needs of an ageing community.

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| 11.1 | Encourage employers and industry to participate in their own workforce planning and development activities, including recognising the positive role and potential in recruiting, retraining and retaining older workers in the workforce. | Department of State Growth |
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| 11.2 | Fund development of a Community of Practice for Tasmanian businesses to share resources, learning and create partnerships to respond to an ageing workforce. | Department of Premier and Cabinet |
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| 11.3 | Continue the Employer of Choice program of events to highlight issues in managing an ageing workforce and to showcase businesses that can be considered 'active ageing workplaces'. Work with the Council on the Ageing Tasmania to identify 'active ageing workplaces' and develop case studies to present at events. | Department of State Growth |
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| 11.4 | Work to raise business awareness of changing demographics and the economic potential of tailoring products and services to meet the needs of older Tasmanians. | Department of Premier and Cabinet |
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| 11.5 | Work with the Council on the Ageing Tasmania to identify and encourage local businesses to participate in the Business Cluster Workshop Program, to support organisations to develop an understanding of their ageing workforce, the risks and opportunities they face, and to tailor action. | Department of State Growth |
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Implement whole-of-community strategies to overcome transport barriers.

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| 12.1 | Support regional authorities to develop transport solutions based on cross-industry, community and government consultation, to meet the needs of local communities with a focus on rural areas. | Department of Premier and Cabinet |
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| 12.2 | Support older drivers to maintain their licences or transition out of driving, including identifying community connections to provide information to older drivers, and dedicated information on the transport website. | Department of State Growth |
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| 12.3 | Support affordable transport options through the Transport Access Scheme, which includes Australian Disability Parking permits and the Taxi Subsidy Scheme. | Department of State Growth |



13 Support a skilled, sustainable volunteering workforce.

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| 13.1 | Continue to fund Volunteering Tasmania to support local volunteer organisations and help them find and retain volunteers, and to make it easier for people interested in volunteering to find suitable roles. | Department of Premier and Cabinet |
| 13.2 | Work with Wildcare and other volunteer organisations to engage older volunteers in Parks and Wildlife programs. | Department of Primary Industries, Parks, Water and Environment |
| 13.3 | Work with Volunteering Tasmania to trial an initiative that supports older volunteers to share their knowledge and skills with a younger cohort, including strategies for succession planning in the volunteering sector. | Department of Premier and Cabinet |
| 13.4 | Fund the Council on the Ageing Tasmania to explore and map existing Tasmanian, national and international community volunteering programs which support older people's independence in the community. | Department of Premier and Cabinet |
| 13.5 | Continue to fund activities aimed at up-skilling volunteers, coaches and officials, through the State Grants Program. | Department of Premier and Cabinet |

14 Address ageism and combat age-related stereotypes.

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| 14.1 | Provide funding to the Council on the Ageing Tasmania to act as the peak body representing the needs of older people, and the older persons sector; in Tasmania. | Department of Premier and Cabinet |
| 14.2 | Fund the Council on the Ageing Tasmania to deliver Seniors Week 2017, which provides opportunities for Tasmanians over 50 to participate, and celebrate the contributions of older Tasmanians. | Department of Premier and Cabinet |



ACTION AREA FOUR: SECURITY

Older Tasmanians are supported to be safe and secure in their own home, and in their community.

15 Support awareness of, and improve our response to, elder abuse.

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| 15.1 | Undertake an audit of current data collected by Tasmanian Government agencies to improve our understanding of elder abuse. | Department of Health and Human Services |
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| 15.2 | Release the revised Elder Abuse Prevention Awareness Campaign under the Preventing Elder Abuse Strategy. | Department of Health and Human Services |
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| 15.3 | Finalise the <i>Guiding Principles to Protect and Respect Older Tasmanians</i> to ensure the rights of older people are at the forefront of policy and program development, and service delivery. | Department of Health and Human Services |
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| 15.4 | Review and consider the findings from the Australian Law Reform Commission's inquiry into <i>Protecting the Rights of Older Australians from Abuse</i> . | Department of Health and Human Service
Department of Premier and Cabinet
Department of Justice |
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| 15.5 | Evaluate submissions to the consultation paper <i>Family Violence: Strengthening Our Legal Responses</i> , including feedback on extending the <i>Family Violence Act (2004)</i> to a broader number of family members, not just intimate partners. | Department of Justice |



16 Assist people to access appropriate cost of living support.

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| 16.1 | Release the first priority action plan for the <i>Tasmanian Women’s Strategy 2018-2020</i> , which will focus on initiatives to help and empower women of all ages to achieve greater economic security. | Department of Premier and Cabinet |
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| 16.2 | Update the <i>Tasmanian Government Discounts and Concessions Guide</i> , which provides information on a range of concessions and discounts on the cost of government services to support older Tasmanians to access essential services. | Department of Premier and Cabinet |
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| 16.3 | Administer a Seniors Card Program, jointly supported by private enterprise, to provide a diverse range of discounts on products and services. | Department of Premier and Cabinet |
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| 16.4 | Provide funding for emergency relief initiatives to provide food, information and support to those in need (e.g. food vans, emergency food relief distribution, energy hardship fund and family assistance). | Department of Premier and Cabinet |
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17

Strengthen our efforts to provide appropriate and affordable housing.

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| <p>17.1 Raise awareness of the services of Housing Connect, a one-stop shop for Tasmanians to access housing information including emergency and long-term housing.</p> | <p>Department of Health and Human Services</p> |
| <p>17.2 Commence building units that are suitable for older people at Somerset.</p> | <p>Department of Health and Human Services</p> |
| <p>17.3 Support the construction of a new aged care facility for 50 beds in Southern Tasmania to support frail elderly on low incomes, with delivery of 40 bed licenses awarded to Wintringham Specialist Aged Care.</p> | <p>Department of Health and Human Services</p> |
| <p>17.4 Continue to monitor housing demand from older Tasmanians through the Housing Register.</p> | <p>Department of Health and Human Services</p> |
| <p>17.5 Continue to fund women's shelters in each region to provide crisis and transitional accommodation for adult women across the State.</p> | <p>Department of Health and Human Services</p> |
| <p>17.6 Continue to use the Household Assessment Prioritisation System (HAPS) to ensure homeless women are categorised as priority applicants.</p> | <p>Department of Health and Human Services</p> |
| <p>17.7 Continue to design and construct new public housing suitable for older people.</p> | <p>Department of Health and Human Services</p> |

18 Facilitate education and support for older people to be safe online.

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| 18.1 | Promote improved cyber safety for older Tasmanians, by training staff and volunteers to deliver one-on-one support and community learning digital workshops on eSafety through LINC Tasmania. | Department of Education |
| 18.2 | As an eSmart library service, accredited through the Alannah and Madeline Foundation, work to equip staff and systems to support Tasmanian library users with the skills they need for smart, safe and responsible use of technology. | Department of Education |
| 18.3 | Investigate ways in which to communicate to family, friends and neighbours of older Tasmanians to raise issues of online safety with older family members and friends. | Department of Police, Fire and Emergency Management |

19 Support older people to maintain independence as they age.

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| 19.1 | Investigate ways in which information is best provided to support older Tasmanians to feel safe, and continue to participate, through simple, practical tips and strategies to improve personal and household safety. | Department of Police, Fire and Emergency Management |
| 19.2 | Release the revised <i>Carer Action Plan</i> which recognises the role and valuable contributions of older carers, and those who care for older Tasmanians. | Department of Premier and Cabinet |
| 19.3 | Implement <i>Compassionate Communities: A Tasmanian Palliative Care Policy Framework 2017-2021</i> , which aims to create a contemporary, inclusive approach to palliative care in Tasmania. | Department of Health and Human Services |
| 19.4 | Consider findings from the Tasmanian Law Reform Institute's Review of Notional Estates. 'Notional estate' refers to assets that are no longer part of the actual estate of a deceased person because they have been distributed either before or after the deceased's death. As the assets are no longer part of the estate they are not taken into consideration in a claim against the estate under family maintenance provisions. | Department of Justice |
| 19.5 | Consider recommendations from the Australian Law Reform Commission in relation to Powers of Attorney, and continue to educate older people about guardianship and Power of Attorney issues. | Department of Justice |

EVALUATION AND REPORTING

The Implementation Strategy sets out what the Tasmanian Government aims to achieve in the first year of the Active Ageing Plan. It connects older people to existing programs and services, highlights current and new initiatives, and puts a focus on older people in the development of upcoming Tasmanian Government policies, programs and services.

Subsequent implementation strategies will be developed and released until 2022. The Action Plan and the supporting implementation strategies will be published on the Department of Premier and Cabinet (DPAC)'s website and will include links to further information about services.

DPAC as the lead agency, will be responsible for delivery of *Strong, Liveable Communities: Tasmania's Active Ageing Plan – First Year Implementation Strategy*. Other Tasmanian Government agencies will support implementation through the Active Ageing Government Advisory Group.

A key activity for the Government Advisory Group will be to look at what data is collected by the Tasmanian Government, and use this to better understand the needs of Tasmanians at different stages of the ageing process to inform future action. The voices of older Tasmanians will also continue to be critical in informing the future implementation of the Active Ageing Plan.



The Tasmanian Government will use *Facing the Future: A Baseline Profile on Older Tasmanians* (the Council on the Ageing Tasmania) to inform our evaluation approach.

Evaluation will focus on the following measures of success to help us to determine whether our action is making a difference for older Tasmanians:

ACTIVE AGEING FOUNDATIONS	MEASURE OF SUCCESS
Evidence based	Data is collected and reported for diverse groups of people aged 50 and over.
	Data is used to inform decision making for policy and services targeted at people aged 50 and over.
	Initiatives are informed by the latest evidence of what works.
Intergenerational connections	There are opportunities for the community to create and reinforce intergenerational connections.
	Younger and older people see the value in creating intergenerational connections.
Accessibility	Services are accessible and used by people aged 50 and over.
	There is a range of accessible transport options for people aged 50 and over.
	Government information is delivered in a format that meets the needs of people aged 50 and over.
Affordability	People aged 50 and over can meet their essential needs (food, utilities etc).
	People are aware of the concessions and discounts to which they are entitled.
	Housing is accessible and affordable for people aged 50 and over.
Liveability	Tasmanians aged 50 and over have opportunities to participate in the Tasmanian community.
	People aged 50 and over feel safe and secure in their community.
	People aged 50 and over do not experience discrimination.
	The needs of an ageing community are taken into account in local and state planning and infrastructure development.

OUR FUTURE FOCUS

Implementation beyond 30 June 2018 will align with the Active Ageing Plan action areas, and address issues raised by Tasmanians during consultations, including:

- **improving health care;**
- **transport accessibility;**
- **appropriate housing;**
- **better access to information, and improving digital inclusion;**
- **helping people meet the essentials;**
- **involvement in the community;**
- **workforce participation options;** and
- **valuing and respecting older Tasmanians, with a focus on diverse groups** (e.g. Lesbian, Gay, Bisexual, Transgender and Intersex people; people with disability and older people from culturally and linguistically diverse backgrounds).

Future implementation strategies will allow the Tasmanian Government to refine its action based on what works, listening and learning from older people and exploring solutions to long-standing challenges, such as access and affordability of health care, transport and meeting rising cost of living expenses.



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