







Introduction	2
Our areas for action	3
Action Area I: Health	4
Action Area 2: Lifelong Learning	8
Action Area 3: Participation	12
Action Area 4: Security	18
Evaluation and reporting	22
Our future focus	23

Strong, Liveable Communities Tasmania's Active Ageing Plan 2017-2022 (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.

To support the Active Ageing Plan, Tasmanian Government agencies have developed this second Implementation Strategy which outlines actions planned for the period January 2019 to December 2020.

The Active Ageing 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.

A key focus of the Active Ageing Plan is on building strong, liveable communities.

Active Ageing is about providing people with opportunities to grow older in the way they wish, while having the opportunity to be involved and contribute to community.

In order to achieve this, the Tasmanian Government has committed to a number of initiatives over the next few years. The Government has provided \$195,000 per annum for three years to the Council on the Ageing (COTA) Tasmania to implement initiatives under the Active Ageing Plan, in partnership with the Tasmanian Government.

The Tasmanian Government also has priorities around reducing the cost of living pressures for older Tasmanians, and increasing the physical activity and wellbeing of older Tasmanians.

For example, the Government is offering Tasmanian Seniors Card holders free entry to our 19 National Parks until 30 June 2019. From 1 July 2019, Seniors Card holders can continue to enjoy all our National Parks with 50 per cent discount on the concession fee of an All Parks annual or two-year pass. The Government also produces *Get Active* booklets to provide ideas for older adults to be active and connected to their community.

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 two years.

In developing future Implementation Strategy's, Tasmanian Government agencies will continue to listen to the valuable advice provided by COTA, as 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. The four key areas are:



### **ONE: HEALTH**

- I. 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



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.	
1.1	Through the Healthy Parks Healthy People program, work cooperatively with organisations to provide safe experiences in parks and reserves, highlighting the link between nature and human health.	Department of Primary Industries, Parks, Water and Environment
1.2	Pursue opportunities to support and promote mental health of Tasmanians and help reduce stigma under Rethink Mental Health, Better Mental Health and Wellbeing: A Long-Term Plan for Mental Health in Tasmania 2015-2025.	Department of Health
1.3	The Australian and Tasmanian governments, through the National Partnership Agreement on Improving Health Services in Tasmania, have committed the Department of Health to improve the quality of the Tasmanian health system through the development of subacute patient centred models of care for geriatric evaluation and management, and rehabilitation services. The Department of Health will collaborate and partner with public and private hospitals, consumers, non-government, community and primary care sectors to promote wellness, reablement and supported self-management for people in settings outside of acute hospitals and into communities where people live and work.	Department of Health
1.4	Continue to provide an opportunity for allied health professionals and the non-government sector based in southern Tasmania to share information. The Healthy Ageing Network South is focused on the following key themes: reaching and supporting people who are socially isolated; engaging clients to learn from their experiences; and exploring new approaches to aged care.	Department of Health
1.5	Develop a cooperative approach between the Primary Health Network, the Department of Health and the Council on the Ageing Tasmania, to raise awareness of, and access to, adult immunisations for older Tasmanians.	Department of Health
1.6	Implement priority areas for action under the Healthy Tasmania Five Year Strategic Plan (July 2016) including:  — Chronic conditions screening and management;  — The Healthy Tasmania Challenge; and  — The Healthy Tasmania Portal.	Department of Health



IMPLEMENTATION STRATEGY 2019-2020

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

2.1	Provide Seniors Card holders with free entry to our 19 National Parks for one year until 30 June 2019. This is designed to allow seniors to increase physical activity and wellbeing and make the most of their own backyard.	Department of Primary Industries, Parks, Water and Environment
2.2	From 1 July 2019, Seniors Card holders can continue to enjoy our 19 National Parks with 50 per cent discount on the concession fee of an All Parks annual or two-year pass.	Department of Primary Industries, Parks, Water and Environment
2.3	Ensure the needs of older Tasmanians are considered in the development of State Sport and Recreation Infrastructure Strategies.	Department of Communities Tasmania
2.4	Launch the next 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
2.5	Release annual North and North-West <i>Get Active</i> booklets to provide ideas for older adults to be active and social in their local area.	Department of Communities Tasmania
2.6	Support the Council on the Ageing Tasmania to maintain and update an online portal for older Tasmanians to readily access information about participation in sport, recreation and community life, so as to promote active ageing.	Department of Communities Tasmania
2.7	Support new experiences and/or augment existing mountain bike trails, and provide infrastructure that encourages the physical challenge of cycling.	Department of Primary Industries, Parks, Water and Environment
2.8	Promote the Parks for All People: Access for the mobility impaired in Tasmania's national parks and reserves resource, to encourage older Tasmanians to enjoy Tasmania's National Parks, be physically active, and form social connections.	Department of Primary Industries, Parks, Water and Environment
2.9	Promote the Discovery Ranger program to encourage older Tasmanians to participate in physical activity events.	Department of Primary Industries, Parks, Water and Environment
2.10	Discounts for a variety of activities managed by the Parks and Wildlife Service are offered to senior concession card holders to encourage seniors to keep active and maintain their physical health and participation levels. These include bookable walking track products, cave tours and access to Highfield House.	Department of Primary Industries, Parks, Water and Environment

### Provide information and programs about affordable, healthy eating.

**3.1** Support the Council on the Ageing Tasmania to continue the *Eat for Life* peer education program which supports older Tasmanians in improving their knowledge of age appropriate diets.

Department of Communities Tasmania

3.2 Continue to offer the Nutrition for Older People and Malnutrition in Older People online training. These free training packages are for all staff and volunteers who work with older people living in the community.

Department of Health

3.3 Develop and launch new webpages on the Department of Health website—Healthy Ageing Toolkit. These webpages will house key resources about eating well and being active for older Tasmanians, all in the one place. These resources, while primarily to help community services and workers to support older people, will be freely available for any person to access.

Department of Health

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

**4.1** Improve the provision of health services in rural communities through the Telehealth Expansion Project which provides video enabled Computers on Wheels to facilitate Telehealth in rural and remote locations.

Department of Health

**4.2** Support the Council on the Ageing Tasmania to investigate expansion of the *Piecing It Together* community art project in partnership with local councils and Neighbourhood Houses Tasmania to address ageism through intergenerational collaboration.

Department of Communities Tasmania



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

5	Work collaboratively to increase confidence and skills to use digital technology.	
5.1	Continue to provide computing and technology programs for older Tasmanians in local communities through Libraries Tasmania.	Department of Education
5.2	Support the Council on the Ageing Tasmania to deliver initiatives to improve digital inclusion for older Tasmanians, including volunteer supported IT help sessions.	Department of Communities Tasmania

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6	Provide opportunities for diverse groups to share skills	and knowledge.
6.1	Provide ongoing funding to support a statewide, coordinated approach for Men's Sheds in Tasmania, to enable intergenerational sharing of knowledge and skills.	Department of Communities Tasmania
6.2	Aboriginal Discovery Rangers will work to provide Aboriginal cultural activities for visitors to parks and reserves.	Department of Primary Industries, Parks, Water and Environment
6.3	Libraries Tasmania will continue to identify intergenerational learning opportunities involving local schools and older Tasmanians.	Department of Education
6.4	Through the Get Outside (GO) with Community program, work in partnership with the Migrant Resource Centres and Wildcare to deliver activities, using Tasmania's natural environment, to help connect new migrants to place and community.	Department of Primary Industries, Parks, Water and Environment





### Work to lift literacy and numeracy levels of older adults.

**7.1** Through the 26TEN campaign, encourage older Tasmanians to volunteer and support older people to build their skills.

Department of Education (through 26TEN)

**7.2** Support the Council on the Ageing Tasmania to implement its 26TEN Action Plan.

Department of Education (through 26TEN)

## Provide targeted information about education, training and learning opportunities.

**8.1** Review the *Community Use of Facilities Policy* to ensure Department of Education services have a shared understanding and tools to make Department of Education facilities available to the public.

8

Department of Education

**8.2** Support Migrant Mentor Programs 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 Communities Tasmania





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

### Strengthen the liveability of local communities.

**9.1** Update and promote the Liveable Communities toolkit, resources and Facebook page. Inform Local Government elected members and staff about Liveable Communities and resources available to assist Councils improve liveability in their communities.

Department of Communities Tasmania

**9.2** Support the Council on the Ageing Tasmania to investigate research around liveable communities from an older person's perspective using a citizen science model of data collection.

Department of Communities Tasmania

**9.3** 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).

Department of Justice

**9.4** Implement Accessible Island: Tasmania's Disability Framework for Action 2018-2021 to support access and inclusion for older Tasmanians with disability to continue to participate in their community.

Department of Communities Tasmania



## Maximise opportunities for older workers to re-enter, reskill, or remain in the workforce.

**10.1** Continue to offer TasTAFE training for older learners who are planning to commence, return to, or continue with study.

10

Department of State Growth

10.2 Deliver the Rapid Response Skills initiative, to provide financial support for training to people who have lost their jobs because of redundancy, the place they work has closed or had to let their staff go. This targeted training is aimed at helping people to transition into their next career. Department of State Growth

10.3 Following release of the Active Ageing in Tasmanian State Service Project Summary which identified the needs of older workers in the State Service, the State Service Management Office will work with Agencies to progress positive workplace cultures and continue to develop support and guidance for all employees.

Department of Premier and Cabinet

**10.4** Finalise a draft mental health best practice framework for workplaces in Tasmania.

Department of Health

10.5 Consider amendments to the Workers Rehabilitation and Compensation Act 1988 to ensure that older workers are not disadvantaged by changes to the Age Pension eligibility age. Workcover Tasmania to review and provide recommendations in 2019. Department of Justice



# Work with local businesses to respond to the needs of an ageing community.

**I I . .** Encourage employers and industry to participate in their own Department of State Growth workforce planning and development activities, including recognising the positive role and potential in recruiting, retraining and retaining older workers in the workforce. 11.2 Support the Council on the Ageing Tasmania to continue the Ageing Department of Communities Workforce Community of Practice to promote age-friendly workplaces. Tasmania 11.3 Continue the Employer of Choice program of events to highlight issues Department of State Growth 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

**11.4** Support the Council on the Ageing Tasmania to implement and update age-friendly business resources in collaboration with Tasmanian businesses and Seniors Card businesses.

studies to present at events.

12

Department of Communities Tasmania

## Implement whole-of-community strategies to overcome transport barriers.

**12.1** Fund RACT to deliver road safety for older drivers including the Years Ahead program and CarFit program specifically aimed at helping drivers choose a safer vehicle and maximise their safety and comfort while driving.

Department of State Growth

**12.2** Support affordable transport options through the Transport Access Scheme, which includes Australian Disability Parking permits and the Taxi Subsidy Scheme.

Department of State Growth

**12.3** Implement a more connected network of bus services across the state that operates more regularly and consistently.

Department of State Growth

**12.4** Standardise concession fare types across the bus network.

Department of State Growth





13	Support a skilled, sustainable volunteering workforce.	
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 Communities Tasmania
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	Continue to lead and support activities aimed at up-skilling volunteers, coaches and officials within the sport and recreation sector.	Department of Communities Tasmania

14	Address ageism and combat age-related stereotypes.	
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 Communities Tasmania
14.2	Fund the Council on the Ageing Tasmania to deliver Seniors Week 2019 and 2020, which provides opportunities for Tasmanians over 50 to participate, and celebrate the contributions of older Tasmanians.	Department of Communities Tasmania
14.3	Support the Council on the Ageing Tasmania to collaborate with other Council on the Ageing federation members to construct a second national survey of older Australians, supporting content, questions, results and analysis in order to understand the views, life experiences and needs of older Australians.	Department of Communities Tasmania



# 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.	
15.1	Develop the next Protecting Older Tasmanians — Elder Abuse Prevention Strategy.	Department of Communities Tasmania
15.2	As part of the next <i>Protecting Older Tasmanians</i> — <i>Elder Abuse Prevention Strategy</i> , work will continue to improve our understanding of elder abuse and how best to respond.	Department of Communities Tasmania
15.3	Deliver an Elder Abuse Prevention Awareness Campaign to raise the understanding and responding to abuse of older persons.	Department of Communities Tasmania
15.4	Fund Advocacy Tasmania to operate the Tasmanian Elder Abuse Helpline to assist older people, families, service providers and the community to respond to elder abuse and better access to existing supports and services.	Department of Communities Tasmania
15.5	Fund the Council on the Ageing Tasmania to develop World Elder Abuse Awareness Day initiatives and provide a range of elder abuse prevention programs.	Department of Communities Tasmania
15.6	The next Safe Homes, Safe Families and the new Sexual Violence Action Plan will support all Tasmanians, including older Tasmanians, to be safe and secure in their own home and community.	Department of Communities Tasmania
15.7	Continue to work in partnership across government and the community sector to protect older Tasmanians.	Department of Communities Tasmania

#### Assist people to access appropriate cost of living support. **16.1** Implement Financial Security for Women Action Plan under the Tasmanian Department of Communities Women's Strategy 2018-2020, which focuses on initiatives to help and **Tasmania** empower women of all ages to achieve greater financial security. **16.2** Promote and update the annual Tasmanian Government Discounts Department of Communities and Concessions Guide, which provides information on a range of **Tasmania** concessions and discounts on the cost of government services to support older Tasmanians to access essential services. **16.3** Administer the Seniors Card Program, jointly supported by private Department of Communities enterprise, to provide a diverse range of discounts on products and services. Tasmania **16.4** Provide funding for emergency relief initiatives to provide food, information Department of Communities and support to those in need (e.g. food vans, emergency food relief Tasmania distribution and Family Assistance Program).

**16.6** Work with TasWater and Local Government to freeze prices for regulated water and sewerage customers from 1 July 2019 to 30 June 2020 and to develop a future price profile with annual price increases of no greater than 3.5 per cent, which applies from 1 July 2020 until 30 June 2025.

16.5 Provide financial assistance for families to meet the cost of energy through

the Energy Hardship Fund.

Department of Treasury and Finance

Tasmania

Department of Communities

**16.7** Deliver Power\$mart Homes – a three year \$850,000 energy efficiency program for low income households. The program will focus on support and education, energy efficiency audits and low cost upgrades.

Department of Premier and Cabinet



17	Strengthen our efforts to provide appropriate and affor	dable housing.
17.1	Housing Tasmania to work with Housing Connect to raise awareness of the role and function of Housing Connect's one-stop-shop services.	Department of Communities Tasmania
17.2	Continue to design and construct new accommodation and public housing suitable for older people. All new construction is expected to meet livability standards suitable for 'ageing in place'. The <i>Housing Design — Standards for Social Housing</i> policy, which already mandates these standards, is also under review.	Department of Communities Tasmania
17.3	Support the construction of a new aged care facility in Southern Tasmania to support frail elderly on low incomes, with delivery of 40 bed licenses awarded to Wintringham Specialist Aged Care.	Department of Communities Tasmania
17.4	Continue to monitor housing demand from older Tasmanians through the Housing Register.	Department of Communities Tasmania
17.5	Continue to fund women's shelters in each region to provide crisis and transitional accommodation for adult women across the State.	Department of Communities Tasmania
17.6	Continue to use the Household Assessment Prioritisation System to ensure homeless women are categorised as priority applicants.	Department of Communities Tasmania
17.7	Offer a concession that provides a 50 per cent discount on property transfer duty for eligible pensioners who sell their former home in Tasmania and downsize by buying another home in Tasmania. Further information around eligibility is available through: https://www.sro.tas.gov.au	Department of Treasury and Finance
17.8	Work with the Hobart City Mission to co-invest in new homeless accommodation for older men in the South to assist residents into more stable housing.	Department of Communities Tasmania
17.9	Provide an in-home support service for older residents in social housing in the South to improve their stability of tenure and health and wellbeing.	Department of Communities Tasmania

18	Facilitate education and support for older people to be safe online.	
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 Libraries Tasmania.	Department of Education
18.2	As an eSmart library service, accredited through the Alannah and Madeline Foundation, work to equip staff to support Tasmanian library users with the skills they need for smart, safe and responsible use of technology.	Department of Education
18.3	District Community Police Officers will continue to focus on communicating with older Tasmanians to raise issues of online safety and personal and household safety.	Department of Police, Fire and Emergency Management
18.4	Continue to fund the Council on the Ageing Tasmania's 'Financial Elder Abuse' and 'Protecting Your Finances from Abuse' peer education sessions that provide older community members with information about how to recognise scams, keep finances safe and reduce vulnerability to financial abuse	Department of Communities Tasmania

19	Support older people to maintain independence as they age.
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19.1	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	Implement the <i>Tasmanian Carer Action Plan 2017-2020</i> which recognises the role and contribution of older carers, and those who care for older <i>Tasmanians</i> .	Department of Communities Tasmania
19.3	Implement Compassionate Communities: A Tasmanian Palliative Care Policy Framework 2017-2021, which aims to create a contemporary, inclusive approach to palliative care in Tasmania.	Department of Health
19.4	The Tasmania Law Reform Institute to finalise the new reference in relation to 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	Review the <i>Guardianship and Administration Act 1995</i> , including an examination of the interrelationship between that Act and the <i>Powers</i>	Department of Justice

of Attorney Act 2000; and continue to educate older people about

guardianship and Power of Attorney issues.

### **EVALUATION AND REPORTING**

The Implementation Strategy sets out what the Tasmanian Government aims to achieve in the third and fourth years 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.

A final 2021-2022 Implementation Strategy is scheduled for release in January 2021.

The Action Plan and the supporting Implementation Strategy's are published on the Department of Communities Tasmania website and include links to further information about services.

The Department of Communities Tasmania, as the lead agency, are responsible for delivery of Strong, Liveable Communities: Tasmania's Active Ageing Plan – 2019-2020 Implementation Strategy. Other Tasmanian Government agencies support implementation through the Active Ageing Government Advisory Group.



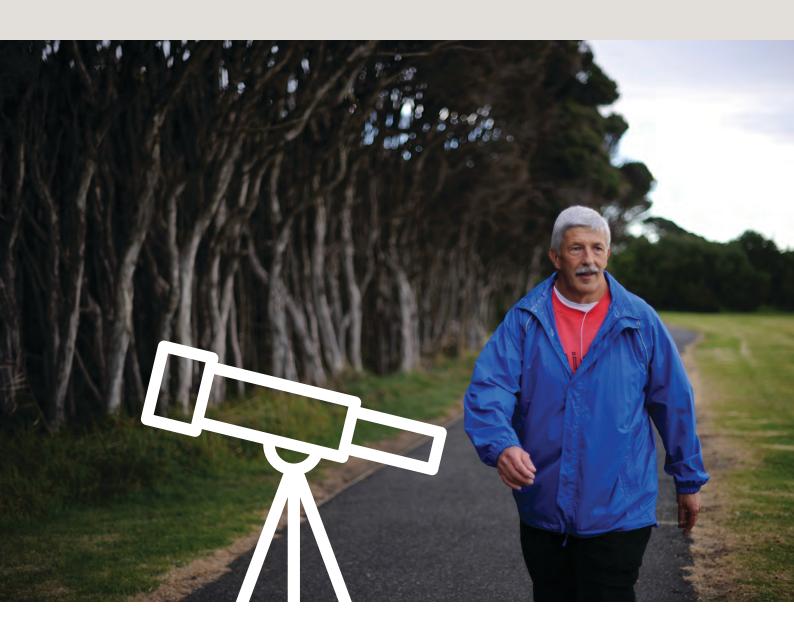
## **OUR FUTURE FOCUS**

Implementation beyond January 2021 will align with the Active Ageing Plan action areas, and address issues raised by older Tasmanians during consultations.

Future Implementation Strategy's will allow the Tasmanian Government to refine its actions based on what works, from 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.

We will continue to work with older people, the Council on the Ageing Tasmania and the Active Ageing Government Advisory Group to take an integrated and coordinated approach to delivering actions under the Active Ageing Plan.

The Active Ageing Plan is integrally linked to the Government's commitments to jobs and economic growth, education, health, housing and supporting Tasmanians in need. The Government is committed to working with older people so that the action plan responds to their needs and aspirations over the coming years.





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