

City of Fremantle

Policy and Strategy for Positive Ageing

Final Draft

June 2000

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First draft Policy and Strategy for Positive Ageing

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Final draft Policy and Strategy for Positive Ageing

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Acknowledgements

It would not have been possible to develop this Policy and Strategy on Positive Ageing without the involvement of the many Seniors who gave so generously of their time, ideas, wisdom and good humour. I would like to sincerely thank the many groups and individuals who participated in the process and hope that in helping us to formulate this plan, they enjoyed themselves too.

I would also like to thank the many staff members and members of community based agencies who formed our reference group and guided us in our work, providing us with valuable feedback when we reached certain milestones along the way. There were also many other staff members and members of community based agencies who gave us their time and expertise by participating in our working groups, by giving us information and advice on an individual basis and by supporting us throughout the process.

It is also important to thank the 500 people who took the time to participate in the random telephone survey that was carried out as part of this policy development process. Without the goodwill of people living in the community who are willing to participate in phone surveys, our task would be much harder.

A very special thank you goes to the 3 social work students who worked on the project, Karen Sosa, Kim Dudgeon, Sakina Bindahneem – they provided us with invaluable assistance through the development of both this policy and the Policy and Strategy for Families and I hope it was a positive learning experience for them. A very special thank you also goes to Michelle Champion who played a very large part in developing both the policies, without Michelle's hard work and dedication to the task we would not have either policy. Special thank you also goes to Elizabeth Vlok of Community Perspectives who assisted us to arrive at the final product.

Thank you everyone, without your input, support and willingness to participate in the process it would not have been able to develop this valuable strategy.

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Introduction

It is now widely acknowledged that the Australian population is ageing. This will not only have a significant impact on families and individuals but also on all

spheres of government. At the broad level the capacity for individuals to enjoy quality of life as they age will invariably relate to the level of inclusiveness, equality, economic stability and prosperity enjoyed in society. At the same time, local communities are intrinsically important because as people grow old and become less mobile their lives become more focused on their immediate surroundings.

Places within walking distance become more important than those requiring car or public transport. The availability of social and cultural amenities at the local level will often determine the quality of participation in community life as well as the capacity to which Seniors can lead fulfilling and active lives. The attitudes of others who live in that local area will often influence the extent to which the wider community is inclusive of the needs of Seniors and the extent to which the contributions and expectations of Seniors are valued and nurtured.

The City of Fremantle has a long history and wealth of practices and traditions in serving the needs of local people in the wider community, particularly the needs of older people. In developing this Policy and Strategy for Positive Ageing, the City of Fremantle reaffirms this commitment.

The City of Fremantle envisages that this policy will assist the Council in leading the way towards achieving a diverse, yet harmonious environment, where Seniors can feel valued and respected for their knowledge, life experiences, skills, stories, history, creativity and wisdom. Where the contributions that Seniors have made are recognised and valued, acknowledging that seniors are not a homogenous group but rather a diverse and dynamic range of people.

It is the City of Fremantle's intention to create a community environment where Seniors can feel safe and supported either in their homes or in public spaces. A community where there are no barriers, whether they be financial, cultural, or physical, in accessing services and opportunities to actively participate in community initiatives, cultural events and community life in general.

In a period of life where there is much to enjoy and experience, the City of Fremantle wishes to challenge the myth that ageing means frailty and dependence. On the contrary, ageing can be a positive process, where individuals

can continue to experience, learn and contribute towards society. It is a time when there are more opportunities than ever to pursue interests, new experiences or even dreams to ultimately lead fulfilling lives.

In developing this Policy and Strategy for Positive Ageing the City of Fremantle has consulted widely with local seniors and many local and regional services providers. This policy therefore reflects the wider community view and provides critical direction to the City of Fremantle in meeting the needs of seniors and in creating a local community that respects and values older people.

The process used to formulate this policy involved the Council, together with community members and service providers, working through an extensive process of identifying and exploring key issues which Seniors face generally, as members of contemporary society, and more particularly, as members of the Fremantle community. Once these key issues were identified, a process of verifying and evaluating existing Council services was entered into, leading on to deliberation over how Council's roles could be refined or extended in order to address these key issues.

A demographic profile and analysis of older people and key social indicators occurred, together with population projection of the likely Seniors' population anticipated in the future. A review of existing services, facilities and programs was undertaken to identify perceived shortfalls and future requirements.

The City of Fremantle acknowledges the importance of working together with the other spheres of government and the non-government sector to create a cooperative and comprehensive network of service delivery in our community. A network where service providers can share knowledge, ideas and experiences in order to develop policies and services that are most responsive and sensitive to the needs of Seniors.

In adopting this Policy and Strategy for Positive Ageing the Council continues its commitment to fostering a place and a community where Seniors can actively participate and be valued for their diversity, contribution as well as expectations and aspirations. By doing this Council also moves forward in achieving the vision of the City Plan.

The Policy and Strategy for Positive Ageing is consistent with the City Plan vision and it is well recognised that for the successful implementation responsibility falls across all of Council's key result areas.

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2 Policy Statements

From the extensive material obtained through the community consultation process, the following key themes were identified and developed into policy statements.

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2.1 Valuing Diversity

The City of Fremantle seeks to ensure that the diverse nature of our community, which is a very much celebrated part of Fremantle's character and identity, is fundamentally supported and nurtured in all Council's future endeavours and decision making. The City of Fremantle believes that central to the principle of valuing Seniors is acknowledging the diversity that exists amongst the Seniors in our community.

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2.2 Community Development

The City of Fremantle seeks to nurture and enhance the strong sense of community that exists in the Fremantle area. Council is committed, through community development processes, to ensure that all Seniors are able and encouraged to actively participate in community life and that the needs of Seniors are adequately identified and addressed by the community.

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2.3 Community Services

The City of Fremantle recognises the responsibility of communities to provide a range of relevant and appropriate

services to address the needs and to pursue the wellbeing of Seniors, also recognising that 'seniors' comprise a diverse range of people. Council will endeavour to either provide services where possible, or advocate on behalf of Seniors, in order to achieve service provision through other relevant institutions.

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2.4 Community Facilities

The City of Fremantle believes that Seniors should be able to access and enjoy Fremantle's facilities and public spaces alongside other residents and visitors to Fremantle. They have the right to enjoy our community facilities and public spaces with relative ease, comfort and security.

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2.5 Leisure and Recreation

In pursuing and promoting 'Positive Ageing', the City of Fremantle strives to provide a creative and diverse range of recreational and leisure activities in response to the wide range of interests, needs and capabilities of its Senior members.

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2.6 Safety and Security

The City of Fremantle believes that feeling safe is an important factor in contributing towards one's health and well being. The Council recognises and understands that Seniors are more likely to be concerned about their personal safety than other age groups in the community. The Council intends to adopt a holistic approach towards creating and achieving a safer Fremantle environment where Seniors can be assisted to feel more secure in their homes and in public places.

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2.7 Employment, Education and Training

The City of Fremantle values the knowledge and skills that Seniors have and recognises the contributions that Seniors

continue to make towards Fremantle's economy and to the community as a whole. The City of Fremantle also believes that Seniors have the right to access education, training and life long learning opportunities and will endeavour to expand the provision of these opportunities to enable Seniors to reach their potential.

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2.8 Transport & Parking

The City of Fremantle recognises that the accessibility and affordability of transport and parking directly impacts on the ability of Seniors to participate fully in community life. The City of Fremantle is committed to increasing access for Seniors to both transport and parking within the Fremantle area.

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2.9 Housing

The City of Fremantle acknowledges that the availability of affordable and appropriate housing is an issue which impacts significantly on the lives of Seniors in our community. The City of Fremantle endeavours to ensure that the housing needs of Seniors are addressed through effective town planning strategies and through a pro-active stance in advocating for an increase in the supply of low cost housing and supported accommodation services for Seniors in the Fremantle area.

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2.10 Health

The City of Fremantle will endeavour to adopt a holistic approach in pursuing the physical, mental and emotional well being of Seniors in our community. The City of Fremantle acknowledges that it can play a key role in the provision and/or coordination of health services to Seniors in the Fremantle area and will work towards ensuring that these services are accessible to Seniors.

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2.11 Retirement

The City of Fremantle believes that retirement can be a period of life when new and exciting opportunities become available in pursuing personal interests, goals and dreams. The City of Fremantle wishes to promote the period of retirement as a positive ageing process within which planning, support and positive outlook can enhance a rich and fulfilling period of one's life.

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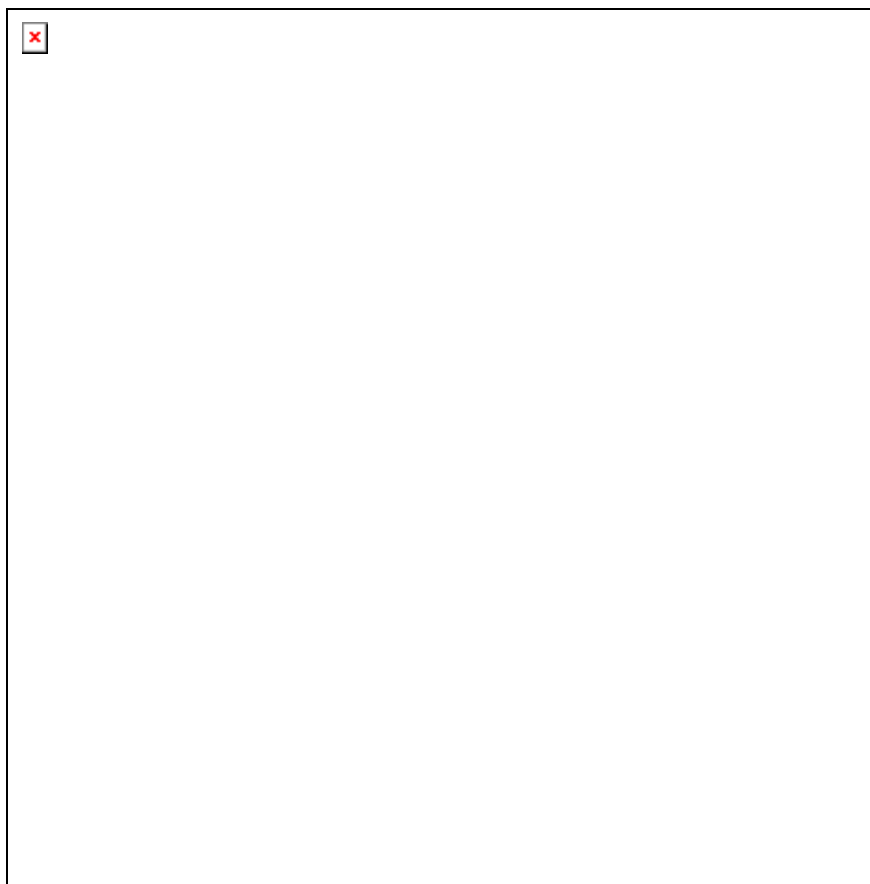
3 POLICY CONTEXT

As outlined in the Fremantle City Plan, one of the Council's key strategies is to move towards being a policy driven Council. The City of Fremantle believes that through the process of developing policy, where community members and relevant service providers participate and are given opportunities to share their thoughts, ideas and experiences, the Council can gain much valuable insight into the issues which concern and affect different groups within our community. The policy process also simultaneously gives community members the opportunity to be heard and gives those who participate, a sense of ownership of the policies and initiatives that result from the consultation.

This Policy for Positive Ageing is one component of a series of Council policies and plans which together aim to achieve the objectives of the Fremantle City Plan, the overarching strategic document for Fremantle.

To achieve a holistic approach to meeting the needs of Seniors it is recognised that Seniors have a wide range of needs from level footpaths to social activities. Therefore, in many cases responsibility for actioning strategies will rest across all Council key result areas and across different departments in Council's operation.

The following diagram represents the policies and plans that have already been adopted by Council or are in the process of being developed. In practice, some of these policies and plans may overlap with others as their subject areas and the issues being addressed are fairly broad.



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The Fremantle City Plan

The Fremantle City Plan is the Council's strategic blueprint. It provides statements on the vision, aspirations and directions that the Council has committed itself to pursuing and achieving.

The fourth edition of The City Plan has now been developed, endorsed by Council and it is currently being considered by the community, after having undergone a full review of its content earlier this year. The City Plan review process incorporated the considerable amount of community opinion collected as part of the consultation process for the development of Town Planning Scheme No. 3 as well as community consultation undertaken to develop various other strategic documents over the past few years.

Because it was formulated using this vast amount of material collected from the community, it is anticipated

that the Vision Statements will be endorsed by the community, with minor changes only.

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3.1 The Vision for Fremantle

'In the year 2005 Fremantle is a port city and regional centre, recognised for its blend of people and places, business and pleasure, conservation and innovation.'

Council's aspirations for the city are that Fremantle:

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3.1.1 Will be a great people place – our society.

Diversity of Culture and Lifestyles

Fremantle is a diverse community, with a mix of age, income and cultural groups

Caring and Accepting Community

Fremantle fosters harmony and social justice and provides opportunities for all individuals to maximise their potential and quality of life.

Participation and Knowledge

Fremantle people are able to participate in all aspects of their community and engage in lifelong learning.

Artistic, Cultural, Sports and Recreation Opportunities

Fremantle offers a range of accessible cultural, recreation and leisure experiences.

Safe Community

Fremantle is a safe place to live, work and visit, where the community is actively involved in public safety initiatives.

Healthy Community

Fremantle is a place where healthy lifestyles are promoted.

A Sense of History

Fremantle cherishes its history and cultural heritage and draws strength from its traditions.

Welcome Visitors

Fremantle provides for visitors and assists them to appreciate the City's character

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3.1.2 Will have a vibrant economy – our economy.

Economic Development

Fremantle has a sustainable economic base, capitalising on its competitive advantages:

its continued strength as a port and maritime centre;

its role as a regional hub for commerce, communications, education, transport, health, hospitality, cultural and community service industries;

its rich heritage;

Its multicultural community;

its thriving diverse, quality, retail sector; and

its growth in the information technology and education industries.

Fremantle has a strong business sector, with strong partnerships which attracts investment for local economic growth.

Economic development brings job growth within Fremantle and its catchment areas where a skilled population takes up increasing job opportunities.

Heritage Focus

Fremantle conserves its cultural and built heritage, recognising its fundamental importance to its economic future and prosperity.

Tourism

Fremantle recognises the value of tourism, without allowing it to dominate the life of the City.

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3.1.3 Will be a beautiful accessible place – our environment.

Fremantle City Centre

Fremantle city centre is an attractive, accessible, safe and stimulating place with high quality public spaces and a diverse range of street activity. It is a vibrant outdoor activity centre giving priority to pedestrians and cyclists.

Local Centres

Fremantle offers conveniently located and easily accessible local centres providing shops, service activities and community facilities complementary to the city centre.

Public Open Space

Fremantle has a network of, high quality parks and reserves which are valued by the

community.

Environment Management

Fremantle's natural environment is carefully managed and enhanced and the sustainable use of resources by all Fremantle people is encouraged.

Facilities and Infrastructure

Fremantle has a high standard of construction and maintenance of public facilities and infrastructure.

Sustainable Transport

Fremantle has a balanced transport system which encourages the use of public transport, bicycles and walking, while managing vehicle use. Private vehicle use in the city centre is not higher than year 2000 levels.

Connections to Water

Fremantle maintains its strong relationship with the coast and the Swan River and actively encourages use and public ownership of beach and river foreshores.

Built Environment

Fremantle has a distinctive built form with creative reuse of buildings, innovative use of small building plots and integration of heritage.

Mix of Housing Types

Fremantle has a range and choice of public and private housing forms.

Its aspirations for Council are that it will be:

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3.1.4 Focused on our community

Understanding our Community's Needs

Council understands the Community's current and future needs and the organisation is positioned to meet them.

Participation in Decision Making

The Fremantle community participates in decisions and projects that affect them.

Easy Access to Services and Information

The community is able to access Council's services and information through electronic and personal interfaces that are convenient and easy to use.

Service Delivery

Council is delivering services that meet the needs of the community and result in high levels of community satisfaction.

Leadership in the Community

Council is recognised as providing leadership in the community in the achievement of the vision and in advocating the community's needs to others.

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3.1.5 Efficient and effective local government

Financial Management

Financial management is aligned with the achievement of the City's vision and external funding opportunities are maximised.

Continuous Improvement and Value for Money

Continuous improvement and the delivery of value for money are demonstrated in all areas of the organisation.

Working with Others

Strong partnerships with others in the Community, Region and Government result in improvements to Fremantle.

Governance

Our governance results in well considered decisions being made in timeframes acceptable to the community.

Environment

We are providing leadership to the community in minimising impact to the environment and we are a role model to others.

Technology

Improved service delivery, productivity and reduced costs result from the use of technology

Measurement

Our progress is regularly measured and reported

Attracting and Retaining Staff

Fremantle Council attracts and retains committed people with the skills and attributes required to achieve our vision

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3.1.6 A desirable place to work

Developing Our People

Our people are highly skilled to deliver services to our community and are continuously learning in preparation for the future.

Flexible Work Practices

Fremantle Council offers flexible work practices enabling staff to have a balance between work and home whilst still meeting corporate objectives.

Staff Involvement

Staff are actively involved in developing and implementing new ideas to meet the community and corporate objectives.

Recognition

Staff commitment and achievements are recognised and rewarded.

Work Environment

Fremantle Council has a work environment that results in a recognised best practice safety record.

A Sense of Belonging

Staff have a sense of pride in Fremantle and the organisation and understand how their work is helping to achieve the vision.

Health and Wellbeing of our People

We contribute to improved health and well being of our staff.

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4 Key Themes and Issues

The following key themes emerged from the consultation undertaken during the development of this policy and plan. The statements reflect the diverse views and issues offered for consideration and are included to give the reader a feel for the issues raised during the process. It was to respond to the issues raised in the following paragraphs that the policy statements were developed.

4.1 Values and Perceptions

During the consultation process, many Seniors said that they did not feel valued in the community, and in attempting to address the issues affecting them they did not feel they were high on the Council agenda. In the wider community negative attitudes to ageing and older people result in decreased respect for individuals.

The City of Fremantle is committed to ensuring that all Seniors in our community feel that they are genuinely valued as contributing members of our community and that their well being is of utmost concern to the Council.

Improved life expectancy may mean that many older people are continuing their participation in community life and are beginning to challenge traditional notions about old age. The City of Fremantle will work towards achieving a community environment where all Seniors feel that their life experiences, knowledge, skills and achievements are recognised and celebrated.

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4.2 Diversity

Many Seniors also expressed frustration at the common perception held by the community that Seniors are a homogenous group, with the same interests and having the same needs. Attention was drawn to the vast age range that the term 'Senior' encompassed, with many pointing out that the interests and needs of the 55-65 age group can differ enormously from the interests and needs of the 75-85 age group. The City of Fremantle intends to create and support a more diverse range of opportunities for Seniors to share their stories, knowledge and skills with the wider community and to become more actively involved in community cultural activities.

The diverse nature of our community of which Fremantle is proud, nevertheless requires a higher level of flexibility and choice in the types of services that the Council seeks to provide and also in how these services are delivered. The Council acknowledges this and recognises that Fremantle's diversity must also be reflected or demonstrated through Council policies and work practices.

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4.3 Isolation and Access

A number of Seniors during the consultation process said that they felt somewhat segregated from the rest of the community and suggested that they would like Council to organise more inter-generational activities. Older people's participation in community life can be limited because of a range of barriers including discrimination on the grounds of age, lack of income, poor public transport, user pays systems and restricted access to technology. The City of Fremantle acknowledges that it is a key player in helping to shape and build our community through its internal and external processes and can play a leadership role in ensuring Seniors feel part of our community.

During the consultation process, problems with transport and parking were identified as one of the major barriers

preventing Seniors from participating in community activities and in accessing community services and facilities. The location of bus stops and travelling between suburbs on public transport were cited as being of significant concern and of much frustration to Seniors. The City of Fremantle believes that addressing transport and parking issues is integral to achieving independence and a better quality of life for Seniors in our community.

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4.4 Participation and Community Life

The City of Fremantle firmly believes that Seniors are a valuable resource within our community. The knowledge, skills and experiences that they have at their disposal remains largely untapped. The City of Fremantle recognises that there is a high level of discrimination amongst employers with regard to employing those who are 55 and over, and this has resulted in a lack of real employment opportunities for Seniors who wish to continue paid employment.

The City of Fremantle strongly believes that all seniors, irrespective of age or physical ability, should have ample access to opportunities to participate in leisure, recreational and cultural programs. In order to improve or maintain the health and well being of Seniors in the community, Council is committed towards developing and providing appropriate and affordable opportunities for Seniors to stay active and get involved.

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4.5 Planning and Integration

Without adequate attention to neighbourhood design and the public arena there is a risk that many older people may become isolated in their own homes or may move prematurely into supported accommodation. Council

recognises the leadership role that it must play in helping to create and nurture an environment where all members of the community can function to their maximum potential.

Even though the City of Fremantle continues to provide many services to Seniors, it is acknowledged that the effectiveness and scope of existing services should be evaluated regularly. A current knowledge of Seniors needs, issues and aspirations is also critical if the Council is to respond to changing needs over time. Council can influence the planning processes of other agencies through feeding local knowledge and needs into these planning processes, policy reviews or program evaluations. A collaborative and integrated approach, across all spheres of government and the non government sector is essential to identifying and meeting the needs of Seniors and to maximizing the resources available.

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4.6 Public and Community Spaces

Safe and easy access to community facilities and spaces is vital in creating a community environment where all people feel included. As Council is committed towards encouraging Seniors to lead active lifestyles, the Council acknowledges that it must provide appropriate and accessible community facilities and spaces to achieve this. The City of Fremantle will endeavour to strike a balance between the competing needs of different community members with regards to public spaces and facilities and will maintain efforts to design, develop and manage Fremantle's public spaces in order to pursue its aims of making Fremantle accessible to all.

During the consultation process, it became obvious that a significant level of fear exists amongst Seniors with regards to using public spaces and public transport at night. Concerns were also raised on the issue of road safety especially in connection with the crossing of roads.

The City of Fremantle intends to continue exploring how it can address these issues, beginning by focusing attention on how City planning and design can provide safer public environments and road systems. Council believes that safety is an issue which concerns all members of the community, and it will endeavour to work cooperatively with relevant stakeholders to ensure the safety and well being of all residents.

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4.7 Infrastructure and Services

The City of Fremantle acknowledges that housing costs in the Fremantle area have increased significantly over the last decade and that this has impacted quite severely on low income, special needs groups and individuals in the area. In recognising the right of all socio-economic groups to reside in and share Fremantle's cultural richness and resources, the City of Fremantle believes that the provision of affordable housing is an important element towards achieving this. The City of Fremantle acknowledges that it is in a key position to influence the supply of housing through its town planning functions.

The co-ordination of services across the government and non government sector is and extremely important function of local government. During the consultation many participants stressed that it was important for Council to monitor the provision of a wide range of essential community services in Fremantle, in particular the provision and coordination of traditional health services. It was also stressed that Council should pursue the development and facilitation of educational and preventative programs to promote 'healthy living' amongst Seniors in our community.

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4.8 Retirement

The City of Fremantle will endeavour to play a pro-active and supportive role to assist Seniors in making the transition to retirement in a positive way. Council firmly believes that 'successful' retirement involves the provision of appropriate community services and also the provision

of exciting and challenging opportunities that promote 'wellness' and community involvement amongst Seniors in our community.

How do these themes link with the City Plan?

The key themes of Values and Perceptions, Diversity, and Participation and Community Life enact the vision of 'Fremantle a Great People Place'.

The key themes of Isolation and Access, Public and Community Spaces and Infrastructure and Services enact the vision of 'Fremantle a Beautiful Accessible Place'.

The key themes of Planning and Integration and Retirement enact the vision of 'Fremantle Focused on Our Community'

The key themes of Planning and Integration and Infrastructure and Services enact the vision of 'Fremantle Efficient and Effective Local Government'.

And how do they link to the Policy and Plan for Positive Ageing?

Each of the themes forms a policy area, which includes a policy statement followed by objectives and strategies which underpin the policy to form the plan. An implementation plan is also included.

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5 Use of terms

5.1 Senior

During the initial stages of developing this Senior's policy, the project team had to clarify exactly what was meant when the term 'Senior' was being used. Within this policy, the term 'Senior' is used to refer to all members in the community aged 55 and over. The City of Fremantle

recognises the potential problems and shortcomings involved in using such a generic term to refer to such a large and diverse section of the community, however, it has proved to be the most simple and inclusive.

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5.2 Diversity

The City of Fremantle wishes to reiterate that it recognises that Seniors in our community are an enormously diverse group of people with regard to factors such as age, interests, lifestyles, beliefs, values, skills, experiences, culture, language, ethnic origin, histories, family size and composition, health, physical abilities, economic status and possible disadvantage.

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5.3 Community

With the use of the term ‘community’, the City of Fremantle is either referring to all residents living within the Fremantle municipality which includes the suburbs of Fremantle, North Fremantle, South Fremantle, White Gum Valley, Beaconsfield, Hilton, O’Connor and Samson, or alternatively, to a group of people (of any size) within the Fremantle municipality whom either share a specific locality, interest, culture, language, ethnic background or age group.

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5.4 Access

With use of the term ‘access’, the City of Fremantle is referring to factors such as affordability, location, or appropriateness with regards to culture, language and need, and any other barriers, which may exist that prevent individuals from either being able to utilise services, public spaces or from participating in the community.

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5.5 Positive Ageing

The term ‘positive ageing’ describes a continuation of

one's life journey, where new and exciting opportunities arise for people to add to their life's learning and experiences. Positive ageing involves a change in societal attitudes and perceptions towards Seniors, to give Seniors respect and acknowledgment for their past and continuing contributions to our community. Ageing can be a productive and enjoyable stage of life and Seniors should be supported and encouraged to live life to its fullest.

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5.6 Community Development

All sections of the Cultural & Community Services Department of Council employ a community development approach with an emphasis on achieving social justice outcomes as per Council's Mission Statement. This is distinct from a purely service management role, although all sections also have that service management role.

Community Development can be defined as:

" The development and utilisation of a set of ongoing structures (both formal and informal) which allow the Community to meet it's own needs" (McArdle)

This and the service management role is matched with Social Justice goals of:

"working towards a fairer and more just society in which

economic resources are distributed equitably

there is fair and equal access by all to essential community services

all people have equal rights; and

all have the opportunity to participate in personal development, community life and decision making" (Australian Government)

With this in mind the Cultural & Community Services Department aims to work 'with' rather than 'for' people in the community in identifying and addressing their issues. These processes are difficult if not impossible to measure in 'outcome' terms but are vital to the long-term community building, which we seek to achieve.

Essentially we work in a way which aims to be 'bottom-up' rather than 'top-down', has strong social justice values, seeks to demystify the complex nature of bureaucracy and allows the Community to 'own' initiatives, programs and projects which we have major responsibilities for.

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6 Seniors Profile

A study of the demographics of older people living in the City of Fremantle has been undertaken and a summary is provided below, followed by a description of key social indicators.

4811 persons aged 60 years + currently live within the City of Fremantle

By 2011 there will be 5073 people 60 years + living in the City

The City of Fremantle has a relatively high proportion of seniors

19% of the population aged 60 years +

Most seniors live with a partner or alone

Many of the older people who live alone are women

People aged 75 years + are more likely to live alone

Many seniors live on low incomes

Incomes of people aged 65 years are most often between \$120 and \$299 per week

Only 30% of people aged 55 years + are employed

96% of people aged 65 years + are not in the labour force.

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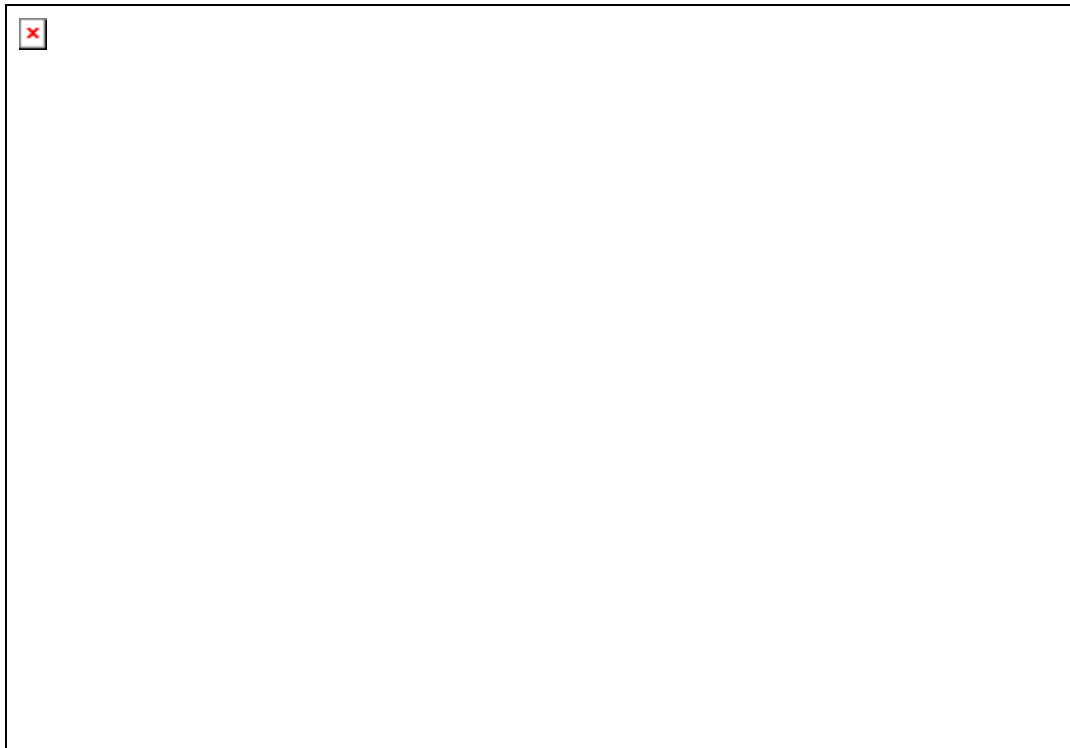
6.1 Age and Sex

The Australian Bureau of Statistics (ABS) estimates that there were 4811 people in the City of Fremantle aged 60 years and over at 30 June 1998. This represents 19% of the City's population compared with the metropolitan area as a whole where 14% of the population is aged 60 years and over. There were slightly more women than men aged 60 years and over (55% female). The proportion of women increases with age, rising to 66% female for people aged 80 years and over. Table 1 below compares the age distribution of the City of Fremantle with that for the metropolitan area as a whole (which is defined for the purposes of this report as the Perth Statistical Division).

Table 1. Age and Sex of Persons in the City of Fremantle and Metropolitan Area June 1998

Age	Male	Female	Persons	City %	Metro %
0-4	682	651	1333	5	7
5-9	640	610	1250	5	7
10-14	648	582	1230	5	7
15-19	732	705	1437	6	8
20-24	998	960	1958	8	8
25-29	1106	1116	2222	9	8
30-34	1116	1106	2222	9	8
35-39	1149	1044	2193	9	8
40-44	1076	1021	2097	8	8
45-49	1000	977	1977	8	7
50-54	781	747	1528	6	6
55-59	673	609	1282	5	5
60-64	536	526	1062	4	4
65-69	542	554	1096	4	3
70-74	478	532	1010	4	3
75-79	317	431	748	3	2
80-84	181	304	485	2	1
85 yrs & over	122	288	410	2	1
<i>Total</i>	<i>12777</i>	<i>12763</i>	<i>25540</i>	<i>100%</i>	<i>100%</i>

Figure 1. Age and Sex of Persons in the City of Fremantle June 1998, (ABS Population by Age and Sex WA, June 1998)



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6.2 Trends and Projections

The Ministry for Planning has prepared population projections including an age and sex breakdown for Local Government Areas in Western Australia up to the year 2011 based on the 1991 Census. The population of persons aged 60 years and over in the City of Fremantle is expected to stay fairly constant until 2006 and then increase slightly to 2011.

Figure 2. Persons aged 75 years + and all persons aged 60 years + 1991-2011 City of Fremantle

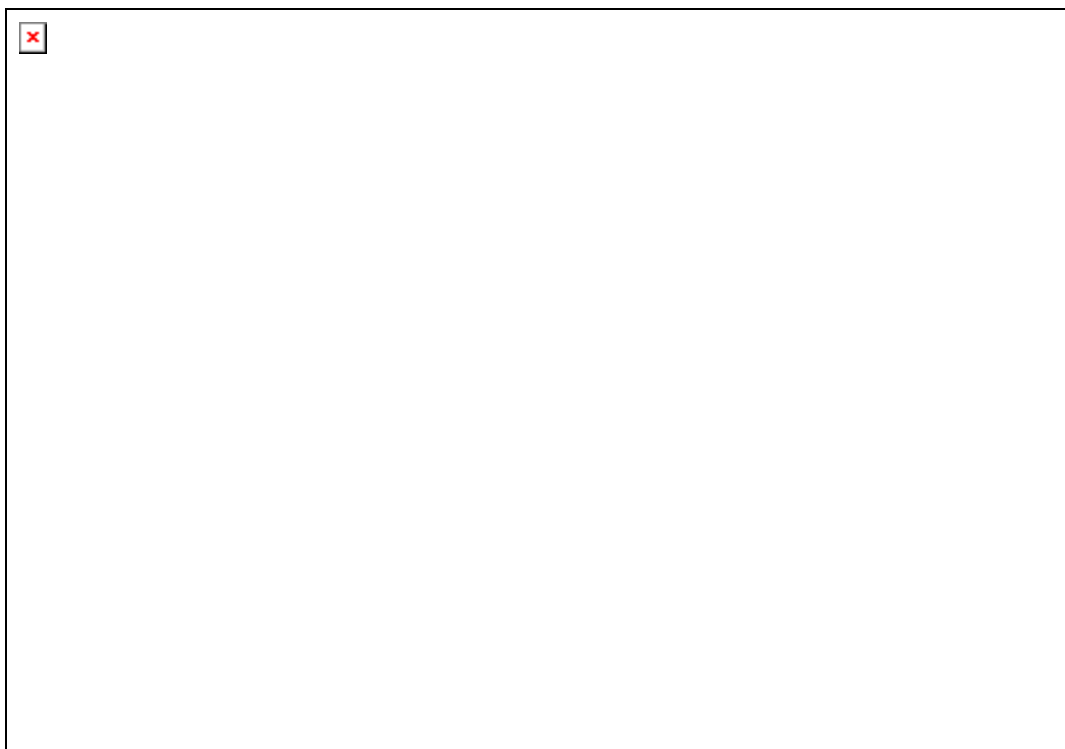


Table 2. Estimated Resident Population by Age in the City of Fremantle 1991- 2011

Age	1991	1996	2001	2006	2011
60-64	1233	1084	1041	1089	1382
65-69	1125	1112	969	908	953
70-74	818	1006	982	839	790
75 yrs & over	1510	1649	1883	1989	1948
Total persons 60 yrs & over	4686	4851	4875	4825	5073
<i>Total persons</i>	23967	24573	24779	24383	24051

Table 3. Proportion of Population by Age in the City of Fremantle 1991-2011

Age	1991	1996	2001	2006	2011
60-64	5%	4%	4%	4%	6%
65-69	5%	5%	4%	4%	4%
70-74	3%	4%	4%	3%	3%
75 yrs & over	6%	7%	8%	8%	8%
<i>Total persons 60 yrs & over</i>	20%	20%	20%	20%	21%

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6.3 Marital Status

The 1996 Census found that approximately half of the people in the City of Fremantle aged 60 years and over are married. Sixty three percent of men and 42% of women in this age group are married. Widowed people are the next largest group of seniors. Thirteen percent of men and 44%

of women aged 60 years and over are widowed. Fewer men are widowers because on average men have shorter lifespan than women.

Figure 3. Marital Status by Sex Persons Aged 60 years + City of Fremantle -1996 Census

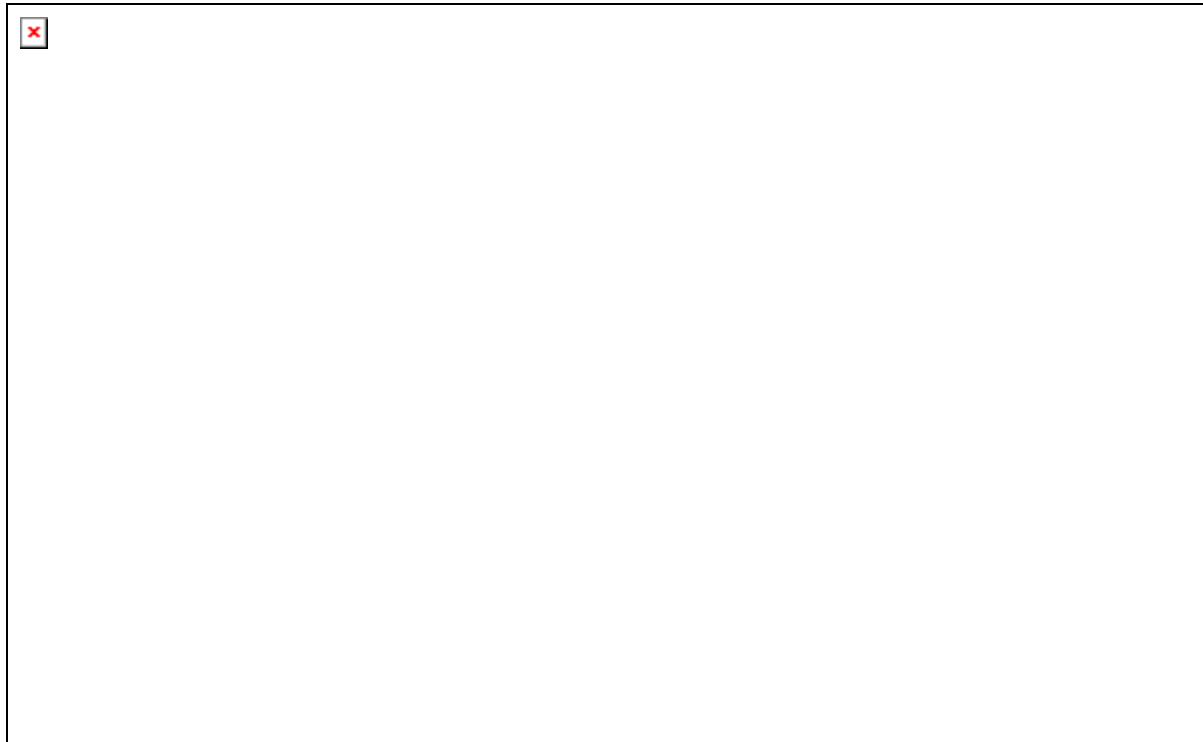


Table 4. Marital Status of Persons 60 years + in City of Fremantle - 1996 Census

Marital Status	Persons	%
Married	2464	51%
Separated	158	3%
Divorced	388	8%
Widowed	1429	30%
Never married	350	7%
<i>Total</i>	<i>4789</i>	<i>100%</i>

Table 5. Marital Status of Persons 60 years + in City of Fremantle - 1996 Census

Age	60-64	65-69	70-74	75-79	80-84	85-89	90 yrs & over	Total Persons 60 yrs & over	Total Persons
Married Male	350	371	299	184	107	38	11	1360	4273
Married Female	338	297	230	132	72	28	7	1104	4266
Separated Male	28	32	17	8	3	0	0	88	439
Separated Female	24	20	12	8	3	0	3	70	468
Divorced Male	65	61	35	24	6	5	0	196	904
Divorced Female	73	58	32	12	9	5	3	192	1089
Widowed Male	15	45	59	48	60	29	14	270	313

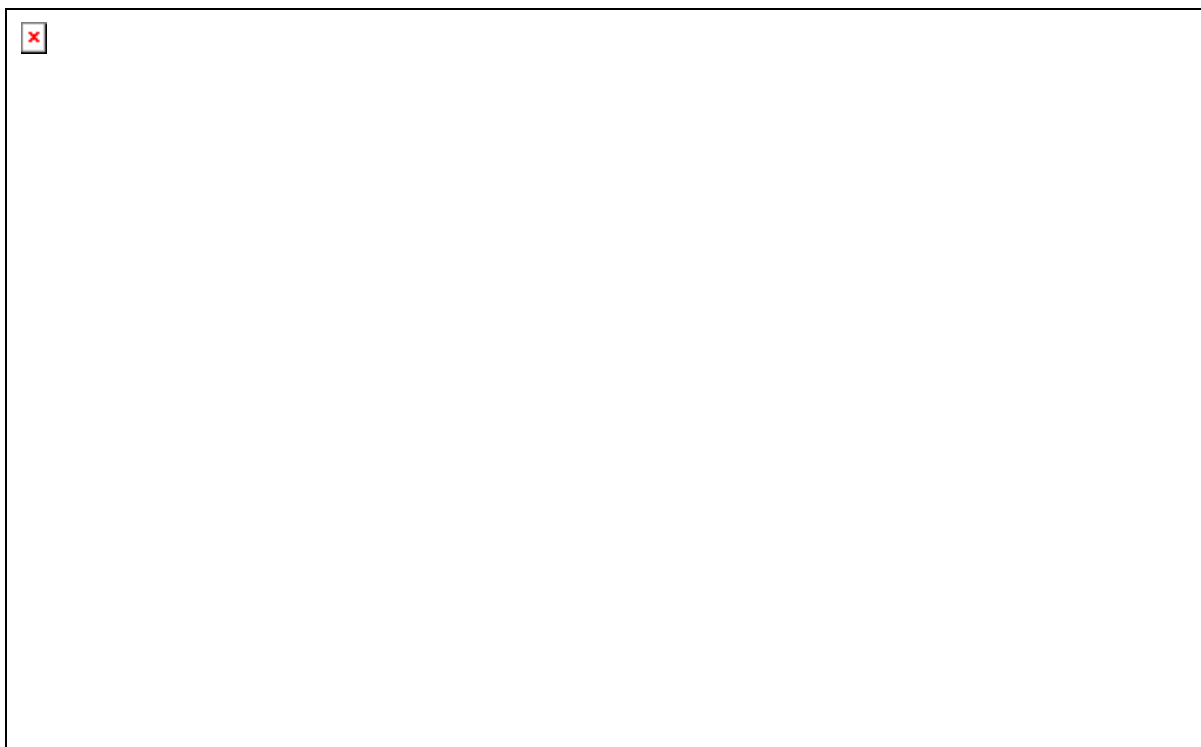
Widowed Female	87	139	241	222	241	145	84	1159	1326
Never married Male	70	74	40	31	13	9	3	240	4080
Never married Female	19	22	15	16	13	13	12	110	3326
Total Male	528	583	450	295	189	81	28	2154	10009
Total Female	541	536	530	390	338	191	109	2635	10475

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6.4 Relationship in Household

Thirty five percent of persons aged 55 years and over in the City of Fremantle live with a spouse or partner in a household without children. A quarter of people in this age group live alone. More people aged 55-74 years live in couple households whilst more people aged 75 years and over live alone or in non classifiable households and non private dwellings such as nursing homes. The 1998 Community Profile and Trend Analysis prepared by the City's Strategic Planning Group cites the Fremantle Hospital and Health Services 1997 which reported that Five Nursing Homes/Hostels are located in the City of Fremantle area which supply 217 nursing hostel beds and 243 hostel beds for aged needs.

Figure 4. Relationship in Household Persons aged 55 years + in City of Fremantle - 1996 Census (*most common categories only*)



(a) comprises persons in 'non-classifiable households', 'non-private dwellings' and 'migratory or off-shore collection districts'

Table 6. Relationship in Household by Age in City of Fremantle - 1996 Census

Relationship in household	55-64 yrs	65-74 yrs	75+ yrs
Husband, wife or partner in couple family with children	507	195	51
Non dependent child in couple family with children	3	3	0
Other related individual in couple family with children	7	14	30
Husband, wife or partner in couple family without children	826	879	412
Other related individual in couple family without children	8	5	17
Lone parent	96	68	65
Non dependent child in one parent family	22	5	3
Other related individual in one parent family	8	7	6
Other family	18	22	19
Unrelated individual living in family household	3	4	3
Group household member	53	39	23
Lone person	395	579	524
Visitor from within Australia	72	54	19
Not applicable(a)	187	227	442
Overseas visitor	29	18	3
<i>Total</i>	<i>2234</i>	<i>2119</i>	<i>1620</i>

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6.5 Income

Weekly individual incomes tend to be low for older people. Over half (58%) of persons aged 55-64 years have incomes of less than \$300 per week. The proportion of people who have incomes of less than \$300 per week increases to 77% for persons aged 65 years and over. Women tend to have lower incomes than men in all age groups 55 years and over.

Figure 5. Weekly Individual Income of 55-64 yr olds in City of Fremantle - 1996 Census

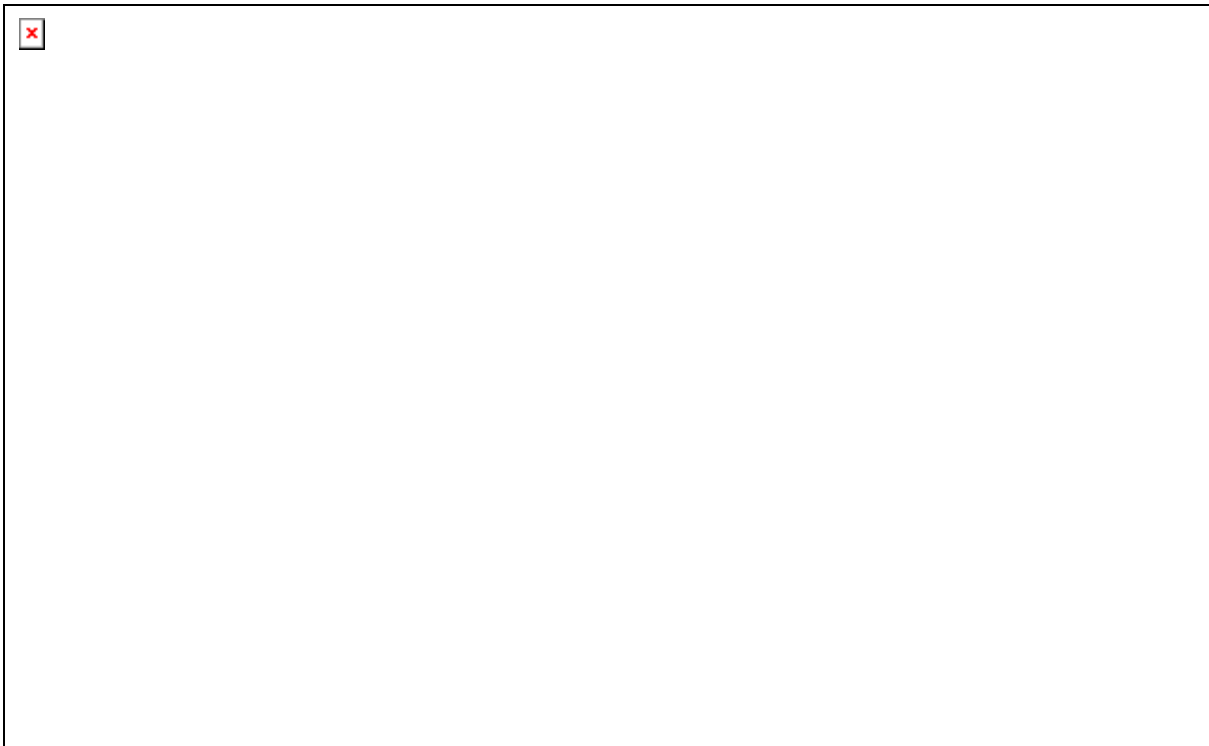


Figure 6. Weekly Individual Income of Persons Aged 65 yrs + in City of Fremantle - 1996 Census

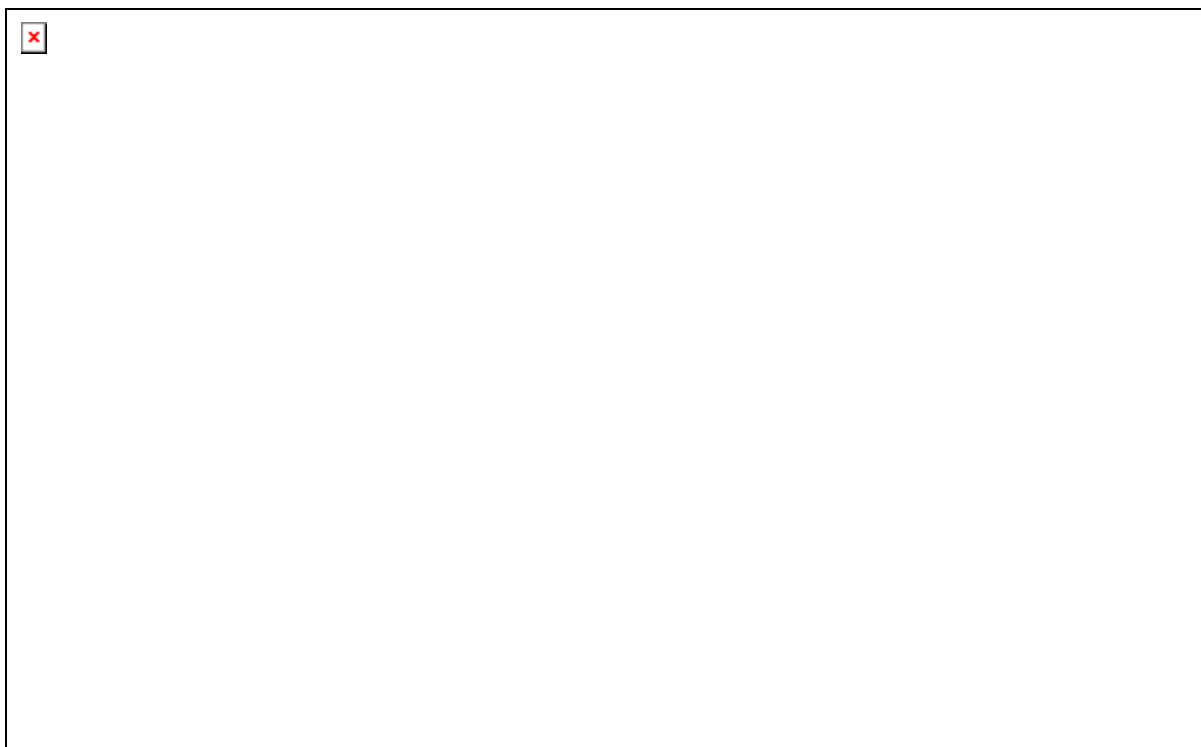


Table 7. Weekly Individual Income by Age in City of Fremantle -1996 Census

Income	55-64yrs Male	55-64yrs Female	65-74yrs Male	65-74yrs Female	75+ yrs Male	75+ yrs Female
Negative/nil	31	81	15	24	7	12
\$1-\$39	5	14	0	10	3	3
\$40-\$79	8	17	12	15	4	8
\$80-\$119	25	45	16	30	12	16
\$120-\$159	199	271	299	312	170	198
\$160-\$199	146	196	214	315	127	299
\$200-\$299	109	150	210	199	128	235
\$300-\$399	90	77	65	36	29	47
\$400-\$499	108	51	36	16	18	17
\$500-\$599	79	42	24	9	8	4
\$600-\$699	55	26	15	8	6	3
\$700-\$799	44	15	9	3	3	3
\$800-\$999	54	19	11	0	3	3
\$1000-\$1499	51	8	13	0	0	3
\$1500 or more	36	3	4	3	0	0
not stated	73	76	91	86	76	175
overseas visitor	17	12	10	8	0	3
<i>Total</i>	<i>1130</i>	<i>1103</i>	<i>1044</i>	<i>1074</i>	<i>594</i>	<i>1029</i>

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6.6 Labour Force Status

Ninety six percent of persons in the 65 years and over age group are not in the labour force. Participation in the labour force is much higher for 55-64 year olds. One third of the people in this age group are employed, 21% full time

and 12% part time. Fifty seven percent are not in the labour force. Most of the 55-64 year olds who are not in the labour force are women.

Table 8. Labour Force Status by Age and Sex in City of Fremantle - 1996 Census

<i>Males</i>	55-64	65-69	70-74	75&over	Total 65 yrs & over
Employed full time	359	35	4	4	43
Employed part time	117	27	10	4	41
Employed not stated	16	6	3	0	9
Unemployed looking for full time work	65	0	0	0	0
Unemployed looking for part time work	16	0	0	0	0
Not in Labour Force	475	514	433	585	1532
Not Stated	65	0	0	0	0
Overseas Visitor	17	5	5	0	10
<i>Total</i>	<i>1130</i>	<i>587</i>	<i>455</i>	<i>539</i>	<i>1581</i>
Females					
Employed full time	104	6	0	0	6
Employed part time	146	19	0	3	22
Employed not stated	10	3	0	3	6
Unemployed looking for full time work	9	3	0	0	3
Unemployed looking for part time work	6	3	0	3	6
Not in Labour Force	788	507	527	1017	2051
Not Stated	28	0	0	0	0
Overseas Visitor	12	5	3	3	11
<i>Total</i>	<i>1103</i>	<i>546</i>	<i>530</i>	<i>1029</i>	<i>2105</i>
Persons					
Employed full time	463	41	4	4	49
Employed part time	263	46	10	7	63
Employed not stated	26	9	3	3	15
Unemployed looking for full time work	74	3	0	0	3
Unemployed looking for part time work	22	3	0	3	6
Not in Labour Force	1263	1021	960	1602	3583
Not Stated	93	0	0	0	0
Overseas Visitor	29	10	8	3	21
<i>Total</i>	<i>2233</i>	<i>1133</i>	<i>985</i>	<i>1622</i>	<i>3740</i>

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6.7 Occupation and Industry

The most common occupations for men aged 55 years and over who are still in the labour force are Professionals and Trades persons and related workers. For women the most common occupations in this age group are Professionals and Intermediate Clerical, Sales and Service Workers.

Figure 7. Occupation of Employed Persons Aged 55 yrs + in City of Fremantle - 1996
Census

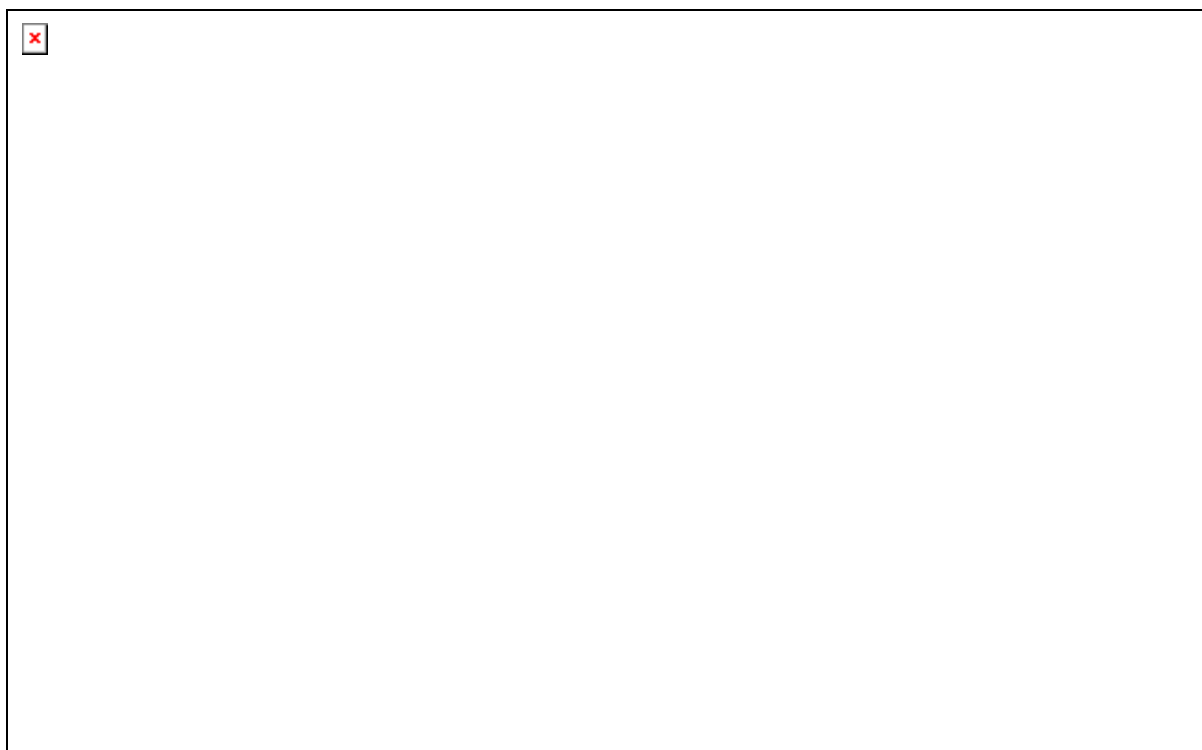


Table 9. Occupation of Employed Persons Aged 55yrs + by Sex in City of Fremantle - 1996
Census

Occupation	Males	Females	Males	Females
Managers & Administrators	68	23	12%	8%
Professionals	107	65	18%	22%
Associate Professionals	61	39	10%	13%
Tradespersons & Related Workers	102	9	17%	3%
Advanced Clerical, Sales & Service Workers	4	30	1%	10%
Intermediate Clerical, Sales & Service Workers	49	57	8%	19%
Intermediate Production & Transport	80	7	14%	2%
Elementary Clerical, Sales & Service Workers	25	21	4%	7%
Labourers & Related Workers	61	31	10%	11%
Inadequately described	6	0	1%	0%
Not stated	21	13	4%	4%
<i>Total</i>	584	295	100%	100%

Older people are employed in a range of industries. The most common for men are manufacturing, property and business services and retail trade. For women the most common industries are education and health and

community services.

Figure 8. Industry of Employed Persons Aged 55 yrs + in City of Fremantle - 1996 Census

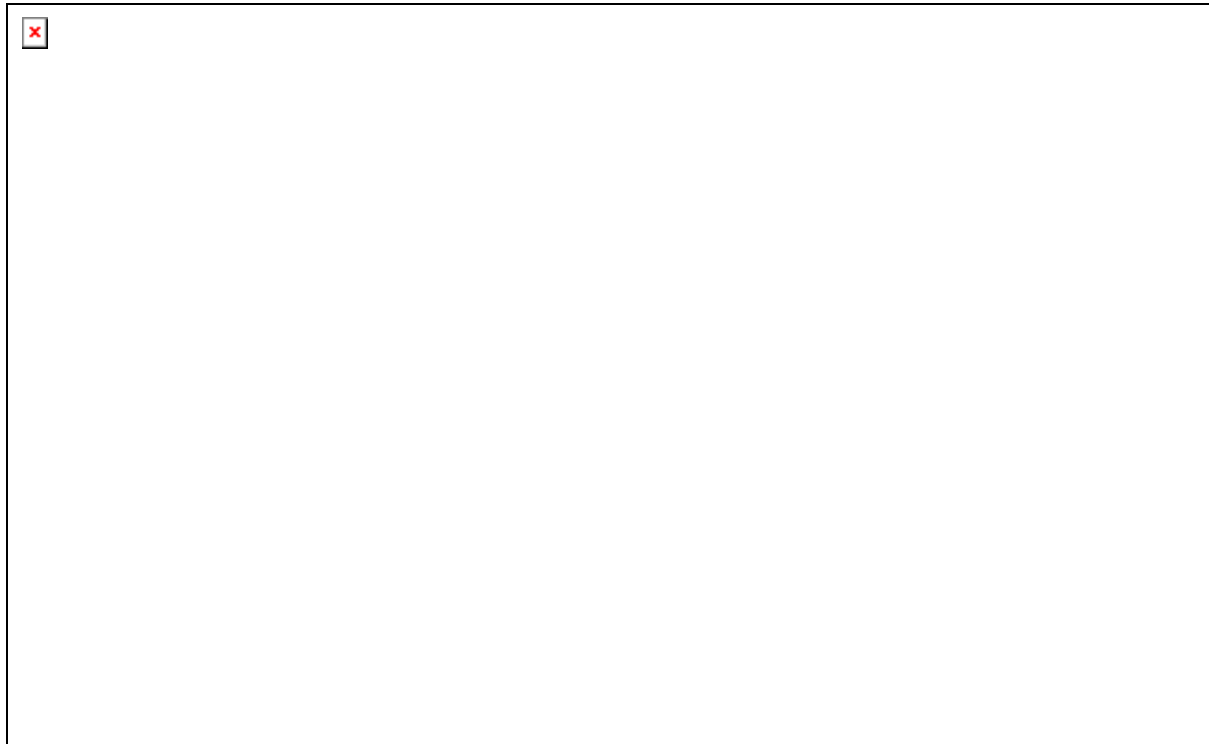


Table 10. Industry of Employed Persons Aged 55yrs + by Sex in City of Fremantle - 1996 Census

Industry	Males	Females	Males	Females
Agriculture, Forestry & Fishing	30	8	5%	3%
Mining	0	0	0%	0%
Manufacturing	72	19	12%	6%
Electric, Gas & Water Supply	4	3	1%	1%
Construction	47	0	8%	0%
Wholesale Trade	47	12	8%	4%
Retail Trade	65	35	11%	12%
Accommodation, Cafes & Restaurants	17	16	3%	5%
Transport & Storage	46	3	8%	1%
Communication Services	4	3	1%	1%
Finance & Insurance	7	8	1%	3%
Property & Business Services	67	31	12%	10%
Govt Admin & Defence	28	9	5%	3%
Education	42	57	7%	19%
Health & Community Services	30	56	5%	19%
Cultural & Recreation Services	8	10	1%	3%
Personal & Other	27	8	5%	3%
Non-classifiable	17	4	3%	1%
Not stated	24	14	4%	5%
<i>Total</i>	<i>582</i>	<i>296</i>	<i>100%</i>	<i>100%</i>

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7 Roles for the City of Fremantle

There are many ways the City of Fremantle can respond to the needs of Seniors and the issues that affect their life in our community, the major roles are highlighted below.

7.1 Service Provision

This role involves the City of Fremantle in providing specific services, programs, facilities or infrastructure. Services may be funded and provided entirely from the City resources or jointly with private and government agencies.

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7.2 Planning and Policy

This role involves the Council in identifying and responding to the needs of the community and in providing a framework for setting priorities and implementing strategies to address needs.

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7.3 Co-ordination

This role involves providing links between community organisations to ensure services are not duplicated, that shortfalls in service delivery are addressed, that there is sharing of resources, and that common resources and experiences are shared. Coordination also focuses on facilitating collaboration between organisations and the development of joint projects and partnerships.

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7.4 Support

This role involves assisting community organisations to become established and flourish and where appropriate, access the resources of Local Government. The City of Fremantle is well placed to assist local organisations by providing support in many different and often inexpensive ways.

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7.5 Advocacy and Leadership

Advocacy involves providing an arena or avenue in which the concerns of individuals and communities are able to be expressed and brought to the attention of decision makers, so that negotiations for resources or recognition can be undertaken on their behalf. Leadership also involves taking progressive and innovative approaches on community issues.

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8 Policy and Strategy for positive ageing

The Policy and Strategy for Positive Ageing has been developed within the vision framework of the City of Fremantle City Plan and is therefore consistent with this vision. The aim of the policy and strategy is to ensure the City of Fremantle is a supportive and inclusive community, valuing both the contributions and expectations of Seniors while ensuring continued access to a diverse range of services and programs which will enable Seniors to live fulfilling, independent and rewarding lives.

When considering these objectives and strategies it is important to bear in mind that Fremantle is an extremely culturally diverse community with ageing Italian and Portuguese communities, as well as a relatively high number of Aboriginal Seniors. It is important that all services and programmes developed as part of this strategy address the needs of these groups in an appropriate and culturally sensitive manner and to that end, the needs of Aboriginal Seniors are specifically addressed in the Policy and Strategy for Aboriginal Acknowledgement, Recognition and Conciliation

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8.1 Valuing Diversity

Policy Statement

The City of Fremantle seeks to ensure that the diverse nature of our community, which is a very much celebrated part of Fremantle's character and identity, is fundamentally supported and nurtured in all Council's future endeavours and decision making. The City of Fremantle believes that central to the principle of valuing Seniors is acknowledging the diversity that exists amongst the Seniors in our community.

Objective

To reflect upon and celebrate the diversity of Seniors, their needs, issues and aspirations.

Strategies

Work in partnership with the community to develop and provide a wide and creative range of opportunities for Seniors to share their stories and experiences. Develop a program aimed at documenting the history of some of our older citizens, to provide the means for Seniors to tell their stories and provide insight into the different experiences, backgrounds and histories, which together, forms the rich and diverse nature of our community.

Ensure that celebrations and cultural events initiated or sponsored by the City of Fremantle reflect the diversity that exists in our community, while being sensitive, respectful and inclusive to Seniors.

Support initiatives that aim to achieve wider recognition of the contributions that Seniors, from all cultures and walks of life, have made in our community and to also celebrate their achievements.

Coordinate and support a 'Positive Ageing Festival' for the City of Fremantle, encouraging Senior's from our community to take on a leadership role in the planning and facilitation of this event, while actively engaging Seniors in promoting and celebrating 'positive ageing', and in educating the wider community on Seniors issues.

Facilitate inter-generational activities in our local schools and also in the Fremantle Library, to provide opportunities for Seniors to share their knowledge and skills with children in our community.

Facilitate the development of a program which encourages Seniors to participate in land-care and environmental activities.

Acknowledge and support the childcare role of grandparent's by establishing and facilitating grandparent playgroups in our precincts.

Develop a program that encourages Seniors volunteering their time to act as mentors or 'substitute grandparents', to young parents and their children in our community.

Coordinate the development of a local 'multicultural cookbook', inviting Seniors to share their

favourite recipes and memories associated with those recipes, with the community.

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8.2 Community Development

Policy Statement

The City of Fremantle seeks to nurture and enhance the strong sense of community that exists in the Fremantle area. Council is committed, through community development processes, to ensure that all Seniors are able and encouraged to actively participate in community life and that the needs of Seniors are adequately identified and addressed by the community.

Objective

To nurture and enhance a strong sense of community where Seniors can actively participate in community life, identify their own needs and concerns as well as strategies required to address these.

Strategies

Employ a Community Development Officer with project funding to implement The Policy and Strategy for Positive Ageing

Work with and support existing and emerging groups of seniors to assist and resource them to meet their needs.

Provide opportunities for Seniors and their families to communicate their concerns, needs and interests to the Council, so that Council is fully informed, aware and able to work together with the community to design services and programs to address those needs, for example, hold regular Seniors' Forum.

Explore new ways of ensuring that Seniors are kept informed of community projects, events and activities taking place.

Plan community events and projects at a more local level. Aim to bring Seniors of similar age groups together as well as people from the same neighbourhoods together in order to facilitate the building of friendships resulting in support networks for Seniors.

Initiate the development of a 'Senior's Newsletter' which provides information about events and activities that Seniors may be interested in attending or becoming involved with, as well as information about services and assistance available to them.

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8.3 Community Services

Policy Statement

The City of Fremantle recognises the responsibility of communities to provide a range of relevant and appropriate services to address the needs and to pursue the

wellbeing of Seniors, also recognising that 'seniors' comprise of a diverse range of people. Council will endeavour to either provide services where possible, or advocate on behalf of Seniors, in order to achieve service provision through other relevant institutions.

Objective

To facilitate the development and provision of a comprehensive range of services, facilities and programs to meet Seniors needs.

Strategies

Continue to evaluate services to ensure they remain inclusive, affordable and appropriate, encouraging Seniors, who are not already doing so, to access available services using a variety of mechanisms.

Adopt a targeted approach to service provision in order to address the needs of Seniors who are experiencing disadvantage, isolation or marginalisation.

Develop a range of feedback and consultative mechanisms to facilitate community involvement in the development of policy, service provision and decision-making processes.

Acknowledge the invaluable contribution that carers, such as family members make towards

providing care to older people in our community and to develop ways for Council to assist in supporting these carers.

Implement the development of a 'Wellness Centre' for Seniors that offers a wide range of holistic services, including medical services, paramedical, alternative therapies and retirement planning that focuses on the financial, social, leisure, cultural and health needs of individuals.

Provide an accessible information, referral and advocacy service for Seniors to ensure they are aware of the services and assistance available to them and to ensure Senior's interests are actively represented in the community.

Adopt a co-ordination role amongst service providers to identify needs and shortfalls in services in the region, facilitating a collaborative approach in advocating for these needs to be addressed by the government.

Advocate for the expansion of support services such as in home support services, respite services, transport, home maintenance and the like, ensuring that service models are appropriate to the diverse cultures represented in Fremantle.

Advocate for the expansion of the 'Hospital in the Home' program to assist Seniors that prefer to be discharged from hospital in order to recuperate in their home environment.

8.4 Community Facilities and Public Spaces

Policy statement

The City of Fremantle believes that Seniors should be able to access and enjoy Fremantle's facilities and public spaces alongside other residents and visitors to Fremantle. They have the right to enjoy our community facilities and public spaces with relative ease, comfort and security.

Objective

To develop and maintain public facilities and spaces that are responsive and inclusive to the needs of Seniors.

Strategies

Increase the availability of practical and attractive street furniture in Fremantle's public spaces

Increase the level of street lighting in the Fremantle area, especially near parks, walkways and bus stops

Provide for more bus shelters with shade and seating in the suburbs and provide more shade and shelter in Fremantle's public spaces to create a more comfortable environment for Seniors to enjoy.

Continue with the development and implementation of the Fremantle

Disability Access Five Year Plan for Remedial Works, to improve physical access to Fremantle's facilities for the more frail aged, and those who require wheelchair access.

Continue working with the Disability Access Reference Group to provide ideas and feedback to Council on how the Fremantle area can be improved with regards to physical access to public spaces and facilities, including road crossing and signage issues.

Provide safe and clean public toilet facilities with handrails and easy access in more locations, especially near local centres

Ensure that park designs are more conducive to Seniors interests, with interesting features and artwork projects that provide more attractive and colourful park environments, also reflecting the cultural diversity amongst Seniors in our community.

Address the issue of footpath provision catering for seniors needs including the laying of more footpaths in the residential areas and to ensure that paving is even and adequate (some roads need footpaths on both sides). Ensure that there is sufficient and uncluttered walk space on footpaths in areas of al fresco dining

Investigate and facilitate the provision of the types of community facilities required in order to adequately cater for the diverse recreational and leisure activities of Seniors, with a particular focus on

the needs of retired men.

Explore the possibility of using the facilities of local schools and TAFE centres to accommodate learning and craft programs for Seniors.

Develop and coordinate a community arts project that celebrates the theme of 'positive ageing' and/or acknowledges the achievements and contributions of Seniors in our community.

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8.5 Leisure and Recreation

Policy statement

In pursuing and promoting 'Positive Ageing', the City of Fremantle strives to provide a creative and diverse range of recreational and leisure activities in response to the wide range of interests, needs and capabilities of its Senior members.

Objective

To assess the leisure and recreation needs of Seniors, developing a range of activities and opportunities to meet the diverse range of needs and interests.

Strategies

Conduct ongoing consultation with Seniors in the community to provide

Council with more precise information about Senior's recreational needs and interests.

Take on a planning and coordination role in the development of a recreational program to provide a range of activities for Seniors which are enjoyable, stimulating and in a friendly environment for Seniors.

Develop an outreach program of recreational activities for Seniors at the suburban level, targeting areas where opportunities to pursue recreational and social activities are low – particularly for retired men.

Take an active role in organising and planning the Masters Games.

Encourage Seniors to access recreational opportunities at the Fremantle Leisure Centre, Fremantle Arts Centre, Stan Reilly Centre, Samson Recreation Centre, the Meeting Place and the Fremantle Golf Course by developing special programs for Seniors, including the provision of transport.

Plan and facilitate recreational excursions or camps for Seniors that provide opportunities to 'get away' or to be involved in more adventurous activities.

Plan and facilitate more evening activities and programs for Seniors such as supper clubs, movie nights or educational programs.

Provide more opportunities for Seniors to be involved in informal recreational activities such as

craftwork, woodwork and gardening. Investigate the development of a "shed" programme for men. Work with environmental agencies and arts agencies to develop a series of activity "taste" programmes.

Advocate for more funding for recreational programs and activities from Federal and State Governments.

Launch an educational/motivational campaign aimed at encouraging and promoting the health and social benefits of being active.

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8.6 General Safety and Road Safety

Policy statement

The City of Fremantle believes that feeling safe is an important factor in contributing towards one's health and well being. The Council recognises and understands that Seniors are more likely to be concerned about their personal safety than other age groups in the community. The Council intends to adopt a holistic approach towards creating and achieving a safer Fremantle environment where Seniors can be assisted to feel more secure in their homes and in public places.

Objective

Create a safer local environment and sense of security for

Seniors in their homes and the public arena.

Strategies

Continue with the Safe City Project, identifying sites and routes in the Fremantle area where Seniors and other residents feel unsafe, gathering information from residents as to how these sites could be improved.

Continue developing and implementing the Safe City lighting strategy with the assistance and input of community members.

Produce and distribute safety information booklets for Seniors that provide practical suggestions and steps that can be taken in order to feel more empowered with regard to personal safety and property safety.

Organise community events and activities to provide opportunities for neighbours and people from the same vicinity to meet one another on an informal, social basis, recognising that building and nurturing a sense of community within local areas is a positive strategy towards crime prevention and creating greater sense of safety.

Facilitate better coordination between road works and public works, achieving better communication with emergency services with regard to access to homes and community facilities during periods of construction.

Advocate for fire alarms, security windows and doors to be fitted to public housing stock for Seniors, by Ministry of Housing. Advocate for a funding programme for seniors owning their own homes, or who are not Homeswest tenants, to be able to similarly install such security measures.

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8.7 Employment, Education and Training

Policy statement

The City of Fremantle values the knowledge and skills that Seniors have and recognises the contributions that Seniors continue to make towards Fremantle's economy and to the community as a whole. The City of Fremantle also believes that Seniors have the right to access education and training opportunities and will endeavour to expand the provision of these opportunities to enable Seniors to reach their potential.

Objective

To facilitate and support employment, education and training opportunities to enable Seniors to reach their potential.

Strategies

Adhere to equal opportunity employment practices within the Council i.e. raise awareness

regarding issues surrounding age discrimination.

Extend the City of Fremantle's "community access to IT services programme" to provide Senior's with accessible opportunities to learn computer and internet skills. Provide introductory sessions at the Library, Meeting Place, Samson Recreation Centre, Stan Reilly Centre, Fred Notley Child Care Centre, and other appropriate locations.

Extend the City of Fremantle's mobile library service to meet the literary needs of immobile Seniors, as demand increases.

Develop a local register system for Seniors who are interested in volunteering their time and skills to the community and provide information to Seniors about the volunteer opportunities that are available in their community.

Explore the possibility of developing a bartering system for the City of Fremantle, such as the LETS scheme, that Seniors can participate in.

Ensure the provision of a range of life long learning opportunities for Seniors in the Fremantle area, including the Meeting Place, TAFE, the Fremantle Arts Centre, and Notre Dame University.

Investigate the possibility of establishing a U3A programme or lecture/workshop series through Notre Dame University.

Investigate opportunities and

resources available in order for Seniors to establish small business co-operatives or collectives. Facilitate the creation of part time employment opportunities for Seniors in the Fremantle area.

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8.8 Transport & Parking

Policy statement

The City of Fremantle recognises that the accessibility and affordability of transport and parking directly impacts on the ability of Seniors to participate fully in community life. The City of Fremantle is committed to increasing access for Seniors to both transport and parking within the Fremantle area.

Objective

To pro-actively address transport shortfalls and inadequacies which prohibit or limit the ability of Seniors to participate full in community life.

Strategies

Investigate options to establish a bus service which more effectively connects the suburbs of Fremantle together, either by advocating to the Department of Transport or by establishing some other model of

community transport.

Advocate for the provision of more bus stops with shelter and seating, particularly in areas that are hilly for example, White Gum Valley, Beaconsfield and North Fremantle.

Advocate for the Department of Transport to extend the ticket expiry time for Seniors travelling on public transport.

Advocate for the Department of Transport to introduce, educate and enforce policy which requires bus drivers to show more courtesy, respect and assistance to Seniors, especially the frail older people using public transport.

Extend the community bus service which provides affordable transport for Seniors from their homes to particular destinations in Fremantle, and/or other areas.

Continue to coordinate the provision of community bus services available for hire by community groups and organisations.

Investigate the possibilities of extending parking times in Fremantle for Seniors.

Consider parking discounts for Seniors in the Fremantle central business district.

Provide safe and convenient drop off and pick up points in the Fremantle central business district for Seniors, particularly outside main retail zones.

Advocate for the Department of Transport to provide more low floor buses on Fremantle bus routes.

Support and encourage wide use of the free transit service that is available in the Fremantle City centre.

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8.9 Housing

Policy statement

The City of Fremantle acknowledges that the availability of affordable and appropriate housing is an issue which impacts significantly on the lives of Seniors in our community. The City of Fremantle endeavours to ensure that the housing needs of Seniors are addressed through effective town planning strategies and through a pro-active stance in advocating for an increase in the supply of low cost housing and supported accommodation services for Seniors in the Fremantle area.

Objective

Monitor the housing needs of Seniors, ensuring those needs are addressed through effective town planning strategies and advocacy in achieving a greater supply of low cost housing and supported accommodation services.

Strategies

Continue pursuing best practice in the provision, coordination and management of independent and supported accommodation services for Seniors (Stan Reilly, Frederick Wright and Tapper Street Facilities).

Through the provisions of the town planning scheme and strategic policies, actively encourage and support housing developments that contribute towards the provision of appropriate and affordable housing for Seniors.

Seek assurances from the Ministry of Housing that the current level of public housing in the Fremantle area does not fall below the current level of 12.8% of the total number of households.

Advocate on behalf of Seniors, to the Ministry of Housing, for the provision of housing that meets the physical and security needs of Seniors in our community.

Proactively contribute to the Ministry of Housing's redevelopment process in the Fremantle area to ensure that developments are conducive to community building and also meet the housing needs of Seniors.

Seek ways to expand existing support services that assist Seniors to stay in their own homes longer, maintaining their independence – in home support services, home maintenance services and the like.

Provide services that support the carers of Seniors living in their own homes.

Continue to provide, and work towards expanding outreach services for Seniors to support independent living.

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8.10 Health

Policy statement

The City of Fremantle will endeavour to adopt a holistic approach in pursuing the physical, mental and emotional well being of Seniors in our community. The City of Fremantle acknowledges that it can play a key role in the provision and/or coordination of health services to Seniors in the Fremantle area and will work towards ensuring that these services are accessible to Seniors.

Objective

Support and encourage a holistic approach to nurturing the physical, mental and emotional well being of Seniors.

Strategies

Provide information on and encourage attendance at influenza injection and other immunisation clinics. Ensure they are that are easily accessible for Seniors by providing transport.

Advocate for the provision of mobile health clinics.

Plan and facilitate the delivery of "Health Promotion" workshops to cover topics such as nutrition, food hygiene, incontinence, dental health and other health issues that may be of concern to Seniors.

Coordinate the provision of regular eye and hearing tests.

Coordinate the provision of grief and loss counselling services in the area.

Explore avenues for the provision of a mobile linen service for the Fremantle area.

Facilitate programs and workshops that promote mental and emotional well being amongst Seniors such as relaxation techniques, yoga and other personal development programs.

Investigate and advocate for the provision of accessible mental health services for Seniors

Explore avenues for the provision of a community mediation service for the Fremantle area.

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8.11 Retirement

Policy statement

The City of Fremantle believes that retirement can be a

period of life when new and exciting opportunities become available in pursuing personal interests, goals and dreams. The City of Fremantle wishes to promote the period of retirement as a positive ageing process within which planning, support and positive outlook can be a rich and fulfilling period of one's life.

Objective

To promote retirement as a positive ageing process

Strategies

Coordinate the provision of a retirement planning service that approaches retirement in a holistic manner, encouraging Seniors to plan for their housing, social, recreational and health needs in conjunction with their financial needs.

Develop educational programs that promote 'positive ageing' amongst Seniors in our community.

Develop an outreach program to address the needs and concerns of older men who under-utilise services and programs when experiencing problems adjusting to retirement.

Coordinate the provision of a mobile, free information service for Seniors, providing information about services and opportunities that are available to Seniors in the Fremantle area.

Promote volunteering and mentoring

amongst Seniors in the community, drawing attention to the benefits for both Seniors and the broader community.

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9 Implementation

The Policy and Strategy for Positive Ageing will only be a success to the extent to which it is implemented. The City of Fremantle is committed to not only the implementation of this policy, but also to open accountability to Seniors and the wider community in achieving and reporting on the aims of this policy.

A Seniors Forum will be held quarterly or as required for the purpose of on-going consultation and monitoring of implementation. The responsibilities and aims of this Forum will be:

To advise and support staff in the implementation of the Plan

To inform and advise elected members of the Council on Seniors issues, needs and priorities

To inform new elected members of the Council of the existence of the Plan and its objectives, as well as the existence of the Seniors Forum

To review annual reports from the City of Fremantle staff on the progress in implementing this plan

To publish the achievements of the Plan in appropriate formats, specifically targeting Seniors and but also informing the wider community

To foster ongoing consultation with Seniors on issues of concern and needs as well as identify their aspirations

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Recommendations

1. The City of Fremantle endorses the aim and objectives of the Policy and Strategy for Positive Ageing and the strategies required to meet these objectives.

2. The City of Fremantle endorses the following strategies as priorities for implementation:

8.2.a Employ a Community Development Officer with project funding to implement the Policy and Strategy for Positive Ageing

8.3.e Implement the development of a 'Wellness Centre' for Seniors that offers a wide range of holistic services, including medical services, paramedical, alternative therapies and retirement planning that focuses on the financial, social, leisure, cultural and health needs of individuals.

8.4.a Increase the availability of practical and attractive street furniture in Fremantle's public spaces

8.4.c Provide for more bus shelters with shade and seating in the suburbs and provide more shade and shelter in Fremantle's public spaces to create a more comfortable environment for Seniors to enjoy.

8.4.f Provide safe and clean public toilet facilities with handrails and easy access in more locations, especially near local centres

8.4.vii Ensure that park designs are

more conducive to Seniors interests, with interesting features and artwork projects that provide more attractive and colourful park environments, also reflecting the cultural diversity amongst Seniors in our community.

8.5.c Develop an outreach program of recreational activities for Seniors at the suburban level, targeting areas where opportunities to pursue recreational and social activities are low – particularly for retired men.

8.5.h Provide more opportunities for Seniors to be involved in informal recreational activities such as craftwork, woodwork and gardening. Investigate the development of a "shed" programme for men. Work with environmental agencies and arts agencies to develop a series of activity "taste" programmes.

8.6.c Produce and distribute safety information booklets for Seniors that provide practical suggestions and steps that can be taken in order to feel more empowered with regard to personal safety and property safety.

8.7.g Investigate the possibility of establishing a U3A programme or lecture/workshop series through Notre Dame University.

8.8. Investigate options to establish a bus service which more effectively connects the suburbs of Fremantle together, either by advocating to the Department of Transport or by establishing some other model of community transport

8.11.a Coordinate the provision of a

retirement planning service that approaches retirement in a holistic manner, encouraging Seniors to plan for their housing, social, recreational and health needs in conjunction with their financial needs.

8.11.d Coordinate the provision of a mobile, free information service for Seniors, providing information about services and opportunities that are available to Seniors in the Fremantle area.

The Seniors forum is established with the above aims and for the purpose of ongoing consultation, monitoring and implementation of the Policy and Strategy for Positive Ageing.

4. A summary of this Policy and Plan be produced and distributed to all residents.

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10 Evaluation

The Policy and Strategy for Positive Ageing will be reviewed and evaluated annually and a report will be submitted to the Seniors Forum and to the Service Delivery, Review and Corporate Performance Committee of Council

Critical Success factors

These are the critical success factors and performance indicators that will be applied in evaluating the performance of the Policy and Strategy for Positive Ageing.

Effective Implementation of the Plan

Performance Indicators:

*Percentage of the strategies achieved
within the time frame specified*

*90% = excellent 80% =
good*

*60% = satisfactory 50%
= poor*

Acceptance by the community of the Plan

Performance Indicators:

*The extent to which feedback from
elected members, precinct groups,
service providers, staff, Seniors and
other members of the community is
received and is positive*

*The extent to which Seniors believe
Council's commitment to Seniors has
increased*

Acceptance of difference and diversity

Performance Indicators:

*Level of community tolerance and
acceptance of difference*

Developing a sense of community

Performance Indicators:

New opportunities and increase in participation by seniors in community activities, programs and events

Number of opportunities for consultation with Seniors provided, and extent to which their views influence decision making

Addressing needs, issues and aspirations

Performance Indicators:

Number of new services, facilities and programs established to meet the needs of Seniors

Extent to which services meet the needs of minority groups, isolated and marginalised Seniors

Improving public places

Performance Indicators:

Capital improvements to public facilities and spaces targeting seniors needs

Capital investment on new public facilities and spaces targeting seniors needs

Leisure and recreation opportunities

Performance Indicators:

Number of opportunities provided to Seniors to articulate their leisure and recreation needs

Number and range of new leisure and recreation opportunities for Seniors

Safer local environments

Performance Indicators:

Capital expenditure aimed at creating safer public environments

Level of safety and security experienced by Seniors

Seniors reaching their potential

Performance Indicators:

Number of public statements aimed at recognising Seniors as valuable employees and/or volunteers and productive and supported members of families and communities

Number of new employment, education and training opportunities

Improving Transport

Performance Indicators:

Number of improvements to public transport targetting Seniors needs

Extent to which Seniors view transport as appropriate and affordable

Appropriate and affordable housing

Performance Indicators:

Percentage of public housing stock allocated for Seniors

Number of new low cost housing developments or supported accommodation services

Improved well being

Performance Indicators:

Increased attention by health and medical services on holistic approaches

Number of new programs that focus on well being

Meaningful retirement

Performance Indicators:

Increase in retirement planning and

support programs

*Community and individual attitude
toward ageing*

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