

Spotlight on Positive Ageing

Age Friendly Freo 2019–24



The City of Fremantle acknowledges the Whadjuk people as the Traditional Owners of the greater Fremantle/Walyalup area and we recognise that their cultural and heritage beliefs are still important today.

Age Friendly Freo 2019–24

- **8 strategies** aligned with World Health Organization (WHO)
- **8 domains**



Key focus areas

- Sits under the City's Strategic Plan ~ health & happiness
- Age friendly city plan a whole of city action plan
 - [City of Fremantle Age Friendly City Plan 2019-2024 - Endorsed.pdf](#)
 - Social participation ~ provide a range of lifelong learning activities that encourage older people to participate in community life
 - Civic participation (volunteering) and employment (short term contracts)
 - Respect and Inclusion ~ celebrate older people in the community

Age friendly city

- WHO member since 2017
- Only 5 LGAs have achieved this status
- Age Friendly Local Govt. Awards
 - 2018 Winner
 - 2023 Finalist: Ambassador Program



WHO Global Network
for Age-friendly Cities
and Communities



Come and Try activities for over 55s

Short 4–6 week 'taster' courses providing opportunity to try something new.

Snapshot

- Chair yoga, Pilates, Gentle flow yoga
- Art classes, sketching, cultural
- Clay bead making, jewellery making
- Rag rugs making, batik painting
- Paper mâché, basket weaving
- Presentations, Memory & Dementia & Age Care Service providers





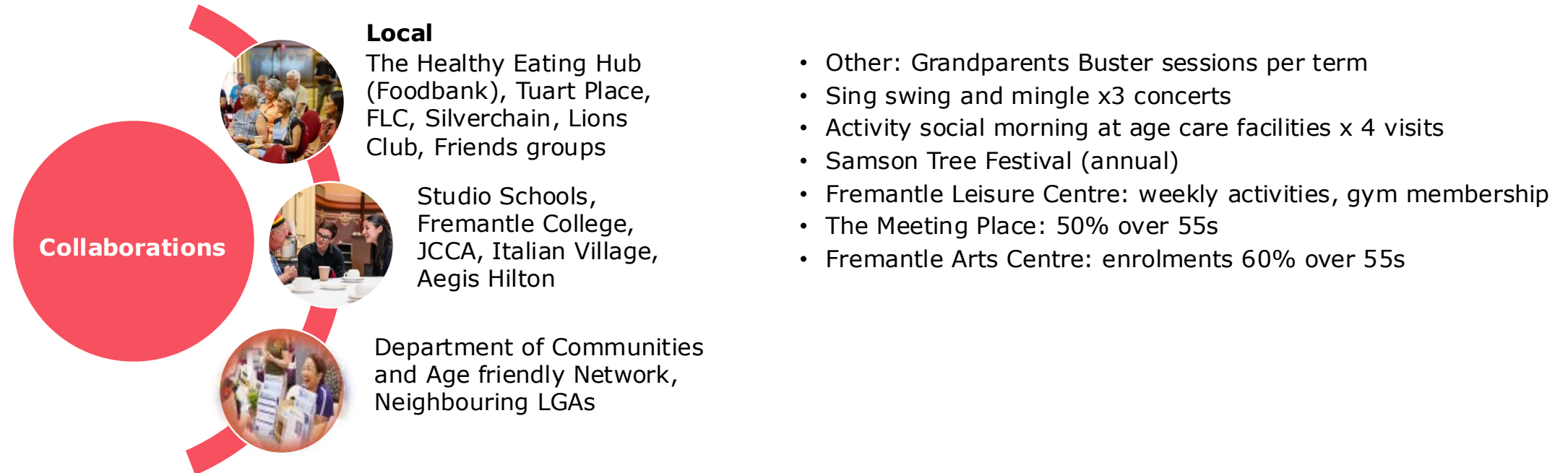
Stats—snapshot—social participation

As of April 2024



Stats—snapshot—social participation (cont'd)

As of April 2024



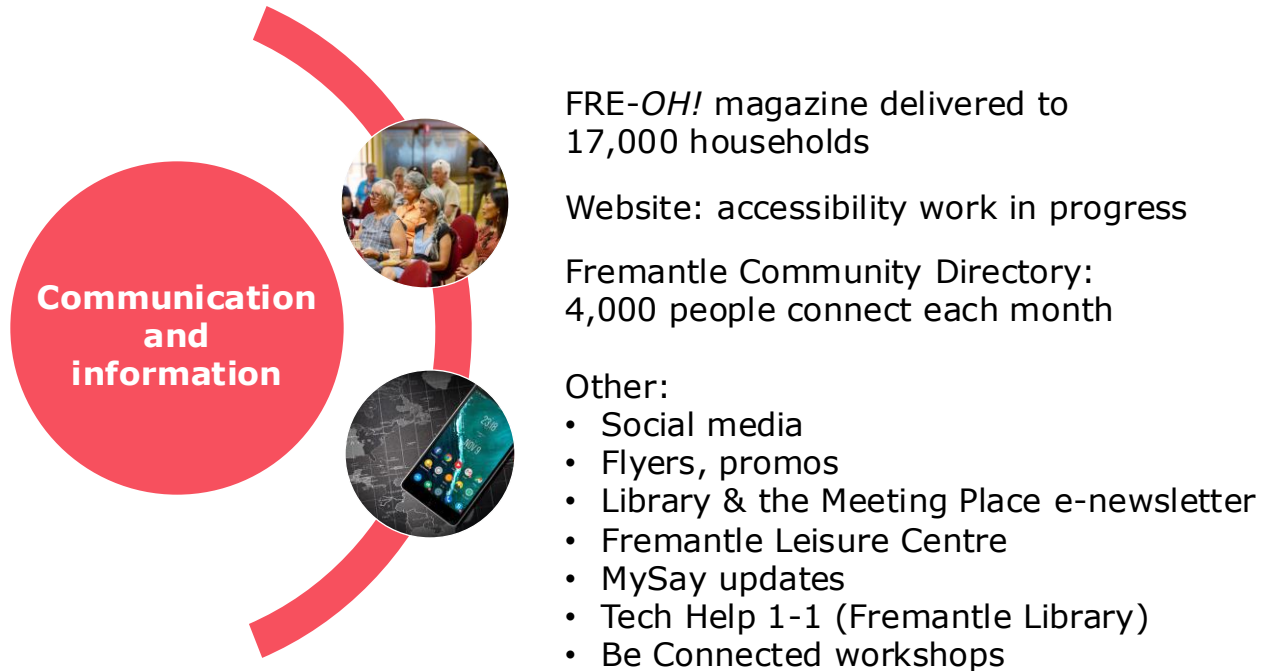
Stats—snapshot—other outputs

As of April 2024



Stats—snapshot—other outputs (cont'd)

As of April 2024



Advocacy

Strategic Action Area

Supported community engagement for the over 55s to comment on projects:

- Infrastructure: seating, shading, footpaths
- Accessible community facilities at South Beach
- Transportation: easy mobility, walking, cycling
- Housing: local planning, age appropriate, accessibility

Highlights

- *Let's Talk Freo!* The city conducted the largest ever public engagement program. From 5- to 85-year-olds provided input with 49% respondents from the 55+ community. Comments when analysed, resulted in over 5,000 thoughts and ideas from the community to inform the city's new strategic plan.
- Promote Taxi subsidy + St Johns community transport + over 55s cycle groups
- Local planning scheme and residential design codes address affordable housing
- Promoting minimum density for Davis Park Plan
- 'My Home' initiative supports 18 x single home, women over 55

Grants ~ Bigger projects

Department of Communities ~ Age friendly grants

- Garden Party collective ~ \$8,000 Minister requested project to showcase on his website, activating micro communities – various neighborhood activities/events
- Dance Halls Days ~ \$10,000 City won local govt an award for partnership/collaboration
- Converging Stories ~ \$8,000 12 story tellers
- Together again café ~ \$15,000 Monthly events at Fremantle Park Sport & Community Centre
- Sing swing and mingle ~ \$15,000 Intergenerational concerts & activity mornings at age care facilities (student led)
- Afternoon Tea Dance ~ Town Hall Seniors' week grants ~ \$1,000 per year

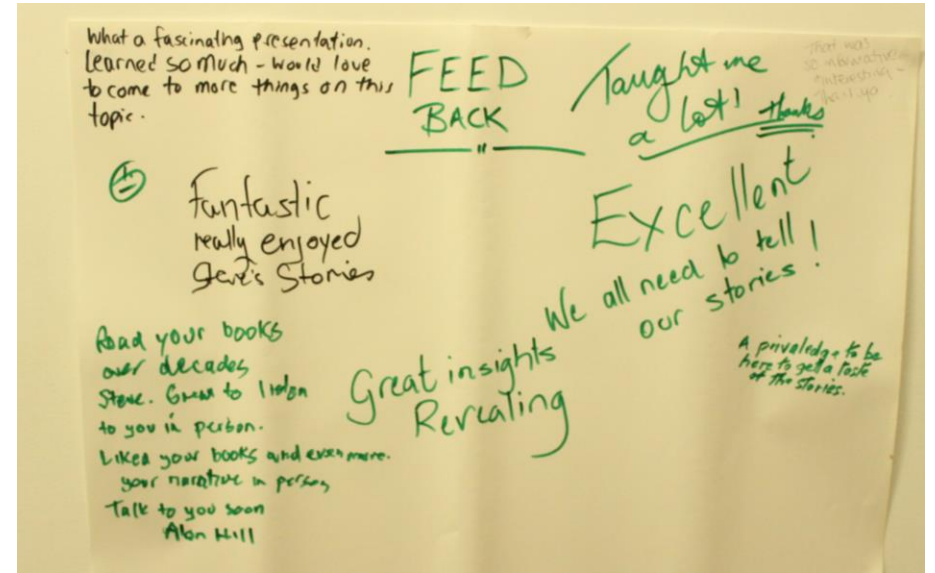
Garden Party Collective



Converging Stories

- A piano turner
- Lived experience of Homelessness
- Stolen Generation
- Environmentalist
- Film maker
- 10 min film produced

[converging stories \(canva.com\)](http://convergingstories.canva.com)



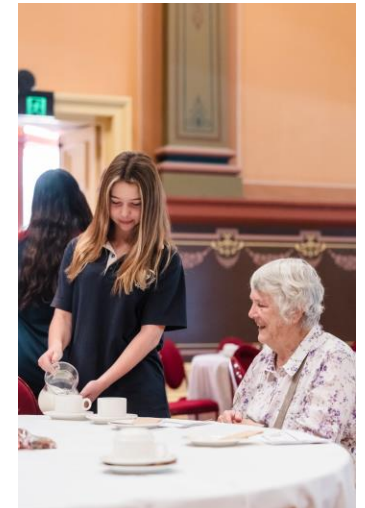
Together Again Cafe



Dance Hall Days



Sing Swing and mingle ~ concerts



Ahoy Fremantle

AHOY! FREMANTLE

SENIORS WEEK · 7-14 NOVEMBER 2021

Presented by the City of Fremantle



What's in the pipeline

Positive ageing assistance fund

- \$150 per resident

Positive ageing networking group

- Informal, 6 weekly, open to community promoted in FRE-OH!

E-newsletters ~ 500 subscribers

- Share wider community initiatives, events, and activities. Links to external sites, information, support agencies

Positive Ageing Expo

LGA collaboration:
Cities of Fremantle, Melville,
Cockburn & Town of East
Fremantle.

60 stalls, 500 visitors

May 2022



Qualitative Feedback (cont'd)

Programs/activities/presentations:

- ✓ Thank you, City of Fremantle, for such an amazing program.
- ✓ Talking to other participants I know most are very grateful for this service; Thanks so much for organizing the talk last week. I found it really moving and enlightening. Michael's work is so inspiring, and he is an amazing storyteller. It's clearly a whole life's work, so to be able to come along and listen for free was amazing.

Positive ageing assistance fund:

- ✓ Joan expressed her profound gratitude to the city, she also received support from her neighbour, who contributed 50% of the cost of her walker, assisted with completing the fund application, and picked up the walker

Qualitative Feedback

Positive ageing expo:

- ✓Learnt many things about what's out there for seniors; Thanks so much for a well organised event; Fremantle is the best location wise; This expo should be on more often.

Sing swing & mingle:

- ✓I took a friend from NSW to the concert. It was enjoyable and good to hear from the students from the Fremantle College. Some well-known swing and covers songs may have inspired more singing. I know we left with a smile. Thank you for all your hard work.
- ✓We had a wonderful time. Meeting such lovely young people that have so much talent was a treat. They were very interesting to talk too, wishing them a bright future and may they achieve their hopes and dream. Their music had my foot tapping. From the moment we arrive until we left, you all showed us respect and that we mattered. Would absolutely love to come again as long it was as good as the last one. All your helpers were so friendly and could not do enough for us.