

Positive Ageing Framework and Action Plan 2021-2025





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A message from our Councillors



(L-R) BACK: Cr Tony Dib OAM JP; Cr Suzy Stojanovic; Cr Paul Macdonald; Cr Nora Lamont; Cr Rob Steane; (L-R) FRONT: Cr Tasa Damante; Cr Marijke Graham; Cr Mike Symon; and Cr Kylie Spears

It gives us great pleasure to present the *Positive Ageing Framework and Action Plan 2021-2025*.

Maroondah City Council has a proud history of recognising older people and was one of the first local governments to develop a strategy dedicated to supporting older residents. In 2014, Council was accepted into the World Health Organisation's (WHO) Global Network for Age-Friendly Cities and Communities, demonstrating an ongoing commitment to healthy ageing.

This framework builds on the work done over the past decade and is based on a number of key documents (international, national, state and local), including the *World Health Organisation's Age-Friendly Cities Framework*.

This framework comprises six domains of influence that contribute to creating an age-friendly community and span many aspects of Council services providing support for positive ageing actions.

An age-friendly community promotes a person-centred and human rights-based approach where people of all ages and abilities are included and respected. Council values the social and economic contribution older people make and we are committed to enhancing wellbeing for all people.

Acknowledgment of Country

We, in the spirit of Reconciliation, acknowledge the Wurundjeri People of the Kulin Nation as Traditional Custodians of the land now known as the City of Maroondah, where Indigenous Australians have performed age old ceremonies. We acknowledge and respect their unique ability to care for Country and their deep spiritual connection to it. We pay our respects to their Elders, past, present and emerging.

Introduction

Maroondah City Council is committed to developing an age-friendly community, ensuring that it benefits all community members, not just older residents.

Council is well-placed to influence the domains that contribute to an age-friendly community, enabling positive ageing for all. As a member of the (WHO) Global Network for Age-Friendly Cities and Communities, Council has shown an ongoing commitment to these principles in line with the Maroondah 2040 Community Vision.

This framework is also supported by the foundational concepts within the:

- *Age Discrimination Act 2004*
- *Australian Human Rights Commission Act 1986*
- *Victorian Charter of Human Rights and Responsibilities Act 2006*
- *Victorian Public Health and Wellbeing Plan 2019–2023*
- *Local Government Act 2020*
- *Gender Equality Act 2020*
- Maroondah City Council COVID-19 Survey 2020

Presenting the Framework

Positive ageing embraces the idea of being active, connected, valued and respected as we grow older in our community. This *Positive Ageing Framework and Action Plan* is the second developed by Maroondah and is based on the following frameworks and guiding documents:

- United Nations Decade of Healthy Ageing 2021-2030
- World Health Organisation's Framework for Age-Friendly Cities and Communities
- Commonwealth Home Support Program (CHSP) Guidelines and Goals
- *Ageing Well in a Changing World* Report by the Commissioner for Senior Victorians
- Maroondah 2040 Community Vision
- Maroondah City Council *Liveability, Wellbeing and Resilience Strategy 2021-2031*
- Maroondah City Council COVID-19 Survey 2020



Council Plan 2021-2025

Liveability Wellbeing and Resilience Strategy 2021-2031

Associated Social Policies

- Affordable and Social Housing Policy
- Gambling Policy
- Gender Equity Policy

Associated Action Plans

- Positive Ageing Framework
- Disability Action Plan
- Gender Equality Action Plan
- Health and Wellbeing Action Plan
- Reconciliation Plan

Associated Council Advisory Committees

- Maroondah Access Equity and Inclusion Advisory Committee
- Maroondah Disability Advisory Committee
- Maroondah Health and Wellbeing Advisory Committee
- Maroondah Liveability Safety and Amenity Advisory Committee



Other related Council strategic documents

- Arts and Cultural Development Strategy
- Asset Management Policy
- Climate Change Risk Adaption and Mitigation Strategy
- Children's and Family Strategy
- COVID-19 Recovery Plan
- Croydon Structure Plan
- Equally Active Strategy
- Habitat Corridors Strategy
- Heathmont Structure Plan
- Housing Strategy
- Municipal Emergency Management Plan
- Ringwood MAC Masterplan
- Ringwood East Structure Plan
- Road Management Plan
- Open Space Strategy
- Physical Activity Strategy
- Sustainability Strategy
- Vegetation Strategy
- Youth Strategy

Maroondah's vision, mission and values

Our community vision

In 2040, Maroondah will be a vibrant and diverse city with a healthy and active community, living in green leafy neighbourhoods which are connected to thriving and accessible activity centres contributing to a prosperous economy within a safe, inclusive and sustainable environment.

The Maroondah 2040 Community Vision captures the aspirations, desires, dreams, and priorities of the community looking ahead to the year 2040 and beyond.

This long-term vision provides a roadmap for the community, Council and other levels of government to partner together and create a future that enhances Maroondah as a great place to live, work, play and visit.

Organisational vision

We will foster a prosperous, healthy and sustainable community.

Our mission

We are dynamic and innovative leaders, working in partnership to enhance community wellbeing.

Our values

These values guide the behaviour of employees and service areas across the organisation, contributing to Council's ability to meet community needs and expectations.

- We are **ACCOUNTABLE** to each other and our community.
- We collaborate in an adaptable and **SUPPORTIVE** workplace.
- We **PERFORM** at our best.
- We are open, honest, **INCLUSIVE** and act with integrity.
- We ensure every voice is heard, valued and **RESPECTED**.
- We are brave, bold and achieve **EXCELLENCE**.

Background

Healthy ageing is defined by the *World Report on Ageing and Health* as ‘the process of developing and maintaining the functional ability that enables wellbeing in older age’.

There are several terms that are used to describe ageing well. ‘Positive Ageing’, ‘Active Ageing’ and ‘Healthy Ageing’ are commonly used and have been used interchangeably for the purpose of this report. People aged 50 years and over are generally the target audience for positive ageing.

For the first time in history, most people can expect to live longer than any other generation. Along with this increase in life expectancy, Australian fertility rates started to steadily decline by the 1960s and have been below the population replacement level for the last 20 years¹. The result of which is that Australia, like other modern societies, is experiencing a new ageing demographic and social dynamic.

Maroondah is forecast to have a population of 122,609 in 2021, of which 21,713 (17.7 per cent) are aged 50 to 64 and 19,508 (15.9 per cent) are aged 65 and over. By 2041, the population is forecast to increase by 23,726 to a total of 146,335². This would see an increase of 3,887 individuals aged 50 to 64 and 5,385 individuals aged 65 and over. It is imperative that Council plans and strategies make provision for positive ageing to support the 2040 Community Vision. This five-year framework sets out the roadmap towards aligning positive ageing with the reports highlighted earlier.

Strategy for the Positive Ageing Framework and Action Plan 2021-2025

The framework incorporates the key areas or recommendations from the reports, as listed in the table for *Alignment of Positive Ageing Framework* on page 17. In addition, there are also specific ageing issues that will require Council’s support or involvement. These include a focus on:

- Ageism and elder abuse
- Death and dying
- Dementia
- Loneliness and social isolation
- Mental health
- Physical health

The intent of this framework is to identify the key common areas around the promotion and creation of age friendly communities as well as the development of appropriate supports to address these areas. This may take the form of direct or indirect support or actions and will involve formal and informal partnerships with other stakeholders, both within and external to Council.

¹ <https://www.abs.gov.au/statistics/people/population/births-australia/latest-release>

² <https://forecast.id.com.au/maroondah>

Context

Maroondah City Council has demonstrated an ongoing commitment to promoting and enabling positive ageing. This framework will build on progress over the past decade using a “whole of Council, whole of community” approach.

Maroondah was one of the first local governments to adopt a strategy dedicated to older residents with the development of *Active and Healthy Ageing Initiative: Towards an age-friendly Maroondah 2015-2020*. This work has been foundational and continues to play a valuable role in orientating Council towards positive ageing, including the development of this framework.

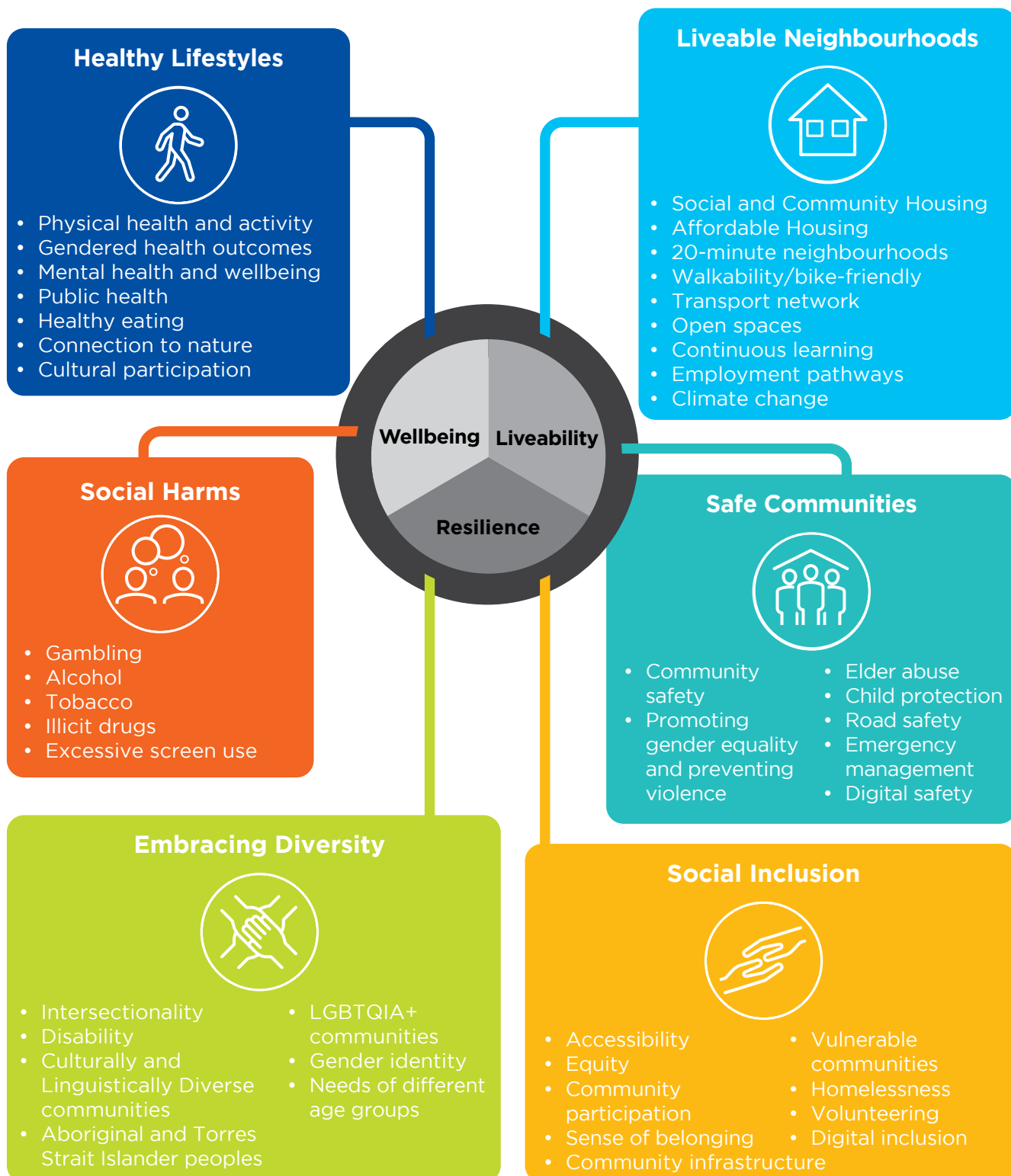
Maroondah has continued to commit resources to the ongoing development, implementation and monitoring of these plans. The development of this framework continues the work of the previous strategies, building on successes and capturing emerging needs and opportunities.



Liveability, Wellbeing and Resilience Strategy 2021-2031 focus areas

The *Maroondah Liveability, Wellbeing and Resilience Strategy 2021-2031* is Council's key social environment strategic plan that describes how Council and partners will work towards achieving enhanced community liveability, wellbeing and resilience over the next 10 years. There are six focus areas in the strategy below and it complements the six domains of the *Positive Ageing Framework and Action Plan*. The work in each of these six focus areas will be crucial in anchoring and supporting the Framework.

The six domains of the *Liveability Wellbeing and Resilience Strategy 2021-2031*





Our community

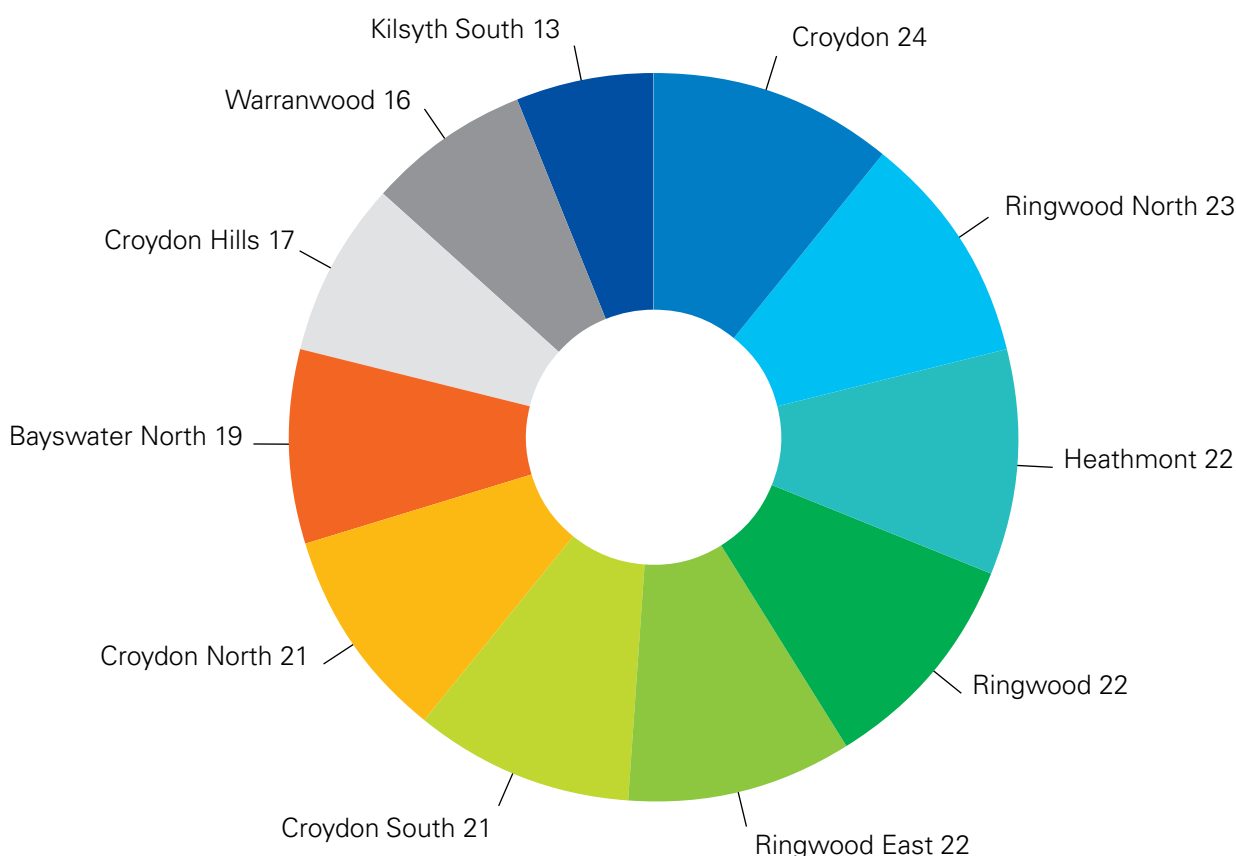
Maroondah is located in Melbourne's eastern suburbs, 22km directly east of the Melbourne CBD. It includes 12 suburbs, encompassing an area of 61.4km².

Maroondah City Council's Estimated Resident Population for 2021 is approximately 122,609. The demographics of ages 50 plus are consistently higher than the average for Greater Melbourne and have been and are expected to continue to experience the highest rates of growth in the municipality.

Maroondah is projected to have 21,713 (17.7 per cent) residents aged 50 to 64 and 19,508 (15.9 per cent) aged 65 and over. By 2041, the population is expected to see an increase of 3,887 individuals aged 50 to 64 and 5,385 individuals aged 65 and over.

For a detailed statistical profile, see Appendices.

Residents aged 60 years and over, by suburb (percentage)





Snapshot of Maroondah's older residents



11% 65 to 75 years
18% 75 to 85 years
23% over 85 years need assistance with self-care, mobility or communicating³

12% over 65 years speak a language other than English³

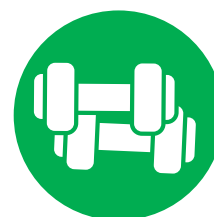


27% of 60 plus years provide **unpaid assistance** to a person with a disability⁴



32.9% over 65 years are born overseas³

49% of 60 to 69 years
27% of 70 to 79 years
28% of 80 plus years do not meet physical activity guidelines⁴



34% of 60 plus years don't meet fruit or vegetable guidelines⁴



57% of 55 plus years are BMI categorised as overweight or obese⁵



29% of 60 to 69 years
19% of 70 to 79 years
3% of 80 plus years consume levels of alcohol at risk of short term harm⁴

19.3% of 60 plus years volunteer with an organisation or group⁴



15% of 60 plus years provide care for children other than their own⁴



17% of 60 to 69
24% of 70 to 79
35% of 80 to 89
25% of 90 plus live alone. Majority are female⁴

23% of over 60's are employed⁴



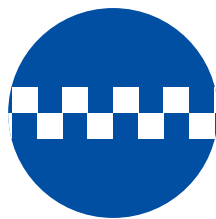
Data as at 2021

³ Data source Census of Population and Housing (Australian Bureau of Statistics, 2016)

⁴ Health and Wellbeing Needs of Older People Living in the Eastern Region of Melbourne (IEPCP, 2017)

⁵ Victorian Population Health Survey (Department of Health Victoria, 2020)

47% of adults reported feeling safe walking at night⁶



Lower number of crimes reported than Victorian average

48.2 Maroondah

60.2 Victoria

(total offences per 1,000 population)⁶

2,357 in Maroondah have been diagnosed with dementia⁷



National and international statistics



1 in 2 people

worldwide are ageist against older people

(Global Report on Ageism World Health Organisation, 2021)

Dementia is the second leading cause of death of Australians⁷



13.1% of 65 plus Australians report being socially isolated⁸

63.3% of Australians say multi-culturalism makes life in the area better⁵



\$81.9 million was scammed from Australians over 65 years of age in 2021⁹

26% low digital literacy
8% of non-internet users for Australians over 50⁶



Data as at 2021

⁶ Background Report – Maroondah Liveability Wellbeing and Resilience Strategy (Maroondah City Council, 2021)

⁷ Economic Cost of Dementia in Australia (2016-2056) (Brown et al. for Alzheimer's Australia).

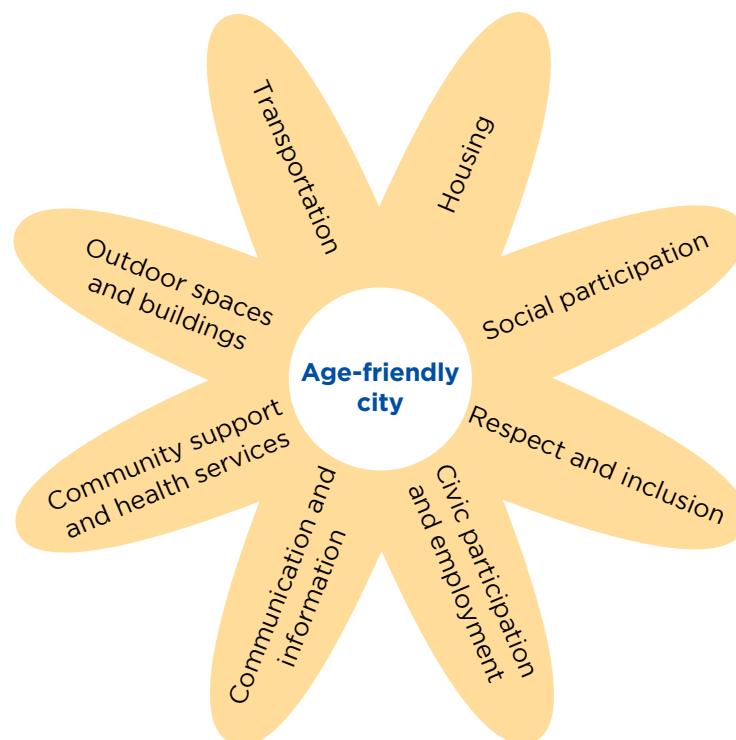
⁸ Australia's Welfare: Social isolation and loneliness (Australian Institute of Health and Welfare, 2021)

⁹ Scam Statistics Data (Australian Competition & Consumer Commission Scamwatch, 2021)

Developing the framework

A plan developed through encompassing key Australian and international frameworks.

Maroondah City Council became a member of the (WHO) Global Age-Friendly Cities and Communities on 1 December 2014. Council consulted widely on creating an age-friendly community with older residents, key stakeholders, Council internal departments, community partners and organisations. Subsequently, our first healthy ageing strategy *The Active and Healthy Ageing Initiative - Towards an Age-friendly Maroondah (2015-2020)* was launched soon after, based on the eight domains as identified in Picture 1 below.



Picture 1: Eight domains of an age-friendly city or community

From the 106 initiatives identified, 103 have been launched or completed within the first three years and the remaining three initiatives have been integrated into existing programs.

Since then, a number of key developments have taken place, namely:

- The introduction of the Commonwealth Home Support Program (CHSP) in 2015
- The United Nations Decade of Healthy Ageing 2021-2030
- Launch of the Commissioner for Senior Victorians Report on *Ageing Well in a Changing World 2020*
- The launch of the *WHO Global Report on Ageism*, 18 March 2021

These reports, in conjunction with Maroondah Council's 2040 Community Vision and community surveys prior and after the pandemic, form the basis for the draft of this report. This report complements Maroondah's *Liveability, Wellbeing and Resilience Strategy 2021-2031*.

Alignment of the Positive Ageing Framework and Action Plan

This table outlines how the *Positive Ageing Framework and Action Plan 2021–2025* links a range of legislation, standards, practices and planning that impact local government.

WHO Age-Friendly Cities and Communities

Internationally endorsed direction linked to eight age-friendly domains.

Transport	Social Participation	Respect and Social Inclusion	Civic Participation and Employment	Outdoor Spaces and Buildings	Community Support and Health Services	Communication and Information	Housing
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United Nations Decade of Healthy Ageing 2021–2030

The United Nations Decade of Healthy Ageing (2021–2030) is a global collaboration to ensure that older people can fulfil their potential in dignity and equality and in a healthy environment.

The Commonwealth Home Support Program (CHSP) Principles

CHSP service delivery providers must implement the service delivery principles when developing, delivering or evaluating services directed to clients.

Australian Human Rights Commission Act and Victorian Charter of Human Rights and Responsibilities Act

The Victorian Charter requires local government to act compatibly with human rights, and to consider human rights when developing policies, delivering services and making decisions.

Victorian Public Health and Wellbeing Plan 2019–2023

- Tackling climate change and its impact on health
- Increasing healthy eating
- Increasing active living
- Reducing tobacco-related harm

Tailoring our approaches across the life course

A life course approach aims to optimise health and wellbeing across all ages and stages of life including promoting active and healthy ageing.

Age Discrimination Act 2004

The Act protects individuals from discrimination on the basis of age in employment, education, accommodation and the provision of goods and services.

Local Government Act 2020

Under the Act, Council's role includes fostering community cohesion, encouraging active participation in civic life, improving overall quality of life of people in the local community.

Gender Equality Act 2020

Under the Act, Council will conduct gender impact assessment on policies, programs and services to better plan for inclusion and diversity that achieve benefits for more people across the community.

Commissioner for Senior Victorians Report on Ageing Well in a Changing World 2020

Based on consultation with almost 5000 participants, the study examines the views of seniors on what it means to age well.

Maroondah 2040 Community Vision

In 2040, Maroondah will be a vibrant and diverse city with a healthy and active community living in green leafy neighbourhoods which are connected to thriving and accessible activity centres contributing to a prosperous economy within a safe, inclusive and sustainable environment.

Maroondah Liveability, Wellbeing and Resilience Strategy 2021–2031

Liveable Neighbourhoods	Safe Communities	Social Inclusion	Embracing Diversity	Healthy Lifestyles	Social Harms
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Creating an age-friendly Maroondah

In 2015, Council released our *Active and Healthy Ageing Initiative: Towards an Age-Friendly Maroondah 2015-2020*.

The initiatives within that initiative were developed through the active participation and contributions of our community aged 45 plus, and reflect their ideas and preferences in creating an age-friendly Maroondah.

Over the five-year term of the initiative, Council undertook numerous projects and activities across the municipality to deliver on its commitments, particularly 'optimising opportunities for health, participation and security in order to enhance quality of life as people age'.

The Positive Ageing Framework and Action Plan 2021-2025 aims to build on the foundational success established as an age-friendly city and address the current challenges faced by an ageing population.

There are six key priority areas identified for the next five years.

These are:

- Respect
- Social connections
- Community
- Health and wellbeing
- Safety and security
- Quality of life

The domain, 'Quality of life' is an addition to the previous initiative and identifies opportunities to address population health challenges such as obesity, dementia, adverse weather events and now the recovery phase of the COVID-19 pandemic. The economic, social and health and wellbeing impacts of the pandemic have the potential to affect our community for a long time. This framework will play a key role in directing efforts towards ensuring our community is one where older people can continue to thrive, contribute and be appreciated.







Respect

The Commissioner for Senior Victorians highlighted in his 2020 report *Ageing Well in a Changing World* that older people sought to be valued and respected in the community not only for their economic contributions but also their culture, gender and diversity.

Older people often report experiencing conflicting types of behaviour and attitudes towards them. Many people state they are often respected, recognised and included in certain settings, while in others, they experience a lack of respect and consideration within their community, and even within their family. This conflict is explained through the intersection of a changing society and behavioural norms, a reduction of intergenerational interactions, and widespread prejudice and stereotypes about ageing and older people¹³.

Ageism – the prejudice, discrimination and stereotypes against older people because of their age – increased significantly during the global COVID-19 pandemic and further contributed to the stigmatisation and discrimination of older people. The 2021 report from the Royal Commission into Aged Care Quality and Safety considered that ageism is such a systemic problem in the Australian community that it led directly to a number of incidences of elder abuse and neglect in residential care¹⁴.

Older people are growing in number worldwide and they are deserving of respect from government and all sections of society.

The domain of respect also encompasses the celebration of diversity of various communities within Maroondah as well as creating opportunities for an inclusive and vibrant culture. This includes not only acknowledging our First Nations People and respecting their history and culture but also respecting the enrichment of our community by the many migrants who have settled here and the diversity of our LGBTQIA+ community. Respect enables our community to live and work in a safe environment, in keeping with our 2040 Vision. This also means Council supporting and promoting organisations on good governance and enabling all residents to have a voice about their environment.

¹³ Mansour, G (2020). *Ageing Well in A Changing World*. State of Victoria, Australia. Available online www.seniorsonline.vic.gov.au/ageing-well

¹⁴ *Final Report from the Royal Commission into Aged Care Quality and Safety*. Australian Government. 26 February 2021



Tackling ageism



#EndAgeism
#TacklingAgeismTogether
www.everyagecounts.org.au



Social connection

Social Inclusion is one of the themes identified in *Maroondah's Liveability, Wellbeing and Resilience Strategy 2021-2031* as an area that supports health and wellbeing needs in the community.

This is especially crucial as social isolation was identified as a major impact during the COVID-19 pandemic lockdowns. The Victorian government launched the Community Activation and Social Isolation (CASI) initiative in August 2020 to support people experiencing loneliness or social disconnection as a result of coronavirus¹⁵. There was a significant increase in the risk of isolation and loneliness, more so among older people, due to the need for stricter stay at home directions, and restricted access of families to those living in aged care homes¹⁶.

Social connection opportunities need to be varied in their approach and could be facilitated through learning opportunities, physical activities and health and wellbeing activities, from organisations like community houses and community clubs to enhance community connectedness. Social connections also include connections with family, friends and local communities and this is where Council can play a significant role in staging events that include these connections.

Staying connected and getting timely, practical information to manage life and meet personal needs is vital for active ageing. Social connection opportunities should also include intergenerational interactions that are among the most effective interventions to reduce ageism against older people, and they also show promise for reducing ageism against younger people¹⁷.

In line with an increased reliance on technology, it is vital that learning opportunities are offered to those who are not yet digitally connected. Many individuals significantly enhanced their use of digital and social media platforms such as Zoom or Facebook during the pandemic to work, meet and communicate online.

¹⁵ HEALTH Victoria - Hotline helps isolated communities connect - August 2020

¹⁶ <https://www.abc.net.au/news/2020-04-05/coronavirus-is-a-disaster-for-lonely-older-australians/12114034>

¹⁷ Global report on ageism. Geneva: World Health Organization; 2021.

However, there were many others, especially a greater proportion of older people who were at greater risk of isolation as they did not have the means or opportunity to do so. The Office of the eSafety Commissioner identified 28 per cent of older Australians aged 50 and over to have low digital literacy while about 8 per cent are described as non-internet users¹⁸. The COVID-19 pandemic has socially isolated many older people, with digital illiteracy being a main contributing factor. With the ongoing pandemic restrictions, these individuals are at great risk of remaining socially isolated.

Local governments can help facilitate social connections through appropriate targeted communication and information. This is in relation to digital, online or printed materials that meets the needs of diverse communities, including the communication needs of people with disabilities and older people with varying capacities and resources. Despite the high reliance on online communication of Council matters and activities by the majority of residents, there is a need to consider the needs of the other 36 per cent of older Australians who do not.

¹⁸ *Understanding the digital behaviours of older Australians. Office of the eSafety Commissioner. May 2018*



Community

Older people do not stop contributing to their communities upon retirement. Many older people in Maroondah continue to provide unpaid and voluntary work for their families and communities. An age-friendly community provides options for older people to continue to contribute to their communities, through paid employment or voluntary work if they so choose, and to be engaged in their local community.

The Australian HR Institute recent “Employing Older Persons Report 2021” highlighted the significant advantages to employers in employing older workers. They found that the three greatest advantages of recruiting older workers in 2021 were identified as being: Experience (76.9 per cent), Professional knowledge (64.4 per cent) and Age diversity (34 per cent), yet nearly a quarter of Australian businesses don’t actively implement any recruitment practices to encourage age diversity¹⁹. Council can set an example by advocating strongly in this area.

Older people continue to contribute their time to benefit their community. The Australian Bureau of Statistics 2020 General Social Summary Survey found that 53 per cent of Australians aged 55 and over participated in unpaid voluntary work through an organisation²⁰. However, the overall figure was down 5 per cent from the previous year. Volunteering is a sound indicator of wellbeing and benefits the health and wellbeing of volunteers by providing a personal sense of satisfaction. Council will continue to support the volunteering efforts of local community clubs and organisations.

¹⁹ *Employing Older Persons Report 2021. Australian HR Institute. 2021*

²⁰ *Australian Bureau of Statistics General Social Survey Summary Survey. 2020. Accessed at General Social Survey: Summary Results, Australia, 2020 | Australian Bureau of Statistics (abs.gov.au)*

A sense of community was identified as a component of social inclusion that is vital to achieving Council's 2040 Vision. The community view the City of Maroondah as a friendly and inclusive community. Social Inclusion supports health and wellbeing needs in the community through acceptance, connection opportunities, belonging and support. Specifically, social inclusion is supported and isolation reduced by having connection to friends, contact with people with similar interests and values, feeling valued and appreciated, and volunteering with local organisations and groups.

The recent COVID-19 survey in 2020 undertaken by Council highlighted that the COVID-19 pandemic has had both direct and indirect effects on the neighbourhood liveability of the municipality. When asked to share their view on what areas required the most support in Maroondah as a result of COVID-19, sports/recreational/exercise facilities and community connectedness both received high levels of response. This emphasises the importance of connectivity and the ability to enjoy recreation.



Health and wellbeing

The Maroondah community values the importance of physical, social and emotional wellbeing.

There is greater awareness on mental wellbeing and greater focus on services, programs and resources that promote and build resilience among the community. This will be significant as repeated lockdowns continue to have an enormous toll on people's mental health and wellbeing.

The community also values the recreation and leisure facilities and spaces to remain active. It was highlighted in the *Maroondah Liveability Wellbeing and Resilience Strategy* that continued enhancements to these open spaces, facilities and recreation opportunities, will promote greater inclusion for all and enhance overall community wellbeing.

Community feedback has highlighted the relationship between physical and mental health and the opportunities to facilitate and support social connection. Opportunities to connect with nature were highly valued and seen to provide multiple benefits. Connection to nature to support wellbeing has been a particularly important aspect for community members during the COVID-19 pandemic.

The Maroondah *COVID-19 Community Consultation Report*, released in November 2020²¹, identified that support for older people and people with a disability were among the top supports needed by the community.

²¹ Maroondah COVID-19 Community Consultation Report. November 2020

Health and support services are also vital to maintaining physical and mental health and independence. Many of the concerns raised by older people, deal with the availability of sufficient, good quality, appropriate, affordable and accessible care as they move from minimal support (public health services) through to community health (CHSP, National Disability Insurance Scheme and Home Care Packages) and specialist support (residential care and palliative care).

Participation in leisure, social, cultural and spiritual activities in the community – as well as with the family – allows older people to maintain their health, enjoy respect and esteem, and maintain or establish supportive and caring relationships²².

Wellbeing is an integral component of adding life to years in the presence of increasing longevity²³. Older adults are highly likely to experience adversity in some form during the ageing process, be it the decline of physical or cognitive faculties, the loss of a loved one, or the diminishing of social networks. There is a need for varied levels of interventions fostering greater resilience and wellbeing, especially in the face of the COVID-19 pandemic.

²² Mansour, G (2020). *Ageing Well in A Changing World. State of Victoria, Australia*. Available online www.seniorsonline.vic.gov.au/ageing-well

²³ Cosco, T., Howse, K., & Brayne, C. (2017). *Healthy ageing, resilience and wellbeing*. *Epidemiology and Psychiatric Sciences*, 26(6), 579-583. doi:10.1017/S2045796017000324



Safety and security

Older people consider financial security and secure housing and accommodation to be highly important in order to age well as indicated by Mansour in his 2020 report²⁴. There are challenges for those who have limited financial means or inadequate housing security that include costs of living, such as rent and utilities.

Lack of financial security has a ripple effect on social and community participation and therefore, subsidised services or financial concessions for vulnerable groups are vital and need to be considered when developing council programs.

Many older people use technology and social media as tools within their workplace and home and to keep in touch with family and friends. Older people do not want to battle the ageist assumption that just because they are older, they lack the capacity to use and engage with technology. The Australian Government *Be Connected* initiative is aimed at increasing the confidence, skills and online safety of older Australians when they use the internet and enable them to acquire digital skills, access and inclusion. This initiative has engaged over 580,000 learners between October 2017 and December 2019.

At the same time, participants need to also be taught to exercise caution online. Scamwatch reported that in the first nine months of 2021, people over 65 years and older have lost the most money so far, losing \$49.1 million²⁵. This age group was the most affected.

Through the recent engagement for *Maroondah's Liveability, Wellbeing and Resilience Strategy 2021-2031*, the community viewed safety as the foundation of liveability. The characteristics of 'safe communities' include personal safety against criminal activities, elder abuse as well as the general individual and community perception of safety.

²⁴ Mansour, G (2020). *Ageing Well in A Changing World. State of Victoria, Australia*. Available online www.seniorsonline.vic.gov.au/ageing-well

²⁵ *Targeting scams: report of the ACCC on scam activity 2020*. Accessed on *Targeting scams: report on scam activity* | ACCC

The recent COVID-19 survey undertaken by Council highlighted that the COVID-19 pandemic had an impact on the community's perception of safety and had altered people's behaviours in relation to social connections.

Safety and security also extends to the impact of extreme weather events. The recent storms that hit Melbourne in June 2021 damaged houses, roads, utilities and communication infrastructure across the state.

This has an effect in delaying crucial support in the immediate and coming weeks. The forecast of the increase in frequency and intensity of weather events over the subsequent years is expected to impact the safety and security of all residents. Councils, together with the Victorian Government and emergency services can play a significant role in mitigating some of the impact and supporting those most vulnerable.



Quality of life

The term ‘quality of life’ is multidimensional and highly subjective. At a basic level, it describes the ability for an individual to be healthy, comfortable and participate in life events. However, it is still possible for a person with chronic health conditions to also lead a good quality of life, depending on the supports available.

Quality of life is a multidimensional construct that is useful in evaluating ‘adding life to years’. It is important to use domains of quality of life that are meaningful to older people themselves, and to recognise that these domains will vary according to the person’s life circumstances and personal and social characteristics²⁶.

This domain has been added to identify opportunities for people to live well through issues that impact older residents. They include ageism and elder abuse, dementia, loneliness and social isolation, physical and mental health, death and dying and will be achieved through a consistent focus across all of Council’s functions for our ageing population.

“Ageism and elder abuse are social harms towards older people that is recognised as a significant issue that will continue to grow with our ageing population²⁷”.

In the recent report from the Royal Commission into Aged Care Quality and Safety, Commissioner Briggs considered that ageism is a systemic problem in the Australian community. The United Nations launched their first *Global Report on Ageism* in March 2021 to reduce the detrimental impacts of ageism. In 2019, the Australian government launched the *National Plan to Respond to The Abuse of Older Australians (Elder Abuse) 2019–2023* that recognised the emerging and growing problem of abuse of older Australians. Council is a member in the Eastern Community Legal Centre’s Eastern Elder Abuse Network that was set up to address elder abuse within the Eastern Metropolitan Region.

²⁶ *Enhancing quality of life in older people* | APS (psychology.org.au)

²⁷ *National plan to respond to the abuse of older Australians 2019–2023*. Councils of Attorney General 2019.

Council also actively participated in the 2021 *Tackling Ageism Together* campaign that is linked to the Every Age Counts ageism campaign.

The prevalence of people with dementia in Maroondah is estimated at 2,357²⁸. This is predicted to rise to 5,513 in the year 2058, along with a significant rise in younger onset dementia. Most people with a diagnosis of dementia continue to live with support in the community and it is important that Maroondah seek to become a dementia friendly community.

A dementia-friendly community is a place where people living with dementia are supported to live a high quality of life with meaning, purpose and value. Dementia-friendly communities encourage organisations, businesses, community groups and individuals to make practical changes that will have a positive impact on the lives of people living with dementia and their carers.

Loneliness and social isolation are growing concerns globally, because of the reported impact on health and wellbeing. In Australia, it is estimated that one in four adults are lonely. A Perth study of older Australians found 31.5 per cent reported experiencing loneliness some of the time²⁹. Lone person households comprise one in four Maroondah households (23 per cent) and single parent households make up 11 per cent. Council can provide opportunities to facilitate a socially inclusive community.

Participation in regular physical activity improves mental health, maintains muscle mass and flexibility; reducing falls risk, retaining independence and provides opportunity for social connections and reduces loneliness.

An Australian Bureau of Statistics (ABS) 2017-18 National Health Survey found that approximately more than two thirds of those aged 65 and above do not meet the National Physical Activity Guidelines for Australians of 30 minutes per day of moderate intensity³⁰. Women (75 per cent) accounted for a higher proportion than men (69 per cent). Council has the opportunity to enhance residents' health through active and passive activities as well as partnerships with community groups.

Mental health and wellbeing are an increasing challenge especially in response to the COVID-19 pandemic. The compound effect of the pandemic calls for a greater emphasis on the mental health and wellbeing of all residents. Growing older however brings about its own mental health challenges as common risk factors for mental health for older adults include bereavement, social isolation and poor physical health.

Death and bereavement are a part of life that affects every one of us, but there is often a taboo or reluctance to discuss the topic. With advancement in medicine, end of life has become increasingly medicalised where people die in hospital, however many people report that where possible, they would prefer to die at home.

The rationale for local government to become involved in end of life sits within the healthy ageing approach as an expected part of life. This position is not about local government becoming involved in the debate around end of life but is more about utilising councils' position and links in the community (with residents, community groups and service providers) to promote a new way of thinking and preparing for end of life in the community setting.

²⁸ National Centre for Social and Economic modelling (NATSEM) University of Canberra, January 2021. Commissioned by Alzheimer's Australia Vic.

²⁹ Cited in report *Loneliness in Australia: Research, Context & New Findings*. Friends for Good. 2019.

³⁰ Australian Bureau of Statistics (ABS) 2017-18 National Health Survey. Accessed at *Insufficient physical activity - Australian Institute of Health and Welfare (aihw.gov.au)*

Implementation and evaluation

Council will be responsible for implementing, monitoring and reviewing this framework. This will be achieved with the oversight of the Aged and Disability Services and other departments involved with the Council recovery efforts and the Maroondah Liveability, Wellbeing and Resilience Strategy.

Review of the framework

- An annual action plan will be developed with measurable indicators to track progress.
- A report on the annual action plan will be provided to Council each year.
- Appointment of Positive Ageing Ambassadors can help guide progress.
- An annual Positive Ageing Community Forum may be held to reflect on the progress of the framework and to capture emerging issues and trends.

The *Positive Ageing Framework and Action Plan 2021-2025* is supported by a whole of Council approach where all related strategies and policies work to achieve the strategic intent of 'ageing well'. In accordance with Council's 'whole of Council' approach, these plans and strategies will be subject to continuous improvement with consideration of the principles and objectives of the framework.

Maroondah City Council is committed to developing an age-friendly community where everybody can fulfil their potential regardless of age and actively participate in all aspects of community life. The *Positive Ageing Framework and Action Plan 2021-2025* has been developed to guide and assist Council to continue to take a leadership role in the progress of actions to make Maroondah a vibrant and renowned age-friendly city in which to live, work and play over the next five years.

We understand that ageing can affect the needs and experiences of people of different genders differently, and that sometimes programs and services may reinforce inequalities. Following on from the *Gender Equality Act 2020*, we will conduct gender impact assessments to ensure we continue to provide programs that benefit our whole community.



Action Plan



Respect

An age-friendly Maroondah is one where our older people feel valued, respected and included and requires our wider community to have a positive view of older people. The sense of 'respect' includes aspects of identity, culture and diversity.

Strategies	Key actions	Respect	Social connections	Community	Health and wellbeing	Safety and security	Quality of life
1.1 Support initiatives that provide a positive view of older people.	Continue to provide support to clubs and social based groups to be inclusive and respectful of older people.	✓	✓	✓	✓		✓
	Support local community groups supporting older people to help promote their volunteer work and activities.	✓	✓	✓	✓		✓
1.2 Promote and respect community diversity including age, race, ethnicity, gender, sexual orientation, socio-economic status, physical abilities, religious beliefs or other ideologies.	Continue to engage with the local CALD (culturally and linguistically diverse) community through support to CALD community groups.	✓		✓	✓		
	Consult with the local Aboriginal and/or Torres Strait Islander community to strengthen inclusive opportunities.	✓		✓	✓		
	Increase awareness of the issues older LGBTQIA+ community members experience and promote inclusive practice.	✓		✓	✓	✓	
1.3 Raise community awareness about issues of ageism and the need for respectful inclusion.	Challenge ageist stereotypes and ensure Maroondah promotes awareness and use of inclusive language and practice.	✓					
	Continue to ensure the Aged and Disability services workforce at Maroondah are trained in recognising signs of elder abuse and can respond appropriately.	✓					
	Engage in intergenerational contact opportunities to foster interactions and build connection, value and respect across the generations.	✓	✓	✓	✓	✓	✓
	Continue support for initiatives that reduce ageism and elder abuse in the community.	✓		✓	✓	✓	



Social connection

An age-friendly Maroondah has a range of inclusive opportunities to connect and participate in the community.

Strategies	Key actions	Respect	Social connections	Community	Health and wellbeing	Safety and security	Quality of life
2.1 Facilitate opportunities for participation in accessible and affordable recreation, lifelong learning and cultural pursuits.	Continue to support physical activity, learning, cultural and recreational initiatives that incorporate social connection through community partnerships.		✓	✓	✓		✓
2.2 Support existing and emerging groups to continue to provide opportunities to engage in the community.	Continue to engage the local community regularly through hosting age/gender/culturally diverse activities and fostering increased collaboration amongst the diverse range of communities.		✓	✓	✓		✓
2.3 Address barriers to internet access and digital technology.	Expand online and face to face learning opportunities to ensure older residents can access and confidently participate in digital social technology.		✓		✓	✓	✓
2.4 Integrate access to existing initiatives within and external to Council for older members of the community.	Develop partnerships with other Council Departments and external stakeholders to strengthen connections of local neighbourhoods.		✓	✓	✓	✓	✓



Community

An age-friendly community provides options for older people to continue to contribute to their communities, through paid employment or voluntary work if they so choose, and to be engaged in their local community.

Strategies	Key actions	Respect	Social connections	Community	Health and wellbeing	Safety and security	Quality of life
3.1 Maximise the effectiveness of information sharing in the community.	Continue to support community networks to promote information about activities/ services for older people.		✓	✓			
	Continue to advocate for accessible information to ensure those without internet access are not left behind.		✓	✓			
	Endeavour for all online and print material developed by Maroondah are in an accessible format for people of all abilities.		✓	✓			
3.2 Support, promote and develop opportunities for older people to access volunteering and employment opportunities.	Encourage opportunities for lifelong learning including understanding and using technology.		✓	✓	✓		✓
	Support Maroondah volunteer groups and communities to build capacity within their organisation.		✓	✓	✓		✓
	Continue to advocate for employment and volunteer opportunities for older residents.		✓	✓	✓		✓
3.3 Promote the rights and abilities of older people to participate in civic life.	To recognise, acknowledge and promote age-friendly businesses and services in Maroondah.	✓		✓	✓		✓



Health and wellbeing

To promote greater awareness and focus on the importance of physical, social and emotional wellbeing and build resilience among the community.

Strategies	Key actions	Respect	Social connections	Community	Health and wellbeing	Safety and security	Quality of life
4.1 Maroondah will actively collaborate and advocate at the Local, State and Federal levels to ensure the appropriate provision of community support and health services.	Provide information, advocacy and support to residents, including those with support needs to navigate aged care and carer support systems.		✓		✓		✓
	Support older residents' safety, preparedness and response during extreme weather events.		✓		✓	✓	✓
4.2 Support, promote and develop opportunities for older people of all abilities to engage in activities that promote good health and wellbeing.	Partner and promote a range of programs and initiatives that improve older people's physical activity, healthy eating and mental health.		✓	✓	✓		✓
4.3 Strengthen collaboration with diverse communities to ensure that all older people in Maroondah can participate in healthy ageing opportunities.	Collaborate with CALD, Indigenous and LGBTQIA+ groups to develop opportunities to fulfil the needs of their communities.	✓	✓	✓	✓		✓
	Partner health and wellbeing programs and initiatives that are inclusive across ages and cultural demographics including CALD, Indigenous and LGBTQIA+ residents.	✓	✓	✓	✓		✓



Safety and security

An age-friendly Maroondah aims to instil a sense of safety and security among residents in undertaking their daily life activities.

Strategies	Key actions	Respect	Social connections	Community	Health and wellbeing	Safety and security	Quality of life
5.1 Promote mobility and accessibility by incorporating universal design principles into planning for infrastructure.	Continue to advocate for universal design principles and age specific needs in Council infrastructure planning processes.			✓	✓	✓	✓
	Be responsive to feedback from older residents around safety concerns within their local community.			✓	✓	✓	
5.2 Focus on evidence informed issues to address community safety and security.	Work in partnership with the community to address community safety and implement initiatives aimed at improving the actual and perceived safety of older residents.			✓	✓	✓	✓
	Partner with emergency management organisations and other stakeholders to address preparedness for extreme weather and emergency events.			✓	✓	✓	
	Plan Gender Impact Assessments on key policies, programs and services as part of continuous improvement.	✓	✓	✓	✓	✓	✓
5.3 Address social harms affecting older residents.	Partner with relevant organisations in supporting older residents impacted by social harms including elder abuse, digital safety, drugs, gambling and alcohol.			✓	✓	✓	✓
5.4 Promote good governance principles and undertake inclusive engagement in consideration of the diverse needs of older residents.	Develop a range of mechanisms for regular feedback and engagement with older residents for shared decision making and active community participation.	✓	✓	✓		✓	✓
	Encourage local seniors' groups to enhance their governance and communication processes.	✓	✓	✓		✓	✓



Quality of life

To adopt approaches that promote healthy ageing: to support older people to remain active, valued and engaged citizens and, during the last years of their life, to live a comfortable, meaningful life.

Strategies	Key actions	Respect	Social connections	Community	Health and wellbeing	Safety and security	Quality of life
6.1 Continue to create and develop public spaces that encourage intergenerational participation and connection.	Support and encourage projects that promote meaningful intergenerational activities, for formal and informal interaction.	✓	✓	✓	✓		✓
6.2 Support and encourage opportunities that promote purpose and meaningful social roles with an emphasis on respect and independence.	Prioritise the promotion and publicity of volunteer opportunities through regular engagement with community clubs and volunteer organisations.	✓	✓	✓			✓
	Engage with stakeholders and the Eastern Elder Abuse Network on initiatives that educate and address the issues of ageism and elder abuse.	✓	✓	✓		✓	✓
6.3 Continue to explore and expand options to address social isolation and loneliness.	Work in partnership with community organisations to promote initiatives that create a more inclusive community that target those at highest risk of isolation.		✓	✓	✓		✓
	Adopt a community inclusive approach when considering activities addressing social isolation and loneliness.		✓	✓	✓		✓
6.4 Raise awareness of dementia and continue to advocate for those impacted by dementia.	Partner with relevant stakeholders on dementia awareness and supporting people with dementia, their families and carers in the community.		✓	✓	✓	✓	✓
6.5 Build the capacity of communities to include the 'normalisation' of dying, death and bereavement as part of healthy ageing.	Promote ongoing conversations with community on information, discussion, choices and options around end of life.			✓	✓	✓	✓

Appendices

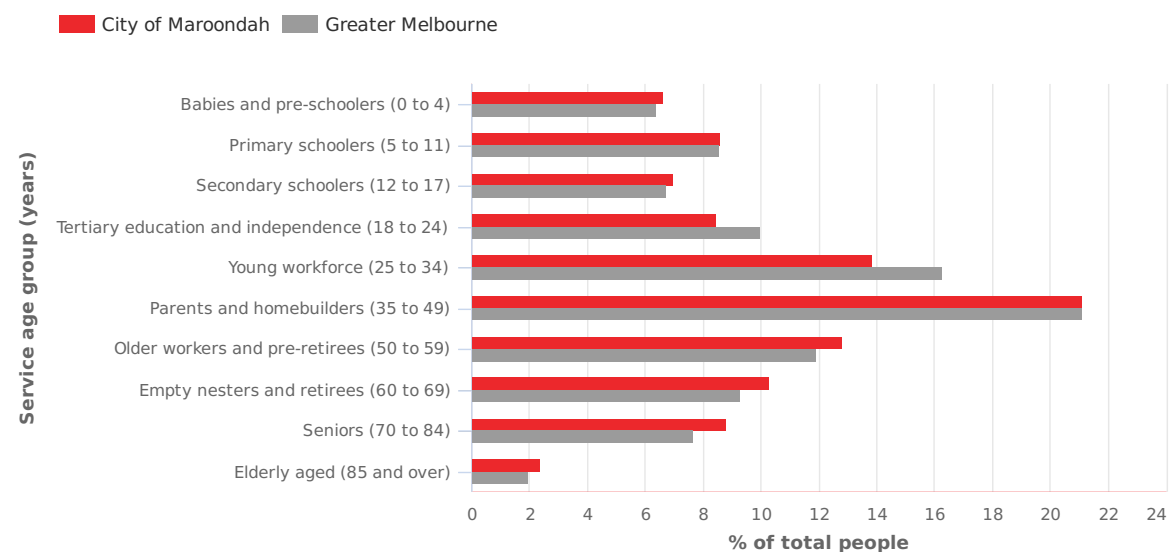
Our community

Maroondah is located in Melbourne's eastern suburbs, 22km directly east of the Melbourne CBD. It includes 12 suburbs, encompassing an area of 61.4 square kilometres.

The Maroondah City Council's Estimated Resident Population for 2021 was 122,609. The age demographics of ages 50 plus are consistently higher than the average for Greater Melbourne and have been and are expected to continue to experience the highest rates of growth in the municipality.

Age structure - service age groups, 2016

Total persons

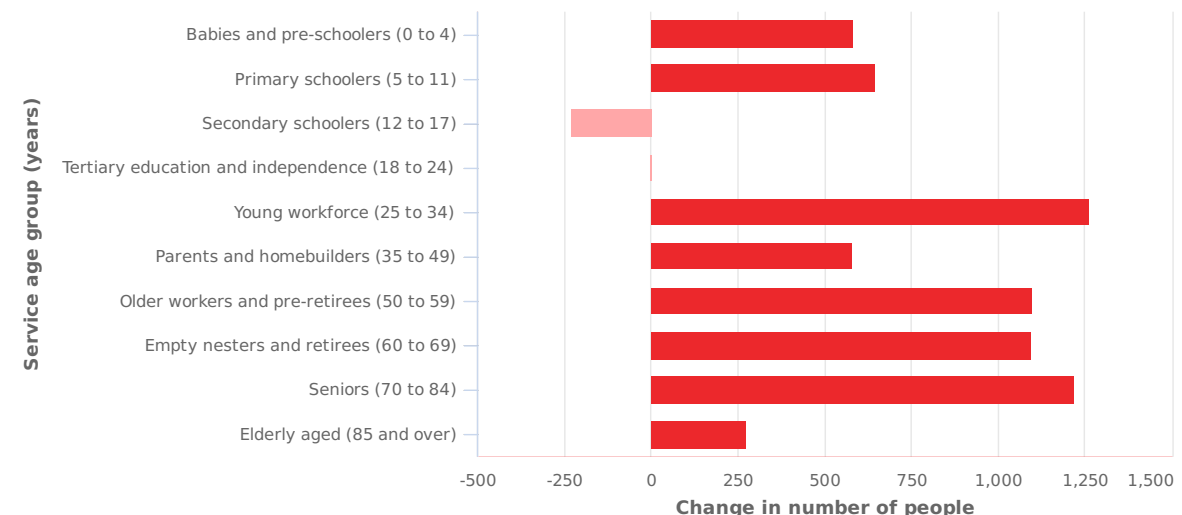


Source: Australian Bureau of Statistics, Census of Population and Housing, 2016 (Usual residence data). Compiled and presented in profile.id by .id (informed decisions).

.id informed decisions

Change in age structure - service age groups, 2011 to 2016

City of Maroondah - Total persons



Source: Australian Bureau of Statistics, Census of Population and Housing, 2011 and 2016 (Usual residence data). Compiled and presented in profile.id by .id (informed decisions).

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Analysis of the service age groups of the City of Maroondah in 2016 compared to Greater Melbourne shows that there was a higher proportion of people in the older age groups (60 plus years).

Overall, 21.5 per cent were aged 60 years and over, compared with 19.0 per cent for Greater Melbourne.

The major differences between the age structure of the City of Maroondah and Greater Melbourne were:

- A larger percentage of 'Seniors' (8.8 per cent compared to 7.7 per cent)
- A larger percentage of 'Empty nesters and retirees' (10.3 per cent compared to 9.3 per cent)

Between 2016 and 2031, the age structure forecasts for the City of Maroondah indicate a 13.1 per cent increase in population under working age, a 30.4 per cent increase in population of retirement age, and a 16.3 per cent increase in population of working age. The largest increase in persons between 2016 and 2031 is forecast to be in parents and homebuilders (35 to 49), which is expected to increase by 4,874 and account for 21.4 per cent of the total persons.

Life expectancy

	Maroondah	Melbourne	Victoria
Males ³¹	81.0	80.0	79.0
Females ³¹	87.0	85.0	85.0
Aboriginal and Torres Strait Islander ³²	Approx 10 yr less	Approx 10 yr less	Approx 10 yr less

Diversity

Indigenous profile

The 2016 Census shows Aboriginal or Torres Strait Islander (ATSI) population in Maroondah was 560, an increase 147 people (35.5 per cent) and average annual population change of 6.26 per cent over the period 2011 to 2016. Overall, 6.5 per cent aged 65 above is higher than ATSI population in Victoria (5.3 per cent).

Significant differences between ATSI population in Maroondah and in Victoria were:

- A larger percentage of people aged 60 to 64 years (4.1 per cent compared to 3.2 per cent)

Significant differences between ATSI population in Maroondah and its total population were:

- A smaller percentage of people aged 65 and over years (6.5 per cent compared to 16.1 per cent)

³¹ <https://phidu.torrens.edu.au/social-health-atlases/data#social-health-atlases-of-australia-local-government-areas>

³² Source: <https://www.abs.gov.au/statistics/people/population/life-tables/latest-release#states-and-territories>

Other cultural groups

Within the context of this document and in alignment with the ABS, ancestry is being defined as the cultural association and ethnic background of an individual going back three generations.

An analysis of the ancestry responses of the population of Maroondah in 2016, shows that the top five ancestries nominated were:

- English (41,324 people or 37.4 per cent)
- Australian (37,481 people or 34.0 per cent)
- Irish (12,621 people or 11.4 per cent)
- Scottish (11,345 people or 10.3 per cent)
- Chinese (6,473 people or 5.9 per cent)

In combination, these five ancestries account for 109,244 responses in total, or 98.98 per cent of all responses.

Maroondah Ancestry, 2016

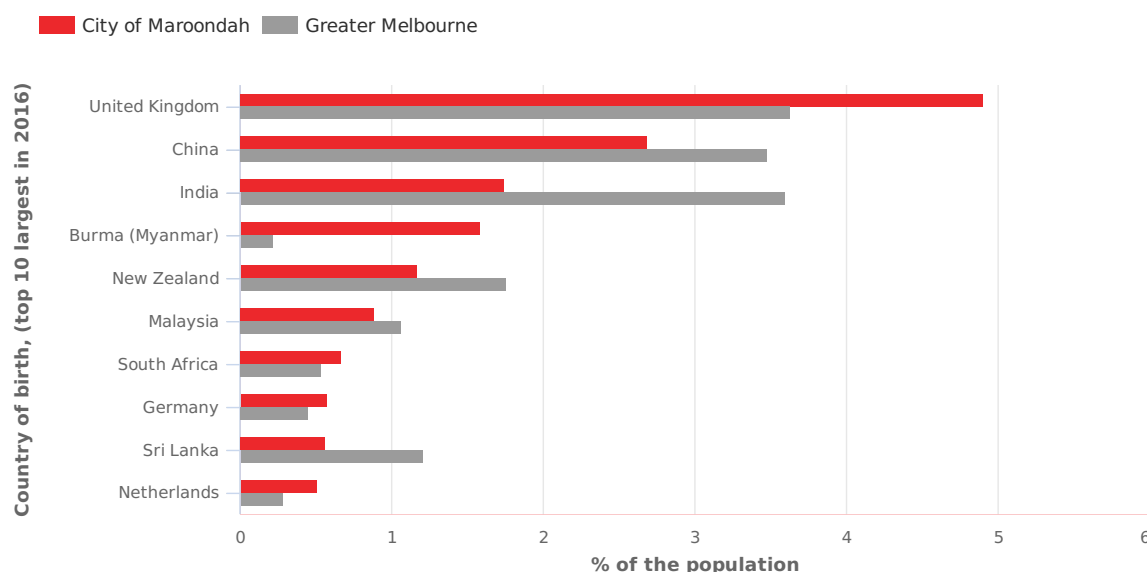


Source: Australian Bureau of Statistics, Census of Population and Housing, 2016 (Usual residence data). Compiled and presented in profile.id by .id (informed decisions).

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The percent of all ancestries except Chinese (5.9 per cent) are higher than Greater Melbourne (7.9 per cent). The largest change in reported ancestries between 2011 and 2016 was an increase of +2,671 persons identifying as being of Chinese ancestry.

Maroondah Birthplace, 2016



Source: Australian Bureau of Statistics, Census of Population and Housing, 2016 (Usual residence data). Compiled and presented in profile.id by .id (informed decisions).

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In 2016, 23.1 per cent or 25,596 people in the City of Maroondah were born overseas, of which 19 per cent arrived in Australia in the last 5 years, compared to 33.8 per cent and 23.5 per cent, respectively in Greater Melbourne. The number of people born overseas was increased by 3758 or 17.2 per cent in 2016. The largest non-English speaking country of birth in the City of Maroondah was China, where 2.7 per cent of the population, or 2,969 people, were born. Upon analysis, we find that in Maroondah, the most significant changes to countries of birth in 2016 were China (+1,501 persons), Burma (Myanmar, +921 persons), India (+572 persons) and Malaysia (+399 persons).

The major differences between the countries of birth of the population in the City of Maroondah and Greater Melbourne were:

- A larger percentage of people born in Burma (Myanmar) (1.6 per cent compared to 0.2 per cent)
- A larger percentage of people born in United Kingdom (4.9 per cent compared to 3.6 per cent)

The settlement reports from financial year 2016–17 to 2019–20 reveal migrant arrivals of City of Maroondah was second lowest in Eastern Metropolitan Region but had highest proportion of humanitarian visa arrivals during all periods.

Due to a lack of comprehensive publicly available data, it is difficult to estimate the total LGBTQIA+ population. Australians of diverse sexual orientation, sex or gender identity may account for up to 11 per cent of the Australian population³³.

³³ Department of Health, Australian Government, *National Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) Ageing and Aged Care Strategy (2012)*

How we live

Housing

Household and family structure are some of the most important demographic indicators. They reveal an area's residential role and function and provide key insights into the level of demand for services and facilities as most are related to age and household types.

There is a higher proportion of lone person households and couples without children in Maroondah. Overall, the proportion of lone person households was 23.3 per cent compared to 22.0 per cent in Greater Melbourne while the proportion of couples without children was 23.8 per cent compared to 22.9 per cent in Greater Melbourne³⁴.

The largest increase between 2021 and 2031 is forecast to be lone person households, which will increase by 2,355 households and account for 26.4 per cent of all households.

It is also very important to note that by 2031, couples without children households are forecast to have increased by 1,648 to account for 25.4 per cent of all households.

In Maroondah, 39 per cent of people aged 75 plus live alone, of this group three quarters are female.

Employment

In Maroondah, 19 per cent of residents over 55 are participating in the labour market³⁵:

- 17.5 per cent of full-time roles and 21.7 per cent of part-time roles
- 19.2 per cent of total employed
- 12.3 per cent of unemployed
- 64 per cent not in the labour force

The rate of workforce participation for older Australians (aged 65 plus) is increasing over time and expected to continue increasing in the future³⁶.

Volunteering

Of the Maroondah population, 21.1 per cent reported doing some form of voluntary work in 2016. This compares with 17.6 per cent in Greater Melbourne; the percentage is much higher for Australians aged 55 and over, where 53 per cent participate in unpaid voluntary work through an organisation (ABS). This figure does not include unpaid voluntary activities for community groups or caring for family (disabled, elderly or children).

³⁴ *id. The Population Experts 2016*

³⁵ https://stat.data.abs.gov.au/Index.aspx?DataSetCode=ERP_QUARTERLY#

³⁶ <https://www.aihw.gov.au/reports/older-people/older-australia-at-a-glance/contents/social-and-economic-engagement/employment-and-economic-participation>



Maroondah
City Council
HOME &
COMMUNITY CARE

Income

Analysis of individual income levels in Maroondah in 2016 compared to Greater Melbourne shows that there was a lower proportion of people earning a high income (those earning \$1,750 per week or more) as well as a lower proportion of low-income people (those earning less than \$500 per week). Overall, 11.2 per cent of the population earned a high individual income, and 36.5 per cent earned a low income, compared with 11.9 per cent and 37.8 per cent respectively for Greater Melbourne.

There were 16,461 people in low income households living in the City of Maroondah, with largest age group being 70 to 74-year-olds in 2016. The percentage of low-income households for the 60 plus age group in Maroondah is higher than the average for Greater Melbourne. In Maroondah, there are 722 Age pension recipients per 1,000 eligible population, compared with 694 Victorian average³⁷.

At June 2017, there were around 251,400 people aged 50 or over receiving Newstart Allowance including 195,000 who have been on income support for 12 months or over. On average, this total group is expected to receive income support for some or all of 26 years over the rest of their lives. 56 per cent are expected to receive income support for some or all of every year for the rest of their lives. If current trends continue, 75 per cent will be receiving income support payments in 10 years, and 74 per cent will be receiving income support payments in 20 years³⁸.

Older Australians have traditionally had high rates of home ownership, which has provided a key financial asset on retirement. Home ownership rates among people aged 65 and over have decreased in recent years, with a higher proportion of older people renting or continuing to pay off a mortgage. In 2003-04, 79 per cent of older people owned their homes without a mortgage; this had declined to 76 per cent in 2015-16. This has the potential to exacerbate mortgage or rental stress for retired Australians on fixed incomes³⁹.

³⁷ <https://www.aihw.gov.au/reports/australias-welfare/income-support-payments-for-older-people>

³⁸ <https://www.cota.org.au/policy/mature-age-employment/>

³⁹ <https://www.aihw.gov.au/reports/older-people/older-australia-at-a-glance/contents/social-and-economic-engagement/employment-and-economic-participation>

Health

Need for assistance

This is defined as, “people who need assistance in their day to day lives with any or all of the following activities – self-care, body movements or communication – because of a disability, long term health condition, or old age”. Of people aged 60 and over, 3,201 people need assistance with daily living skills; this number has increased over the last five years. The percentage by age group increases with age but is below the average for Greater Melbourne.

Assistance needed by age group	Number	% Age group	% Greater Melbourne	Change 2011-2016
0 to 64	309	5.1	6.4	+42
65 to 69	303	5.7	8.0	+70
70 to 74	325	7.6	11.5	+76
75 to 79	421	13.9	18.4	+39
80 to 84	583	24.4	29.7	+18
85 and over	1,260	47.9	49.0	+88
Total persons needing assistance	3,201			

Five year age groups, 2016

Need for assistance



Source: Australian Bureau of Statistics, Census of Population and Housing, 2016. Compiled and presented in profile.id by .id (informed decisions).

.id informed decisions

Dementia

Maroondah City Council is ranked lowest in the Eastern Metropolitan Region for the prevalence of dementia for local government areas in Victoria with the current estimated number of people with dementia at 2,357. This is predicted to rise to 5,513 in the year 2058, along with a significant rise in younger onset dementia⁴⁰.

Wellbeing and risk factors

According to the Victorian public health and wellbeing outcome measures, residents of Maroondah generally experience a similar level of health to the Melbourne and Victorian averages, with notable differences being a lower rate of smoking, but a higher rate of harmful drinking⁴¹.

Adults over 18 years	Maroondah	Melbourne	Victoria
Overweight (%)	36.9	36.5	36.4
Obesity (%)	28.8	29.5	31.3
Smoking (%)	13.8	14.5	15.5
Premature death (avg number per year)	199.7	199.2	217.2
Psychological distress (%)	12.9	13.1	13.3
More than 2 alcoholic drinks per day (%)	16.4	13	14.4
Adequate fruit intake (%)	49.6	52.3	51.5
Low or no exercise (%)	64.9	65.5	65.7

For adults aged 51-70, alcoholic drinks account for more than one-fifth (22 per cent) of discretionary food intake⁴².

Nearly all Australians, 9 in 10 adults aged 19 and over do not eat enough vegetables⁴³.

⁴⁰ National Centre for Social and Economic modelling (NATSEM) University of Canberra, January 2021. Commissioned by Alzheimer's Australia Vic.

⁴¹ <https://phidu.torrens.edu.au/social-health-atlases/data#social-health-atlases-of-australia-local-government-areas>

⁴² <https://www.aihw.gov.au/reports/older-people/older-australia-at-a-glance/contents/social-and-economic-engagement/employment-and-economic-participation>

⁴³ Source <https://www.aihw.gov.au/reports/food-nutrition/nutrition-across-the-life-stages/data>

Food security and healthy eating

In Maroondah 6.5 per cent experienced food insecurity (compared with 4.6 per cent Victorian average) and 53.9 per cent do not meet the fruit and vegetable consumption guidelines (compared with 51.1 per cent Victorian average).

Safety

In Maroondah 53 per cent of adults reported feeling safe walking at night (compared with 51.9 per cent Melbourne average) and there was a lower number of crimes reported than the Victorian average – total offences per 1,000 population for Maroondah 57.3 and Victoria 72.2.

Socio-economic disadvantage

The Socio-Economic Indexes for Areas (SEIFA) measures the relative level of socio-economic disadvantage and/or advantage based on a range of Census characteristics.

The two SEIFAs are the Index of Relative Socio-Economic Disadvantage (IRSD) and the Index of Relative Socio-Economic Advantage and Disadvantage (IRSAD).

Analysis of IRSD and IRSAD in Maroondah in 2016 reveals, while Maroondah's IRSD was lower than the state average. Warranwood had the lowest level of disadvantage in the City of Maroondah whereas Ringwood Metropolitan Activity Centre is most disadvantaged area. Of the five areas with the highest level of disadvantage in Maroondah, Ringwood Metropolitan Activity Centre and Croydon Major Activity Centre are more disadvantaged than state and national average (based on IRSD values)⁴⁴.

Suicide

The number reported deaths by suicide in Victoria in 2017 in was 9.6 deaths per 100,000 people dropped slightly from the previous census (9.9 per 100,000) however it is noted that men over the age of 60 are over represented in the statistics and are at a higher risk of dying by suicide than other age groups.

Motor vehicle ownership

In Maroondah, the percentage of dwellings with no motor vehicle is significantly lower than the Melbourne and Victorian average: Maroondah 4.7; Melbourne 8.7; and Victoria 7.9⁴⁵.

Nearly half (48 per cent) of adults without access to a passenger vehicle felt they sometimes or often had difficulty getting to places. However, for people who had access to a passenger vehicle, 1 in 10 adults (10% per cent) felt that they sometimes or often had difficulty getting to places⁴⁶.

⁴⁴ Source: Australian Bureau of Statistics, *Census of Population and Housing 2016*.

⁴⁵ <https://phidu.torrens.edu.au/social-health-atlases/data#social-health-atlases-of-australia-local-government-areas>

⁴⁶ <https://www.abs.gov.au/AUSSTATS/abs@.nsf/Lookup/4102.0Main+Features40July+2013>

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Council recognises our community in all their diversity in terms of gender, sexual orientation, culture and belief, ability and age. We are committed to realising fundamental and human rights to be able to live free from discrimination.

To contact Council

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- SMS 0480 020 200
- visit our website at www.maroondah.vic.gov.au
- email maroondah@maroondah.vic.gov.au

Translating and Interpreter Service

13 14 50

National Relay Service (NRS)

13 36 77



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