



# Age Friendly Plan 2023 – 2027









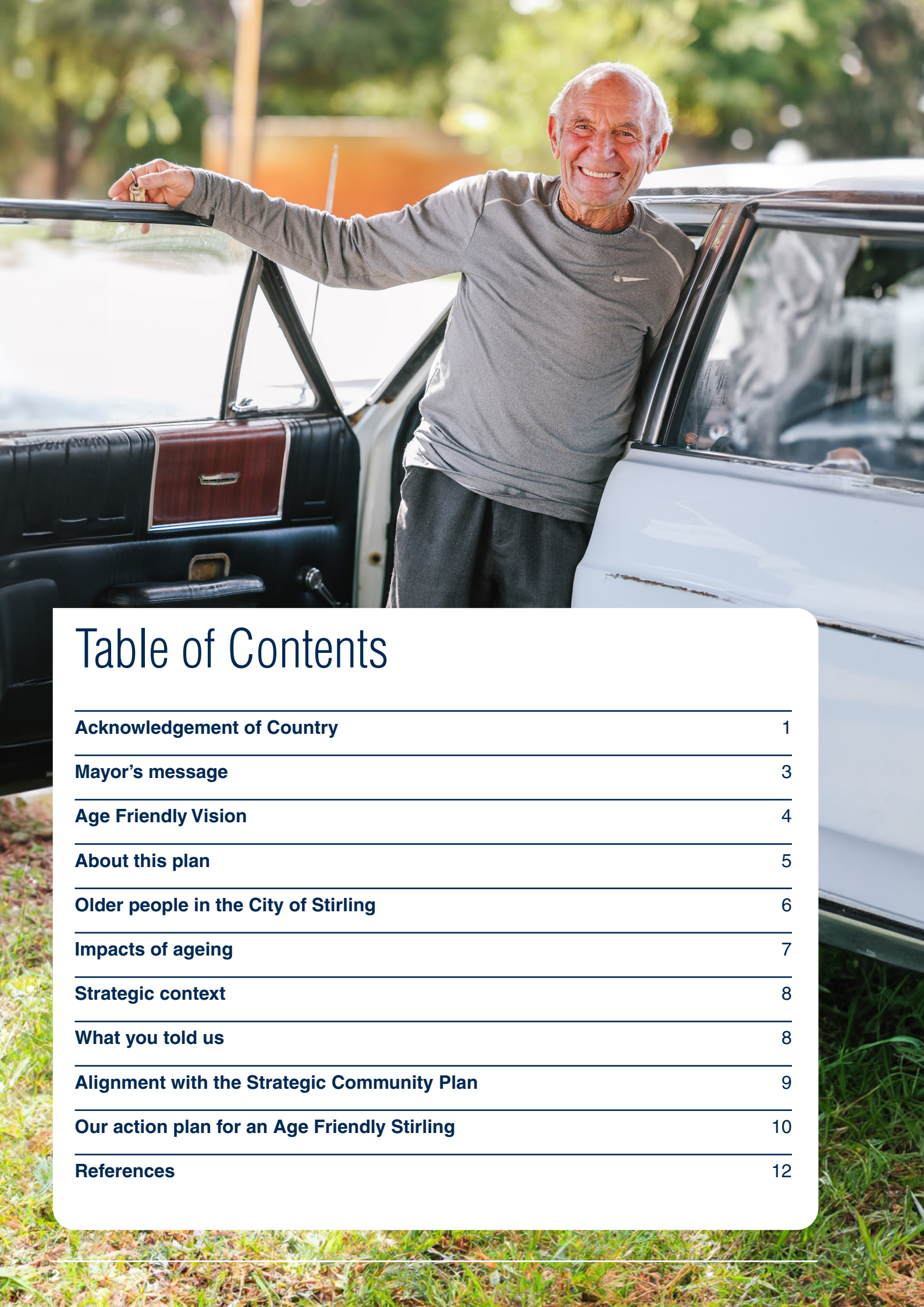
# Acknowledgement of Country

**Ngalak kaadatj Nyoongar nedingar wer birdiya, baalap barn boodja-k wer kaartj boodja-k koora koora wer yeyi. Ngalak kaadatj baalabang malayin wer nakolak baalap yang ngalany-al City of Stirling dandjoo Nyoongar moort-al kolbang koorliny.**

**City of Stirling kaadatj Nyoongar moort Nyoongar boodja-k Wadjak boodja-k, Mooro boodja-k.**

The City of Stirling acknowledges the Wadjak People of the Nyoongar Nation as the traditional custodians of Mooro Country. We pay our respects to Aboriginal and Torres Strait Islander Elders past and present for they hold the memories, the traditions, the culture and hopes for Aboriginal Australia.

The City is committed to forging stronger relationships and a deeper respect for Aboriginal and Torres Strait Island Australians. By acknowledging and respecting the diversity and history of our Aboriginal and Torres Strait Islander community, we will continue to realise our vision for reconciliation.



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## Mayor's message

**Our City is now home to more than 50,000 people over the age of 60 who are a highly valued part of our great Stirling community. The City's new Age Friendly Plan 2023 – 2027 will directly guide our services, partnerships and advocacy to ensure older Australians are celebrated, respected and actively supported to participate in community life.**

We have identified four key focus areas for an Age Friendly Stirling – Inclusive, Accessible, Connected, and Active and Healthy. These focus areas align with the World Health Organisation Age Friendly Cities Framework and key result areas within the City's strategic community plan, Sustainable Stirling 2022 - 2032.

This plan has been developed through extensive consultation, conversations and information gathered from a significant

number of local older people, as well as service providers and other interested stakeholders. This feedback gives Council confidence that the themes and actions in the plan will address the key areas impacting older Australians. This includes appropriate access to local services, opportunities to connect with others, adequate amenities designed with them in mind, and pushing back against ageism.

Maintaining an age friendly community involves a whole of community response so I invite you to play an active role in ensuring that Stirling is an inclusive place where older people are not only welcomed and supported, but valued and celebrated.

***An age friendly community is better for everyone.***



# Age Friendly Vision

Our community is inclusive,  
harmonious, and the contributions of  
older people are valued and celebrated.

Ngalang boola-moort goolyara, naakal  
wer koorakoor moort ngininy woola wer  
kaaradjiny.





## About this plan

The City's Age Friendly Plan highlights four key areas that will guide the City to support our ageing population. This plan has been developed as a result of extensive community consultation.

Community members highlighted the benefits and areas for improvement when ageing in the City of Stirling. These are listed below.

### Benefits:

- The City's beautiful beaches, parks, lakes and green spaces
- Services that support older people to remain active and healthy
- The City's community centres, libraries, local shopping centres, restaurants and cafes.

### Areas for improvement:

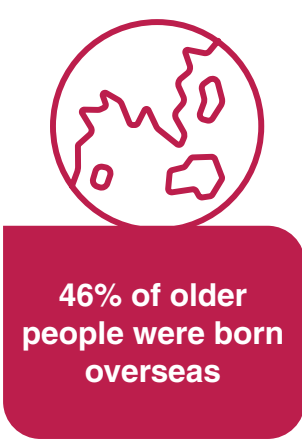
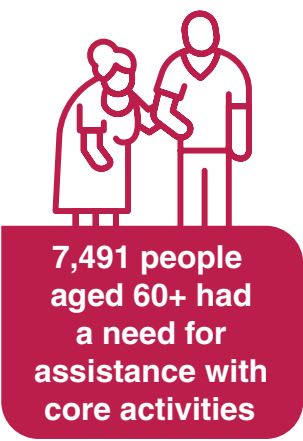
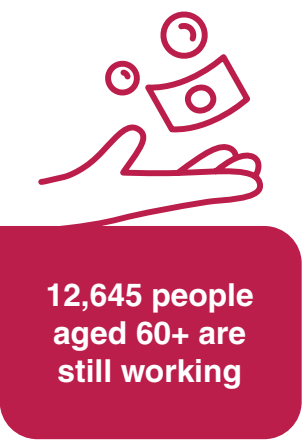
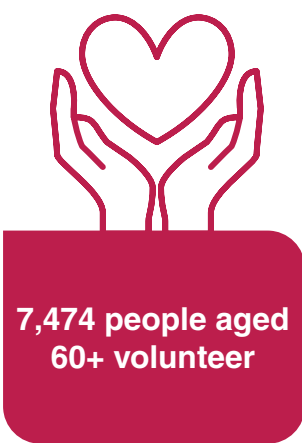
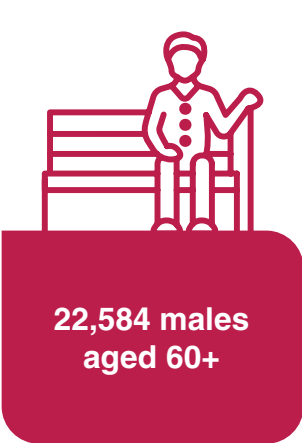
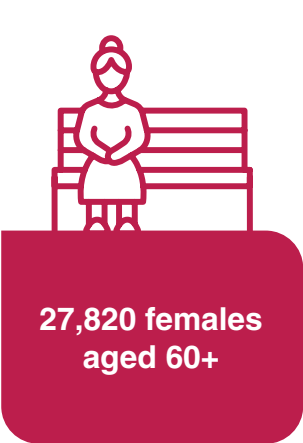
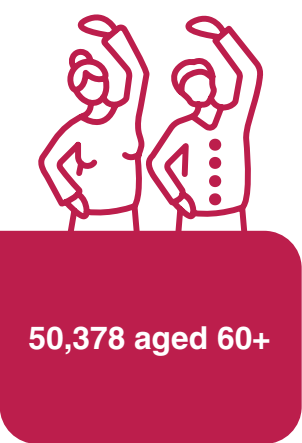
- Experiencing ageism and feeling excluded
- There are barriers to accessing the natural and built environment. These can include inadequate toilets, seating, shade, footpaths, parking and transport
- Social isolation and loneliness
- More age appropriate and inclusive opportunities to connect, including intergenerational options
- More appropriate, local services.

This plan aligns with the five key focus areas of the City's longer term Strategic Community Plan 'Sustainable Stirling 2022-2032'.

# Older people in the City of Stirling

Our City is home to more than 50,000 people over the age of 60 who have contributed to building our great community. They offer a variety of skills, knowledge, experience, and wisdom from life lessons.

Older people provide priceless contributions towards our community. These contributions, large and small, enrich the Stirling community.



\*6% of older people did not state a country of birth.





## Impacts of ageing

The impacts of ageing are not universal, and older people across the City of Stirling are diverse and experience ageing in different ways. Some challenges and barriers older people may face as they age include social isolation and loneliness, poor health outcomes, mental health, ageism, elder abuse, lack of financial security and homelessness, keeping up with advancements in technology, physical disability and accessibility. Often these challenges are interconnected.

The COVID-19 pandemic also presented a range of challenges that particularly impacted older people. Older people can be at greater risk of adverse health outcomes as a result of COVID-19, and there have also been secondary impacts including increased social isolation.

**Relationships Australia research reveals one in six Australians is experiencing emotional loneliness, one in 10 lacks social support and just under 1.5 million people are reporting that they've been lonely for a decade or more.**



**In 2023 it is estimated that 4,377 people in the City of Stirling will be living with Dementia. By 2058, this is predicted to be 8,760 people.**

# Strategic context

The Age Friendly Plan identifies four key focus areas which align with both the World Health Organisation (WHO) Age Friendly Cities Framework, as well as relevant key result areas under our Strategic Community Plan – Sustainable Stirling 2022-2032. The focus areas also strongly align with the community feedback we received as part of consultation for this Plan.

## What you told us

This plan was developed after extensive consultation, conversations and information gathered from over 850 older residents, service providers, City staff and interested stakeholders. Over 300 local older people provided us with feedback.



709 people  
completed a survey  
(online and in hard copy)



8 Aboriginal Elders  
participated in a  
face-to-face workshop



35 older people from  
different cultural  
backgrounds participated  
in a face-to-face  
workshop



11 elected members  
attended a workshop on  
Age Friendly



30 executive team  
members from seniors  
clubs participated in a  
face-to-face workshop



100 people participated  
with the 'Chatter that  
Matters' engagement

This consultation data, the Age Friendly Cities Framework and Sustainable Stirling 2022-2032 have helped us to create our four key focus areas for the City under the Age Friendly Plan.

Our action plan for an Age Friendly Stirling outlines the City's commitments under each of the focus areas.



## Alignment with the Strategic Community Plan

Sustainable Stirling 2022–2032 sets out the vision for the development of the City over the next 10 years and beyond, based on extensive community feedback. This is broken down into five key result areas, which give direction to the City’s commitment to achieve this vision. Many of these areas directly relate to our Age Friendly Plan.

| Age Friendly Plan 2023-2027   | Sustainable Stirling 2022-2032<br>Strategic Community Plan  |
|---|---|
| Key focus areas for an Age Friendly City  | Key result area relating to this plan   |
| <b>Inclusive</b><br>Older people are respected, included, and valued.                 | <b>Our Community</b> <ul style="list-style-type: none"> <li>• An inclusive and harmonious City</li> <li>• A safer City</li> </ul>                                 |
|   | <b>Our Leadership</b> <ul style="list-style-type: none"> <li>• A customer focused City</li> </ul>   |
| <b>Accessible</b><br>Older people can safely access the natural and built environment | <b>Our Community</b> <ul style="list-style-type: none"> <li>• A safer City</li> </ul>   |
|   | <b>Our Natural Environment</b> <ul style="list-style-type: none"> <li>• An energy smart City</li> <li>• A biodiverse City</li> <li>• A water-wise City</li> </ul> |
|   | <b>Our Built Environment</b> <ul style="list-style-type: none"> <li>• An accessible and connected City</li> </ul>   |
| <b>Connected</b><br>Older people have positive connections with their community       | <b>Our Community</b> <ul style="list-style-type: none"> <li>• An inclusive and harmonious City</li> </ul>   |
|   | <b>Our Economy</b> <ul style="list-style-type: none"> <li>• A vibrant City</li> </ul>   |
| <b>Active and Healthy</b><br>Older people have access to quality services             | <b>Our Community</b> <ul style="list-style-type: none"> <li>• An inclusive and harmonious City</li> <li>• An active and healthy City</li> </ul>                   |



# Our action plan for an Age Friendly Stirling

Our community is inclusive,  
harmonious, and the contributions of  
older people are valued and celebrated.

Ngalang boola-moort goolyara, naakal  
wer koorakoor moort ngininy woola  
wer kaaradjiny.





| Focus Area   | Actions  |
|--|--|
| <b>Inclusive</b><br>Older people are respected, included, and valued<br><br><b>Goolyara</b><br>Koorakoor moort koota-djinang, goolyara, wer kaaradjiny                               | <ul style="list-style-type: none"> <li>Continue to offer a range of activities, social events and opportunities for older people in the City.</li> <li>Provide information in a range of alternative formats and languages.</li> <li>Celebrate and promote the contributions of older people in our City.</li> <li>Engage with older people to better understand how they would like to be communicated with.</li> </ul>   |
| <b>Accessible</b><br>Older people can safely access the natural and built environment<br><br><b>Banitja</b><br>Koorakoor moort marlak boodjar wer yeyi boodjar banitja kwoba nyininy | <ul style="list-style-type: none"> <li>Continue to preserve, protect, and enhance our natural environment ensuring it is accessible.</li> <li>Advocate for local affordable housing (across all tiers of Government).</li> <li>Continue to provide low cost and free events and activities.</li> <li>Explore transport options for older people.</li> <li>Work with Council officers, developers, and local businesses to increase safe access for older people in the built and natural environment.</li> </ul> |
| <b>Connected</b><br>Older people have positive connections with their community<br><br><b>Yoodaniny</b><br>Koorakoor moort-al boola-moort moorditj yoodaniny                         | <ul style="list-style-type: none"> <li>Continue and increase the opportunities for older people to connect to community, including intergenerational opportunities.</li> <li>Partner and work with both service providers and older people to increase social connections in the City.</li> </ul>  |
| <b>Active and Healthy</b><br>Older people have access to quality services<br><br><b>Koorl wer wangen</b><br>Koorakoor moort kwoba mara-yanginy banitja                               | <ul style="list-style-type: none"> <li>Continue to connect seniors to a range of services and supports.</li> <li>Assist older people to navigate the aged care and health systems.</li> <li>Partner and work with the Department of Health for services in the City.</li> <li>Continue to provide facilities and programs that encourage health and wellbeing.</li> </ul>  |

# References

- Melbourne: A Great Place to Age Strategic Plan 2020-24
- Age Friendly Auckland: Action Plan 2022-2027
- Sustainable Stirling 2022-2032
- WHO Age-friendly Cities Framework
- Creating Age-Friendly Communities in Western Australia 2021: Toolkit
- Social isolation and loneliness among older people: Advocacy brief: World Health Organisation 2021
- Dementia Australia
- REMPLAN-ABS Census data 2021
- Relationships Australia: [www.relationships.org.au/the-australian-experience-of-loneliness/](http://www.relationships.org.au/the-australian-experience-of-loneliness/)







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