

LIVING WELL FOR LIFE STRATEGY- YEAR THREE ACTION PLAN 2016/2017 (CONT.)

# **MITCHELL SHIRE COUNCIL**

## **Council Meeting Attachment**

### **SUSTAINABLE COMMUNITIES**

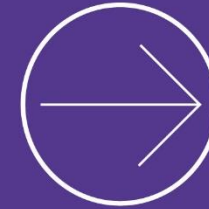
**20 JUNE 2016**

**7.12**

**LIVING WELL FOR LIFE STRATEGY- YEAR  
THREE ACTION PLAN 2016/2017**

**Attachment No: 1**

**Mitchell Living Well for Life Strategy Year 3  
Action Plan-2016/2017**



# MITCHELL SHIRE.

*Living Well for Life  
Action Plan  
Year 3 - 2016/2017*

**MITCHELL SHIRE COUNCIL**



**Mitchell Shire Living Well for Life Year Three ACTION PLAN 2016-2017**

The Year 3 Action Plan 2016-2017 details actions that Council and partner agencies and community groups will deliver during the 2016-2017 period to support the delivery of the priorities and objectives identified in the Living Well for Life Strategy 2014-2018.

The Year Three Action Plan builds on current partnerships and initiatives whilst also implementing new actions and exploring other projects for future consideration.

The Municipal Health and Wellbeing Plan sits above the Living Well for Life Strategy and, therefore, the Living Well for Life annual action plans should be read in conjunction with the Health and Wellbeing annual action plans.

## Theme 1: Age Friendly Community

**Goal: Encourage greater community involvement, economic and social participation and connection with older people.**

**Outcome: Older people in our community are actively involved and engaged in community life and activities**

**Strategy 1.1: Create and promote opportunities for participation of older people in arts, cultural, leisure, learning and physical activities in their local communities**

Actions	Proposed Impact/Measure	Who	Timeframe
<p>Support and encourage an increase in the number of older people who participate in community led initiatives that focus on physical activity &amp; social connectedness.</p> <ul style="list-style-type: none"> <li>• Senior Citizens and PAG groups</li> <li>• Men's Sheds and Neighbourhood Houses</li> <li>• Leisure activities targeting &gt;50</li> <li>• Bowling and Sporting Clubs</li> <li>• Probus, CWA, Lions Club activities</li> </ul>	<ul style="list-style-type: none"> <li>• Number and variety of activities and attendance.</li> </ul>	<ul style="list-style-type: none"> <li>• MSC- Leisure Services &amp; Community Development</li> <li>• Nexus Primary Health</li> <li>• U3A's, Valley Sport, Senior Citizens, LHPCP</li> </ul>	<p>June 2017 and Ongoing</p>
<p>Increase participation in activities and attendance at Mitchell Shire Leisure Centre's via:</p> <ul style="list-style-type: none"> <li>• Healthy Living Workshops after seniors classes particularly during Seniors Week</li> <li>• Collaboration with external agencies to deliver programs e.g. the Grey Medallion Program with Life Saving Victoria</li> </ul>	<ul style="list-style-type: none"> <li>• Update of new initiatives planned and delivered for Seymour and Kilmore Leisure Centre's.</li> <li>• No. of sessions and participants</li> <li>• Minimum of 2 Healthy Living workshop sessions delivered.</li> </ul>	<ul style="list-style-type: none"> <li>• MSC- Leisure Services</li> </ul>	<p>March 2017</p>
<p>Increase the promotion of recreational programs and activities via a range of communication methods</p> <ul style="list-style-type: none"> <li>• paper-based methods, newsletter</li> <li>• email and social media, Community radio sessions</li> </ul>	<ul style="list-style-type: none"> <li>• Program evaluations demonstrate participants aware of promotional activities and use of these to identify activities and programs of interest in ways of survey or interview methods.</li> <li>• Number of community radio sessions</li> <li>• Quarterly newsletter delivered by Community Development.</li> </ul>	<ul style="list-style-type: none"> <li>• MSC- Community Development, Recreation and Open Space, Communications</li> <li>• Nexus Primary Health</li> </ul>	<p>December 2016</p>

**Strategy 1.2: Explore and identify intergenerational initiatives and projects**

Actions	Proposed Impact/Measure	Who	Timeframe
Implement intergenerational initiatives and projects in partnership with schools, senior citizens, Men's Sheds, Neighbourhood Houses, Nexus, community groups and young people. <ul style="list-style-type: none"> <li>• Community Gardens</li> <li>• National Tree Day</li> <li>• Health and Wellbeing Expo</li> <li>• Australia Day celebrations</li> <li>• Anzac Day Commemoration event</li> <li>• School Holiday program</li> </ul>	<ul style="list-style-type: none"> <li>• Number and nature of intergenerational projects or initiatives implemented.</li> <li>• Evaluation demonstrates positive impacts and benefits.</li> </ul>	<ul style="list-style-type: none"> <li>• MSC- Community Development, Parks &amp; Assets, Governance, Youth Council</li> <li>• Nexus Primary Health</li> <li>• Schools, Men's Sheds, Neighbourhood Houses,</li> <li>• Youth services</li> </ul>	March 2017
Support and encourage existing and new programs that support lifelong learning. <ul style="list-style-type: none"> <li>• Provide facilitators to support lifelong learning initiatives</li> <li>• Provide fiscal and other identified support for community groups</li> </ul>	<ul style="list-style-type: none"> <li>• Number and variety of available programs provided.</li> </ul>	<ul style="list-style-type: none"> <li>• MSC Community Development and Youth Services</li> <li>• U3A</li> <li>• GoTafe</li> <li>• Neighbourhood houses</li> </ul>	June 2017 and Ongoing
Create and publish quarterly newsletter which promotes activities and services available across the Shire for the older audience	<ul style="list-style-type: none"> <li>• Quarterly publication produced and delivered to an array of seniors groups both via paper-based and email.</li> <li>• Number of feedback forms received per quarter.</li> </ul>	<ul style="list-style-type: none"> <li>• MSC – HWBO</li> <li>• MSC- Communications</li> </ul>	Quarterly: September 2016 December 2016 March 2017 June 2017

**Strategy 1.3: Undertake a Public and Community Transport Needs Assessment**

Actions	Proposed Impact/Measure	Who	Timeframe
Public and Community Transport Needs Assessment informs advocacy, planning and delivery of improved transport options within Mitchell Shire.	<ul style="list-style-type: none"> <li>• Evidence that Needs assessment is used to advocate, plan and deliver improved transport options within Mitchell.</li> <li>• Relationships with key stakeholders and potential service delivery providers to continue to improve public transport links.</li> </ul>	<ul style="list-style-type: none"> <li>• MSC- Social Planner</li> </ul>	Quarterly: September 2016 December 2016 March 2017 June 2017

**Strategy 1.4: Reduce and prevent incidents of elder abuse through awareness campaigns, information and education.**

Actions	Proposed Impact/Measure	Who	Timeframe
Reduce the risk of elder abuse through awareness campaigns, forums, information and education opportunities <ul style="list-style-type: none"> <li>• Supporting Seniors Rights initiatives and workshops</li> <li>• Dissemination of elder's rights information and advocacy materials</li> </ul>	<ul style="list-style-type: none"> <li>• 2 community education and awareness campaigns/forums developed and implemented.</li> <li>• Number of training and education sessions provided to agencies/service providers in identification and management of elder abuse.</li> </ul>	<ul style="list-style-type: none"> <li>• MSC-Community Development</li> <li>• Nexus Primary Health</li> </ul>	May 2017

**Strategy 1.5: Celebrate the positive contribution of older people in the community.**

Actions	Proposed Impact/Measure	Who	Timeframes
Celebrate the positive contribution of older people in the community and the services provided through Seniors Festival <ul style="list-style-type: none"> <li>• Coordinate calendar of events across the Shire for Seniors Festival in October 2016.</li> <li>• Support community group events to run during Seniors Festival.</li> <li>• Annual Volunteer luncheon</li> </ul>	<ul style="list-style-type: none"> <li>• 2 positive ageing stories in the MSC media</li> <li>• 1 newsletter delivered promoting Seniors Festival 2016.</li> <li>• Seniors Festival calendar of events planned and implemented.</li> </ul>	<ul style="list-style-type: none"> <li>• MSC- HWBO, Libraries and Leisure services</li> <li>• MSC- Communications</li> <li>• U3A's and Seniors Citizens, Bowls Clubs, Probus, RSL</li> <li>• Men's Shed</li> <li>• Nexus Primary Health</li> </ul>	December 2016

## THEME 2: A HEALTHY, INFORMED AND ENGAGED OLDER POPULATION

**Goal: Improve and promote access to information that supports and enhances the health and wellbeing of older people in Mitchell Shire**

**Outcome: Information about a range of physical and health issues and initiatives is accessible to older people and results**

**Strategy 2.1: Increase collaboration and communication between service providers and older people in relation to the planning and delivery of health and wellbeing initiatives and opportunities for lifelong learning.**

Actions	Proposed Impact/Measure	Who	Timeframe
Develop Health and Wellbeing Fact Sheets which educate/inform the community in relation to ageing well.	<ul style="list-style-type: none"> <li>2 seniors focused Fact Sheets developed, published and distributed widely across the shire.</li> <li>Promotion via social media, MSC webpage, senior's newsletter, and local radio.</li> </ul>	<ul style="list-style-type: none"> <li>MSC- Social Planner, HWBO and Communications</li> </ul>	December 2016
Work with Senior groups and organisations to incorporate positive ageing initiatives into regular programming e.g.: <ul style="list-style-type: none"> <li>Health and wellbeing, Community Safety, Transport Options, Elder Abuse, Technology</li> </ul>	<ul style="list-style-type: none"> <li>Programs include ageing initiatives</li> <li>Number of campaigns and/or speakers that have been delivered</li> </ul>	<ul style="list-style-type: none"> <li>MSC- Community Development</li> <li>Nexus Primary Health</li> <li>Aged Care facilities</li> </ul>	June 2017

**Strategy 2.2: In partnership with stakeholders, include positive ageing initiatives in Health and Wellbeing Expos throughout the shire.**

Actions	Proposed Impact/Measure	Who	Timeframe
<ul style="list-style-type: none"> <li>Health and wellbeing issues specific to older people are addressed at expos.</li> </ul>	<ul style="list-style-type: none"> <li>Increase in number of age specific stands.</li> <li>Survey identifies number of attendees &gt;50 years age.</li> </ul>	<ul style="list-style-type: none"> <li>MSC- Community Development</li> <li>Nexus Primary Health</li> <li>HeadSpace, Health agencies.</li> <li>Aged Care facilities</li> <li>U3A groups</li> </ul>	March 2016

**Strategy 2.3: Promote access to a range of opportunities for continued lifelong learning for older people.**

Actions	Proposed Impact/Measure	Who	Timeframe
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<p>Market and promote access to a range of opportunities for continued lifelong learning for older people</p> <ul style="list-style-type: none"> <li>• Website and newsletter</li> <li>• Social media</li> <li>• Radio segments</li> <li>• Media opportunities.</li> </ul>	<ul style="list-style-type: none"> <li>• Number and nature of learning opportunities for older people provided.</li> <li>• Evaluation of promotional activities demonstrates benefit.</li> </ul>	<ul style="list-style-type: none"> <li>• U3A, GoTafe</li> <li>• Education Providers in Mitchell</li> <li>• Neighbourhood houses</li> <li>• MSC Sustainable Communities and Youth Services</li> </ul>	<p>June 2017 and Ongoing</p>
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**Strategy 2.4: Ensure that older people in the community are prepared to respond to emergency situations such as heatwaves, fires and floods.**

Actions	Proposed Impact/Measure	Who	Timeframe
<p>Increase awareness and preparedness of older people in the community to respond to emergency events such as heatwaves, fires and floods:</p> <ul style="list-style-type: none"> <li>• Pres season awareness campaigns,</li> <li>• Community education opportunities,</li> </ul>	<ul style="list-style-type: none"> <li>• Preseason campaign implemented and evaluated for heat waves and fire.</li> <li>• Community resilience networks established and proactively leading planning and preparedness.</li> <li>• Number of community plans completed.</li> <li>• Review and update Vulnerable Person Register and attend any relevant training</li> </ul>	<ul style="list-style-type: none"> <li>• CFA, DEPI, DHHS</li> <li>• VICSES</li> <li>• MSC- Emergency Management and Community Development</li> <li>• Identified community groups and partners</li> </ul>	<p>December 2016</p>

**Strategy 2.5: Explore opportunities for community education campaigns**

Actions	Proposed Impact/Measure	Who	Timeframe
<p>Community education campaigns implemented</p> <ul style="list-style-type: none"> <li>• personal safety,</li> <li>• driver and pedestrian awareness and</li> <li>• safety related issues that concern older people</li> </ul>	<ul style="list-style-type: none"> <li>• Number of campaigns developed and delivered.</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• CFA</li> <li>• Vic Police</li> <li>• Nexus Primary Health</li> </ul>	<p>March 2017</p>



## THEME 4: CHANGING SERVICE NEEDS, CIRCUMSTANCES AND POLICY DIRECTIONS

**Goal: Monitor and respond to changing needs, circumstance and policy directions relevant to our older population**

**Outcomes: Mitchell Shire has effective systems and processes in place to monitor and respond to the changing needs and circumstances of our older population**

### Strategy 4.1: Active participation and enhancement of effectiveness of community networks for older people

Actions	Proposed Impact/Measure	Who	Timeframe
Actively participate in and enhance the effectiveness of community networks to facilitate opportunities for collaboration regarding the needs of older people	<ul style="list-style-type: none"> <li>Network participation, collaboration and partnerships between agencies, results in improved outcomes for older people</li> </ul>	<ul style="list-style-type: none"> <li>MSC- Community Development</li> </ul>	June 2017 and Ongoing

### Strategy 4.2: In partnership with relevant stakeholders, identify and quantify gaps in access to health and community services.

Actions	Proposed Impact/Measure	Who	Timeframe
Improve livability for Older people to make a positive difference to the quality of life, social participation, health and connectedness of older people living in Mitchell.	<ul style="list-style-type: none"> <li>Complete consultation and provide recommendations to advocate on behalf of older people.</li> </ul>	<ul style="list-style-type: none"> <li>MSC- HWBO</li> <li>MSC- Community Development</li> <li>Nexus Primary Health</li> <li>Aged Care Partners</li> </ul>	March 2017

### Strategy 4.3: Advocacy for development and delivery of high quality care services

Actions	Proposed Impact/Measure	Who	Timeframe
Advocate for the establishment of services that are responsive to the changing needs and preference as people age.	<ul style="list-style-type: none"> <li>New services planned and introduced meet the needs of the older population.</li> </ul>	<ul style="list-style-type: none"> <li>MSC- Social Planner</li> <li>MSC- HWBO</li> <li>Nexus Primary Health</li> <li>Aged Care Partners as identified</li> </ul>	Ongoing

### Strategy 4.4 Improved awareness of needs and preferences of the ageing population

Actions	Proposed Impact/Measure	Who	Timeframe
Gather data and undertake community consultation processes to identify needs and preferences for age-friendly initiatives.	<ul style="list-style-type: none"> <li>New policies, initiatives and programs are informed by data and community consultation processes.</li> <li>Number of consultation workshops developed</li> </ul>	<ul style="list-style-type: none"> <li>MSC- Community Development</li> <li>Aged Services as identified</li> </ul>	Ongoing

**Strategy 4.5: Monitoring of developments in Federal and State policy and the impacts on older people**

Actions	Proposed Impact/Measure	Who	Timeframe
Monitor and where indicated respond to developments in Federal and State policy impacting on older people. <ul style="list-style-type: none"> <li>• Home and Community Care Services</li> <li>• National Disability Insurance Scheme</li> </ul>	<ul style="list-style-type: none"> <li>• Council is kept abreast of policy developments and issues impacting on council programs and services.</li> <li>• Recommendations are addressed and implemented within agreed timeframes</li> </ul>	MSC- HWBO Nexus Primary Health	June 2017 and Ongoing