



Port Stephens
Ageing Strategy
2016 - 2019



Port Stephens Ageing Strategy

Planning for our future





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Introduction

The Port Stephens population is ageing at a rate faster than both NSW and the Hunter Region. Council's Integrated Plans 2015 – 2025 committed Council to develop an Ageing Strategy that responds to the needs of this changing demographic. This strategy outlines actions that achieve positive and practical outcomes for the ageing population in Port Stephens and informs actions in Council's Delivery Program. Council's policy direction for ageing communities is consistent with all levels of government, and that are discussed in planning and legislative documents that form the framework for responses to ageing populations. Moreover, this strategy provides direction for a whole of Council approach to deliver key priorities that support positive ageing outcomes for the Port Stephens community.

Community consultation and analysis of Port Stephens demographic data have enabled an understanding of how the current legislative and planning frameworks can be applied to ageing populations within the Port Stephens Local Government Area (LGA). In response, five key themes have been identified and form an integrated approach to delivering a range of goals and actions for the ageing population in Port Stephens:

- Ongoing analysis and planning;
- Housing, neighbourhood and land use planning;
- Transport connectivity and accessibility;
- Health and community services; and
- Social inclusion and participation.

1.1 Background

The Port Stephens LGA is experiencing a significant shift to an ageing population. As of 2011, Port Stephens had a population of 64,810 with 21,297, or 32.86% of the community being 55 and older. This is higher than both the Hunter region at 29.61% and NSW at 26.43% (REMPAN 2015). This significant demographic shift will affect the types of services and infrastructure Council and other agencies will need to deliver, the way services are delivered and accessed, the location and design for appropriate housing and the ability for older populations to participate in the community (DFCS 2012, UWS 2012, LGNSW 2014).

As ageing populations experience decreased mobility and day to day challenges, they will look to Council and other government authorities to respond and advocate for solutions. With good planning, the challenging resource and economic impacts of providing the necessary services and infrastructure needed to cope with an increasingly ageing population can be reduced. Costs can be absorbed through existing budgets by cost effective plans and actions that respond to the expectations of the ageing community; meet expectations; and provide benefits to the wider community.

An ageing population presents a number of social and economic opportunities, and challenges. Older people hold knowledge and skills that are of great value to the social and economic development of a LGA. Seniors are already using their extra years to work, help friends and family, travel, volunteer and pursue personal interests. Conversely, ageing populations also impact on local government revenue, expenditure and servicing resources (DIT, 2013). Port Stephens Council currently provides \$665,174 in pensioner rate concessions, including \$419,472.19, or 63% of total rate concessions for its ageing population.

Without good planning gaps between mobility, social inclusion and, health and wellbeing will become greater between older and younger generations. A lack of good planning could exacerbate health and wellbeing issues for older populations due to isolation, reduce mobility and barriers to accessing required health services; and consequential generational segregation can result in social and economic impacts that are detrimental to communities and burdensome to local governments.

The Department of Family and Community Services (DFCS 2012) considers that local councils are best placed to develop and implement initiatives in local communities. 'Local decision making is likely to generate the best responses to ageing within communities, particularly when it involves those most affected by these decisions' (DFCS 2012). The Port Stephens Council Ageing Strategy has employed a methodology that identifies and understands the impacts of ageing populations across all levels of government and then investigates the impacts of ageing populations as they are experienced within the Port Stephens LGA. The methodology consists of analysis of the Port Stephens LGA and its ageing demographic; community consultation (Appendix 1); relevant planning principles; including plans and strategies, and a literature search (Appendix 2).

Accordingly, Council will need to maximise existing resources and strengthen its advocacy role with State Government and other community service providers. Port Stephens Council will need to effectively plan to respond to this demographic change and ensure the physical, social and economic environments are responsive to the future service, program and infrastructure needs of ageing populations and a sustainable community.

The strategy outlines proposed key priorities that achieve positive and practical outcomes for the ageing population in Port Stephens and will inform actions in both Council's Delivery Program and Operational Plan. Council's policy direction for ageing communities is consistent with all levels of government, which are discussed in planning and legislative documents that form the framework for Port Stephens Council response to ageing populations. Moreover, the strategy provides direction for a whole of Council approach to deliver key priorities that support positive ageing outcomes for the Port Stephens community.

1.2 Objectives

The objectives of this strategy are to:

1. Recognise that ageing populations are a valued demographic of the LGA and maximise the strengths and opportunities they can bring to our community;
2. Prioritise actions for Council to meet the needs of the ageing population in a way that demonstrates consistency with the Port Stephens Community Strategic Plan, and Council's Delivery Program and Operational Plan;
3. Promote integration between Council's Ageing Strategy deliverables and State and Federal outcomes to effectively address the needs of ageing populations in the Port Stephens LGA;
4. Guide a proactive Council-wide approach to improve the liveability for the Port Stephens ageing population.

Aligning the Strategy

This Strategy demonstrates consistency with the NSW Integrated Planning framework and as such, has considered statutory planning instruments and key planning documents relevant to ageing populations; and that apply to ageing populations residing within the Port Stephens LGA.

Although aspects of the Port Stephens Ageing Strategy will be implemented by Council, many deliverables will rely on Council advocacy and support of Federal and State Governments, and community partners. This strategy outlines both key Council deliverables and its advocacy role for ageing communities that are set out in, and consistent with key Federal and State Plans.



2.1 Principles

The Port Stephens LGA is made up of 858.5 square kilometres of diverse natural environments, much of which are protected or geographically constrained. This has resulted in a dispersed settlement pattern and wide ranging community types. The following planning principles need to be considered in order to form a holistic approach to implementing infrastructure and services that are equitable, accessible and inclusive for older people with varying needs and capacities (AG et. al. 2011, Local Government ACT 1993, HNEPH, 2012, WHO 2007a, WHO 2007).

2.1.1 Social Policy Principles

- **Inclusive and accessible communities**
Includes the physical environment, public and active transport opportunities, public and open space, accessible buildings; digital information and communications technologies; and inclusion and participation in civic life including social, sporting, recreational and cultural life.
- **Social justice**
Protection of rights, such as anti-discrimination measures; complaints mechanisms; advocacy; participation in the electoral and justice systems and engagement in decision making processes.
- **Economic security**
Access to jobs, business and entrepreneurship opportunities, and affordable housing whereby older people can operate on a level playing field and maintain financial independence and livelihood;

- **Education and learning**

Access to ongoing learning and education, including formal and informal training; vocational education; transition from education to employment and other life-long learning opportunities.

- **Health and well being**

Access to health services and individual-centred care that support interactions between health and disability systems; informal care and support; well-being and quality of life.

2.1.2 Planning Principles

- **Sustainable land use planning and housing diversity**

Development that responds to community needs, both now and in the future for the ongoing sustainability of the social, natural and economic environments; providing affordable housing that is an appropriate type, located near centres and service providers, including, transport, health care and social services, and the provision of land for additional services and infrastructure. This provides a broader benefit to other cross sections of the community and therefore, provides cost effectiveness for Council.

- **Integrated and equitable transport networks**

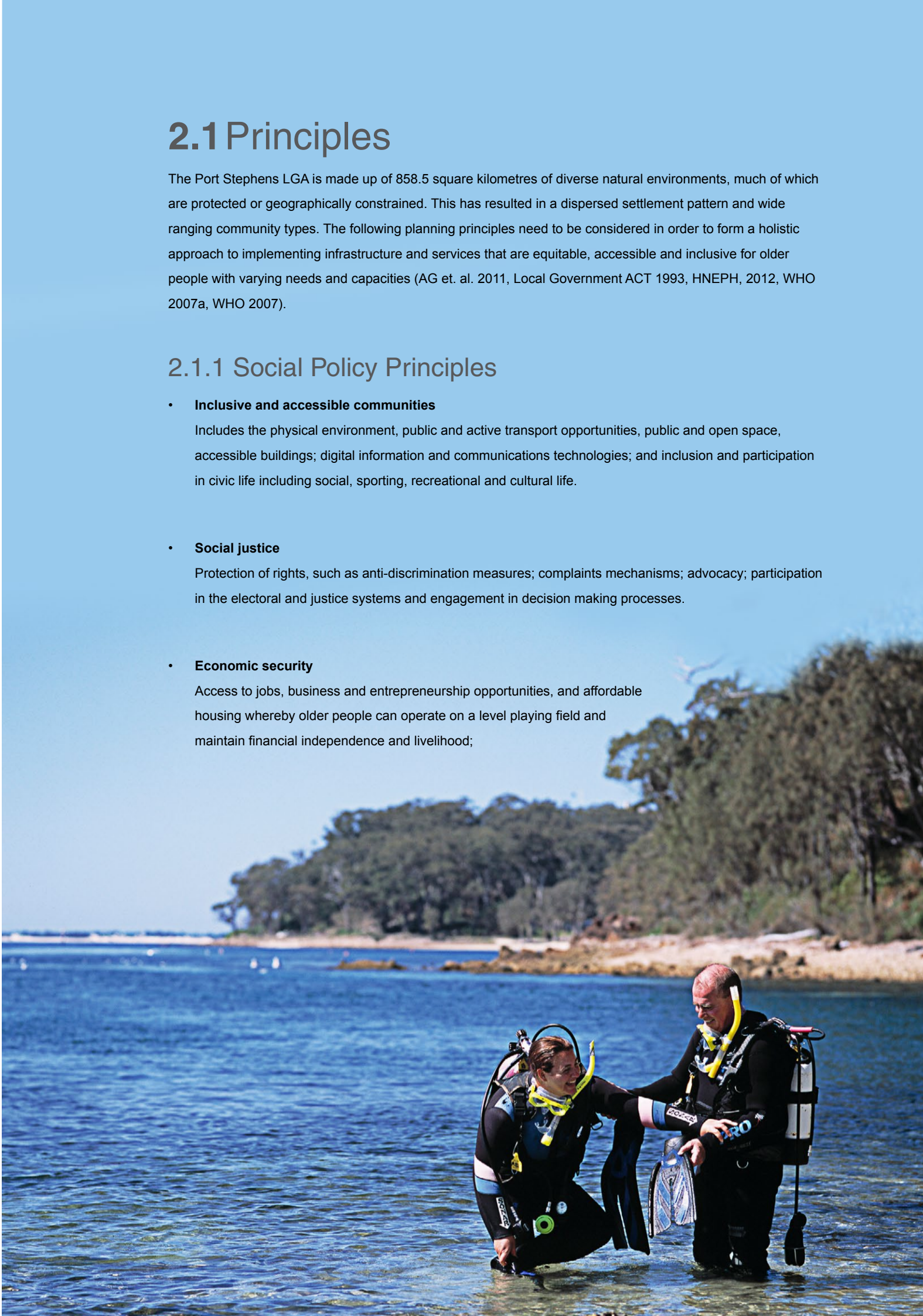
Whilst the majority of ageing populations are able to remain considerably active and independent lives through their 60s and often beyond, the availability of integrated and equitable transport networks can have two fold benefits. Access to connected public and active transport options that are easy to navigate and well connected to surrounding areas can provide appealing alternatives to driving. Active transport options that are easy to walk and bicycle around encourage physical activity and provide opportunities to increase social interactions, which have significant positive impacts on mental and physical health outcomes.

- **Liveable communities**

Communities where the physical, social and economic environments support people to engage and participate in their day to day activities and do not face barriers to carrying out their daily lives.

- **Urban design**

Neighbourhood design that creates places for people through integration of functional and appropriate land uses, high quality design of an appropriate scale to create a sense of place that is vibrant with positive perceptions of safety, whilst accommodating diverse users of all ages and abilities.



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Key Priorities and Outcomes

Analysis of the key planning documents and community feedback identified five themes, and a number of relevant goals to address the issues that impact on ageing populations specific to the Port Stephens LGA. Table 1 provides analysis of key State and Regional plans and identifies the opportunities for action for the Port Stephens Ageing Strategy. Further detail on the relevant State and Regional plans is provided in Appendix 2.



3.1 Key Priorities

3.1.1 Ongoing analysis and planning

Additionally, we have included actions that support ongoing monitoring and analysis of the ageing population. This will ensure adequate planning to meet the ongoing needs of the LGA's ageing demographic and continue to provide a coordinated approach Council wide.

3.1.2 Housing, neighbourhood and land use planning

Ageing populations will have a major impact on future urban design and housing demand due to a shift in preferred housing choice, such as type, design and location. As people age tenure security and housing that is adaptable, smaller, safer, more secure and that is close to services, transport and family will become increasingly important. The ability to make these individual choices has a significant link to physical and, mental wellbeing and health issues. Older people can be particularly susceptible to the impacts of inappropriate housing for reasons including displacement from family and friends; and isolation due to physical barriers, particularly for those people who have a disability.

The involvement of local government in housing is, to a great extent restricted to planning for land use and regulating development. However, there are opportunities for local government to advocate for, and influence housing supply, including identifying appropriate land for aged care facilities, other appropriate dwelling types and affordable housing. At a State level NSW 2021 discusses actions that include partnering with 'local councils to ensure targets for housing and growth and the priorities with subregional plans are reflected in relevant planning proposals and in Local Environmental Plans (LEPs)'. This is discussed in the Lower Hunter Regional Strategy, which references the need to ensure that adequate land is available and appropriately located to sustainably accommodate housing supply over the next 25 years (DOP 2006)

Furthermore, the State of Australian Cities Report (2013) acknowledges the economic and social benefits of older people staying in their own homes. However, the ongoing ability to do so will largely depend on the availability of diverse housing choices, the suitability of the design features of dwellings; and neighbourhood design, including the location and availability of nearby services (LGNSW 2014). The Port Stephens Planning Strategy 2011 provides consistent direction noting the need for Council to plan for a range of housing types of appropriate densities, location and suitability that is capable of adapting and responding to the ageing of the population (PSC 2011). However, there appears to be a mismatch between current housing production, the size of changing households and the need for appropriate and affordable housing.

Goal: Development that enables older people to live in appropriate, well designed and located accommodation of their choice.

Goal: Provide access to services and improved social inclusion located near town centres.

3.1.3 Transport and Accessibility

Transport and accessibility are key factors that influence positive ageing. Improvements to connectivity between homes, and quality services and facilities can provide a broader and cost effective benefit to other cross-sections of the community. Port Stephens Council has noted the need to establish effective public and community transport links to health and community services that offer relevant health care and recreational activities. Therefore, future land use decisions should consider implementation of, and increase in pedestrian and cycle path networks due to their capacity to replace the short trips that constitute the majority of motor vehicle movements on a day to day basis, in addition to the significant social and health benefits.

Due to the dispersed settlement pattern in the Port Stephens LGA public transport networks encompass many challenges. However, practical improvements wherever possible, such as timetabling and route signage at bus stops that is easy to interpret could improve usage. Quality transport infrastructure and appropriate land-use planning tailored to the demographic structure and community type are needed to provide access to desirable community and health services, and also provide opportunities to engage in social interactions, which have positive impacts on improved and sustained health.

Goal: A connected network of public transport, pedestrian and cycle ways that provide access to desirable locations and increase social connectivity and opportunities.

3.1.4 Health and community services

The World Health Organisation (WHO) defines health as a state of complete physical, mental and social wellbeing, and not merely the absence of disease. However, ensuring the ongoing health of the ageing population will be largely dependent on access to medical facilities and services, as well as opportunities to participate in appropriate physical and recreational activities.

Goal: Establish effective partnerships with health care providers, mobile health services and, community and recreational activities; and where a need exists, identify and advocate for new ones.

3.1.5 Inclusion and participation

The NSW Ageing Strategy acknowledges the benefits of maintaining social connections in supporting good mental and physical health and wellbeing of all people. Ageing communities are particularly vulnerable to becoming isolated and experiencing adverse health effects due to increasing age related barriers to inclusion, such as a lack of skills and mobility. There is a direct link between social connectedness and mental and physical health outcomes, which has ongoing economic impacts to communities. This is supported by WHO, which has stated “inadequate social support is associated not only with an increase in mortality, morbidity and psychological distress but a decrease in overall general health and well-being” (2002).

Goal: Support continued and increase opportunities for engaging ageing populations in desired social activities, including participation in decision-making processes within existing Council plans and services.

Goal: Support continued and increased opportunities for engaging ageing populations in desired social activities, including facilities and infrastructure that meets the needs of older people

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Action Plan

Actions to achieve the purpose and objectives of this strategy will be delivered through the following four key themes as presented in Table 1:

- Ongoing analysis and planning
- Housing, neighbourhood and land use planning
- Transport connectivity and accessibility
- Health and community services
- Social inclusion and participation

	Goals	Council Actions and Deliverables	Measure	Gaps, challenges	Stakeholder	Responsibility	Timeframe
1. Ongoing analysis and planning	Provide ongoing analysis to enable effective and ongoing planning for the ageing demographic	1. Develop the Port Stephens Demographic and Wellbeing Report including population, dwelling and housing forecasts.	• Deliver the Port Stephens Demographic and Wellbeing Report including population, dwelling and housing forecasts.	• Nil	• Service provider	• Strategic Planning	• Short term
		2. Map densities of ageing populations and desirable destinations, e.g health services and retail	• Maps that provide visually clear data that can be used to inform and prioritise Councils Delivery Plan actions.	• Obtaining data • GIS Services	• Strategic Planning	• GIS resources	Medium term
2. Housing, neighbourhood and land use planning	Development that enables older people to live in appropriate, well designed and located accomodation of their choice	3. Investigate and identify options to increase supply of affordable housing	• Formalised agreement with Affordable Housing Provider (Pacific Link) and identified options to deliver affordable housing • Maintain ongoing operation of Council owned Tanilba Bay Aged Care facility	• Council support • Lack of financial incentive for developers to develop affordable housing • Balancing developer interests with community needs to increase the supply of affordable housing in the LGA. • Lack of awareness and understanding of benefits of affordable housing	• Strategic Planning • Property services	• Affordable housing providers (Pacific Link)	Medium term
		4. Develop a project plan to guide and strengthen Council's provision of affordable housing options within the LGA.	• Endorsed affordable housing strategy that contributes to increasing the supply of housing appropriate for ageing populations, i.e. dwellings that are affordable, adaptable and located in the Raymond Terrace centre.	• Resources	• Property Services	• Strategic Planning	Medium term
		5. Work with the State to ensure housing targets (growth, types, density and location) are consistent with subregional plans and relevant to the LGA.	• As per Port Stephens Demographic and Wellbeing Report including population, dwelling and housing forecasts.	• Inconsistency between state top down dwelling forecasts and actual LGA targets	•Service provider	• Strategic Planning • Department of Planning and Environment	Short term
		6. Housing and aged care facilities support and incorporate flexible building design (location, size, type, style).	• Planning controls to ensure development is: -close to city centres as possible; - within proximity to services needed by older people; - housing provides for choice and stage of life.	• Current legislation and policy • Planning controls	- Strategic Planning - Corporate services	Assets	Long term

	Goals	Council Actions and Deliverables	Measure	Gaps, challenges	Stakeholder	Responsibility	Timeframe
	Provide services and access for improved social inclusion located near town centres.	7. Reinforce Nelson Bay and Raymond Terrace as the primary health and service providers for ageing populations in the Port Stephens LGA	• TBA; dependant on available NSW Health Data	• Accessibility for outer communities • Obtaining NSW Health data	• Nelson Bay polyclinic • HealthOne clinic Raymond Terrace	• Strategic Planning • Property Services section	Medium term
		8. Identify gaps indwelling development and dwelling type to meet the needs of aging populations	• Complies with high quality open space and urban design principles. • Demonstrates flexible building design	• Port Stephens LEP • Planning controls	• Economic Development	• Assets • Strategic Planning	Short term
3. Transport and accessibility	A connected network of public transport, pedestrian and cycle ways that provide access to desirable locations and increase social connectivity and opportunities.	9. Prioritise actions within Council's Pathway's Plan to improve safety, connectivity and accessibility to meet the needs of the ageing population.	• Implementation of Council's Pathway Plan demonstrates: - Better footpath connectivity between trip generation and destination for the ageing population, eg between higher densities of older people and the Raymond Terrace HealthOne Clinic; - Ensure footpath routes are legible and safe, eg signage stating destinations and distance, presence of pram ramps.	• Will require referral between Assets and Strategic Planning • Funding	• Strategic Planning • Social Planning	• Assets	Short term
		10. Review and gain endorsement of the Pedestrian Access and Mobility Plan (PAMP) in accordance with legislative requirements	• Implementation of the PAMP that demonstrates: - Pavements that are free of obstacles, uneven surfaces; - Kerb ramps; - Wider paths to improve safety and access for mobility scooters.	• Completion of dwelling and services mapping • Funding	• Strategic Planning • Assets	• Assets	Short term

	Goals	Council Actions and Deliverables	Measure	Gaps, challenges	Stakeholder	Responsibility	Timeframe
		11. Advocate for improved current community transport services in the Port Stephens Local Government Area	<ul style="list-style-type: none"> Improved public transport services for ageing populations: <ul style="list-style-type: none"> - Frequency; - Access to service information. Bus routes and time tables are clearly displayed on easy to read signage at bus stops. 	<ul style="list-style-type: none"> Assessing current service provisions against community needs Coordinating with external providers – Social Planning to attend Joint Transport Operators Meetings 	<ul style="list-style-type: none"> Strategic Planning Lower Hunter Transport Guide 	<ul style="list-style-type: none"> Port Stephens Coaches Assets – Busways Hunter Valley Buses 	Long term
4. Health and community services	Establish effective partnerships with health care providers, mobile health services and community	12. Identify and promote existing Council programs and services targeted to ageing populations	<ul style="list-style-type: none"> Review and update Councils Community Directory Up to date Community Directory displayed on Council website. Maintain assisted bin collection services (Blue Dot Service) 	Resources	Strategic Planning	<ul style="list-style-type: none"> Community Services Waste services 	Ongoing
		13. Identify and advocate for improved health care programs and services	<ul style="list-style-type: none"> Increase in appropriate external programs and services for ageing populations, including culturally appropriate programs and services. 	Funding	<ul style="list-style-type: none"> Murrook Cultural Centre Worimi Aboriginal Land Council Karuah Aboriginal Land Council Karuah Aboriginal Mission 	<ul style="list-style-type: none"> Strategic Planning Community Services Aboriginal Strategic Committee 	Medium term
		14. Advocate for maximising existing health care providers, and identify needs for additional health care providers and services required by the aged demographic.	<ul style="list-style-type: none"> Develop partnerships with relevant stage agencies Advocate for culturally sensitive health care 	<ul style="list-style-type: none"> Gap analysis in existing service provision and actual need. Refer and advocate for gaps to relevant State agencies. 	<ul style="list-style-type: none"> Strategic Planning Community Services Murrook Cultural Centre Worimi Aboriginal Land Council Karuah Aboriginal Land Council Karuah Aboriginal Mission 	Relevant State agencies	Ongoing
		15. Prepare draft Port Stephens Council Disability Inclusion Action Plan.	<ul style="list-style-type: none"> Endorsed Port Stephens Council Disability Inclusion Action Plan. 	Resources	State Department of Family and Community Services	Social Planning	Short term

	Goals	Council Actions and Deliverables	Measure	Gaps, challenges	Stakeholder	Responsibility	Timeframe
5. Inclusion and participation	Support continued and increased opportunities for engaging ageing populations to participate in community life, including participation in decision-making processes with existing Council plans and services	16. Maintaining workforce participation of older workers.	<ul style="list-style-type: none"> Maintain Older Employee Workforce strategy Increased participation of older Council staff Endorse community learning framework and the continuation of the Education and Employment Interagency Economic Development include ageing populations 	<ul style="list-style-type: none"> Funding Resources Ongoing Council recognition and planning for retention of older workers (retraining and flexible work arrangements) 	<ul style="list-style-type: none"> Chamber of Commerce TAFE providers State training providers 	<ul style="list-style-type: none"> Human Resources Economic Development 	Long term
		17. Investigate lifelong learning opportunities for ageing populations.	<ul style="list-style-type: none"> Identify new and innovative ways for ageing populations ongoing workforce participation; <ul style="list-style-type: none"> - Councils mobile library service - Volunteering opportunities 	<ul style="list-style-type: none"> Funding Resources 	<ul style="list-style-type: none"> Education and Employment Interagency (EEI) Strategic Planning 	Community services	Medium term
		18. Support participation of ageing communities in decision making processes.	<ul style="list-style-type: none"> Community Consultation Strategy considers and includes ageing populations. 	<ul style="list-style-type: none"> Opportunities for ageing populations to access information and provide feedback during planning processes 	Strategic Planning	Community Development and Engagement	Short term
	Support continued and increased opportunities for engaging ageing populations in desired social activities, including facilities and infrastructure that integrate and meet the needs of older people	19. Maintain and promote social activities, including opportunities for intergenerational activities where younger people in the community can integrate with the older generation	<ul style="list-style-type: none"> Develop intergenerational activities and services, such as volunteering opportunities, learning opportunities. Investigate opportunity for small scale fully integrated Child Care in Councils Tanilba Bay Aged Care facility Enable intergenerational activities through existing Council funded services Port Stephens libraries Men's shed 	<ul style="list-style-type: none"> Navigating relevant legislation and policy involved with integrating land uses and services Funding 	Relevant state agencies	<ul style="list-style-type: none"> Strategic Planning Community Services 	Medium term

	Goals	Council Actions and Deliverables	Measure	Gaps, challenges	Stakeholder	Responsibility	Timeframe
		20. Undertake an audit of existing community and recreational facilities and identify usage and potential to expand services to meet growing need.	<ul style="list-style-type: none"> Increased patronage Senior citizens (Nelson Bay, Raymond Terrace and Tanilba Bay) Maintain and increase Council library services when a need is indicated Provision of large print books Talking books Audio and visual navigators 	<ul style="list-style-type: none"> Funding Resources 	Strategic Planning	<ul style="list-style-type: none"> Assets Community Services 	Medium term
		21. Condition of existing facilities and infrastructure to meet the needs and functionality for aged populations	<ul style="list-style-type: none"> Adopt the Liveability Assessment Tool (see reference list) Councils Strategic Asset Management Plan (SAMP) to discuss a demographic analysis 	<ul style="list-style-type: none"> Conduct condition reports of existing infrastructure, i.e. <ul style="list-style-type: none"> removal of rough surfaces remove trip hazards Ensure CPTED compliance (lighting, surfaces) 	<ul style="list-style-type: none"> Strategic Planning Civil Assets 	Assets	Medium term
		22. Include ageing populations within the Port Stephens Crime Prevention Plan, Community Safety Plan and related audits.	<ul style="list-style-type: none"> Port Stephens Crime Prevention Plan considers ageing populations 	<ul style="list-style-type: none"> Identify and map locations where the elderly perceive safety concerns Refer to CPTED treatments 	<ul style="list-style-type: none"> Strategic Planning Geographic Information Services NSW Police 	Social Planning	Medium term
		23. Audit provision of seating and shade facilities along walking routes, cycle paths and parks popular with ageing populations.	<ul style="list-style-type: none"> Customer satisfaction survey reflects increased use and satisfaction with footpaths and cycle ways 	<ul style="list-style-type: none"> Funding to identify pedestrian and cycle/wheelchair linkage improvements that support a more user friendly active transport system with better connectivity to land uses; appropriate seating and shade along routes public toilets that are clean and well maintained 	<ul style="list-style-type: none"> Strategic Planning Disability Services 	Assets	Medium term

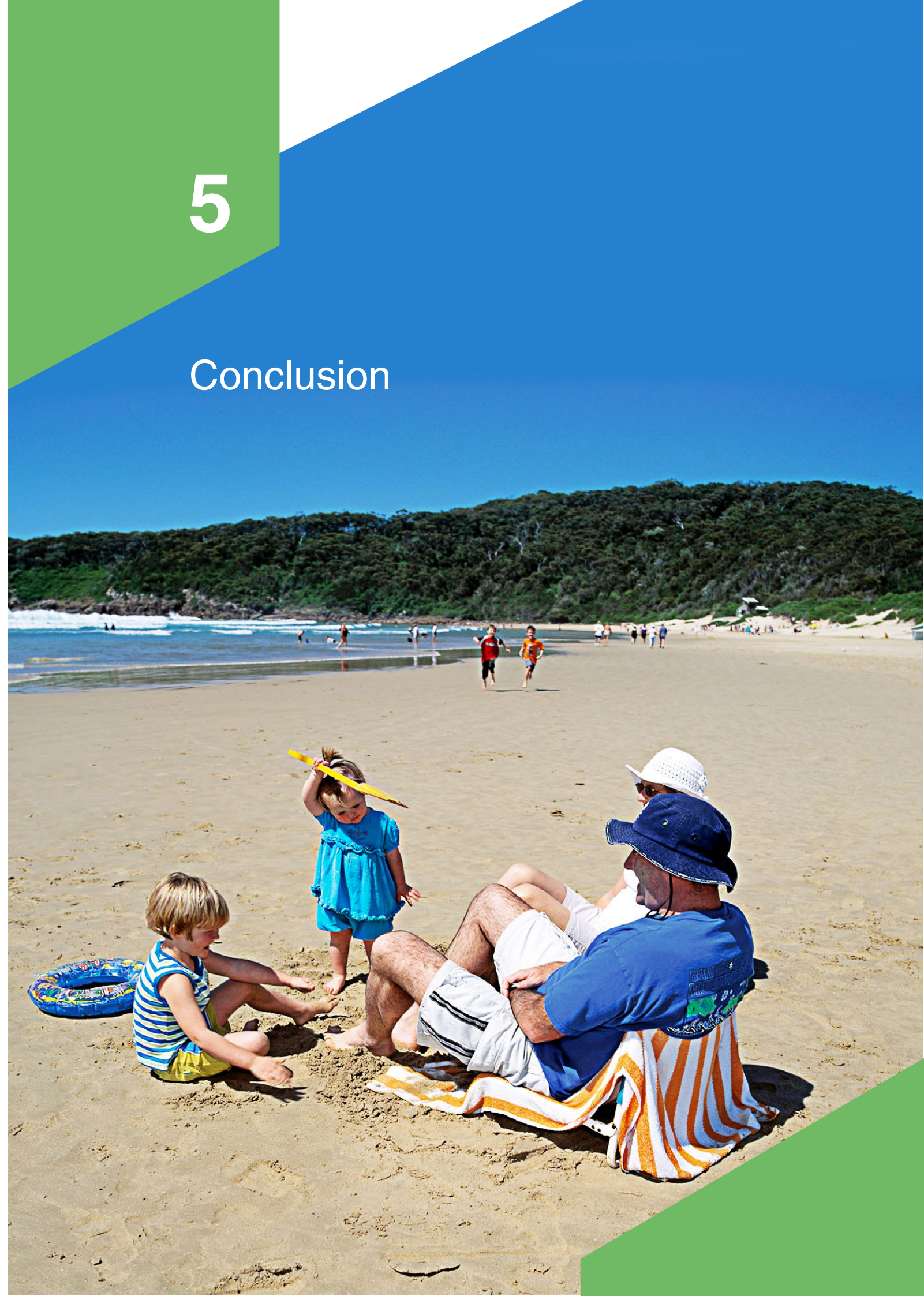
Table 1

Note: Timeframes are consistent with the Integrated Planning and Reporting framework as follows:

- Long term timeframes are 5 – 10 years.
- Medium term timeframes are 2 – 4 years
- Short term time frames are 1 – 2 years

5

Conclusion



5.1 Challenges

Port Stephens' dispersed settlement pattern and wide-ranging community types creates a number of challenges, such as difficulty implementing an integrated public transport system and network of walking and cycle paths. This in turn creates difficulties for access to appropriate health care, community services and social activities for ageing people, particularly as they lose their independence and ability to use private motor vehicles as their primary source of transport.

Additionally, a lack of stable, affordable housing is one of the key social indicators identifying disadvantage and impacting on the health and wellbeing of communities. Providing opportunities that enable older people to age in their existing home and where appropriate providing alternative diverse housing types that are suitably sized and designed to enable continued living in their local area will be a challenge for Local Councils.

To overcome these challenges a whole of Council approach is required, whereby a coordinated approach ensures a cohesive and holistic response to maximise opportunities for social inclusion and connectivity, service provision and appropriately located and designed housing.

5.2 Implementation

It is proposed that Council will implement actions (Table 1) identified within the Strategy in line with Councils ongoing Delivery Program and Operational Plan. Council will undertake a review of the Strategy's actions and priorities on an annual basis.

To inform priorities for implementation of the Port Stephens Council Ageing Strategy it is proposed to develop a Demographic and Wellbeing report, including population, dwelling and housing forecasts for the Port Stephens LGA (included as an action under the draft Strategy). This report will enable needs base analysis that will identify and guide priority outcomes for implementation that responds to:

- Areas of disadvantage
- Housing affordability

These outcomes should be considered in conjunction with existing delivery programs and future planning, i.e implementation of footpaths and cycle ways within communities that may experience more disadvantage than others, and that are more isolated or experience more intensified increase of its ageing population.

References:

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Appendix 1

Demographic Analysis and Community Feedback



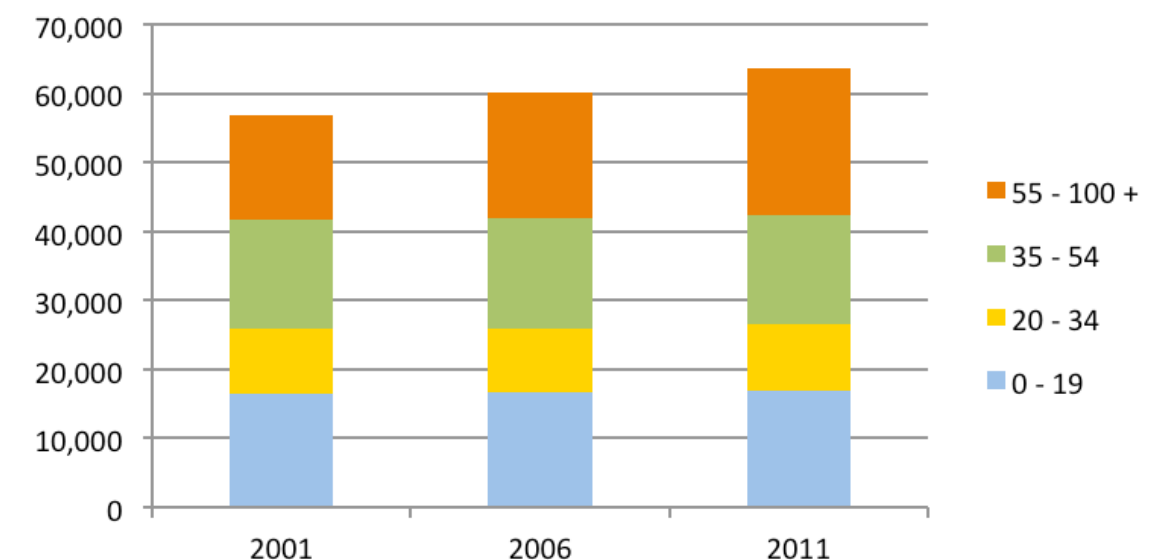
1.1 The Port Stephens Community

According to Census 2011 data the population of Port Stephens was approximately 64,810 and continues to grow at an annual average growth rate of 1.36%. The annual average growth rate of the population who are 55 and over is 4.15%. The median age of the Port Stephens demographic is 42.4 years. Comparatively the median age of Australia is 37.3 years, while New South Wales is 37.8 years and the Lower Hunter is 38.7 years (REMPPLAN 2015).

The ageing population of Port Stephens, who are 55 years and over is 21,297, or 32.86% of the Port Stephens LGA community, compared with 29.61% of the Hunter and 26.43% of the NSW population who are 55 and over (REMPPLAN 2015). According to the NSW Department of Planning and Environment this trend is set to continue.

The below graph provides a clear snapshot of the increase of an ageing population in the Port Stephens Local Government Area.

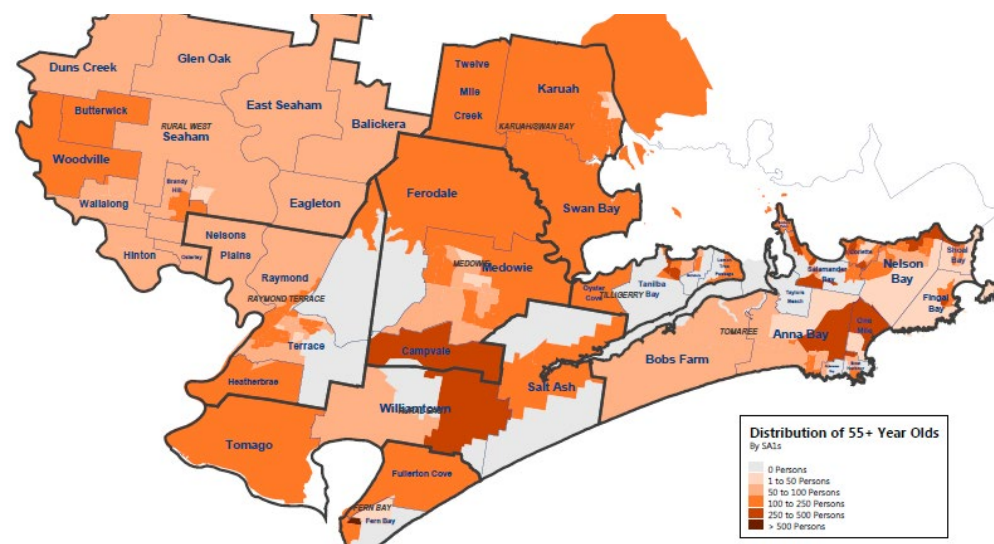
1.1.1 Population cohort growth rates



1.2 Where do our residents live?

The Port Stephens Local Government Area is made up of very different and dispersed communities, which can be observed in Table 1. For this reason it was considered most appropriate to examine and explain these communities at the planning district level (Table 2), as shown on Map 1.

1.2.1 Port Stephens Council Planning District
Catchments and ageing densities



Map 1

1.2.2 Suburb profiles

To respond to the needs of Port Stephens ageing populations it is necessary to understand population characteristics and where people live. These characteristics and trends are diverse throughout the LGA. As noted in Table 1, the suburb of Raymond Terrace is home to a significant proportion of the ageing population, which is set to substantially grow, while the suburb of Nelson Bay, home to the second largest population ageing population, is declining. To effectively plan and prioritise implementation of actions and outcomes of the Port Stephens Council Ageing Strategy, it was considered most appropriate to examine and explain these communities at the planning district level.

1.2.2.1 Suburb population of older people

Suburb	Number of people 55 or older in 2011	Annual average growth	Planning district
Raymond Terrace	3,172	5.11%	Raymond Terrace
Nelson Bay	2,129	-0.66%	Tomaree
Salamander Bay	2,097	3.92%	Tomaree
Corlette	1,900	6.73%	Tomaree
Medowie	1,751	11.72%	Medowie
Anna Bay	1,158	9.05%	Tomaree
Tanilba Bay	1,082	3.53%	Tilligerry
Shoal Bay	957	0.63%	Tomaree
Lemon Tree Passage	952	2.63%	Tilligerry
Fingal Bay	816	1.36%	Tomaree
Table 2			

1.2.1 Planning district profile

As indicated in Table 2 the largest populations of people aged 55 years and over reside on the eastern coastal fringe, within the Tomaree Planning District. The second and third largest populations, respectively are within the Raymond Terrace and Tilligerry Planning Districts. There is also a number of ageing populations in smaller rural communities such as Fern Bay, Karuah, Seaham and Wallalong dispersed throughout other less populated Planning Districts.

1.2.1.1 Planning district population of older people

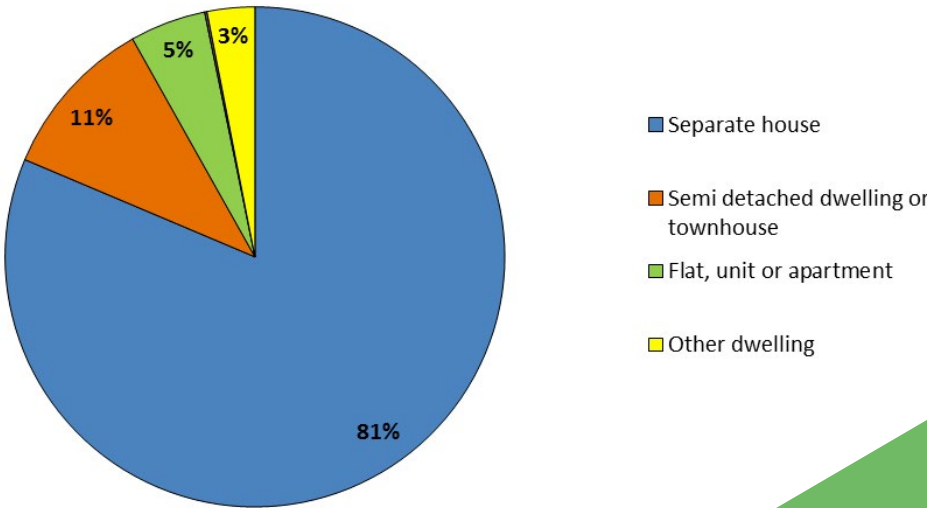
Planning Districts	Total Planning District Population 2011	Population 55 and over	% of Planning District population 55 and over	% of the LGA's population of 55 and over	55 and over annual average growth
Tomaree	25076	10131	40.40%	47.68%	2.58%
Raymond Terrace	13569	3476	25.62%	16.36%	4.99%
Medowie	8965	1792	19.99%	8.43%	11.85%
Tilligerry	6395	2373	37.11%	11.17%	3.80%
Rural West	5182	1186	22.88%	5.35%	9.41%
Rural East	2211	812	36.73%	3.82%	11.77%
Fern Bay	1924	922	47.92%	4.34%	3.91%
Karuah Swan Bay	1488	605	40.66%	2.85%	2.17%
TOTAL	64,604	21,248			
Table 3					

1.2.2 Existing residence dwelling types of
populations 55 and older

As people age they will look for dwellings that are smaller, safe and easy to maintain in vibrant neighbourhoods with a strong sense of identity. Planning for these neighbourhoods supports outcomes that enable ageing populations and others to maintain quality of life that is active, socially inclusive and independent. An increase in the availability of a range of housing options that are affordable, accessible and adaptable plays a significant role in achieving these outcomes.

The following graph shows how historical development patterns have led to ageing populations residing in homes that are unlikely to suit their future needs. To accommodate for the changing needs of the population and demographic, an increase in availability of diverse dwelling types in the Port Stephens Local Government Area will be needed.

1.2.2.1 Current Dwelling Type Residence for older people



1.3 Marginalised populations

Marginalised groups experience a higher propensity to feel the impacts of ageing. To improve outcomes, these groups require advocacy to access specific needs-based care and services; and to equitably participate in planning and decision making processes. Without advocacy, marginalised groups are at a risk of becoming vulnerable and therefore specific consideration has been included within this Strategy.

1.3.1 Aboriginal and Torres Strait Islander People

Indigenous and Torres Strait Islander people experience significant differences in health and life expectancy compared to non-Indigenous Australians. Aboriginal and Torres Strait Islander Peoples have poorer health and higher rates of disability. Additionally there is a 17 year difference in life expectancy between Aboriginal and Torres Strait Islander peoples and non-Aboriginal people.

According to 2011 Census data, the Port Stephens community includes a population of 2,316 people who identify as Aboriginal or Torres Strait Island, contributing 3.6% of the total Port Stephens population. Comparatively, Australia's population of Aboriginal and Torres Strait Island is 2.6% and NSW is 2.5%. This highlights the need for Port Stephens to develop a response that appropriately targets the specific needs and values of Aboriginal and Torres Strait Islander older people.

According to 2011 Census data, 9.10% of the Aboriginal and Torres Strait Islander population of Port Stephens is aged 55 and over. Conversely, 32.86% of the non-Aboriginal and Torres Strait Islander population in Port Stephens was aged 55 years and over (ABS, 2011a). This is consistent with significant gaps in the health and mortality of Aboriginal and Torres Strait Islander Peoples and demonstrates the need for targeted advocacy and response.

1.3.2 People with a Disability

With ageing comes:

- Health care and service responses that are specific to individual stages in health and age;
- Increased incidence of acquired disability;
- Advances in health and medical treatments, which mean that a larger number of people with long term disabilities are living to an older age more than ever;
- Carers of ageing people with a disability are also ageing themselves.

While Federal agencies are often the lead policy makers and legislatures, local governments need to maintain a strong advocacy role for their communities due to the flow-on effects for local councils. 'In 1997 the concept of "ageing in place" was enshrined in the Federal Aged Care Act 1997, which legislated that 'people could remain in their home (however defined) regardless of their increasing care needs'. Furthermore, the NSW 2021 Plan, Goal 14 states to increase opportunities for people with a disability by providing supports that meet their individual needs and realise their potential (DP&C 2011).

1.4 Community feedback

The NSW State Government's Ageing Strategy acknowledges the need for a whole-of-government and whole-of-community integrated approach. The future success of Port Stephens' economic and social sustainability will in part depend on how well governments and service providers take up opportunities and respond to the challenges of their ageing populations.

The NSW Ageing Strategy seeks to acknowledge and respond to the diversity of seniors in NSW. Therefore, Council conducted community consultation, which was used to engage and identify actions in response to needs, hopes and aspirations of ageing populations in the Port Stephens LGA. Methods used to engage with ageing members of the community are consistent with the Integrated Age-Friendly Planning Toolkit for Local Government in NSW and included:

- Public workshop on 5 February 2014;
- Online survey – completed by 378 residents within the Port Stephens LGA;
- Two focus groups with hard-to-reach target groups;
- Extensive discussions with Council business units and staff.

Community consultation was held across Council's three wards. A total of 62 participants attended, which comprised of 14 males and 48 females who were 50 years and over with the oldest participant being 92 years old. Participants were from community groups, service providers and community members across different socio-economic areas.

1.5 Aboriginal peoples

In October 2013 an Aboriginal Yarnup was held with Worimi Elders at the Murrook Cultural Centre. Sixteen Elders participated with ages ranging from 40 to 70 who raised the following issues as important to ageing Indigenous peoples:

- | | |
|--|---|
| <ul style="list-style-type: none">• medical services<ul style="list-style-type: none">- bulk billed transport to Xray services• health services<ul style="list-style-type: none">- Indigenous specific dental- non chronic women's• housing• accessible housing that is safe and secure• education<ul style="list-style-type: none">- accredited training- Indigenous training facility | <ul style="list-style-type: none">• social activities<ul style="list-style-type: none">- contact with children and grandchildren- opportunities for gardening- activities like dancing, beach walking, swimming and aerobics- craft excursions and shows• community care<ul style="list-style-type: none">- Indigenous specific aged care facility- community care activities- need for a separate Elders program- additional Murook / Worimi volunteering• Aboriginal places – Elders camp and a boat to get to sea |
|--|---|

Note:

'Age does not necessarily designate a person as an Elder. However 'an Elder is acknowledged by a community as having made a contribution to the community and as having cultural knowledge and status' (NSW ACCGC, 2011).

Appendix 2

Commonwealth, State and Regional Frameworks

1 Commonwealth, State and Regional frameworks

The Ageing Strategy actions are aligned with the relevant Federal, State and Regional Frameworks, and outcomes of community consultation as discussed in Section 5.



1.1 Commonwealth Context

1.1.1 State of Australian Cities 2013

The State of Australian Cities 2013 discusses the economic and social impacts of ageing populations. It is acknowledged that, as a result of available and appealing opportunities some regional areas will attract more retirees and will experience more rapid growth of an ageing demographic. As a result the impacts of an ageing demographic in these areas, such as Port Stephens, including demand for services to transport, health, housing and other needs of ageing populations that will feel an inequitable distribution, than in major cities (DIT, 2013). The report discusses a number of priority issues that are relevant to ageing populations in the Port Stephens LGA such as:

- Health care services;
- 'Ageing in Place' and appropriate housing;
- Active transport.

1.2 State Context

1.2.1 Towards 2030: Planning for our changing population

Towards 2030 is a policy guidebook that was developed by the NSW Government to guide a strategic response to a changing population, specifically the scale of fiscal impacts of an ageing population. Of specific relevance to Port Stephens is the strategic planning document Towards 2030: Planning for our Changing Population, which notes the substantial increase in the ageing population in urban coastal centres.

1.2.2 NSW 2021

The State Plan – NSW 2021 is a long term plan to deliver services to the people of NSW. It identifies targets and sets priority actions for improved outcomes across the State. Specifically, Goal 25 – Increase opportunities for seniors in NSW to fully participate in community life discusses development of a whole of NSW government strategy on ageing by 1 July 2012. Subsequently the NSW Ageing Strategy was released in July 2012.

Furthermore, NSW 2021 discusses a number of additional goals that have targets and priority actions consistent with improving the liveability of ageing populations, as follows:

- Goal 5 - Place downward pressure on the cost of living;
- Goal 14 - Increase opportunities for people with a disability by providing supports that meet their individual needs and realise their potential;
- Goal 16 - Prevent and reduce the level of crime;
- Goal 19 - Invest in critical infrastructure;
- Goal 24 - Make it easier for people to be involved in their communities.

1.2.3 NSW Ageing Strategy 2013

Through the NSW Ageing Strategy, the NSW Government will work with local councils and the Local Government and Shires Association (now Local Government NSW) to plan and work collaboratively in response to population ageing.

The NSW Ageing Strategy is an initiative of NSW 2021. The strategy is a whole of government and community approach to effectively plan and respond to ageing populations, including removing barriers for the ageing to continue participation in the community. The strategy is underpinned by social policy

principles that support individual choice and responsibility; focus on prevention and early intervention; and support local decision making and community partnerships.

The Port Stephens Ageing Strategy seeks to respond and/or contribute to the following actions within the NSW Ageing Strategy:

- increase opportunities for seniors to be involved in their communities and neighbourhoods
- enhance cultural, creative, sporting and recreational opportunities for seniors
- road safety and public transport
- support services for older people
- fostering partnerships with Aboriginal people as they age
- strengthen the skills base of people aged 45 and over
- remove barriers to workplace participation
- facilitate community education activities to increase the number of people completing legal wills, powers of attorney, enduring guardianships and advance care directives
- maximise the opportunities in an ageing population for improved economic growth and performance
- create age-friendly local communities

1.3 Regional Context

1.3.1 Lower Hunter Regional Strategy 2006 - 2031

The primary purpose of the Lower Hunter Regional Strategy (LHRS) is to ensure that adequate land is available and appropriately located to sustainably accommodate the projected housing and employment needs of the region's population over the next 25 years. The LHRS notes the Lower Hunter demographic to be ageing at a rate of faster than the NSW average, predominantly due to out-migration by young people and in-migration of older people. The LHRS responds to contemporary impacts of; and experienced by ageing populations, such as:

- changing housing needs, including the provision of housing choice and smaller dwellings that are affordable, in the right locations and easier to maintain;
- acknowledging and responding to indirect impacts of ageing populations on sustaining economic growth potential within the Lower Hunter Region to maintain a strong and diverse workforce;
- providing a framework for planning and delivering new and upgraded regional infrastructure and facilities for the growing population and ageing demographic.

The most recent update to the NSW Ageing Strategy discusses a number of practical initiatives that engage ageing populations in developing new skills to enable ongoing social and active community participation.



State key priorities and actions	Regional Actions	Local Area Opportunities	Council's Role
NSW 2021			
Goal 5 – Place Downward Pressure on the Cost of Living.			
NSW Ageing Strategy	Lower Hunter Regional Strategy		
• Cost of living	<ul style="list-style-type: none"> In partnership with local councils and the Department of Housing, The Department of Planning and Environment will plan for a range of housing types of appropriate densities, location and suitability that are capable of adapting and responding to the ageing of the population. The Department of Planning and the Department of Housing in cooperation with councils will investigate options for affordable housing within the Region consistent with the outcomes of the NSW Affordable Housing Strategy. Provide housing choice and affordability in the right locations reflecting changes in population and associated reduction in household occupancy rates. 	<ol style="list-style-type: none"> Investigate options to achieve increased stock of affordable housing. Work with the State to ensure housing targets (growth, types, density and location) are consistent and reflected within regional plans. Identify land use areas suitable for aged care facilities that are in reasonable distance to services needed by ageing populations Investigate Council and externally run programs and services that can reduce the cost of living for ageing populations. 	<p>Strategic Planning</p> <p>Strategic Planning</p> <p>Strategic Planning</p> <p>Community Engagement and Development</p>
NSW 2021			
Goal 14 – Increase opportunities for people with a disability by providing supports that meet their individual needs and realise their potential.			
NSW Ageing Strategy • Support services for vulnerable older people	Lower Hunter Regional Strategy Note: The Lower Hunter Regional Strategy predominantly discusses land use planning that supports availability of adequate land that is appropriately located to sustainably support the regions projected housing and employment needs over the next 25 years. Therefore, there are no actions that directly discuss support services for vulnerable communities.	<ol style="list-style-type: none"> Prepare and gain endorsement of the Disability Inclusion Action Plan. Review the pedestrian Access Mobility Plan (PAMP) Advocate for maximising existing health care providers, and identify needs for additional health care providers and services required by the ageing populations. Make improvements to the existing footpath and cycleway networks that increase legibility of the network layout, connectivity and accessibility. 	<p>Strategic Planning</p> <p>Strategic Planning</p> <p>Strategic Planning</p> <p>Assets</p>
NSW 2021			
Goal 16 –Prevent and reduce the level of crime.			
NSW Ageing Strategy • Prevent and reduce the abuse of older people	'see note above'	9. 9.Include ageing populations within the Port Stephens Crime Prevention Plan, Community Safety Plan and related audits	Strategic Planning
NSW 2021			
Goal 19 - Invest in critical infrastructure			
NSW Ageing Strategy • Road safety; support local councils to deliver pedestrian access and mobility plans • Public transport • Create age-friendly communities	Lower Hunter Regional Strategy • Provide a framework for planning and delivering new and upgraded regional infrastructure and facilities for the growing population and ageing demographic, • Concentrate employment and residential development in proximity to public transport to maximise transport access.	<ol style="list-style-type: none"> Condition of existing infrastructure to meet the needs and functionality for aged populations. Identify gaps in connectivity, as per PAMP (action 4) and prioritise implementation of community infrastructure to better meet the needs for ageing populations (disability inclusive). Audit service provision of seating and shade facilities along walking routes and parks popular with ageing populations. 	<p>Assets</p> <p>Assets</p> <p>Assets</p>
NSW 2021			

Goal 24 - Make it easier for people to be involved in their communities.			
Goal 25 - Increase opportunities for seniors in NSW to fully participate in community life.			
NSW Ageing Strategy			
<ul style="list-style-type: none"> Increase opportunities for seniors to be involved in their communities and neighbourhoods Provided up-to-date information for seniors including information about government-funded services Enhance cultural, creative, sporting and recreational opportunities for seniors Support services and vulnerable older people Fostering partnerships with Aboriginal people as they age Strengthen the skills base of people aged 45 and over Remove barriers to workplace participation Increase the number of people completing legal instruments Maximise the opportunities in an ageing population for improved economic growth and performance Involve the community in planning for population ageing Provide low-cost training for older people so they can learn to use smartphones, tablets and computers 	Lower Hunter Regional Strategy Councils are to ensure that Aboriginal cultural and community values are considered in the future planning and management of the local government area.	<ol style="list-style-type: none"> Investigate lifelong learning opportunities for seniors, through existing Council services, such as libraries and programs. Promote intergenerational activities where younger people in the community can integrate with the older generation, such as volunteering opportunities, expansion of Neighbourhood Watch Program. Support participation of the ageing community in decision making processes. 	<p>Economic Development</p> <p>Community Development and Engagement</p> <p>Community Services</p> <p>Strategic Planning</p> <p>Communications</p> <p>Community Development and Engagement</p>



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