

## **4 Conclusion**

### **4.1 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.

### **4.2 Implementation**

It is proposed that Council will implement actions (Table 1) identified within the Strategy in line with Councils ongoing Delivery Program and Operation Plan. Council will undertake a review of the Strategy's actions and priorities every four years.

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.

**ITEM 3 - ATTACHMENT 1 DRAFT PSC AGEING STRATEGY.****References:**

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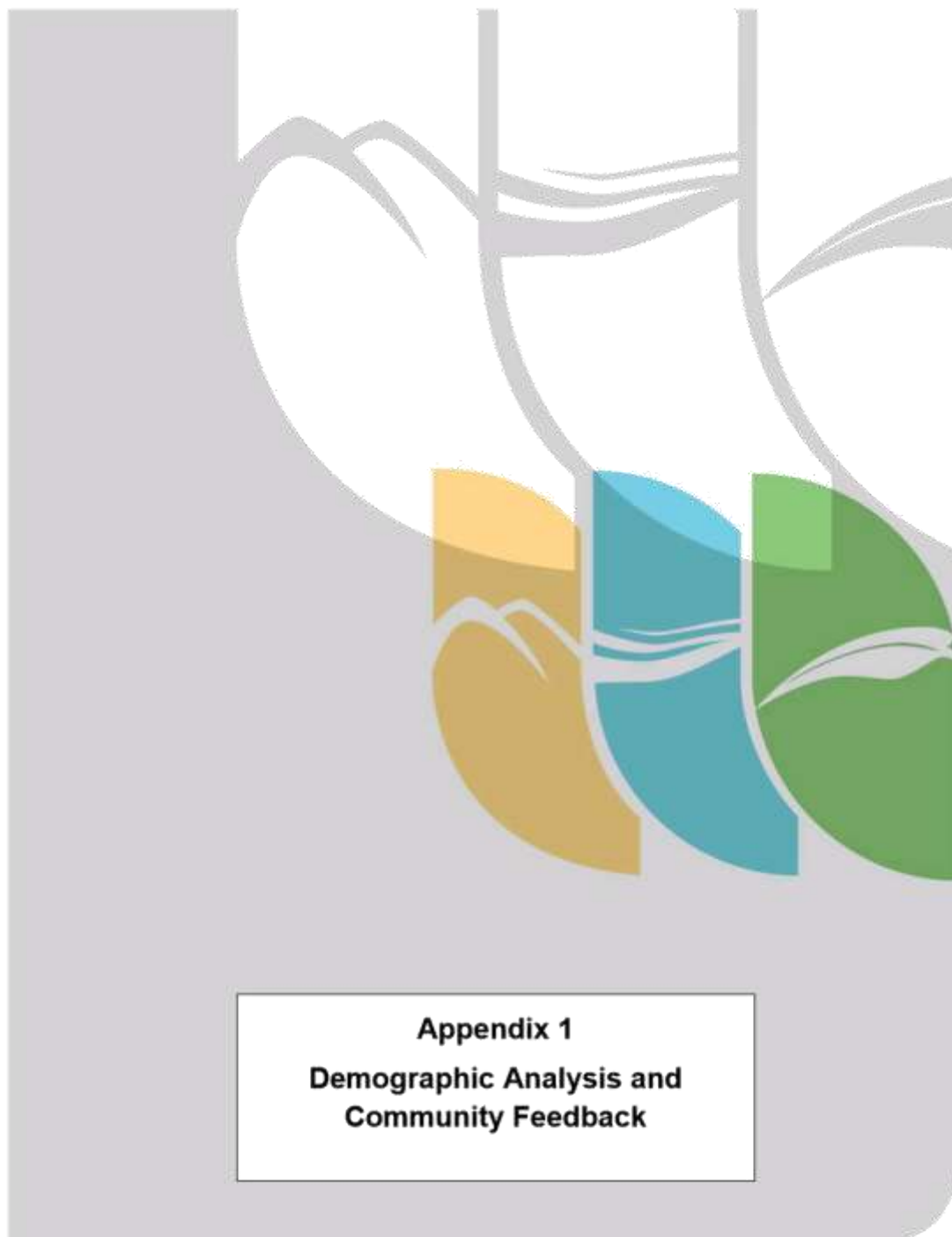
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## 1 Demographic Analysis and Community Feedback

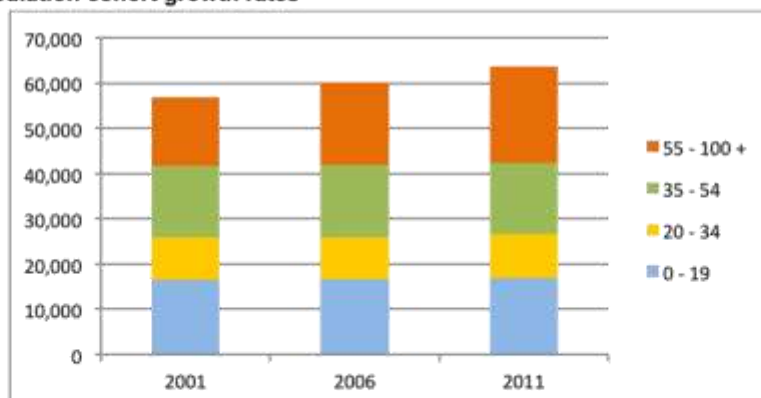
### 1.1 The Port Stephens Community

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 (REMPAN 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 (REMPAN 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

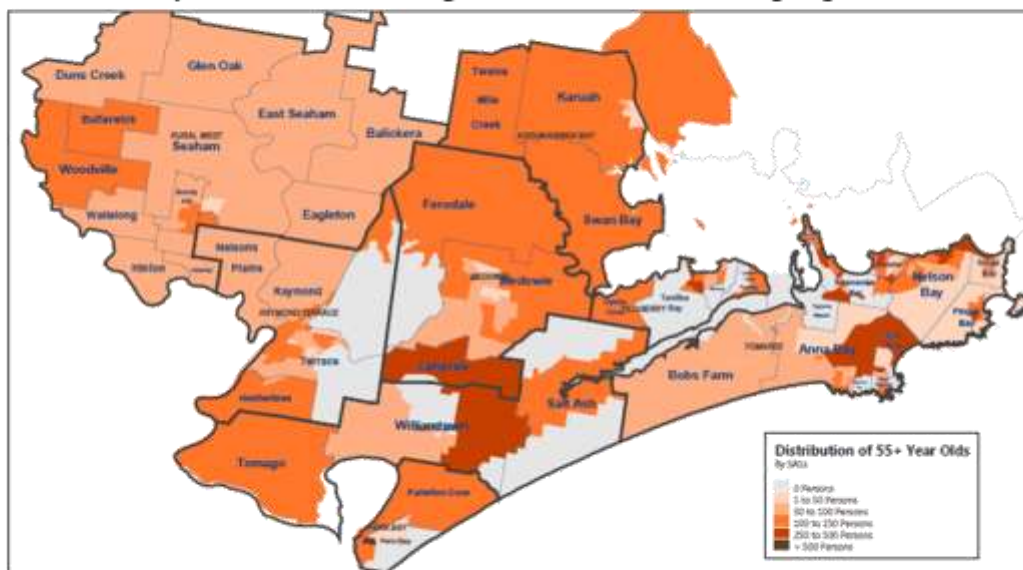


Graph 1

### 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 1

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**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**

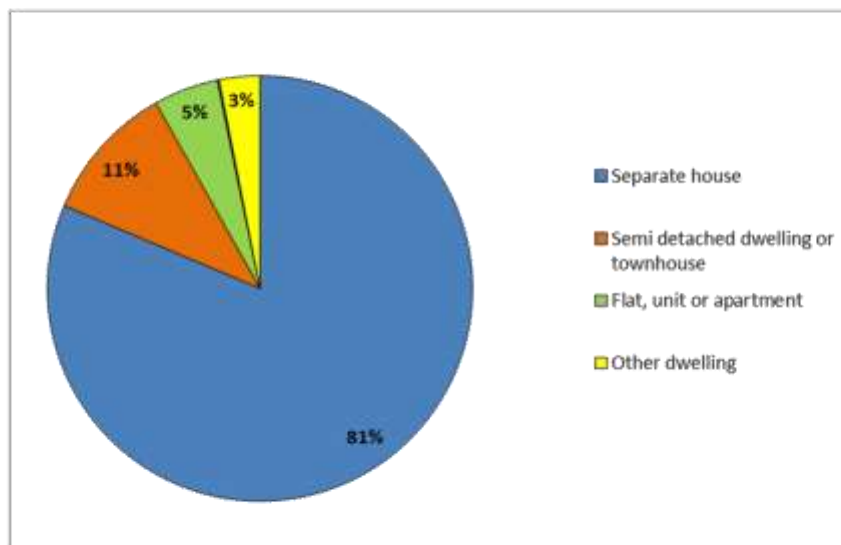
| Planning Districts | Total Planning District Population 2011 | Population 55 and over | % of Planning District population 55 and over | % of the LGA's population of 55 and over | 55 and over annual average growth |
|--------------------|---|------------------------|---|--|-----------------------------------|
| 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 2

**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**

Graph 2

**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.



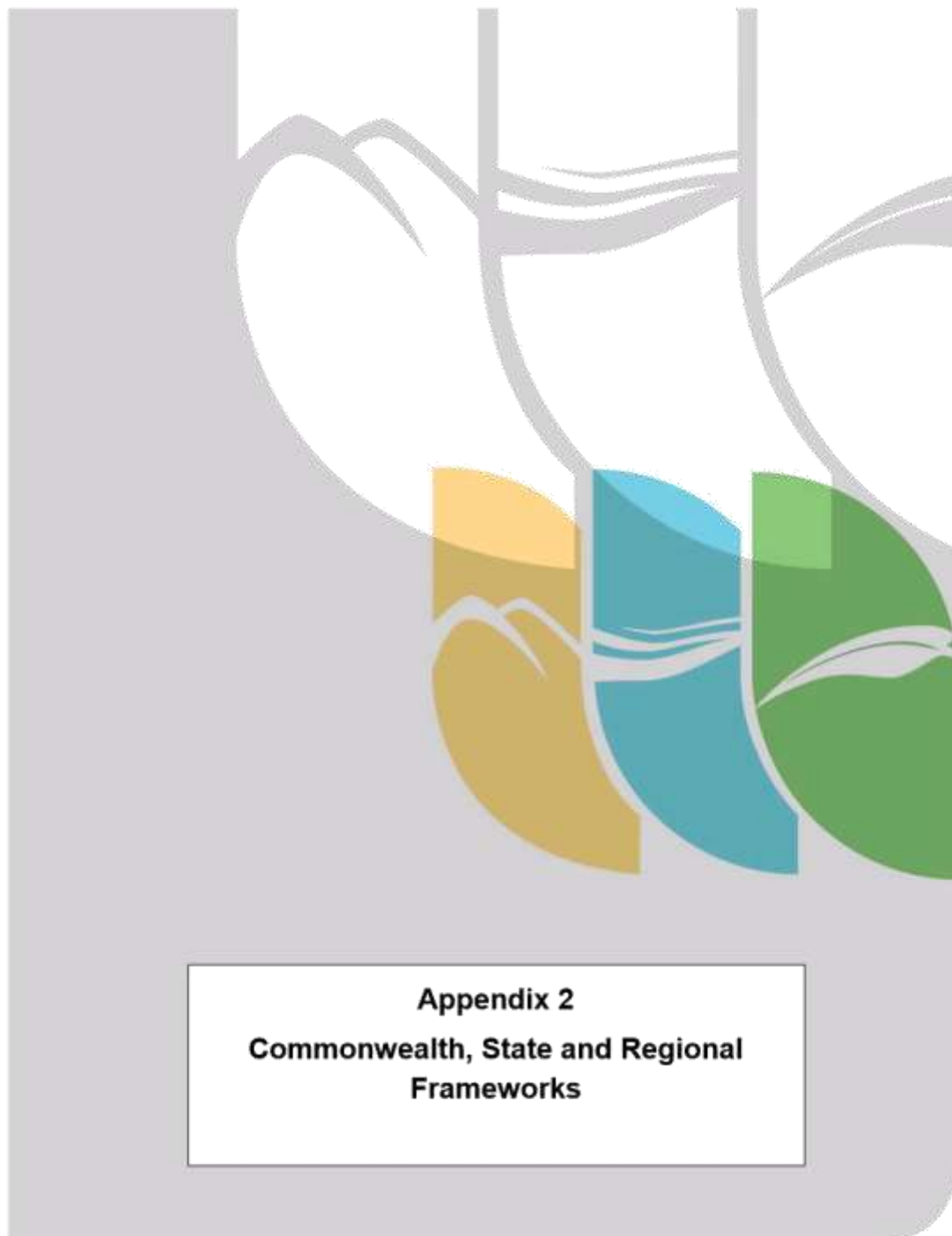
### **1.5 Aboriginal peoples**

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:

- medical services
  - bulk billed transport to Xray services
- health services
  - Indigenous specific dental
  - non chronic women's
- housing
  - accessible housing that is safe and secure
- education
  - accredited training
  - Indigenous training facility
- social activities
  - contact with children and grandchildren
  - opportunities for gardening
  - activities like dancing, beach walking, swimming and aerobics
  - craft excursions and shows
- community care
  - Indigenous specific aged care facility
  - community care activities
  - need for a separate Elders program
  - additional Murrook / 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).





## **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; and
- 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;

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- **Goal 19** - Invest in critical infrastructure; and
- **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; and
- 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;

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- 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; and
- 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.

**1.4 Local Context****1.4.1 Port Stephens Council Integrated Plan 2013 – 2023**

The NSW Integrated Planning and Reporting (IP&R) framework is the key process for Council to deliver its services to the community. The outcomes of IP&R are the Port Stephens Integrated Plans, which encompasses the Community Strategic Plan (CSP). The CSP discusses the long term goals agreed to with the community of Port Stephens. As part of Council's Integrated Plans, the CSP is supported by the Delivery Program and Operational Plan, which outline how Council intends to deliver on the Ageing Strategy's actions and outcomes. Aligning actions of the Ageing Strategy with IP&R provides a mechanism to incorporate.

**1.4.2 Port Stephens Planning Strategy 2011**

The Port Stephens Planning Strategy (PSPS) is a comprehensive planning strategy that guides future development and growth within the LGA. The PSPS rationale provides local context to, and demonstrates consistency with the LHRS land use planning framework.

Furthermore, the PSPS acknowledges an ageing population profile and discusses trends and opportunities relevant to ageing communities, such as:

- opportunities to development employment in health and community services to service the ageing population;
- the need to improve pedestrian and cycle path networks to support and encourage safe and healthy active ageing;
- the declining rate of housing affordability and supply; and
- the need for dwellings that are appropriately located and designed.

**1.5 Relevant Legislation, Policies and Plans****1.5.1 Legislation**

- *Disability Inclusion Act 2014*

**1.5.2 State Environmental Planning Policies**

State Environmental Planning Policy's have the ability to override provisions within local Environmental Plans (LEP) to enable certain types of development.

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- State Environmental Planning Policy (Affordable Rental Housing) 2009
- State Environmental Planning Policy 70 - Affordable Housing (Revised Schemes)
- State Environmental Planning Policy (Exempt & Complying development Codes) 2008
- State Environmental Planning Policy (Housing for Seniors or People with a Disability) 2004

**1.5.3 Relevant Council Plans**

- Port Stephens Local Environmental Plan (LEP)
- Port Stephens Development Control Plan (DCP)
- Port Stephens Planning Strategy 2011
- Port Stephens Integrated Plans;
  - Community Strategic Plan 2013 – 2023
  - Delivery Program 2013 – 2017
  - Operational Plan 2013 – 2014
- Disability Action Plan

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| State key priorities and actions  | Regional Actions   | Local Area Opportunities  | Council's Role   |
|---|--|---|--|
| <b>NSW 2021</b><br><b>Goal 5 – Place Downward Pressure on the Cost of Living.</b>   |  |   |  |
| <b>NSW Ageing Strategy</b> <ul style="list-style-type: none"> <li>• Cost of living</li> <li>• Improve housing affordability and accessibility</li> </ul>                    | <b>Lower Hunter Regional Strategy</b> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• Provide housing choice and affordability in the right locations reflecting changes in population and associated reduction in household occupancy rates.</li> </ul> | <ol style="list-style-type: none"> <li>1. Investigate options to achieve increased stock of affordable housing.</li> <li>2. Work with the State to ensure housing targets (growth, types, density and location) are consistent and reflected within regional plans.</li> <li>3. Identify land use areas suitable for aged care facilities that are in reasonable distance to services needed by ageing populations</li> <li>4. Investigate Council and externally run programs and services that can reduce the cost of living for ageing populations.</li> </ol> | Strategic Planning<br><br>Strategic Planning<br><br>Strategic Planning<br><br>Strategic Planning<br><br>Community Engagement and Development |
| <b>NSW 2021</b><br><b>Goal 14 – Increase opportunities for people with a disability by providing supports that meet their individual needs and realise their potential.</b> |  |   |  |

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| State key priorities and actions  | Regional Actions   | Local Area Opportunities   | Council's Role   |
|---|--|--|--|
| <b>NSW Ageing Strategy</b> <ul style="list-style-type: none"> <li>Support services for vulnerable older people</li> </ul>   | <b>Lower Hunter Regional Strategy</b><br>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. | 5. Prepare and gain endorsement of the Disability Inclusion Action Plan.<br>6. Review the pedestrian Access Mobility Plan (PAMP)<br>7. Advocate for maximising existing health care providers, and identify needs for additional health care providers and services required by the ageing populations.<br>8. Make improvements to the existing footpath and cycleway networks that increase legibility of the network layout, connectivity and accessibility. | Strategic Planning<br><br>Strategic Planning<br><br>Strategic Planning<br><br>Assets |
| <b>NSW 2021</b><br><b>Goal 16 –Prevent and reduce the level of crime.</b>   |  |  |  |
| <b>NSW Ageing Strategy</b> <ul style="list-style-type: none"> <li>Prevent and reduce the abuse of older people</li> </ul>   | 'see note above'   | 9. Include ageing populations with the Port Stephens Crime Prevention Plan, Community Safety Plan and related audits.  | Strategic Planning   |
| <b>NSW 2021</b><br><b>Goal 19 - Invest in critical infrastructure</b>   |  |  |  |
| <b>NSW Ageing Strategy</b> <ul style="list-style-type: none"> <li>Road safety; support local councils to deliver pedestrian access and mobility plans</li> <li>Public transport</li> <li>Create age-friendly communities</li> </ul> | <b>Lower Hunter Regional Strategy</b> <ul style="list-style-type: none"> <li>Provide a framework for planning and delivering new and upgraded regional infrastructure and facilities for the growing population and ageing demographic,</li> <li>Concentrate employment and residential development in proximity to public transport to maximise transport access.</li> </ul>                              | 10. Condition of existing infrastructure to meet the needs and functionality for aged populations.<br>11. Identify gaps in connectivity, as per PAMP (action 4) and prioritise implementation of community infrastructure to better meet the needs for ageing  | Assets<br><br>Strategic Planning<br><br>Assets                                       |

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| State key priorities and actions   | Regional Actions   | Local Area Opportunities  | Council's Role   |
|--|--|---|--|
|  |  | populations (disability inclusive).<br>12. Audit service provision of seating and shade facilities along walking routes and parks popular with ageing populations.  | Assets   |
| <b>NSW 2021</b><br><b>Goal 24</b> - Make it easier for people to be involved in their communities.<br><b>Goal 25</b> - Increase opportunities for seniors in NSW to fully participate in community life.   |  |   |  |
| <b>NSW Ageing Strategy</b> <ul style="list-style-type: none"> <li>• Increase opportunities for seniors to be involved in their communities and neighbourhoods</li> <li>• Provided up-to-date information for seniors including information about government-funded services</li> <li>• Enhance cultural, creative, sporting and recreational opportunities for seniors</li> <li>• Support services and vulnerable older people</li> <li>• Fostering partnerships with Aboriginal people as they age</li> <li>• Strengthen the skills base of people aged 45 and over</li> <li>• Remove barriers to workplace participation</li> <li>• Increase the number of people completing legal instruments</li> <li>• Maximise the opportunities in an ageing population for improved economic growth and</li> </ul> | <b>Lower Hunter Regional Strategy</b><br>Councils are to ensure that Aboriginal cultural and community values are considered in the future planning and management of the local government area. | 13. Investigate lifelong learning opportunities for seniors, through existing Council services, such as libraries and programs.<br>14. Promote intergenerational activities where younger people in the community can integrate with the older generation, such as volunteering opportunities, expansion of Neighbourhood Watch Program.<br>15. Support participation of the ageing community in decision making processes. | Economic Development<br><br>Community Development and Engagement<br><br>Community Services<br><br>Strategic Planning |

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| State key priorities and actions   | Regional Actions | Local Area Opportunities | Council's Role  |
|--|------------------|--------------------------|---|
| <p>performance</p> <ul style="list-style-type: none"> <li>Involve the community in planning for population ageing</li> <li>Provide low-cost training for older people so they can learn to use smartphones, tablets and computers</li> </ul> |                  |                          | <p>Communications</p> <p>Community Development and Engagement</p> |

Table 3



