



# POSITIVE AGEING STRATEGY

2021 - 2026

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## ACKNOWLEDGEMENT OF COUNTRY

Bathurst Regional Council acknowledges the Wiradjuri People as the Traditional Custodians of the land on which we work and live. The Wiradjuri Nation is the largest Aboriginal group in New South Wales. The Wiradjuri people are known as " the people of the three rivers", being the Wambuul (Macquarie), Kalari (Lachlan) and Murrumbidjeri (Murrumbidgee). We pay respect to Elders, past, present and future and acknowledge other Indigenous Nations who work and live on Wiradjuri country.

# MESSAGE FROM THE MAYOR

Bathurst Regional Council wants to ensure anyone, of any age, can live well and engage fully within the community.

Bathurst Local Government Area (LGA) residents are living longer and choosing to engage in their community through work, social and physical activities well into their older years. Bathurst is not alone in this population shift; the World Health Organisation reports the global life expectancy has doubled since 1990 and continues to rise.

An ageing population presents a range of opportunities and challenges. By understanding the benefits and challenges of ageing and responding appropriately to age specific needs, Bathurst Regional Council can work towards creating the best possible community for all ages.

The Positive Ageing Strategy 2021 – 2026 demonstrates Council's commitment to addressing the opportunities and challenges of an ageing population. The Strategy enables Council to respond to the demands on services and facilities with an age friendly lens and work towards improving the quality of life for older people in the region.

The Strategy encompasses the NSW Government's Guiding Principles for Older People in NSW; recognising the value and diversity of ageing, enabling a whole-of-life approach to ageing, supporting people to have healthier longer lives, keeping people connected and included and enabling people to live in their home and their community.

I am proud to recommend the Positive Ageing Strategy 2021 – 2026 and I look forward to seeing this Strategy improve the wellbeing of older people in the region for years to come.

Mayor  
Councillor Ian North



# MESSAGE FROM THE GENERAL MANAGER

Local Councils play an important role in creating and maintaining age-friendly communities.

An age-friendly community enables older people to age in place, maintain social connections, continue to be active within their community and access the services required as they age. Bathurst Regional Council is well placed to positively impact ageing through the development of local initiatives, maintenance and improvement of infrastructure.

The Positive Ageing Strategy 2021 – 2026 has been developed to outline Council's commitments to older people in the region over the next five years. Through this Strategy, Council will lead a whole of community approach to ageing in the region. Bathurst Regional Council will work closely with key stakeholders including service providers, community members and government to develop and deliver initiatives which provide opportunities for meaningful change for older people.



Council has worked in partnership with older people, the broader community and the aged services sector to ensure the Strategy belongs to the Bathurst community. The Strategy is also informed by the World Health Organisation (WHO) Decade of Healthy Ageing, WHO Checklist of Essential Features of an Age Friendly City and the Ageing Well in NSW: Seniors Strategy 2021 – 2031.

Thank you to the service providers, organisations, community groups and community members who contributed to the development of the inaugural Positive Ageing Strategy. I look forward to ongoing conversations and positive outcomes for the community as the Strategy is delivered over the next five years.

David Sherley  
General Manager



# CHAPTER 1

## INTRODUCTION

The Positive Ageing Strategy 2021 – 2026 is a whole of city Ageing Strategy and aims to improve the region's ability to cater for an ageing population.

There is no specific age at which an individual becomes an older person. In NSW, Senior's Card eligibility starts at 60, while the Commonwealth pension age is currently 66 (rising to 67 in 2023), and superannuation age varies. For the purpose of this Strategy, the term 'older people' refers to those aged 60 years and older. Generally, Aboriginal and Torres Strait Islander people age at a faster rate than non-indigenous people, with many experiencing age-related issues from the age of 50 years. For this reason, Aboriginal and Torres Strait Islander people are considered 'older people' at 50 years.

NSW has an ageing population. It is estimated that by 2031, 24.7% (around 2.4 million) will be aged 65 years and over.

The United Nations (UN) predicts the life expectancy of Australian's will increase from 83.5 years in 2019 to 87.15 years by 2050. The increased number of older people in our community brings many benefits. Older people contribute to the economy and society through their participation in the workforce, as volunteers, as students and through the support they provide to family members and others in the community.

The needs of an ageing population also create a range of challenges. Ensuring older people have access to affordable and inclusive services, financial independence, transport and housing options along with opportunities to remain active and engaged are issues which need to be addressed by government, the private sector, not-for-profit organisations, communities and individuals.

As the population ages, it is predicted that where people choose to live in NSW will also change. In 2011 about 67% of people aged 60 years and over lived in a city or metropolitan area of NSW, with around a quarter living in a regional city and less than one in ten living in a rural or remote area. However, the proportion of older people who live in regional and rural areas of NSW will grow faster than metropolitan Sydney as people choose alternate environments to age. \*

The shift towards an older population creates an increased demand for accessible outdoor spaces, buildings, amenities, transport, facilities, services, and programs. This Strategy outlines a range of actions which will enable Bathurst to proactively prepare for this shift and ensure the region remains a desirable location for older people to live.

The environment plays a large role in how an individual ages, with the World Health Organisation (WHO) identifying factors such as housing, neighbourhood, community, and socioeconomic status as having a long-term effect on ageing. Environments also influence the development and maintenance of healthy behaviours such as eating a balanced diet and access to regular physical activity which are important in maintaining good physical and mental health.

Consideration of older people and the creation of age friendly environments are needed to ensure continued healthy, positive ageing within the Bathurst region. Age friendly environments enable people to stay active, connected and able to contribute to the economic, social and cultural life in their community.

\* source: Ageing Well in NSW: Seniors Strategy 2021 – 2031

# WHAT INFLUENCES HEALTH IN OLDER AGE:

INDIVIDUAL

ENVIRONMENT

Behaviours

Housing

Age-related changes

Social Facilities

Genetics

Transport

Disease

Assistive Technologies

Source: World Health Organisation Ageing and Health.





## BATHURST PROFILE

The Bathurst Regional Council area is located in the Central Tablelands of New South Wales, 200 kilometres west of Sydney. The Bathurst Regional LGA is located on the Wiradjuri land. The area was proclaimed as a settlement in 1815 by Governor Macquarie, making Bathurst the oldest inland European settlement in New South Wales. At the 2016 Census, Bathurst had a resident population of 42,550. These people live in Bathurst City, the villages of Sofala, Hill End, Wattle Flat, Rockley, Trunkey Creek, Yetholme, George's Plains, Sunny Corner and Peel, together with a range of rural localities, covering a land area of 3,821.9km<sup>2</sup>.

The Bathurst region has a rich history; it has been inhabited by the Wiradjuri people for over 40,000 years. Early agricultural pursuits of the 1800's continue today and have provided ongoing support to the community, particularly on the banks of the Macquarie River. The gold rush of the 1850's and 60's saw the establishment of outlying townships such as Hill End and Sofala and the introduction to the region of multicultural influences. The first railway line reached Bathurst in 1876 and for the community, has been a vital link between Sydney and the West ever since.

The Bathurst region has evolved markedly since those days. It is now recognised as an educational centre with schooling available from preschool through to tertiary pursuits; as a vibrant city that has retained its relaxed country atmosphere; a community that embraces its facilities and prides itself on being friendly and welcoming; a region that values its history, and at the same time embraces its future; a region that provides a wide range of cultural opportunities and facilities; a city that will continue to grow and respond to the needs of its residents.

# AGEING SNAPSHOT

83.5  
to  
87.15

Australian's life expectancy is predicted to increase from 83.5 years in 2020 to 87.15 years in 2050

1.

One in every six Australians (15.9%) are aged 65 years and over

15.9%

2.

49.6%

One in two (49.6%) people aged 65 years and over have a disability

2.

The Aboriginal and Torres Strait Islander population are considered as older people at 50 years old, as opposed to 65 years for non-indigenous

50

3.

1 in 8

In 2016, one in eight older people were engaged in employment, education or training

3.

Women live longer than men. Women make up 63% of all people aged 85+

63%

3.

3 in 4

3 in 4 older Australians own their own home

3.

1 in 5 older Australians volunteered their time within the last 12 months

1 in 5

3.

3 in 4

3 in 4 older Australians participated in one or more recreational activities away from home in the past 12 months

3.

7 in 10 older Australians considered they had good, very good or excellent health

7 in 10

3.

1. United Nations Population Projection.

2. Australian Bureau of Statistics, 2010. Disability, Ageing and Carers Australia – Summary of Findings

3. Australian Institute of Health and Welfare, 2018. Older Australians at a Glance,



# AGEING IN BATHURST

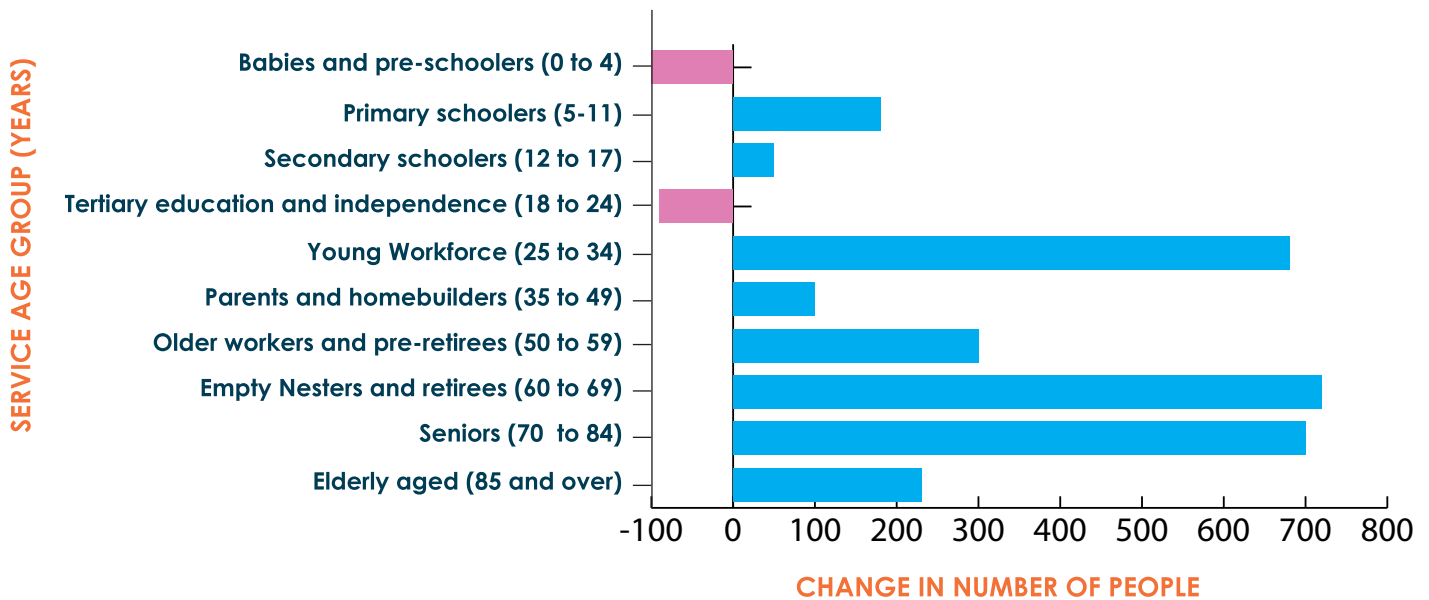
The 2016 Census showed 22.2% of people in Bathurst were aged over 60 years.

While there is a larger portion of younger people in Bathurst, the 60-69 year group recorded the biggest growth in Bathurst's population from 2011 to 2016 (an increase of 722 people), closely followed by 70-84 years old (an increase of 701 people). This growth is similar to that experienced throughout the State and demonstrates a shift towards an ageing population.

According to the 2016 Census, Aboriginal and Torres Strait Islander people made up 5.3% of the population in the Bathurst Regional LGA. This is significantly higher than NSW, with Aboriginal and Torres Strait Islander people making up 2.9% of the State's population.

## CHANGE IN AGE STRUCTURE - Service age groups, 2011 to 2016

Bathurst Regional Council area - Total persons



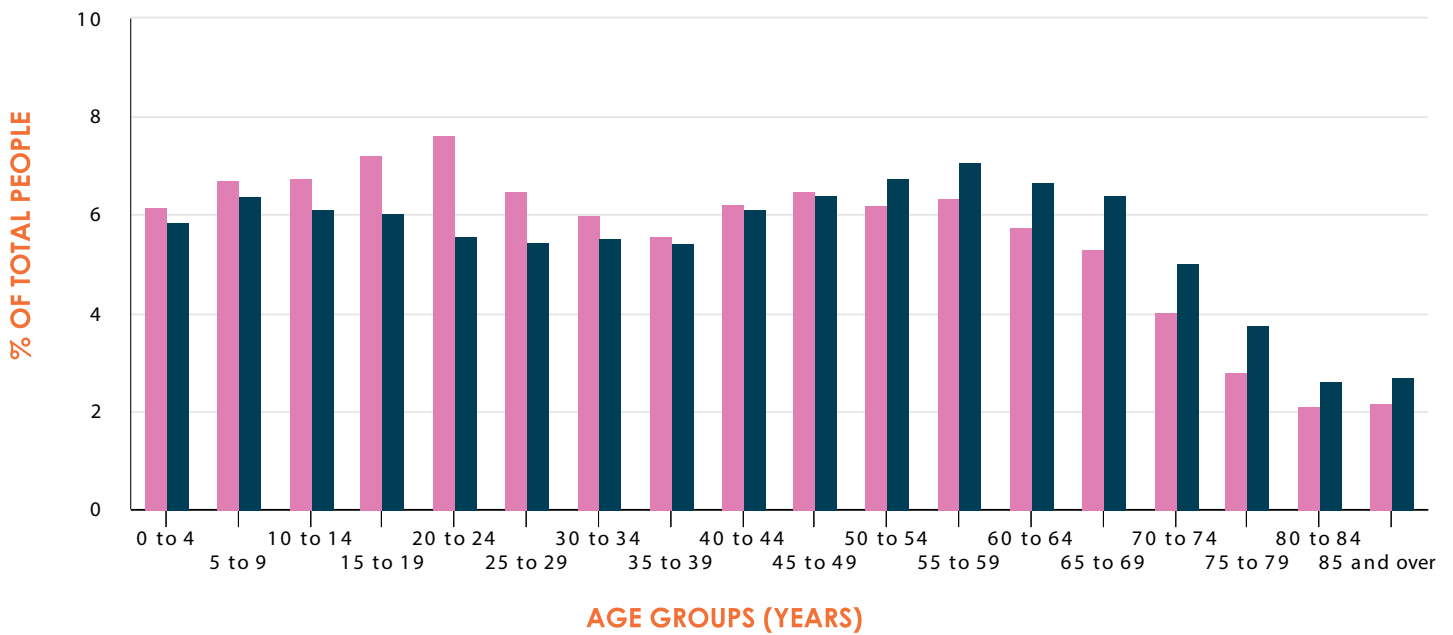
Source: Australian Bureau of Statistics, Census of Population and Housing, 2011 and 2016 (Usual residence data). Compiled and presented in profile .id (informed decisions).



# AGE STRUCTURE - 5 year age groups, 2016

Total persons

■ Bathurst Regional Council Area ■ New South Wales

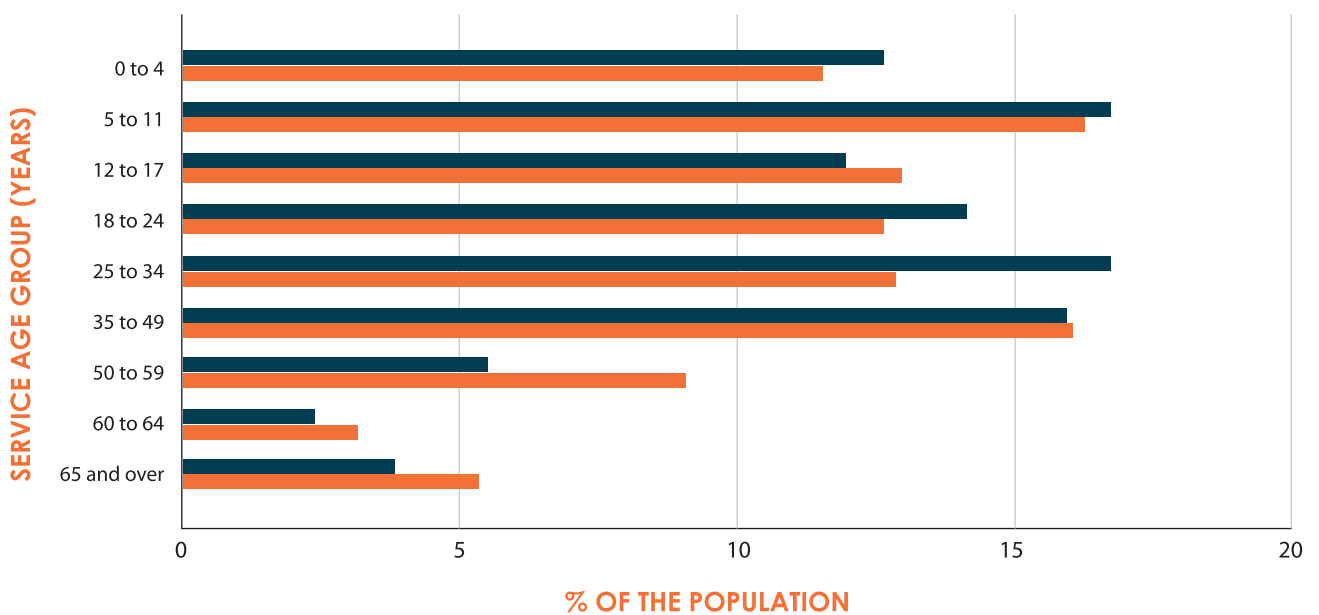


Source: Australian Bureau of Statistics, Census of Population and Housing, 2016 (Usual residence data).

# SERVICE AGE GROUPS - 2016

Aboriginal and Torres strait Islander peoples

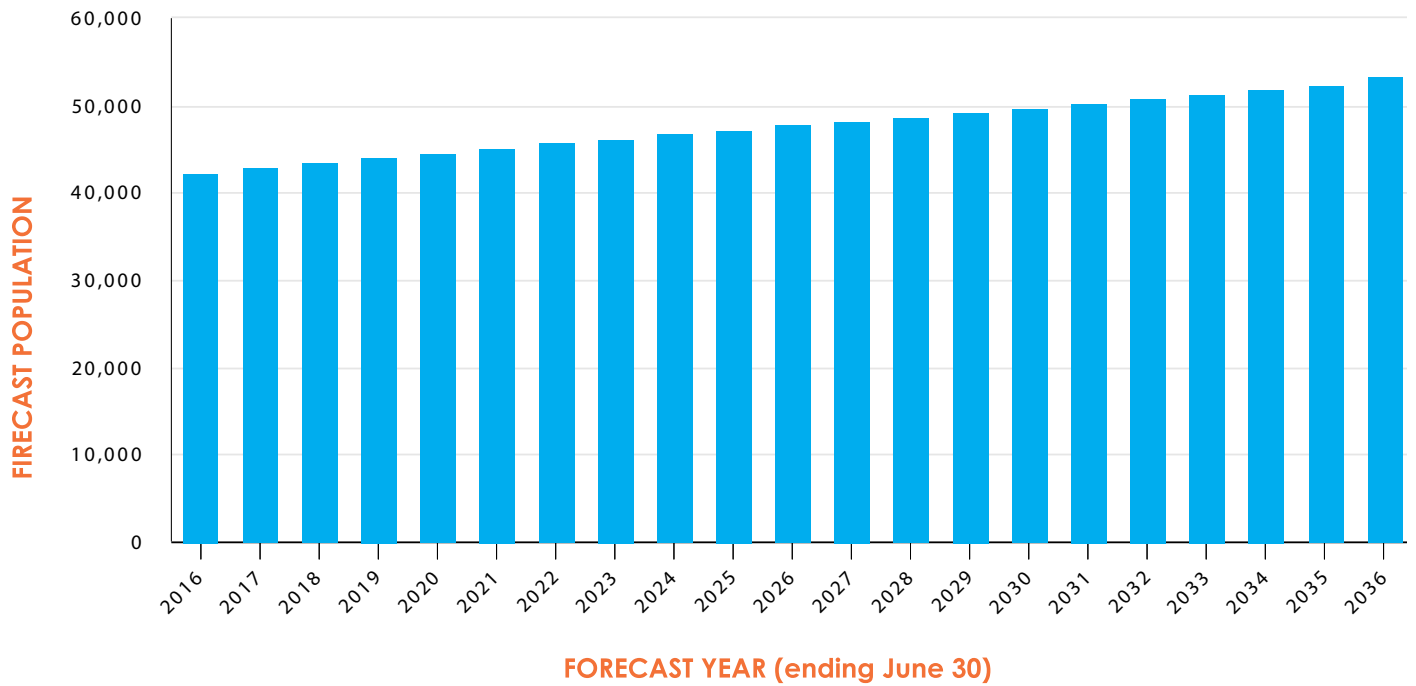
■ Bathurst Regional Council area - Indigenous ■ New South Wales - Indigenous



Source: Australian Bureau of Statistics, Census of Population and Housing, 2016 (Usual residence data).

# FORECAST POPULATION

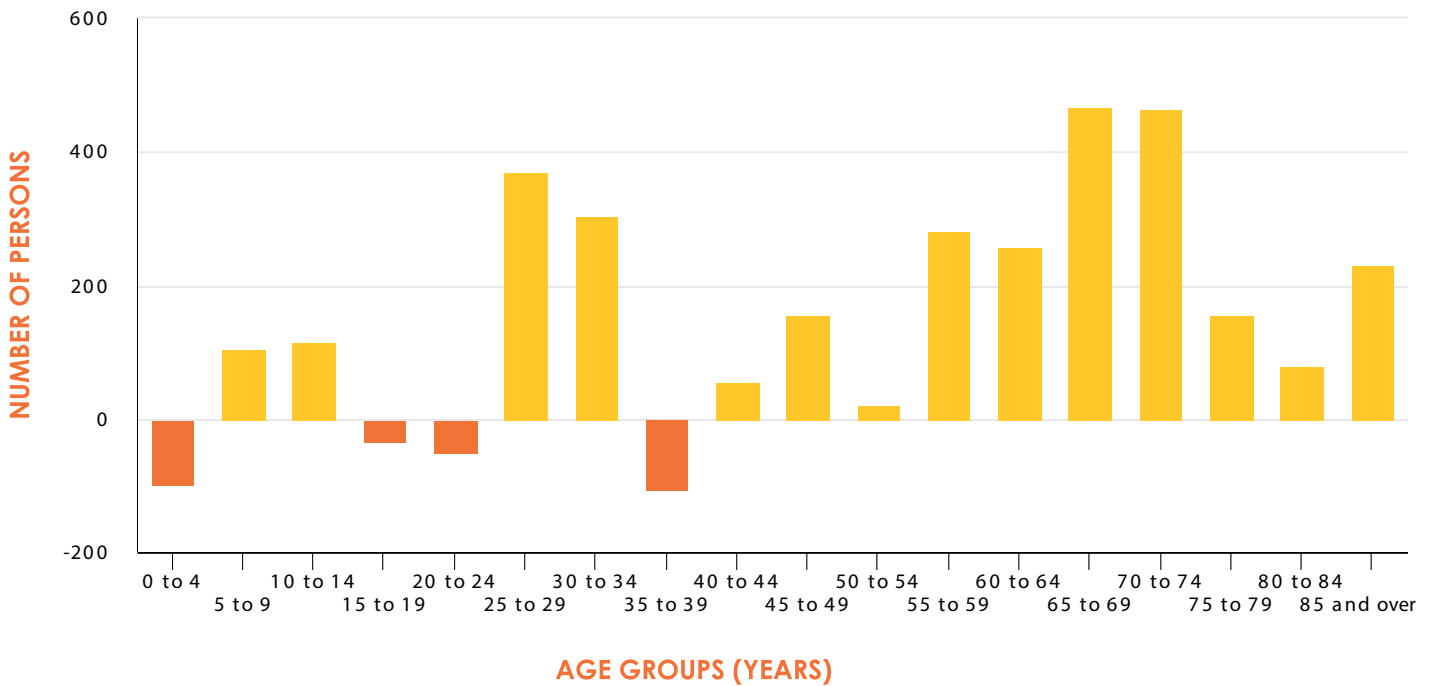
Bathurst Regional Council area - Total persons



Source: Population and household forecasts, 2016 to 2036, prepared by .id, December 2017.

# CHANGE IN AGE STRUCTURE - 5 year age groups, 2011 to 2016

Bathurst Regional Council area - Total persons



Source: Australian Bureau of Statistics, Census of Population and Housing, 2011 and 2016 (Usual residence data).

# CONTEXT OF THE POSITIVE AGEING STRATEGY

## WHAT IS POSITIVE AGEING?

On average, people worldwide are living longer, and the pace of the population ageing is increasing dramatically. Positive ageing focuses on enabling older people to spend these additional years being actively engaged with their family, friends, community and interests.

**A SAMPLE OF WHAT POSITIVE AGEING MEANS TO BATHURST LGA RESIDENTS:**

“Being able to make the most of older age by maintaining independence and being active in mind and body”

“Maintaining an active and healthy lifestyle”

“Being heard and respected”

“Ageing in the healthiest and happiest way you can”

“Physically, socially and mentally stimulated by affordable and accessible options while maintaining good health”

## WHAT IS A POSITIVE AGEING STRATEGY?

The Positive Ageing Strategy 2021 – 2026 aims to proactively prepare the Bathurst region for an ageing population. The Strategy has been developed, and will be implemented, in partnership with key stakeholders within the Bathurst LGA.

The Strategy will work to address the impact of an ageing population on economic growth, infrastructure and services and will provide increased opportunities for older people to be actively engaged and included in the community.

For the Positive Ageing Strategy 2021 – 2026 to be effective, the opportunities and challenges of an ageing population mean that government, the private sector and the wider community must work together.

## HOW WAS THE STRATEGY DEVELOPED?

The Positive Ageing Strategy 2021 – 2026 has been directly informed by the Bathurst 2040 Community Strategic Plan, the World Health Organisation's Essential Features of Age-friendly Cities and the Ageing Well in NSW: Seniors Strategy 2021 – 2031.

The development of the plan included;

- Community consultation
- Stakeholder consultation
- Development of an internal working group
- Consultation with NSW Western Area Local Health District
- Research of age-friendly approaches
- Development of objectives and strategies
- Drafting of the Strategy
- Draft to Council for consideration



## HOW DOES THE POSITIVE AGEING STRATEGY FIT WITH OTHER COUNCIL PLANS?

Bathurst Regional Council adopted the Bathurst 2040 Community Strategic Plan (CSP) on 14 May 2018. The CSP is a legislative requirement as part of the NSW Government's integrated Planning and Reporting Framework for Local Government. The purpose of the CSP is to create a whole of community vision so that Council, other agencies and the community are working in the same direction.

The CSP was developed using an asset-based approach and outlines a number of objectives and strategies that represent the priorities of the community. An asset-based approach emphasises the strengths and potentials of a community. It involves assessing the resources, skills and experience available in a community. The Positive Ageing Strategy 2021 – 2026 aligns with a number of objectives and strategies identified in the CSP, as outlined on the following pages;

OBJECTIVE	STRATEGY	HOW THIS WILL BE ACHIEVED
<p><b>OBJECTIVE 1:</b> Our sense of place and identity</p>	<p><b>1.3</b> Enhance the cultural vitality of the region.</p>	<p>Implement community and cultural development initiatives that address the needs of the community.</p>
<p><b>OBJECTIVE 4:</b> Enabling sustainable growth</p>	<p><b>4.3</b> Ensure services, facilities and infrastructure meet the changing needs of our region.</p> <p><b>4.4</b> Provide parking to meet the needs of the city.</p>	<p>Review facilities and implement improvements.</p> <p>Infrastructure planning will consider the needs of an ageing population.</p> <p>Support and advocate for additional accessible and designated older people parking spaces throughout the region.</p>
<p><b>OBJECTIVE 5:</b> Community health, safety and well being</p>	<p><b>5.1</b> Provide opportunities for our community to be healthy and active.</p> <p><b>5.2</b> Help make the Bathurst CBD, neighbourhoods and the region's villages attractive and full of life.</p> <p><b>5.3</b> Help build resilient, inclusive communities.</p> <p><b>5.4</b> Make our public places safe and welcoming.</p> <p><b>5.5</b> Plan and respond to demographic changes in the community. Implement health and wellbeing initiatives that address the needs of the community.</p>	<p>Support initiatives that enhance cultural and inclusive aspects of the Bathurst region.</p> <p>Implement community development initiatives that address the needs of the community.</p> <p>Build social networks, connections, and cohesion.</p> <p>Support initiatives which enhance the region's ability to cater for an older population.</p>



<p><b>OBJECTIVE 6:</b> <b>Community leadership and collaboration</b></p>	<p><b>6.1</b> Communicate and engage with the community, government and business groups on important matters affecting the Bathurst region.</p> <p><b>6.2</b> Work with our partners and neighbouring Councils to share skills, knowledge and resources and find ways to deliver services more efficiently.</p> <p><b>6.3</b> Advocate for our community.</p> <p><b>6.4</b> Meet legislative and compliance requirements.</p> <p><b>6.5</b> Be open and fair in our decisions and our dealings with people.</p> <p><b>6.7</b> Invest in our people.</p> <p><b>6.8</b> Implement opportunities for organisational improvement. Ensure the needs of older people are considered in all Council communications.</p>	<p>Continue and explore new partnerships which work to meet the needs of the older population in the Bathurst LGA.</p> <p>Advocate to a variety of organisations, businesses, groups and government departments for increased access to accessible services, incentives, and activities for older people.</p> <p>Consider the needs of the ageing population in Council planning and processes.</p> <p>Council will continue to be ethical, inclusive and transparent in all communication and decision-making.</p> <p>Consider the needs of the ageing population in Council employment procedures and policies.</p>
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Bathurst Regional Council adopted Vision Bathurst 2040 – Bathurst Region Local Strategic Planning Statement (LSPS) in July 2020. Vision Bathurst 2040 – Bathurst Region Local Strategic Planning Statement outlines the Bathurst Region's economic, social and environmental land use needs over the next 20 years as the Region grows and changes. It highlights those characteristics that make the Region special and outlines how growth and change in land use will be managed into the future.

**Key actions within the LSPS relevant to the Positive Ageing Strategy 2021 – 2026 include;**

<b>Action 3.2</b>	Review the Bathurst Community Cycle and Access Plan.
<b>Action 3.4</b>	Amend Council's planning instruments and engineering guidelines to adopt appropriate road and footpath widths to achieve active transport opportunities (including footpaths, cycleways and cycle lanes).
<b>Action 3.10</b>	Ensure that greenfield subdivisions are master planned with contemporary public and private transport and active transport connections to open spaces and community services.
<b>Action 3.12</b>	Implement the recommendations of the Bathurst Town Centre Master Plan (when completed) to improve pedestrian linkages and thoroughfares within the Bathurst CBD.
<b>Action 3.13</b>	Implement the recommendations of the Bathurst Community Cycle and Access Plan.

# REPORTING

Each year, Council will report on its progress against the Positive Ageing Strategy as part of its Annual Report, and via a report to Council.

## GOVERNANCE

The General Manager and the Senior Management Team will support and promote the Strategy.

## INTEGRATION

The actions in the Strategy will become part of Council's Delivery Program and Annual Operational Plan and will help deliver the Community Strategic Plan.

## IMPLEMENTATION

A Bathurst Regional Positive Ageing Committee will be formed including Councillors, staff, service providers and other relevant organisations and members of the community to assist in the implementation of the Positive Ageing Strategy. This Committee will consist of key stakeholders who meet on an as needs basis, with a minimum of one meeting per year.

An implementation plan that includes timeframes, priorities, resources, and responsibilities has been developed to help with the delivery of the Strategy.

## MONITORING AND EVALUATION

An evaluation framework with performance indicators has been developed to measure change. Data will be collected and reported throughout the implementation of the Strategy. In the fifth year of the Strategy Council will measure community satisfaction.

## REPORTING

Progress towards delivering the actions in the Strategy will be formally reported as part of Council's annual reporting processes. In addition to the annual review process, a five yearly review will include;

- Review and evaluation of the complete Positive Ageing Strategy
- Adoption and publication of an updated Positive Ageing Strategy

## ONGOING CONSULTATION AND REVIEW

Council will consult with the key stakeholders regularly to ensure the desired outcomes of the Strategy are being achieved.





## CHAPTER 2

### CONSULTATION

Bathurst Regional Council recognises that community consultation is vital in any integrated planning process. Extensive consultation with the community was undertaken to determine the community's perceptions, concerns and priorities in regard to positive ageing. A range of community consultation methods were employed to ensure all members of the community had an opportunity to provide input into the Strategy.

Methods of consultation included:

1. Positive Ageing Survey
2. Positive Ageing Community Focus Group
3. Positive Ageing Stakeholder Focus Group

Service providers in attendance at the Stakeholder Focus Group included the Bathurst Seymour Centre, Combined Pensioners and Superannuants Association, Senior Citizens Centre, Bathurst Community Transport, NSW Health, Catholic Healthcare, Social Futures, Bathurst Business Chamber, The Neighbourhood Centre and Studio Benefit.

## POSITIVE AGEING SURVEY

The Positive Ageing Survey was developed specifically to inform the priorities and actions of the Positive Ageing Strategy. The survey was available for four weeks and included 17 questions which focused on ageing in the Bathurst region.

The Survey was available online through YourSay, allowing the community to complete the survey at their leisure from their computer or device. Hard copies were also available at a number of aged care service providers, participating GPs, Bathurst Library and Council's Civic Centre. Collection boxes were also made available at several locations to enable residents to easily submit their survey.

## SUMMARY OF POSITIVE AGEING SURVEY

252 responses to the Positive Ageing Survey were received, with respondents from all demographics. Most respondents were aged 60-69 years (30.5%) and 70-79 years (32.9%), with 80-89 years (16.9%), 50-59 years (9.2%), and 90 years + (3.2%) also completing the survey. A majority (63.4%) of respondents have lived in Bathurst for more than 25 years.

A higher number of retirees (62.7%) participated in the survey compared to those in the work force (26.5%), undertaking unpaid work (9.6%), or seeking employment (0.8%).

The Positive Ageing Survey demonstrated a large number of older residents are satisfied (64.9%) or completely satisfied (28.6%) with feeling part of their community, with only 0.8% feeling completely dissatisfied. An overwhelming majority of participants believe the Bathurst LGA is a good place for older people to live with less than 1% disagreeing.

Participants engage with their community in a variety of ways, with volunteering roles, special interest clubs and social clubs the main avenues for engagement.

A number of factors were identified which impact resident's ability to access and be involved in the Bathurst community. Walking paths and footpaths, how information is communicated and the availability of parking were the most common obstacles identified within the survey.

Access to health care, doctors, specialists and access to open spaces, buildings and public amenities were highlighted as most important to older people in the Bathurst LGA, closely following by staying fit, active and independent and the ability to participate in activities they enjoy.

Respondents believe the Bathurst LGA lacks opportunities for older people to access affordable, safe and accessible housing and affordable transport services.

A selection of responses to the Positive Ageing Survey can be seen in the Appendix.

## POSITIVE AGEING FOCUS GROUPS

A Community Focus Group and a Stakeholder Focus Group were held to assist in the development of the Positive Ageing Strategy 2021 – 2026. These focus groups were designed to gain a deeper understanding of the issues facing the ageing population in the Bathurst LGA from both a community and service provider perspective.

## SUMMARY OF FOCUS GROUP FINDINGS

Overall, the key priorities and themes emerging from the focus groups were in line with those of the Positive Ageing Survey.

Accessible local and affordable health services was a concern for most focus group participants. Waiting lists, after hours services and the need to travel out of town for medical treatment were highlighted as the main cause of concern, with residents having to travel to Orange, Sydney or Dubbo for some specialist treatments.

The accessibility of the CBD for pedestrians and drivers was also of concern, in particular accessible parking close to facilities and services.

A key summary of Focus Group responses is shown below;

- Public transport needs to be accessible for older people
- Council's cultural assets provide great services that could be easily expanded
- Health services should be accessible and on par with those provided in surrounding regions
- Existing footpaths need to be properly maintained and new footpath networks developed

## KEY THEMES

The following key themes emerged from both the Positive Ageing Survey and Positive Ageing Focus Groups and are in line with the priority areas identified in the World Health Organisation Essential Features of an Age Friendly City and the Ageing Well in NSW: Seniors Strategy 2021 – 2031.

### 1. Living in an age friendly environment

### 2. Participating in inclusive communities

### 3. Staying safe, active and healthy

### 4. Being resilient and informed

These key themes reflect the Guiding Principles for Older People in NSW. These principles were developed through consultations with older people across the state during the development of the NSW Seniors Strategy 2021 – 2031. These principles include;

- Recognising the value and diversity of ageing
- Enabling a whole-of-life approach to ageing
- Supporting people to have healthier longer lives
- Keeping people connected and included
- Enabling people to live in their home and community

# CHAPTER 3

## PRIORITY 1: Living in an age friendly environment

It is widely accepted that the environment in which people live greatly impacts their life expectancy and ability to age well. Walking tracks, green spaces, increased housing options and access to transport all contribute to positive ageing.

Travel in the Bathurst LGA can be undertaken on foot or bike and by car, bus, taxi, train or community transport. Ensuring older people can access transport options that are safe and affordable is essential to keep older people connected and empowered as they age.

Accessible parking is available throughout 22 public car parks within the Bathurst LGA. There are currently no marked older people parking or drop off/pick up zones.

The Bathurst LGA has over 115 kms of footpaths and cycleways and 1,168 km of roads. Council is responsible for the maintenance of existing assets in addition to the planning and development of new assets.

Older people increasingly prefer to age in place and grow older in their communities, but often require support to stay in or find a suitable home.

Housing choice is closely aligned with an individual's life stage and their choice of housing is likely to change over time. Improving housing choices and ensuring housing remains affordable are key priorities within the Bathurst 2036 Housing Strategy.

What we were told:

- Current shortage of low maintenance housing options which are connected to transport, shops and services
- Safer cycleways and footpaths are required to assist older people to stay active
- A more pedestrian friendly CBD which allows older people to walk and access services safely
- Better access to transport and support for the elderly who have no family in town
- More accessible parking in CBD
- Drop off and pick up zones near shops and GPs
- Facilities, footpaths and Council assets need to be accessible



## STRATEGY 1.1 AGEING IN PLACE

ACTIONS	INDICATOR	TIMEFRAME
<b>a)</b> Continue to support community service organisations who assist older people including Meals on Wheels, The Neighbourhood Centre, Bathurst Seymour Centre and Senior Citizens Centre.	Evidence of annual support	Annual
<b>b)</b> Review resources available for older people to age in place, including nursing services, and make recommendations for improvements.	Review complete Recommendations for improvements made	Annual
<b>c)</b> Research, develop and deliver a resource to support ageing in place.	Document developed	2023/2024

## STRATEGY 1.2 HOUSING

ACTIONS	INDICATOR	TIMEFRAME
<b>a)</b> Identify opportunities to integrate affordable, accessible and adaptable housing principals into Council's future planning	Opportunities identified and integrated	Annual
<b>b)</b> Review and inform access and infrastructure requirements to facilitate connected communities e.g. access to transport and shops	Review complete Information provided	Annual
<b>c)</b> Deliver information and resources about local options for retirement villages and residential aged care including the financial implications of downsizing.	Information and resources developed	2022/2023
<b>d)</b> Advocate for planning systems that encourage accessible social housing	Evidence of advocacy undertaken	2022/2023
<b>e)</b> Continue to implement strategies in the Bathurst 2036 Housing Strategy with a focus on older people.	Actions implemented	Annual

## STRATEGY 1.3 PARKING

ACTIONS	INDICATOR	TIMEFRAME
<b>a)</b> Review and improve, where possible, accessible parking.	Review complete Improvements made	Annual

<b>b)</b> Investigate opportunities to introduce marked parking spaces for older people within the CBD.	Investigation complete Marked parking introduced	2023/2024
<b>c)</b> Investigate 5 minute drop off and pick up locations within the CBD with access to shelter and appropriate seating.	Investigation complete Drop off/pick up zones introduced	2023/2024

## STRATEGY 1.4 PEDESTRIAN FRIENDLY AND SHADED CBD

ACTIONS	INDICATOR	TIMEFRAME
<b>a)</b> Investigate opportunities to create a pedestrian friendly CBD.	Consideration given to the recommendations of the Bathurst Town Centre Master Plan.  Pedestrian friendly CBD initiatives supported.	2021/2022  Annual
<b>b)</b> Investigate opportunities to provide more shade and seating within the Bathurst CBD.	Consideration given to the recommendations of the Bathurst Town Centre Master Plan.  Initiatives supported to increase shade and seating in the CBD	2021/2022  Annual

## STRATEGY 1.5 FOOTPATHS AND CYCLEWAYS

ACTIONS	INDICATOR	TIMEFRAME
<b>a)</b> Continue to implement strategies in the Bathurst Regional Community Access and Cycling Plan 2011 (future Bathurst Region Active Transport Strategy) with a focus on <ul style="list-style-type: none"> <li>• Maintenance of existing paths</li> <li>• Development of pathways</li> <li>• Continual monitoring and policing of standards</li> </ul>	Strategies implemented	Annual
<b>b)</b> Review the 2011 Access and Cycling Plan to develop a new Bathurst Region Active Transport Strategy that reviews the current standards with a focus on improving accessibility of existing footpaths and cycleways.	New Active Transport Strategy completed.	2021/2022
<b>c)</b> Plan all new subdivisions with contemporary public and private transport and active transport connections to open spaces and community services and facilities.	Addressed by Vision Bathurst 2040 – Bathurst Region Local Strategic Planning Statement	Annual

d) Advocate for accessible footpaths and cycleways in new developer owned subdivisions.	Evidence provided that older people have been considered in planning processes	Annual
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## STRATEGY 1.6 PUBLIC TRANSPORT

ACTIONS	INDICATOR	TIMEFRAME
a) Review, provide information and advocate for improvements to transport reliability, accessibility and connectivity with a focus on services for older people.	Review complete Recommendations made Advocacy undertaken	2024/2025
b) Advocate for improved services to villages and outlying areas.	Advocacy undertaken	Annual
c) Advocate for the continued provision of \$250 Travel Card for Seniors, with the addition of services to villages.	Advocacy undertaken	Annual

## STRATEGY 1.7 ROAD SAFETY

ACTIONS	INDICATOR	TIMEFRAME
a) Promote the safe use of roads with an emphasis on older pedestrians, older drivers and users of mobility aids.	Campaign delivered	2023/2024
b) Provide information and awareness around the safe use of mobility aids.	Information provided	2023/2024

## STRATEGY 1.8 ACCESSIBILITY

ACTIONS	INDICATOR	TIMEFRAME
a) Annually report improvements to and promote accessibility of Council owned assets	Improvements to Council assets made	Annual
b) Review availability and accessibility of public seating and make recommendations for improvements including arm rests and height considerations.	Review complete Recommendations for improvements made	2021/2022



## PRIORITY 2: Participating in inclusive communities

Older people understand the importance of living in inclusive communities which encourage them to remain active and engaged. Inclusive communities promote and encourage civic participation and employment so that older people can participate in workforce, training and lifelong learning.

The Bathurst LGA has a number of inclusive facilities designed to enrich resident's lives including museums, an art gallery, library and entertainment centre.

What we were told:

- Older people need to access inclusive activities easily
- Variety of accessible events of interest to older people as needed
- Discounts and subsidies are needed to assist people living on fixed incomes
- An ageing population needs to be considered in Council's planning

STRATEGY 2.1 INCLUSIVE NEIGHBOURHOODS		
ACTIONS	INDICATOR	TIMEFRAME
a) Raise awareness of and continue to support the provision of intergenerational experiences.	Intergenerational experiences supported annually	Annual
b) Identify and support ways in which Bathurst LGA can work towards becoming a dementia-friendly region	Dementia friendly initiatives supported	Annual
c) Identify and action opportunities to promote the Bathurst LGA as an age-friendly option for retirees and travel.	Opportunities identified Promotion occurred	Annual
STRATEGY 2.2 INCLUSIVE EVENTS		
ACTIONS	INDICATOR	TIMEFRAME
a) Continue to support Senior's Festival to ensure events are accessible and age-appropriate.	Support provided	Annual
b) Ensure Council events are age-friendly and accessible	Age-friendly and accessible events hosted	Annual
c) Ensure there are accessible cultural activities of interest to older people	Cultural activities available	Annual
d) Provide advocacy for additional discounts and subsidies for older people to participate in health and well-being activities.	Additional discounts and subsidies secured	2023/2024
STRATEGY 2.3 PLANNING		
ACTIONS	INDICATOR	TIMEFRAME
a) Provide annual evidence that the ageing population is considered in Council planning and projects.	Annual evidence provided	Annual



## PRIORITY 3: Staying safe, active and healthy

Access to parks, gardens and recreational spaces is important in supporting older people to stay active and age well. Special consideration needs to be given to the Aboriginal and Torres Strait Islander population who age at a faster rate than their non-Indigenous neighbours.

The Bathurst LGA is supported by Bathurst Base Hospital and Bathurst Private Hospital. A number of additional specialists, including a cardiologist, have practices based in Bathurst. Residents are required to travel to Orange, Dubbo or Sydney for some specialist services.

It is important for older people to feel safe in their home and while out in the community. The Bathurst Community Safety Plan is developed every four years to ensure the safety and quality of life in the Bathurst region continues to improve.

Volunteering opportunities help older people stay active and connected to their community while allowing them to share their skills with others.

What we were told:

- Improve medical services so they are easily accessible
- Accessible exercise opportunities are needed for older people
- Appropriate activities to maintain physical and mental health are needed
- Opportunities needed for older people to share their skills and stay connected to the community.



## STRATEGY 3.1 HEALTH OUTSIDE THE HOSPITAL

ACTIONS	INDICATOR	TIMEFRAME
<b>a)</b> Review accessibility of parks, gardens and recreational spaces. Use information to plan, source funding and implement accessibility improvements.	Review complete Improvements made where possible	2021/2022 Annual
<b>b)</b> Identify opportunities and provide information regarding accessible, inclusive health and wellbeing activities, groups and supports with a focus on older people.	Information provided	Annual
<b>c)</b> Research, develop and deliver a campaign promoting the health and wellbeing benefits of keeping active, with a focus on older people.	Campaign delivered	2022/2023
<b>d)</b> Contribute to collaborative local community health initiatives in conjunction with Western NSW Local Health District as they are developed.	Community health initiatives delivered	Annual
<b>e)</b> Continue to work with Sport NSW to advocate for increased access to modified sports.	Evidence of relationship with Sport NSW Meetings attended Opportunities identified	Annual

## STRATEGY 3.2 IMPROVED ACCESS TO MEDICAL SERVICES

ACTIONS	INDICATOR	TIMEFRAME
<b>a)</b> Advocate for improved access to affordable medical care, with a focus on older people.	Advocacy undertaken	Annual
<b>b)</b> Advocate for additional floorspace and infrastructure for medical services	Advocacy undertaken	Annual

## STRATEGY 3.3 ABORIGINAL AND TORRES STRAIT ISLANDER HEALTH

ACTIONS	INDICATOR	TIMEFRAME
<b>a)</b> Advocate for the delivery of programs that respond to the health needs of Aboriginal and Torres Strait Islander residents.	Advocacy undertaken	Annual

## STRATEGY 3.4 COMMUNITY SAFETY

ACTIONS	INDICATOR	TIMEFRAME
<b>a)</b> Continue to work with Chifley Police District and the Bathurst Regional Community Safety Committee to implement projects that improve community safety, with a focus on older people.	Continued relationship with Chifley Police District Delivery of projects	Annual

## STRATEGY 3.5 CONTINUING EDUCATION

ACTIONS	INDICATOR	TIMEFRAME
a) Advocate for and support education opportunities for older residents	Advocacy undertaken Support provided	Annual

## STRATEGY 3.6 VOLUNTEERING

ACTIONS	INDICATOR	TIMEFRAME
a) Provide information about volunteering opportunities	Information provided	Annual
b) Increase awareness of volunteering benefits and opportunities to businesses, organisations and the community	Volunteering awareness raising occurred	2025/2026
c) Provide volunteer opportunities through Council run facilities and initiatives as the need arises.	Volunteering opportunities provided	Annual

## STRATEGY 3.7 REVIEW OF COUNCIL EMPLOYMENT/RECRUITMENT PROCESSES

ACTIONS	INDICATOR	TIMEFRAME
a) Review employment systems and processes to ensure there is no evidence of age discrimination	Addressed by Council's Draft Workforce Strategy and Local Government (State) Award.	2022/2023
b) Investigate and deliver, where possible, training and awareness courses to support Council's engagement and retention of older workers	Addressed by Council's Draft Workforce Strategy and Local Government (State) Award.	2022/2023
c) Investigate opportunities to provide increased flexibility to Council employees who have caring or volunteering commitments	Addressed by Council's Draft Workforce Strategy and Local Government (State) Award.	Ongoing

## STRATEGY 3.8 TRANSITION TO RETIREMENT

ACTIONS	INDICATOR	TIMEFRAME
a) Review Council's succession planning procedures for employees transitioning to retirement	Addressed by Council's Draft Workforce Strategy and Local Government (State) Award.	2022/2023
b) Provide flexibility, where possible, for Council employees transitioning to retirement	Addressed by Council's Draft Workforce Strategy and Local Government (State) Award.	2022/2023

## STRATEGY 3.9 SUPPORTING AN AGEING WORKFORCE

ACTIONS	INDICATOR	TIMEFRAME
a) Promote the benefits of employing older people to local businesses and organisations.	Campaign delivered	2024/2025
b) Support activities and resources that assist residents to plan for retirement	Support provided	Annual



## PRIORITY 4: Being resilient and informed

While the majority of residents believe the Bathurst LGA is a good place to live, many identified the need for increased respect, inclusion and accessible information.

The Council website is the main source of information for residents, along with social media, newspaper notices, print and radio advertising and ratepayer newsletters. There is currently no central point of information for local services and activities specific to older people.

Loneliness and social connectiveness are growing concerns among the ageing population, with an increased number of older people experiencing social isolation as a result of the COVID-19 pandemic.

What we were told:

- Information needs to be provided in appropriate and accessible formats for older people
- Ensure older people are aware of what is available to them
- Central point of information is needed
- Increase respect for older people in the community

STRATEGY 4.1 INFORMATION AND RESOURCES		
ACTIONS	INDICATOR	TIMEFRAME
a) Develop and deliver an education and training program to Council staff to ensure a range of accessible communication formats are considered in event, project and campaign planning.	Education and training program delivered	2023/2024
b) Investigate opportunities to ensure Council communication is available in a range of accessible formats.	Opportunities researched Information presented in accessible formats	Annual
c) Advocate for the investigation and development of a central point of communication	Central point of information developed	2025/2026
d) Promote programs and workshops that assist older people with technology and navigation of popular online services e.g. bus timetables, myGov	Programs promoted	Annual
e) Identify opportunities to reach older people who have relocated to Bathurst and ensure they are connected to resources	Opportunities identified	Annual
STRATEGY 4.2 ADDRESSING AGEISM AND SOCIAL ISOLATION		
ACTIONS	INDICATOR	TIMEFRAME
a) Research, develop and deliver a campaign to address ageism and respect for older people	Campaign delivered	2024/2025
b) Research, develop and deliver a campaign aimed at reducing loneliness and promoting social connection, with a focus on older people.	Campaign developed	2021/2022

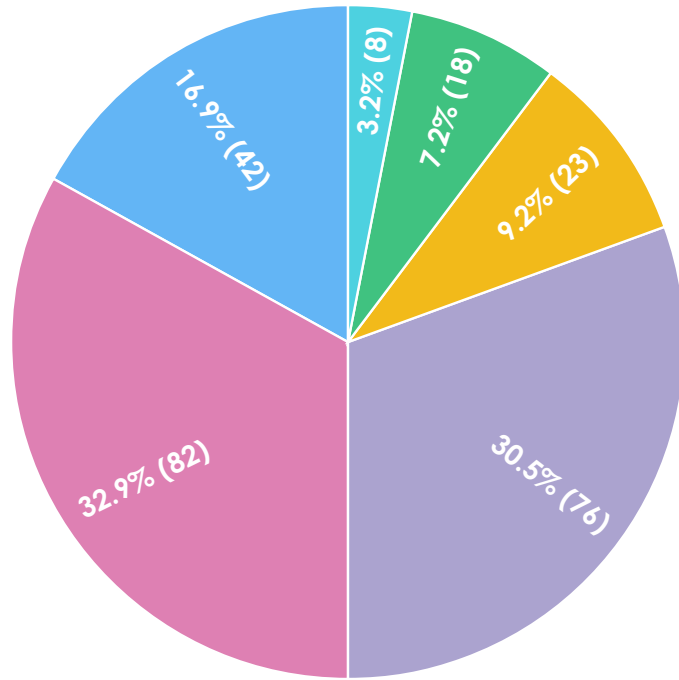
# CHAPTER 4

## APPENDIX

### SELECTION OF RESPONSES TO THE POSITIVE AGEING SURVEY

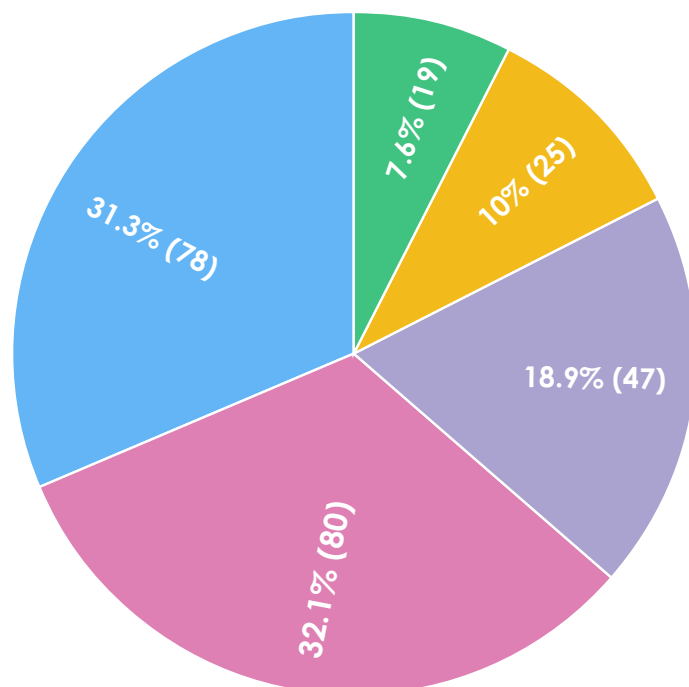
#### Your Age

- Under 50
- 50-59
- 60-69
- 70-79
- 80-89
- over 90



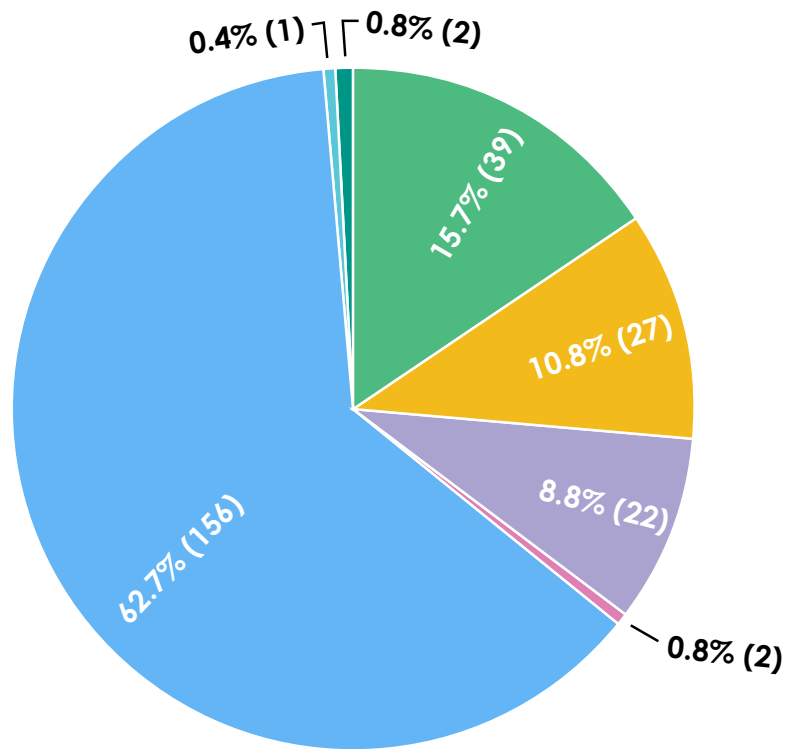
#### How long have you lived in the Bathurst LGA?

- Less than 5 years
- 5-10 years
- over 10 years
- over 20 years
- over 40 years



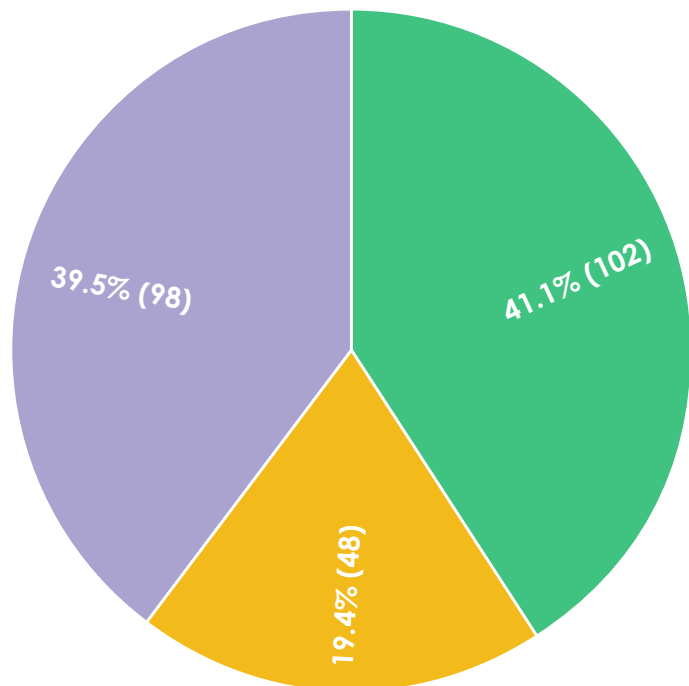
## Which of the following describes you?

- Working full-time
- Working part-time
- Unpaid volunteer work
- Unemployed looking for work
- Retired
- Unpaid domestic or carer work
- Have never worked
- Full or part-time student

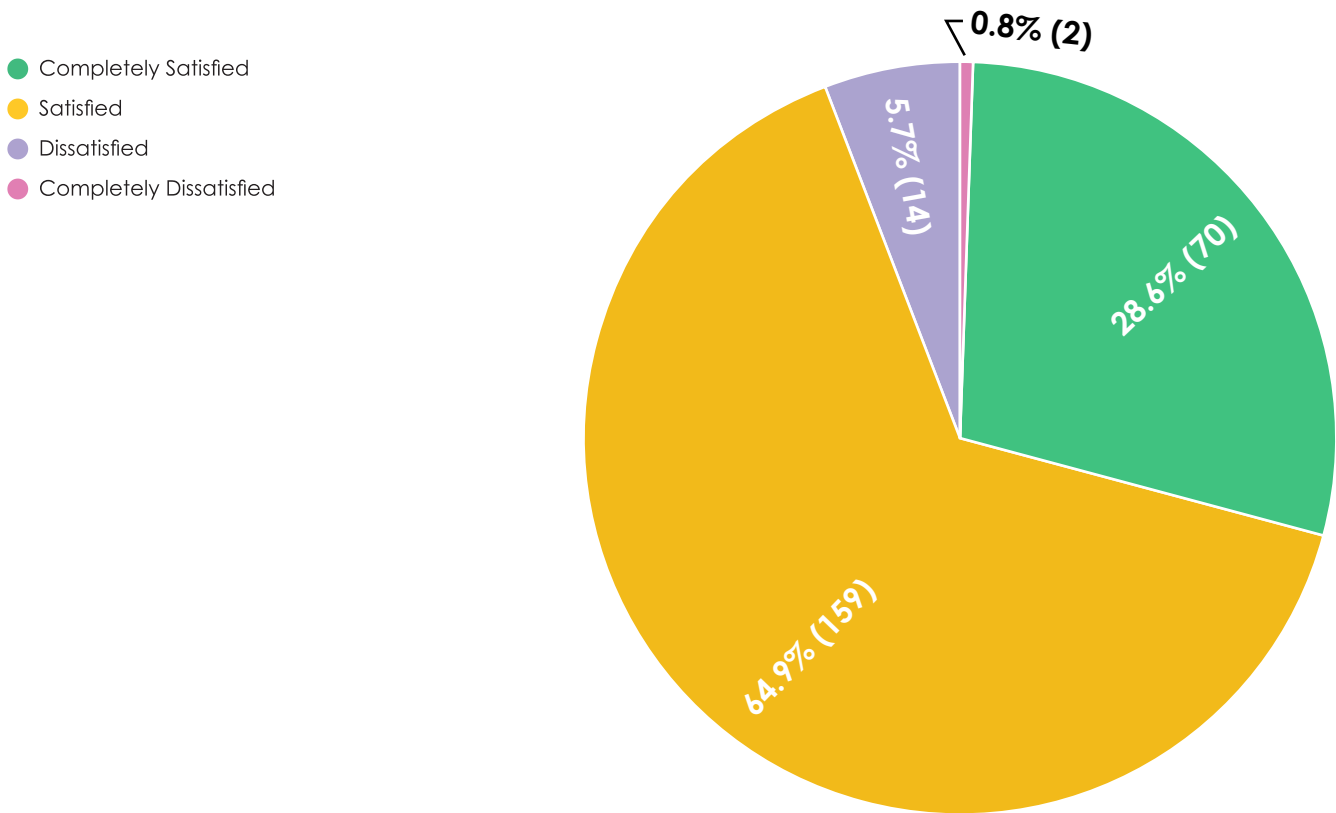


## Have you volunteered your time in the last six months?

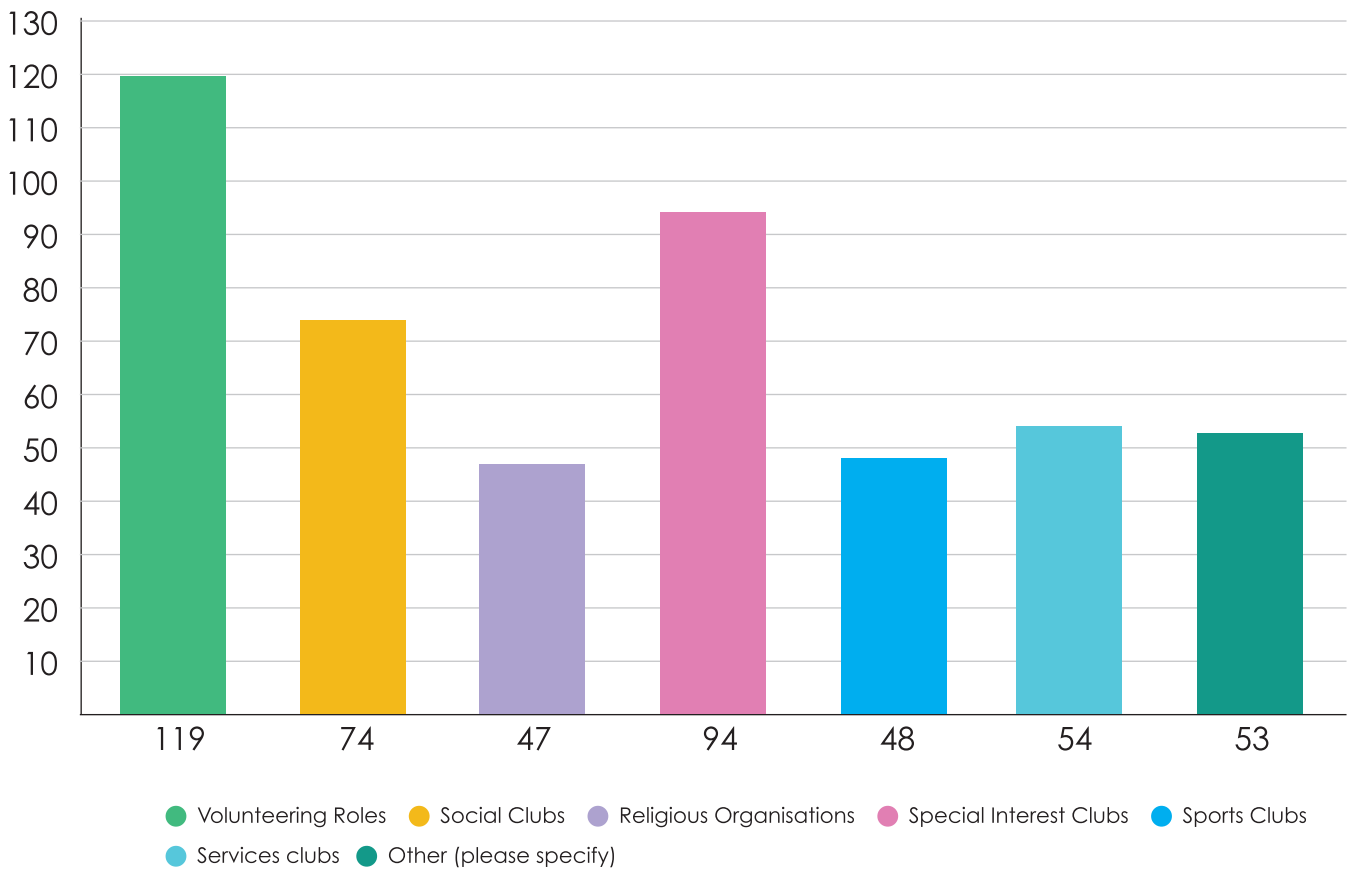
- No
- Yes, less than 4 occasions
- Yes, more than 4 occasions



## How satisfied are you with feeling part of your community?

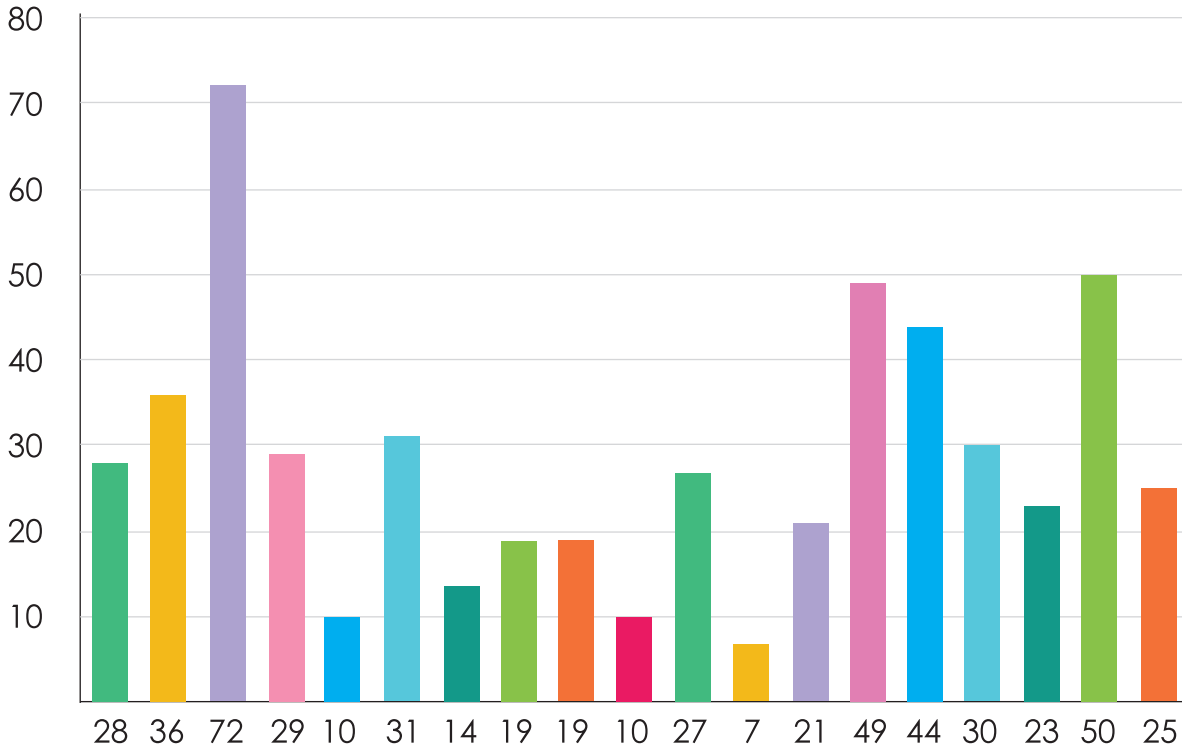


## How do you engage with your community?





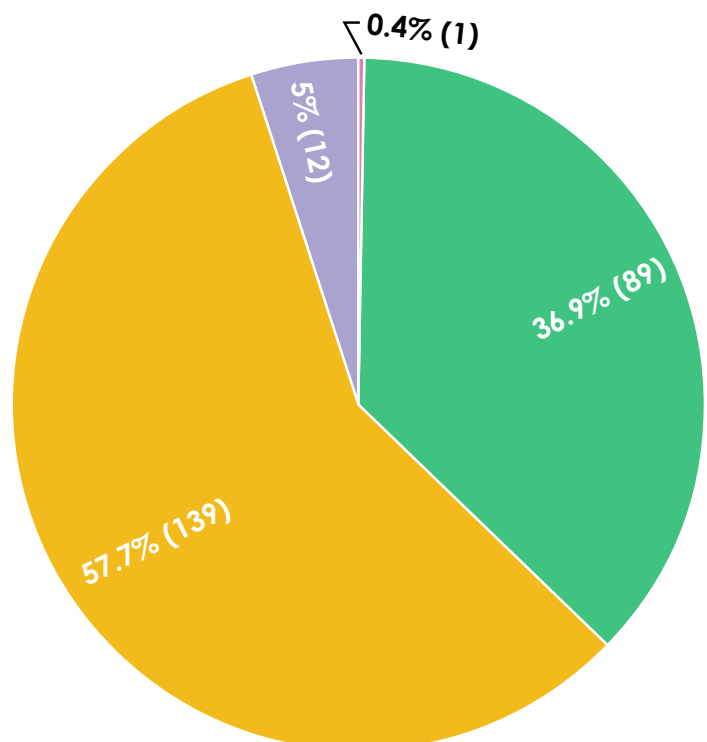
## Do any of the following impact on your ability to access and be involved in the Bathurst community?



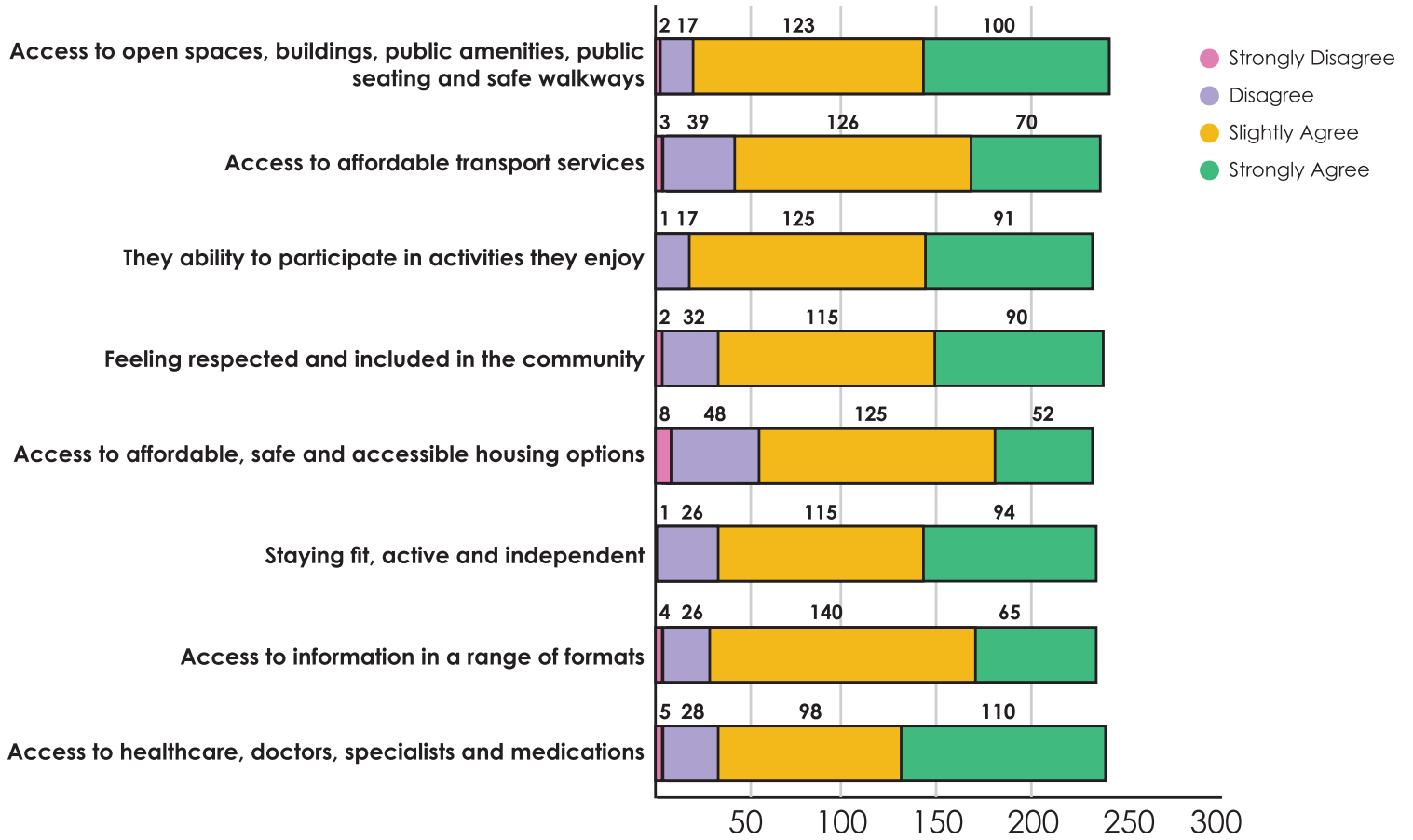
- Lack of transport options   ● Health and fitness   ● Walking paths/footpaths   ● Financial cost/stress
- Lack of volunteering opportunities   ● Concern about community safety   ● Accessibility of community facilities
- Feeling isolated   ● Accessibility to shops   ● Mental health   ● Mobility   ● Suitable employment
- Design of public buildings and spaces   ● How information is communicated   ● Community attitudes about older people
- Access to information   ● Lack of community events and activities   ● Availability of parking   ● Other

## The Bathurst LGA is a good place for older people to live?

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree



# The Bathurst LGA provides opportunities for older people to:



## What do you want positive ageing to look like in Bathurst?

"A safe and happy environment."

"A community that respects all ages and ethnicities."

"Accessible for all."

"Lots of choices, because each older person is different, with different backgrounds and needs."

"Experiences for all, especially social activities for older people."

"Respecting and valuing what older people have to offer."

"Affordable housing and transport, paths to walk on, good health providers and services."

"Opportunities and amenities to keep me socially active and healthy."

# POSITIVE AGEING STRATEGY

2021 – 2026

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