

AGE-FRIENDLY COMMUNITIES STRATEGY



2023 - 2027



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ACKNOWLEDGEMENTS

The Shire of Capel (Shire) would like to acknowledge the senior residents from within the Shire for their contributions to the preparation of this report either through sharing their knowledge and experiences in a focus group forum or in completing the age-friendly communities' survey.

EXECUTIVE SUMMARY

The Shire has undertaken this project to identify how age-friendly it is, what barriers to ageing exist and how these can be addressed. This project was conducted using an internationally tested model developed by the World Health Organisation (WHO), which used a survey and a focus group workshop to look at the following features of an age-friendly community:

Diagram 1 – 8 Features



The survey outcomes indicated that the Shire is generally age-friendly for six of the above features, however there were examples identified for each of these where improvement could be made. Access to transport and community support and health services were the main features where the Shire is not age friendly.

Senior residents may not be able to remain in the Shire as they age if they cannot access public transport that is suitable to their needs and in-home support services. For many, moving out of their locality may result in significant dislocation from community, friends, neighbours, and social and family networks. This is of particular significance when many seniors have lived in the Shire for most of their lives.

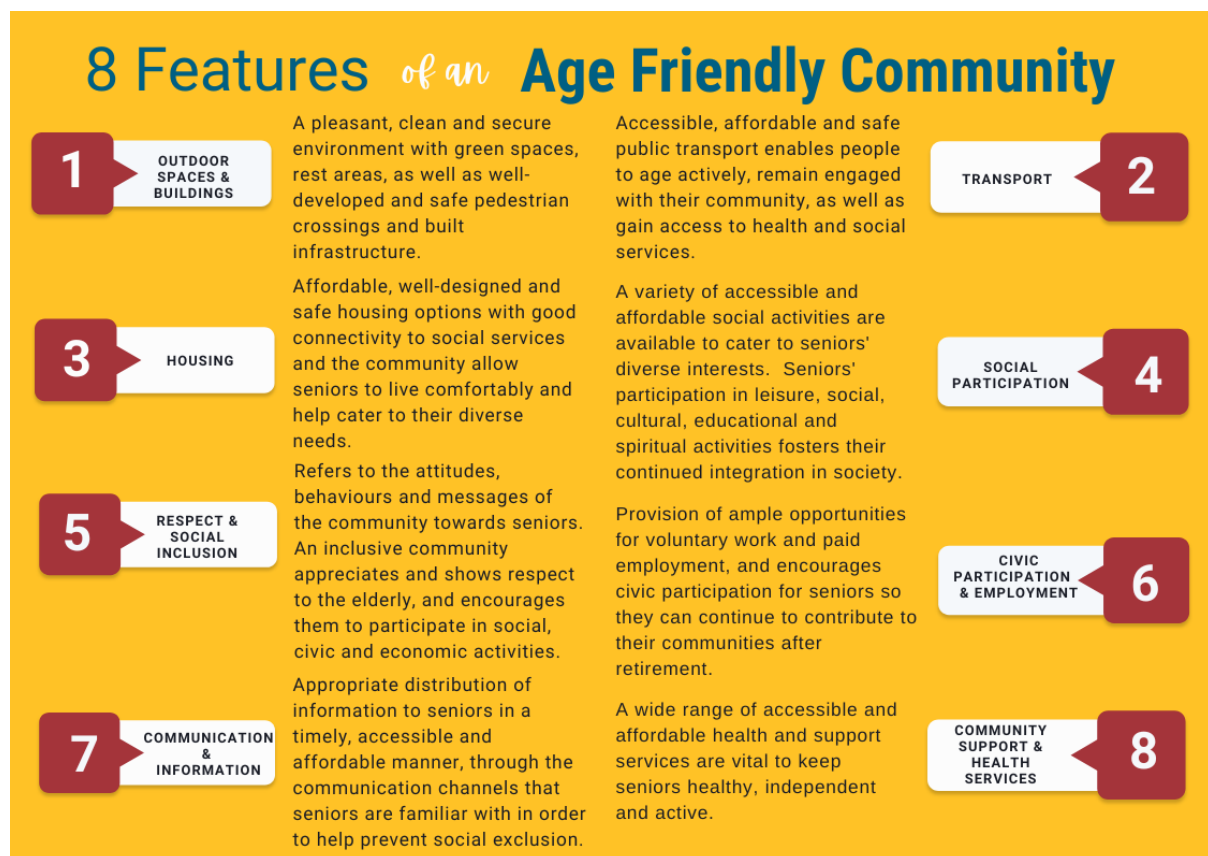
A focus group workshop was held to further explore these issues and brainstorm strategies to enable the Shire of Capel to become an age-friendly community. This strategy includes several recommendations to guide Council’s decision-making and an Implementation Plan.

INTRODUCTION

According to WHO, an age-friendly community encourages active ageing by optimizing opportunities for health, participation, and security in order to enhance quality of life as people age. In practical terms, an age-friendly community adapts its structures and services to be accessible to and inclusive of seniors with varying needs and capacities.

This report has been prepared using the WHO framework, which examines the following features of an age-friendly community:

Diagram 2 – 8 Features of an Age Friendly Community



(Department for Communities, Age-friendly communities – a Western Australia Approach)

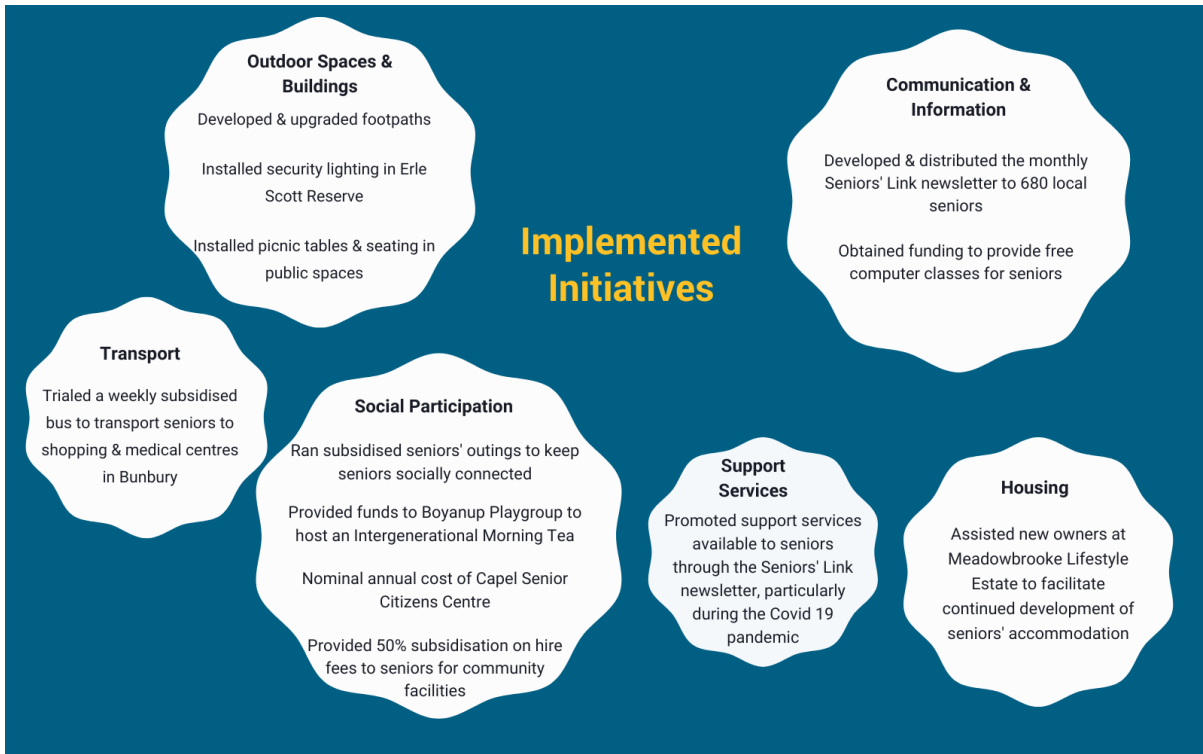
The Shire surveyed a significant proportion of its senior community and the outcomes of the survey and focus group workshop are detailed in this report.

This report includes a brief profile of the Shire community, a detailed explanation of the methodology used and reports the outcomes of the survey and focus group workshop. This report lists some recommendations and includes an implementation plan with objectives and actions to guide Council’s decision-making in ensuring the Shire develops as an age-friendly community.

BACKGROUND

The Shire's Age Friendly Communities Strategy was initially developed in 2009 and adopted by Council in 2010. This Strategy has since been reviewed in 2013 and 2017 and several recommendations have been implemented over the past 12 years. The following recommendations were implemented during the past four years:

Diagram 3 – Implemented Initiatives



These implemented initiatives are discussed in further detail below:

Outdoor Spaces & Buildings

The Shire currently implements the following initiatives to ensure our outdoor spaces and buildings are age-friendly:

10 Year Dual Use Pathway Program 2014 – 2024



Shire officers surveyed the urban areas of Capel, Boyanup, Gelorup, Dalyellup and Peppermint Grove Beach to evaluate the existing pathway network and undertake a gap analysis. A draft plan was advertised for public comment and then further refined to incorporate the received feedback. The 10 Year Dual Use Pathway Program was adopted at the ordinary meeting of Council on 26 June 2013. Over the past four years the Shire has:





DEVELOPED/UPGRADED FOOTPATHS

Capel

Roe Road

Properjohn Road

Reynolds Road

West Road

Goodwood Road

Capel Drive

Buchanan Road

Widdeson Road

Merritt Street

The Shire also developed/upgraded Ramsay Road in Stratham, Boyanup Picton Road and South Western Highway in Boyanup, and Jules Road, Frances Road and Olearia Court in Gelorup.

Installation of Seats

Over the past four years the Shire have installed the following seats and tables:

- Picnic table at the Dalyellup Surf Club beach
- Bench seats overlooking the ocean near Tobar Street
- Bench seats on the Gelorup trail
- Bench seats on Weld Road
- Bench seats on Goodwood Road
- Bench seats on West Road
- Bench seats on Spurr Street

Lighting

Over the past four years the Shire installed security lighting in Erle Scott Reserve as part of the Capel Civic Precinct upgrade. Council also investigated the feasibility of installing street lighting at the Trigwell Road and South Western Highway to improve traffic safety. This proposal is being discussed between the Shire, Main Roads, and the Boyanup Progress Association.

Transport

The Shire obtained funding to hire a bus once a week to take seniors from Capel and Boyanup to the main shopping and medical centres in Bunbury. This initiative was trialed for a six-month period. Only eight seniors utilized this service during the six-month trial, so the initiative did not continue. Feedback from seniors regarding this under-utilized service was that they did not require the service at the moment because they still had a drivers' license.

Housing

Over the past eleven years, the Shire has been working with Developers in actively pursuing the development of aged-housing units in Dalyellup, Capel and Boyanup. Bethanie Dalyellup was officially opened in October 2011 and offers quality apartment housing that is affordable and well appointed. Bethanie manages 104 one and two-bedroom apartments. Residents live well with features and fittings that include: full sized kitchen; gas stove and hot water system; air conditioning; generous closet space; balcony and laundrette. In addition, the apartments offer residents access to a variety of extra amenities and social opportunities. Bethanie Dalyellup includes a function room, full size laundry (with washers and dryers), games areas, plus comfortable lounge rooms with LCD televisions and tea/coffee facilities. Should residents require assistance in their homes, this is available and is provided by Bethanie Community.

Diagram 37 - Dalyellup Bethanie Housing



Access Housing developed 17 seniors' villas in Capel, and these were officially opened in August 2013. Access Housing is a non-government not-for-profit social and affordable provider of community housing. Their tenants include seniors and people with disability. In addition to affordability, Access Housing provide security of tenure and a range of support through partnerships with community service and government agencies. The two-bedroom villas were designed and built specifically as affordable housing for seniors in Capel. The complex is an Access Housing funded project which received a generous grant from Royalties for Regions towards construction undertaken on crown land. The Shire of Capel supported the transfer of the management order over the land to Access Housing to enable the project to proceed. Access Housing was able to ensure the units remained affordable and specific to the needs of seniors. This project has allowed elderly residents to remain in Capel where their friends and community networks exist, rather than being forced to move to larger centres.

Diagram 38 - Access Housing Units in Capel



Access Housing has also developed over 55's housing for the site at 9 Thomas Street Boyanup. The previous housing site at 9 Thomas Street had three units plus approximate development capacity for an additional 9 homes. Access Housing constructed the additional nine villas, being 6 x 2-bedroom units and 3 x 3-bedroom units. The three previous units were also upgraded.

Diagram 39 - Access Housing Units in Boyanup



The Shire has been assisting the owners of Meadowbrooke Lifestyle Estate in Boyanup to facilitate continued development of seniors' accommodation. This development has significant open space as it adjoins the Preston River.

Diagram 40 – Meadowbrooke Lifestyle Estate in Boyanup



The Shire also amended a Local Structure Plan for the development of a new over 50's Lifestyle Village in Dalyellup.

Social Participation

Social participation and social support are strongly connected to good health and wellbeing throughout life. Participating in leisure, social, cultural, and spiritual activities in the community allows seniors to continue to exercise their competence, to enjoy respect and esteem, and to maintain or establish supportive and caring relationships.

There are numerous opportunities for seniors to participate in social activities in their localities, many of which are run by community and senior groups. These activities include:

- Capel Cruisers Walking Group – meet twice a week
- Capel Art Group – meet once a week
- Mahjong – meet once a week
- Boyanup Singers – meet once a week
- Seniors' Yoga – meet twice a week
- Gentle Gym – meet once a week
- Ladies Badminton – meet once a week
- Line Dancing – meet once a week
- Capel Men's Shed – meet twice a week
- Morning tea at Capel Senior Citizens Centre - meet once a week
- Craft & coffee mornings – meet once a week

- Sew N Tell – meet once a week
- Cards – meet once a week
- Women’s wellness group – meet once a week
- Table tennis – meet once a week
- Qigong – meet once a week
- Capel RSL – meet once a week
- Peppermint Grove Beach Art Group – meet once a week
- Line dancing – meet once a week
- Indoor bowls – meet once a week

All these initiatives are promoted in a monthly seniors’ newsletter, titled ‘Seniors’ Link’, which is developed and distributed to 680 seniors who reside in the Shire on a monthly basis.

The Shire also runs an active ageing program, hosting subsidised outings and overnight trips for seniors. Four overnight seniors’ trips were implemented between 2018 and 2020 with a total of 84 seniors attending these trips. COVID 19 put a stop to these overnight trips in 2020 and 2021. The Shire did, however, implement eight one-day trips over the last four years with a total of 499 seniors attending these outings. Benefits of attending social outings include regaining a sense of purpose in life, enhanced self-esteem, decreased social isolation and friendship. As the Act, Belong, Commit Campaign emphasizes, social participation enhances individual wellbeing and resilience, enhanced quality of life and a greater capacity by individuals and communities to cope with the stresses and strains of life. The following feedback from seniors is a testimony to these benefits of social participation:

“What a lovely outing we have enjoyed. For me the highlight was meeting so many fellow residents and much fellowship was enjoyed. We have been in Dalyellup now for 6 years. I am constantly disappointed that we don’t meet new residents. We go to the doctor’s surgery and see fellow seniors, but we are strangers to each other. Arriving from the Eastern States here only weeks before a major illness was endured and the feeling of isolation 6 years ago, the stress is still evident. Thank you for making this outing possible; with a little assistance we can make this settlement a happier and friendlier environment. Other seniors on the trip and us have agreed to meet for a relaxed gathering down the park every two weeks to continue the friendships formed on the trip.”

“To the CEO and Councilors, I am writing to tell you how much I enjoyed the Kalbarri Wildflower Trip. I want to commend the Shire on the terrific job they do organizing these trips. I hope you keep having trips – it was my first and hope to keep going on many more. It’s really good of the Shire to let this happen for us seniors. Thank you very much.”

Communication & Information

Staying connected with events and people and getting timely, practical information to manage life and meet personal needs is vital for active ageing. The Shire initially developed the Seniors’ Link newsletter in 2012 to make it easier for our Seniors to know what social, recreational and cultural activities are taking place in the Shire and local region. It was identified in 2011 that there was no specific central information source where seniors could access information. The Seniors’ Link has been greatly received by seniors and is currently distributed to 680 seniors residing in the Shire. This distribution number has increased significantly over the past four years.

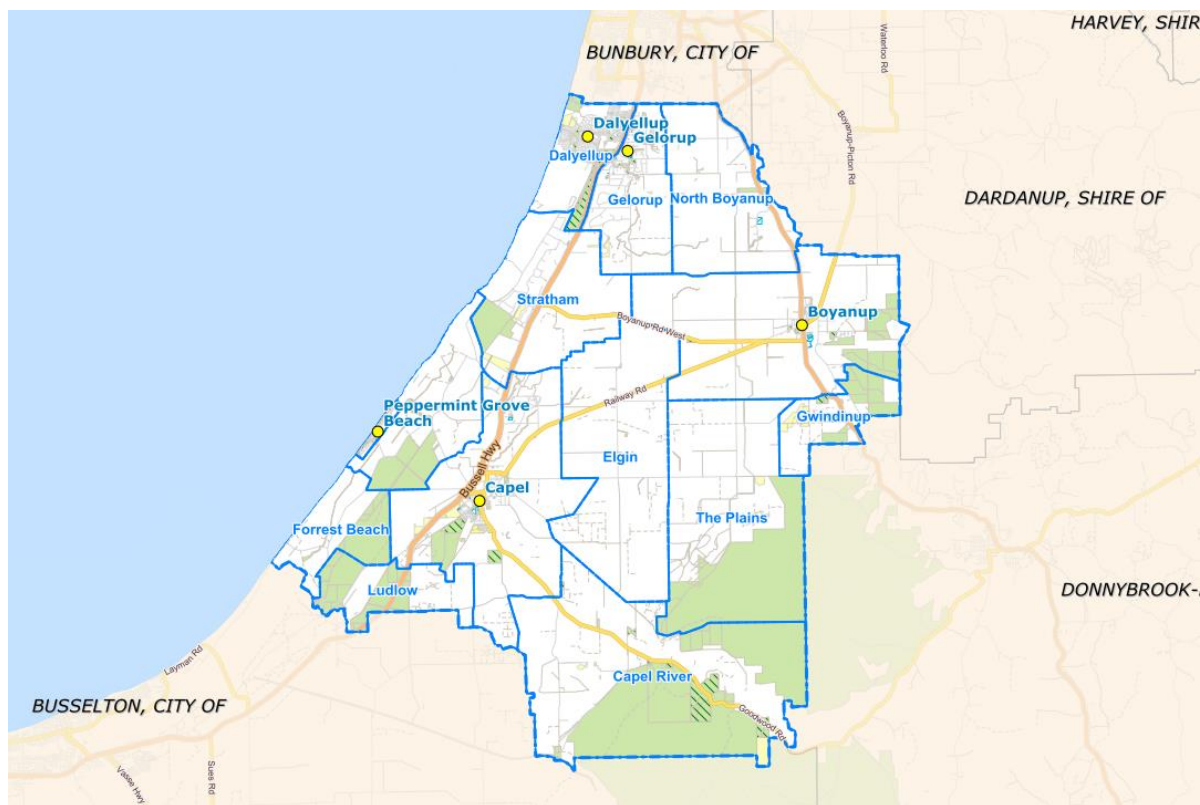
SHIRE OF CAPEL COMMUNITY PROFILE

Our physical environment

The Shire of Capel is situated on the shores of Geographe Bay approximately 212 kilometres south of Perth. The Shire has an area of 554 square kilometres, extending from the 29 kilometres of pristine beach fronting onto Geographe Bay to the edge of the Darling Scarp. The Shire of Capel shares current boundaries with the City of Busselton to the south, Shire of Donnybrook-Balingup to the east, Shire of Dardanup to the north-east and City of Bunbury to the north.

The Capel River discharges into Geographe Bay at Peppermint Grove Beach whilst the Preston River forms part of the Shire's eastern boundary, and the Ludlow River forms part of the southern boundary. The Shire's district takes in the town sites of Boyanup and Capel, the semi-rural settlements of Gelorup and Stratham and the beachside estates of Peppermint Grove Beach and Dalyellup as well as smaller rural locations of Elgin and Gwindinup.

The Shire has a blend of rural countryside, rolling hills and wide-open spaces, popular beaches, rich Jarrah forests and the magnificent Tuart forest which is part of the only naturally occurring Tuart forest in the world.

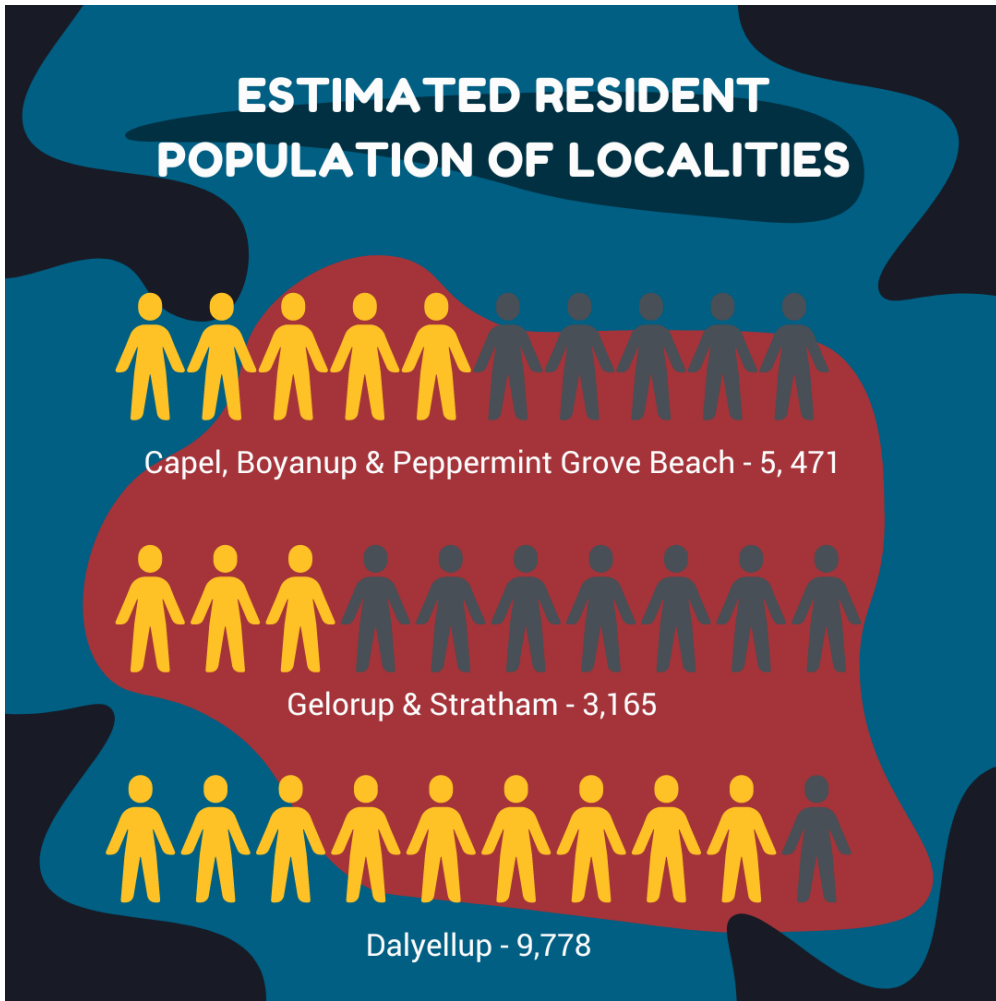


Our population

The resident population of the Shire was 18,175 in 2021 according to the Australian Bureau of Statistics (ABS).

Diagram 1 on the following page illustrates the resident population of selected localities in 2021.

Diagram 1 – 2021 Population



Source: Australian Bureau of Statistics (ABS)

Diagram 2 - Age Distribution, 2020

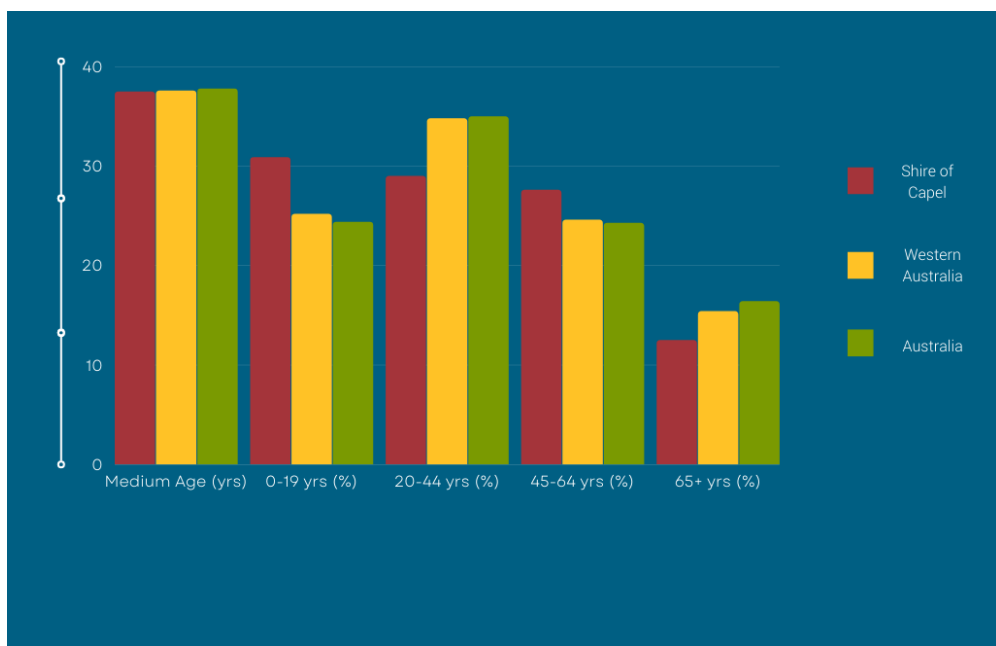
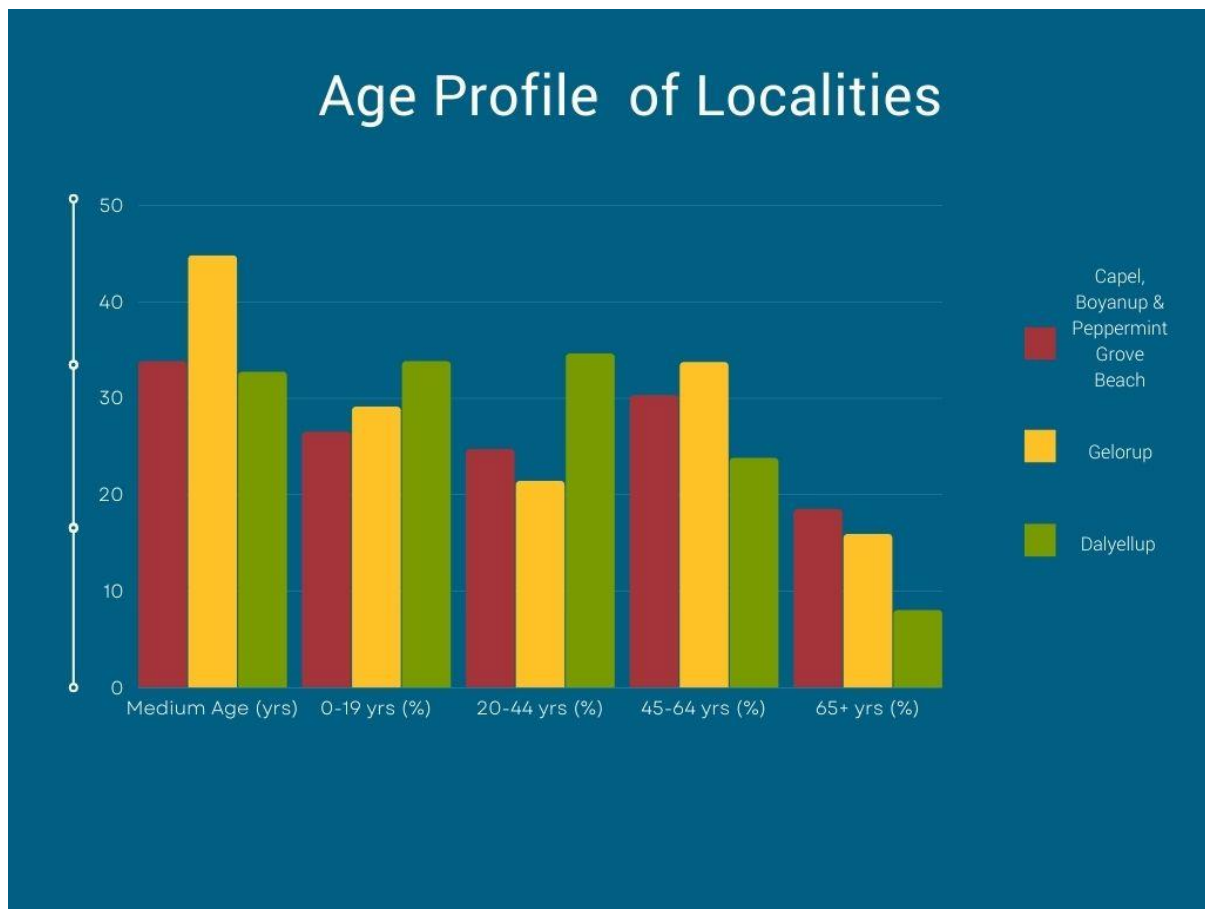


Diagram 2 illustrates the age distribution of the 2020 resident population across five age groups and compares the Shire with Western Australia and Australia. The data demonstrates that the population of the Shire is considerably younger than Western Australia and Australia’s population, with higher proportions of children and lower proportions of seniors. Only 12.5% of the Shire’s population is aged 65 or over compared to 15.4% in Western Australia and 19.1% in Australia.

Diagram 3 illustrates broader age profiles for selected localities in the Shire. This diagram demonstrates that Dalyellup has a much younger population than other areas in the Shire. Unfortunately, specific data for the localities of Capel, Boyanup and Peppermint Grove Beach could not be sourced as these three localities are grouped together in recent ABS Data. The same applies for specific data for Gelorup and Stratham.

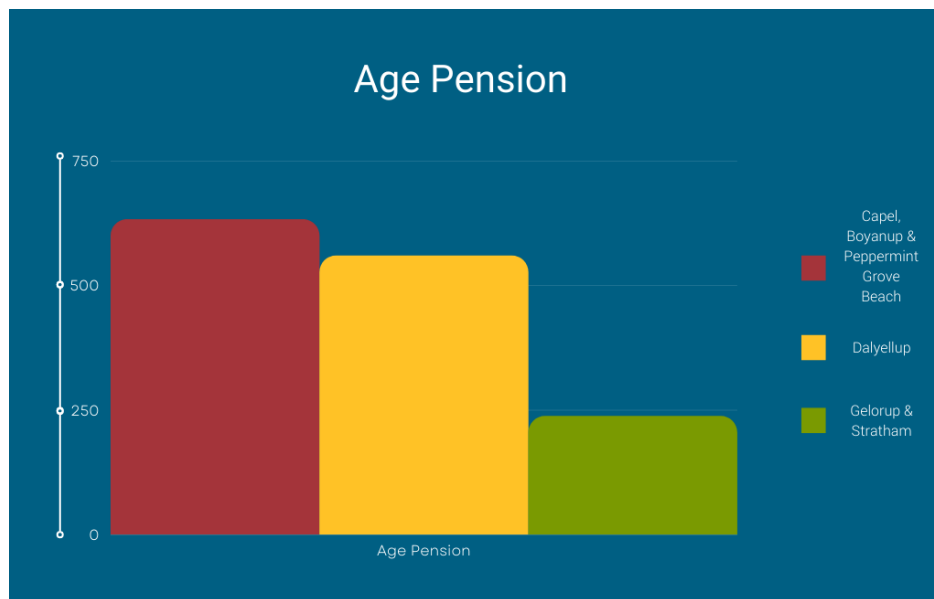
Diagram 3 - Age Profile of Localities, 2020



Source: ABS, 2020 Census Population and Housing

According to the 2020 Census, 1,428 residents in the Shire are on an age pension. The following chart shows how many residents in each locality are on an age pension. These statistics indicate that the majority of the Shire’s residents who are on a pension reside in Capel, Boyanup, and Peppermint Grove Beach.

Diagram 4 - Age Pension & Localities, 2020



METHODOLOGY

The methodology used for this project was based on the Department for Communities guidelines¹ adapted from the World Health Organisation framework,² which is an internationally tested framework to create age-friendly communities. The process involved conducting a survey and focus group for seniors residing in the Shire. The experiences of seniors of what is, and what is not, age-friendly, and what could be done to improve their community's age-friendliness were obtained.



Survey

¹ Department for Communities, *Age-friendly communities – A Western Australian Approach*

² World Health Organisation, *Global age-friendly cities: a guide*, 2007

Each of the eight features of an age-friendly community were investigated in a survey to identify what was age-friendly in the community, barriers to age-friendliness and how these barriers could be addressed. Sixty-four seniors completed the survey, which was distributed to seniors via the Shire’s email and postal database of seniors, the Shire’s Seniors’ Link newsletter, locality newspapers and the Shire’s website and Facebook page.

The first part of the survey sought details about respondents, including gender, age, the locality where they live, details of their household, the likelihood of them relocating within the next five years and their employment status.

Diagram 4 – Gender of Survey Respondents

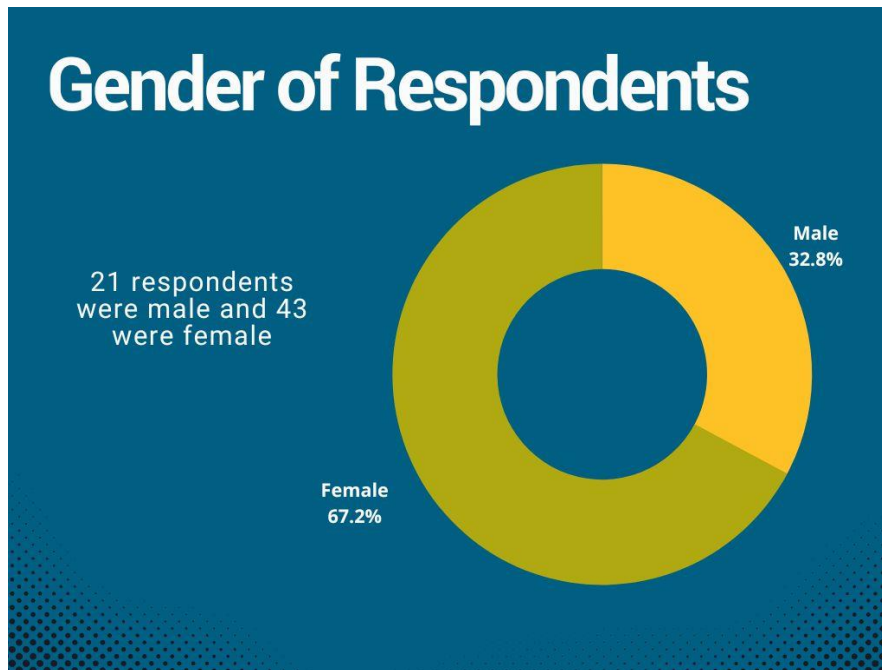


Diagram 5 – Health of Respondents

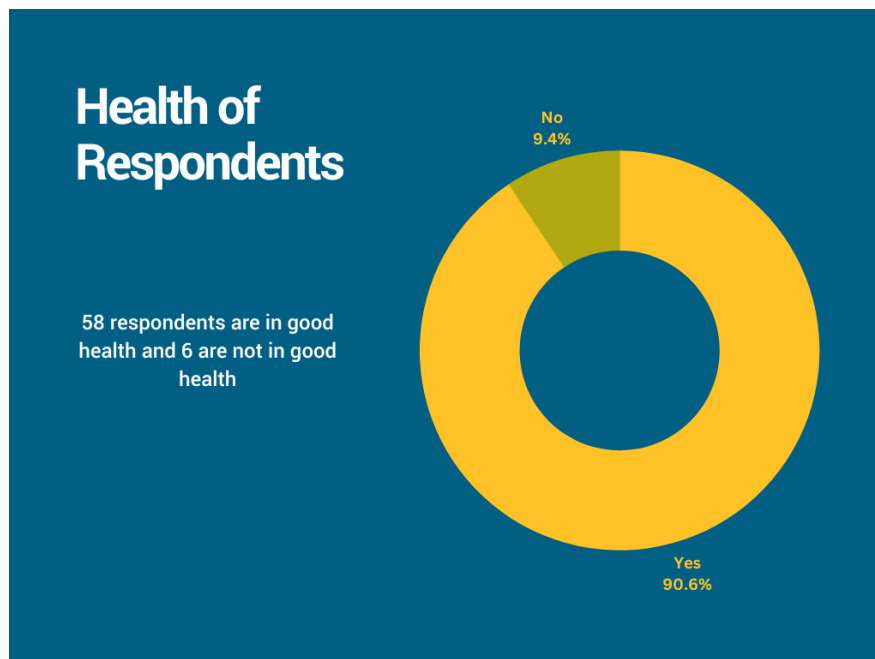


Diagram 6 – Age of Respondents

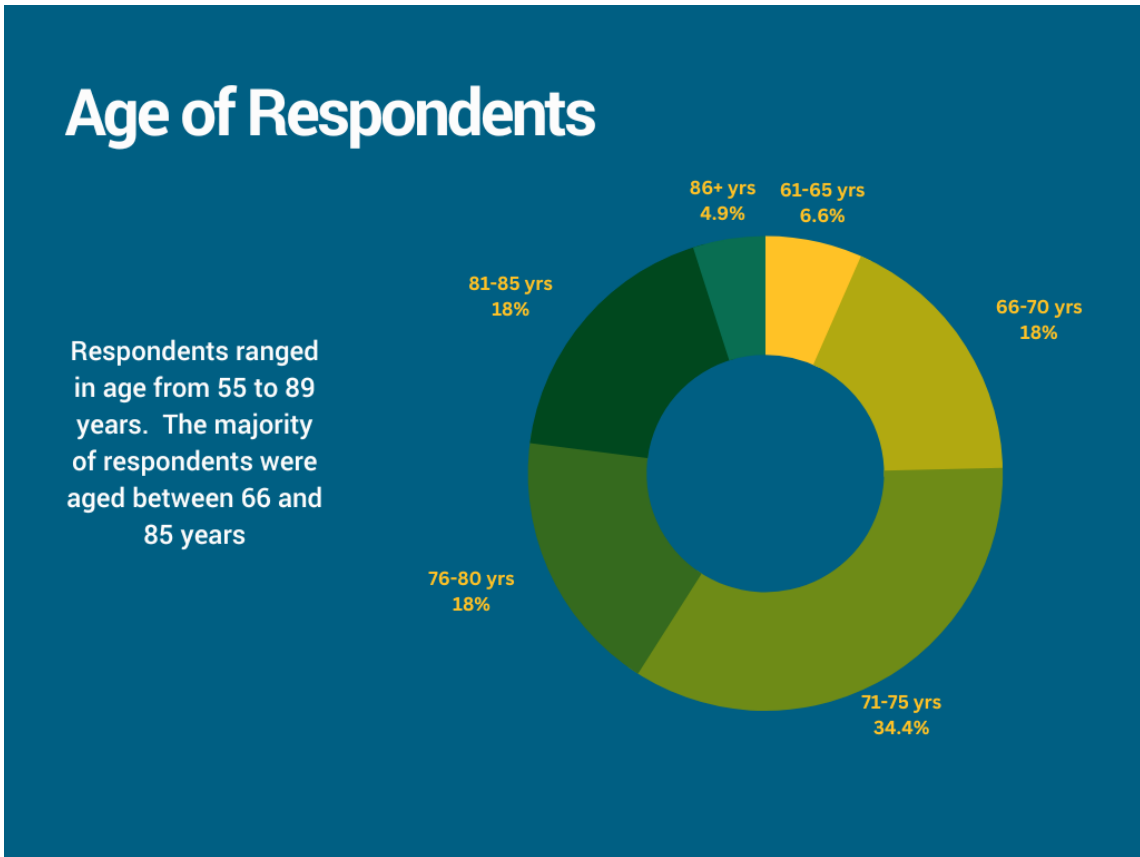


Diagram 7 – Assistance Required With Forms

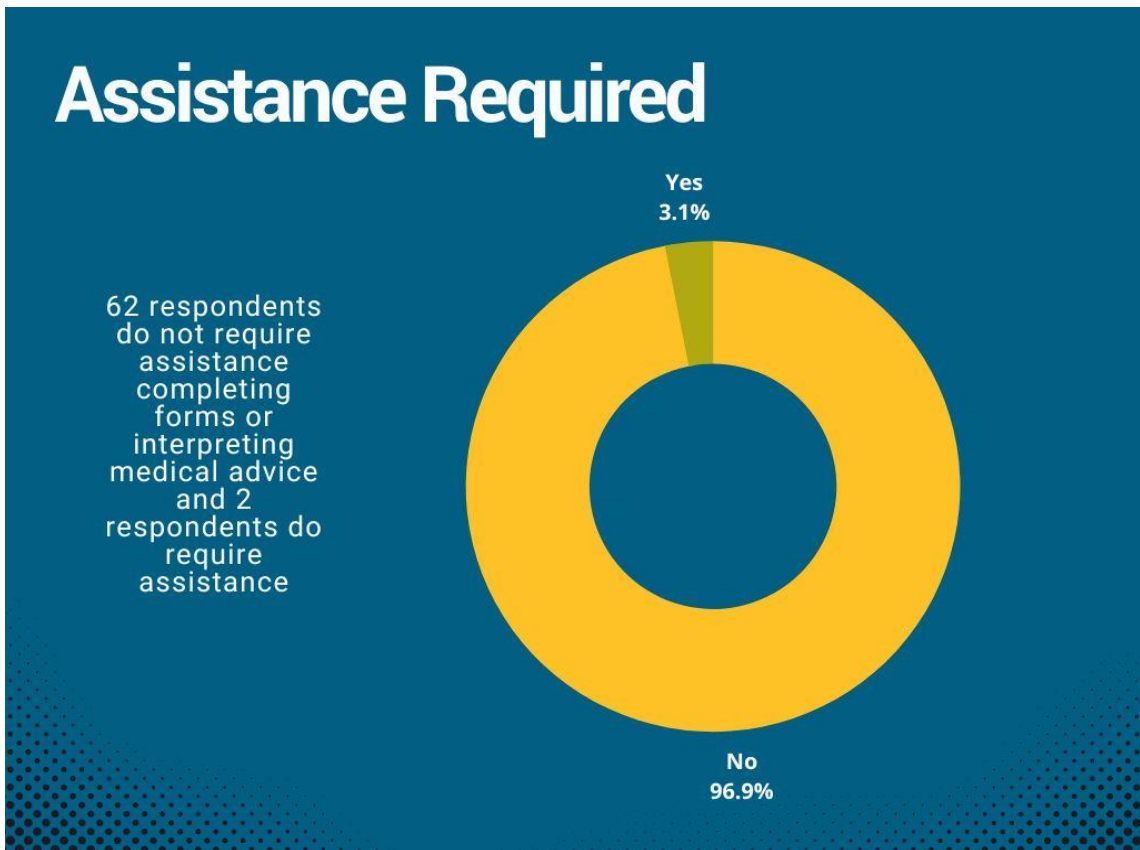


Diagram 8 – Locality of Respondents

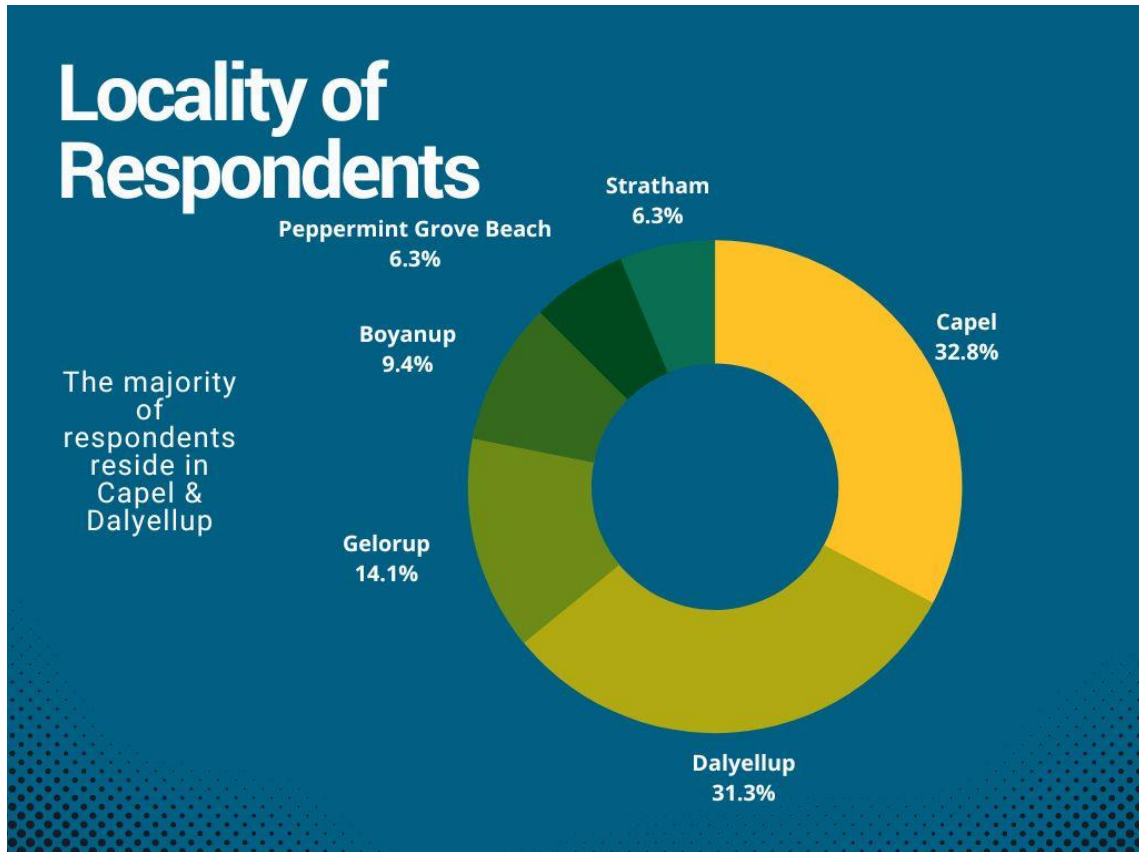


Diagram 9 – Length of Time Lived in the Shire

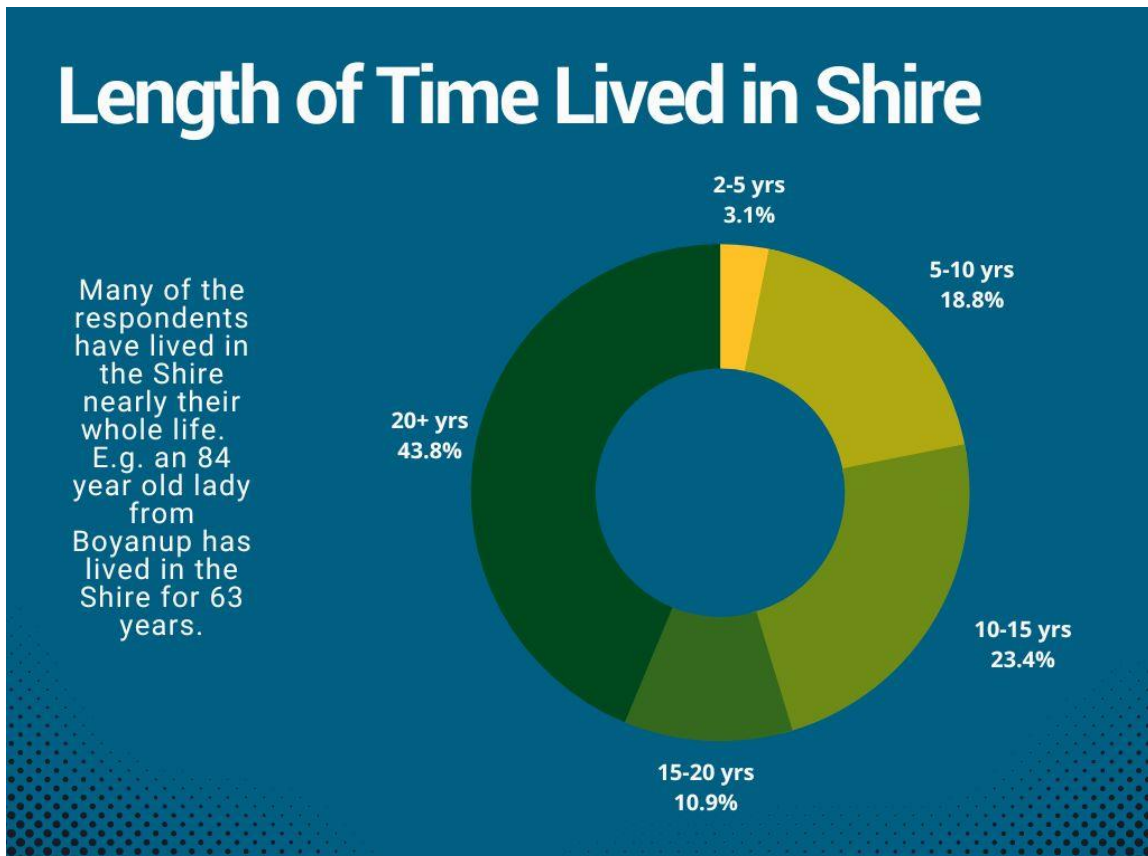


Diagram 10 – Household Composition

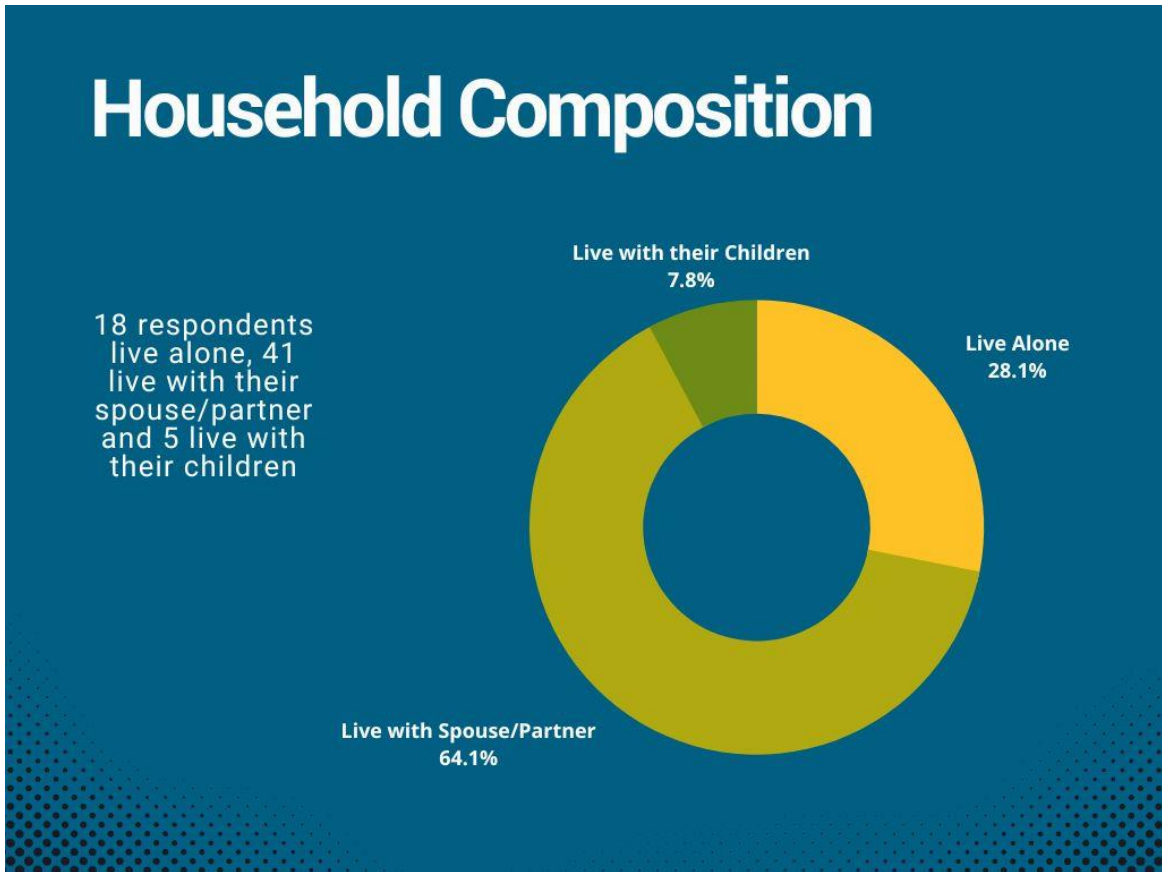


Diagram 11 – Style of Housing

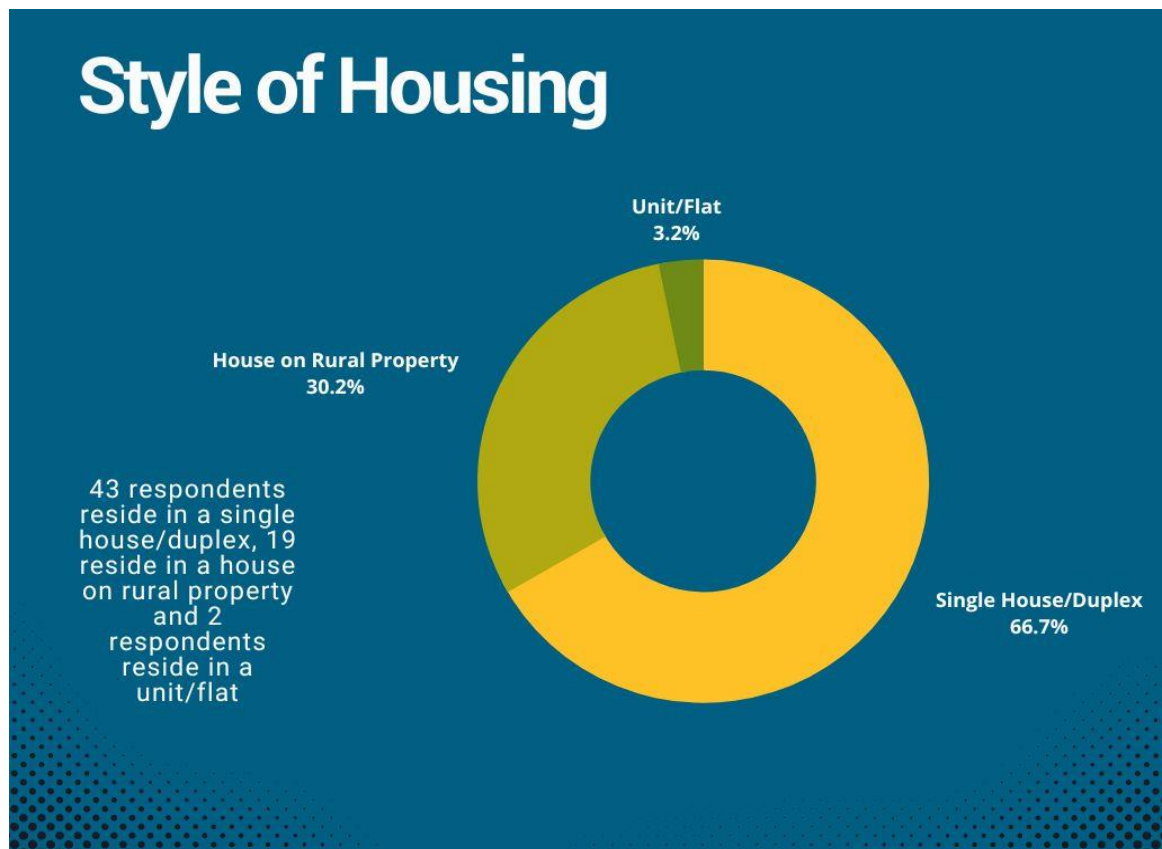


Diagram 12 – Likelihood of Moving

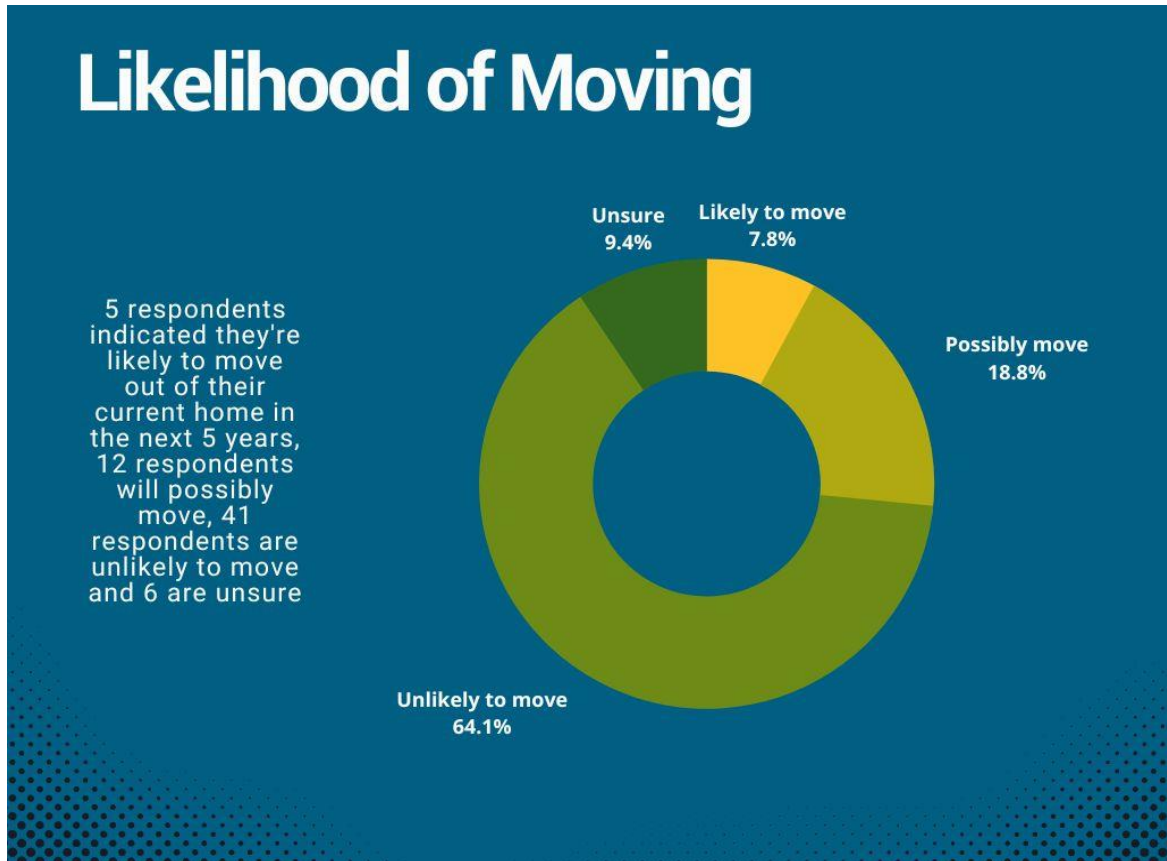


Diagram 13 – Main Reasons for Moving

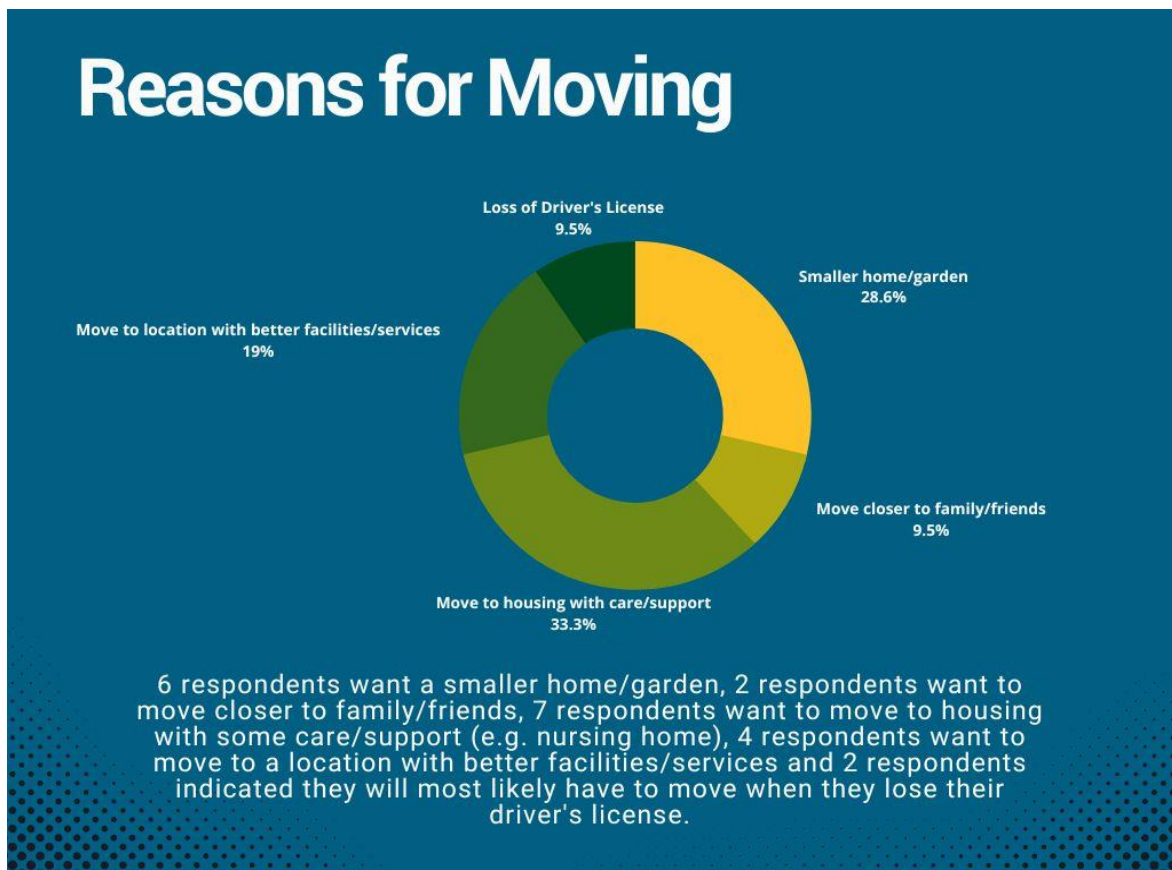


Diagram 14 – Moving out of the Shire

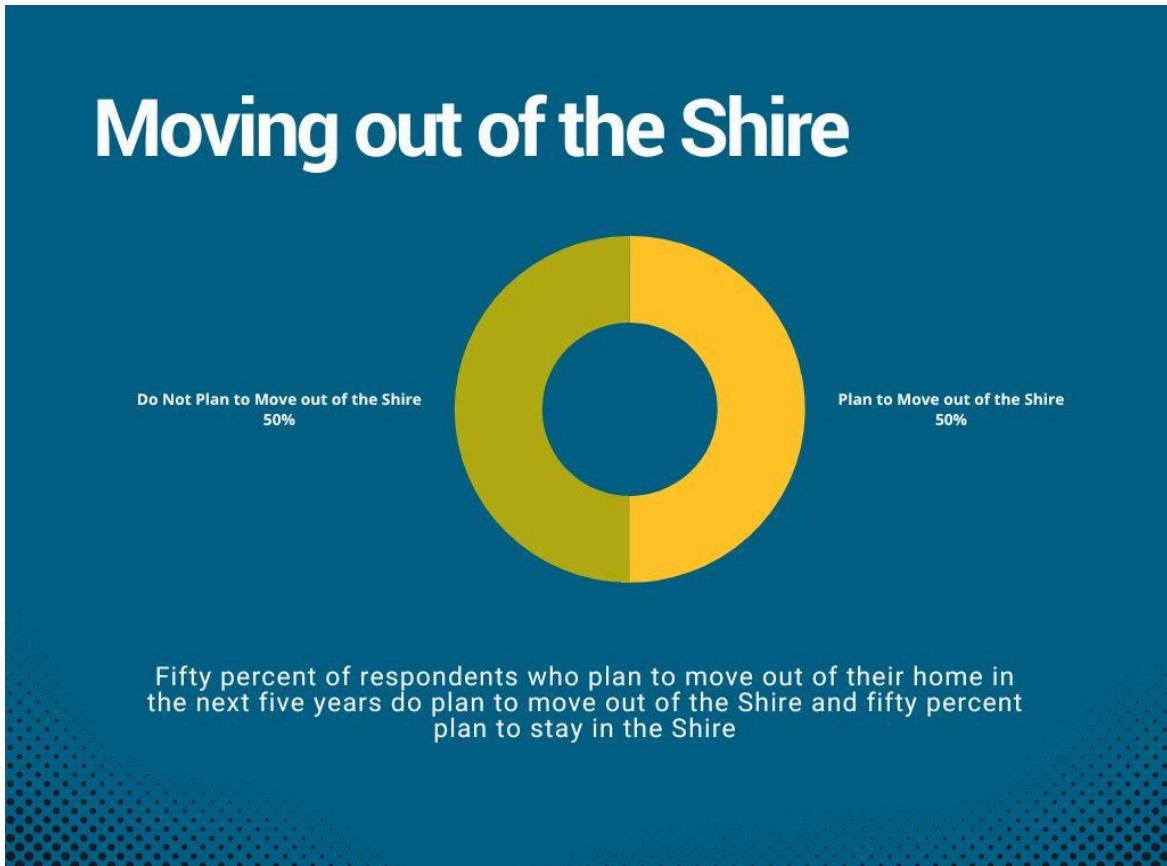


Diagram 15 – Access to Services

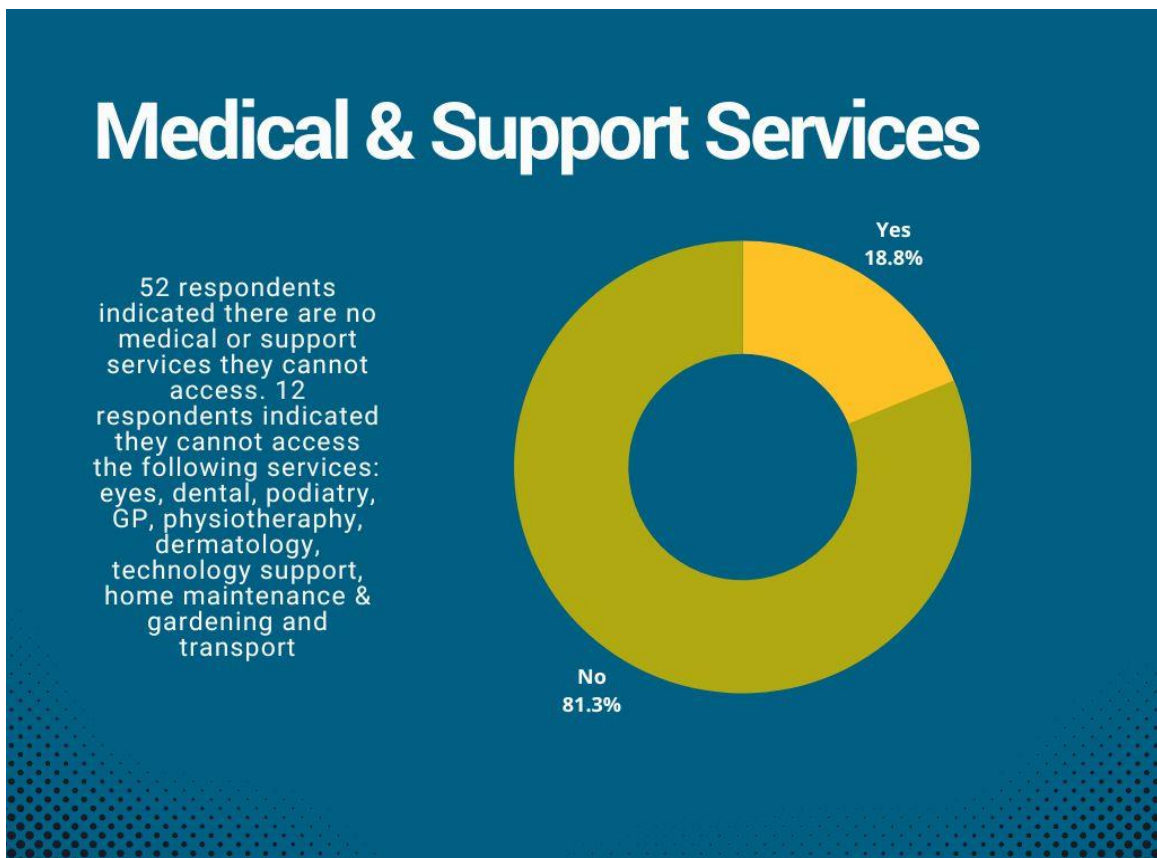


Diagram 16 – Transport

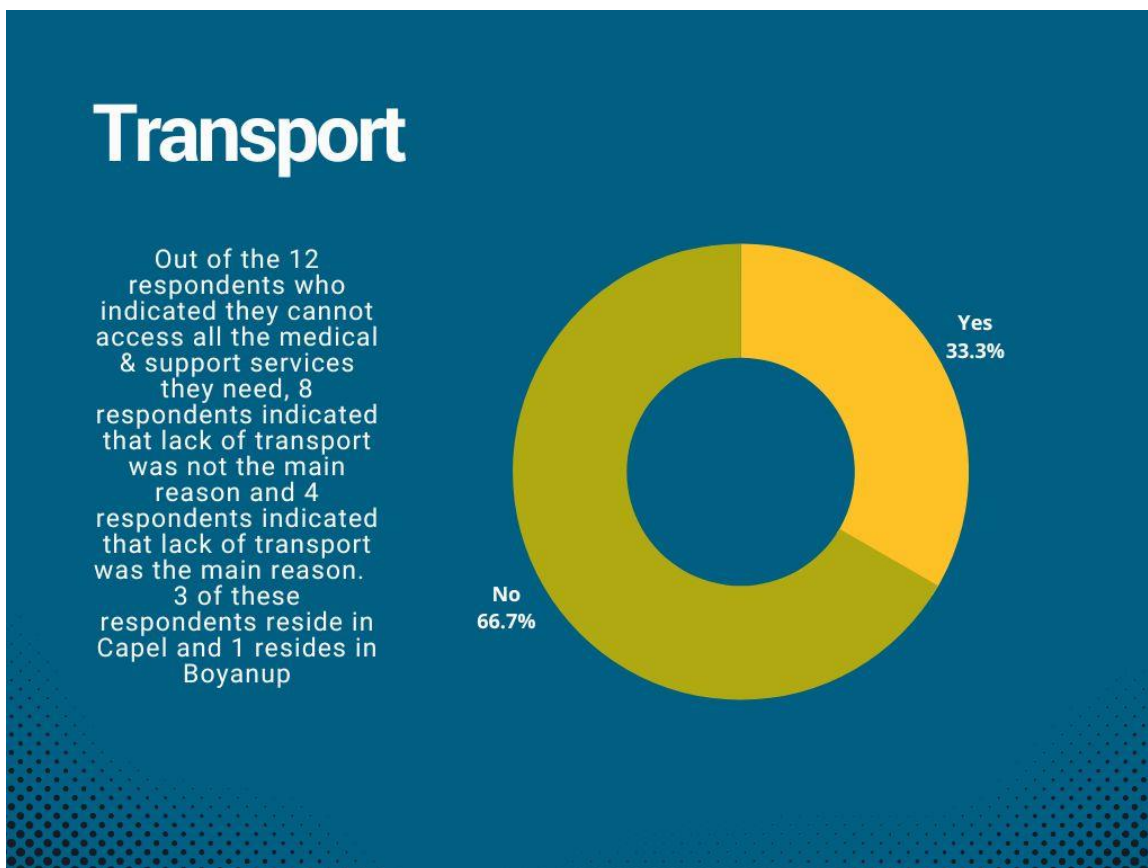


Diagram 17 – Finding Available Services

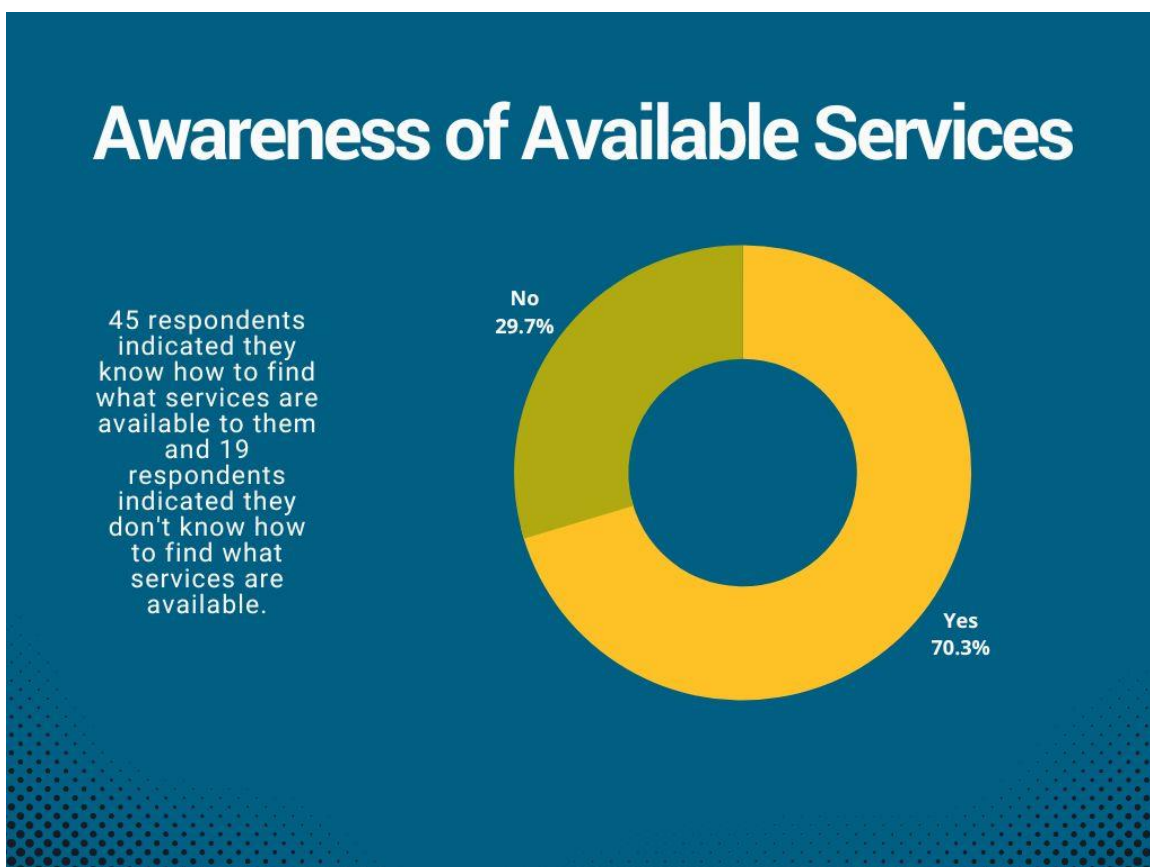


Diagram 18 – Employment Status

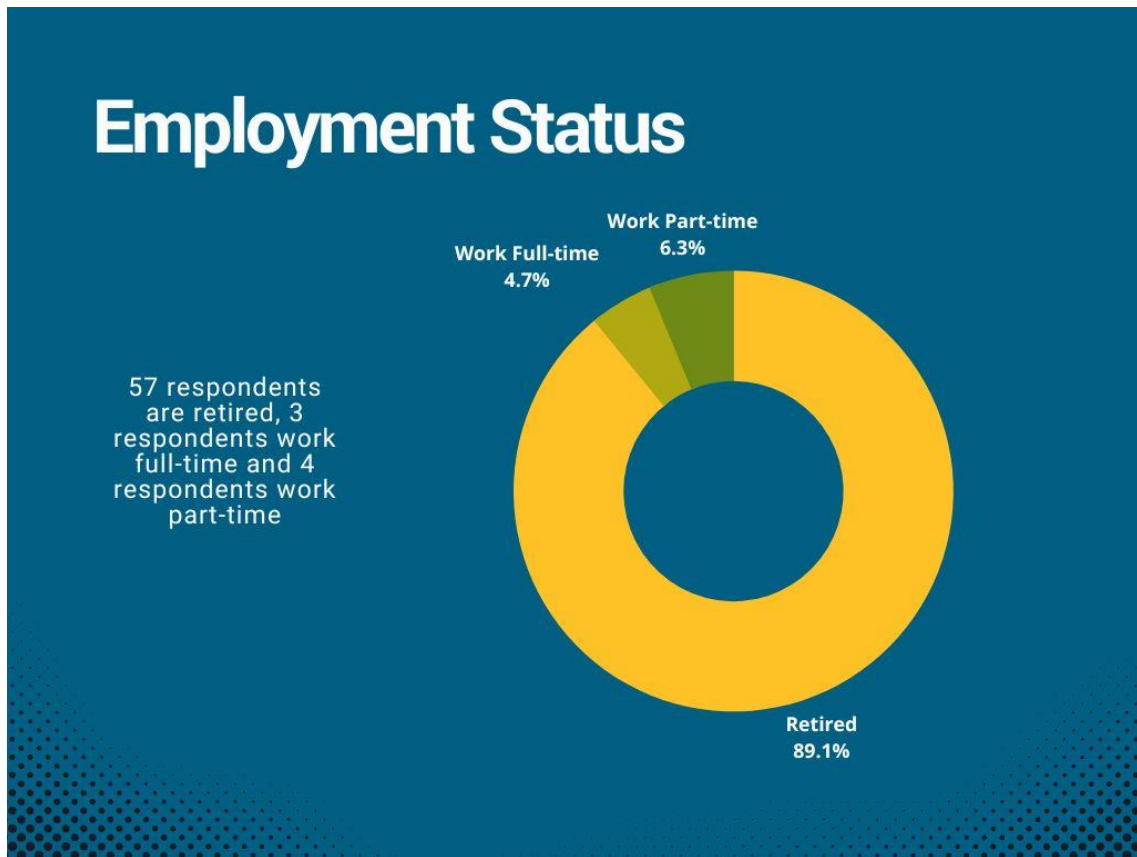


Diagram 19 – Volunteer Work/Carers

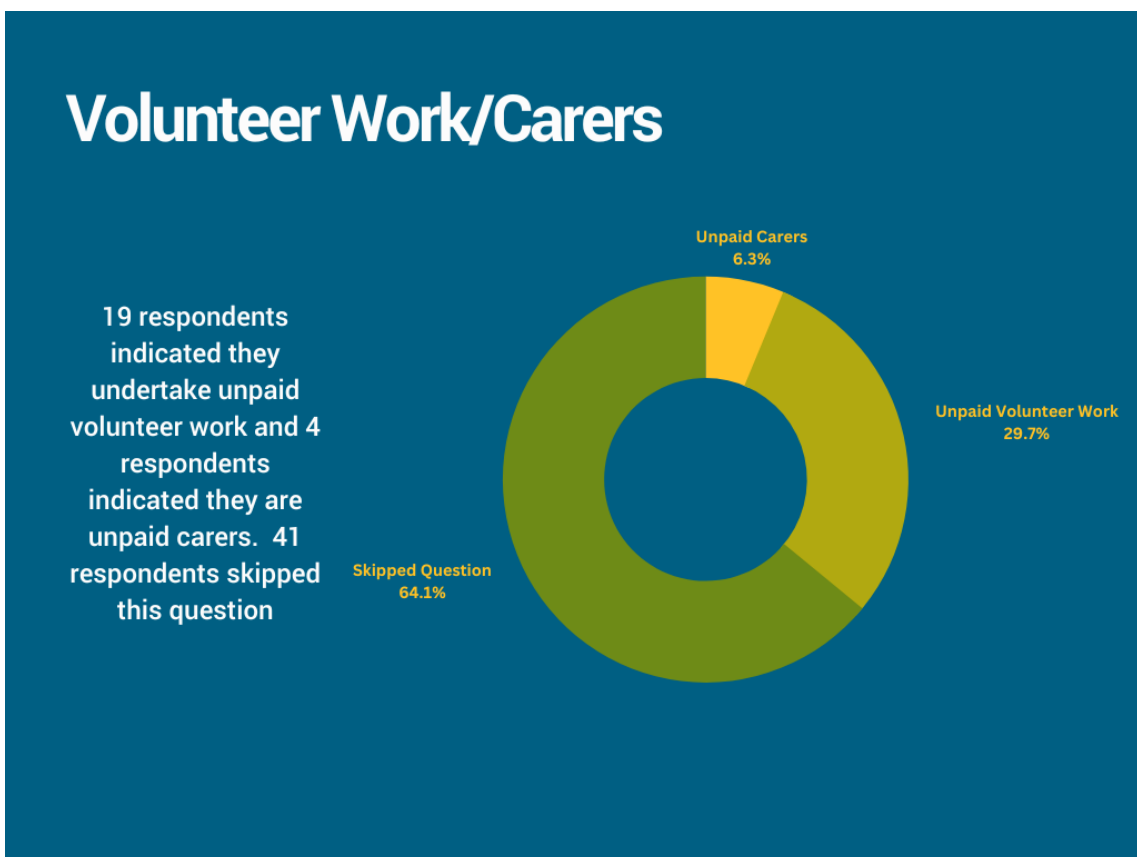


Diagram 20 – Feeling Welcome

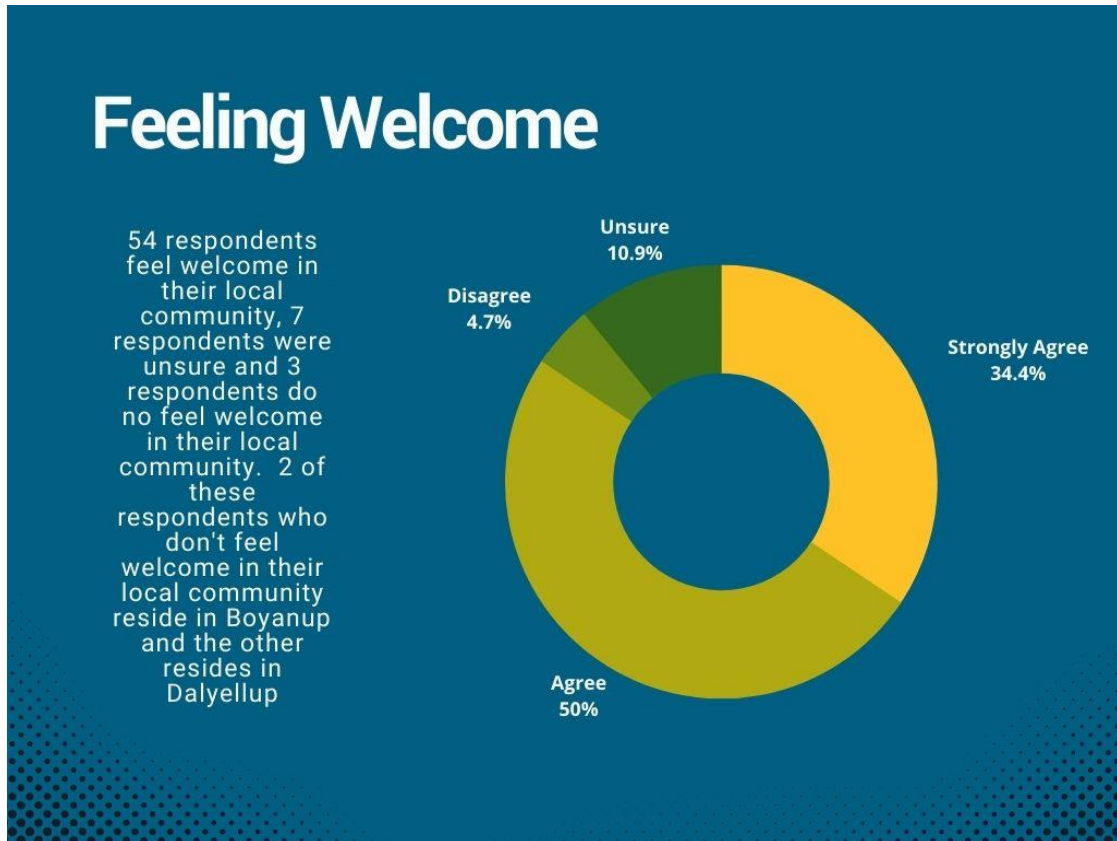


Diagram 21 – Appreciation & Support

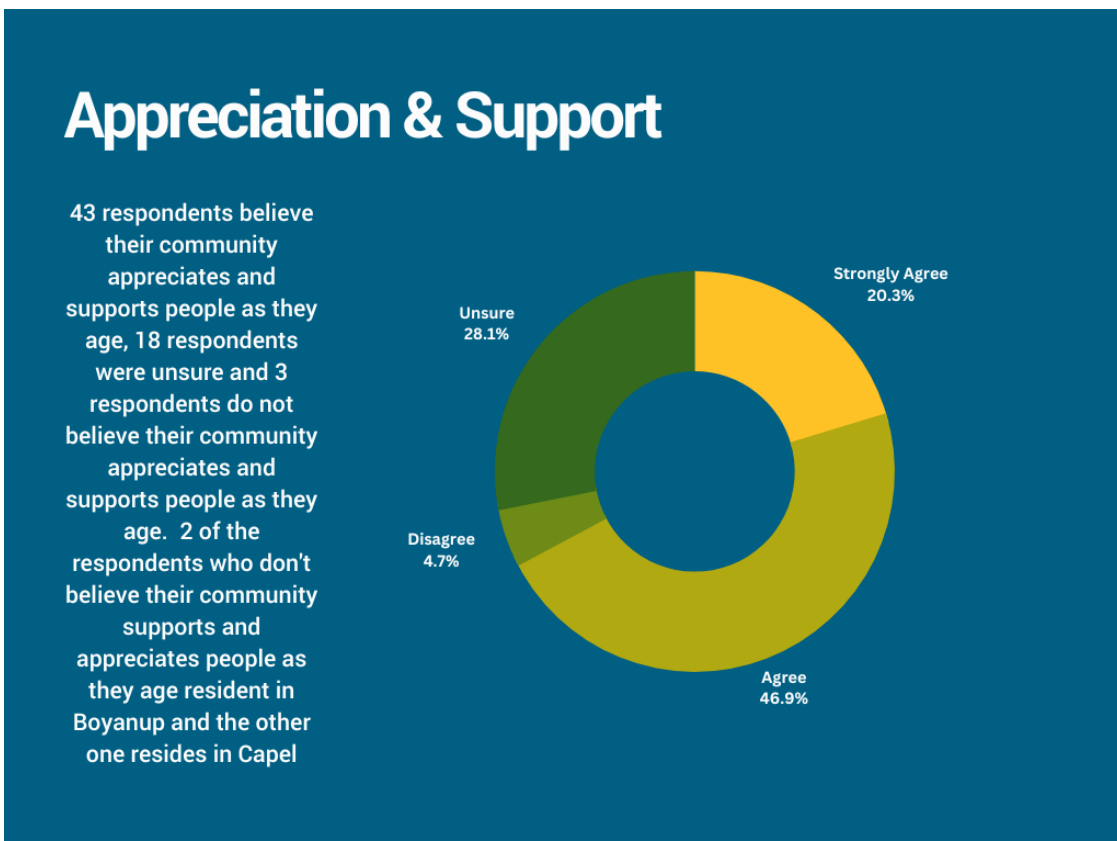


Diagram 22 – Feeling Socially & Emotionally Secure

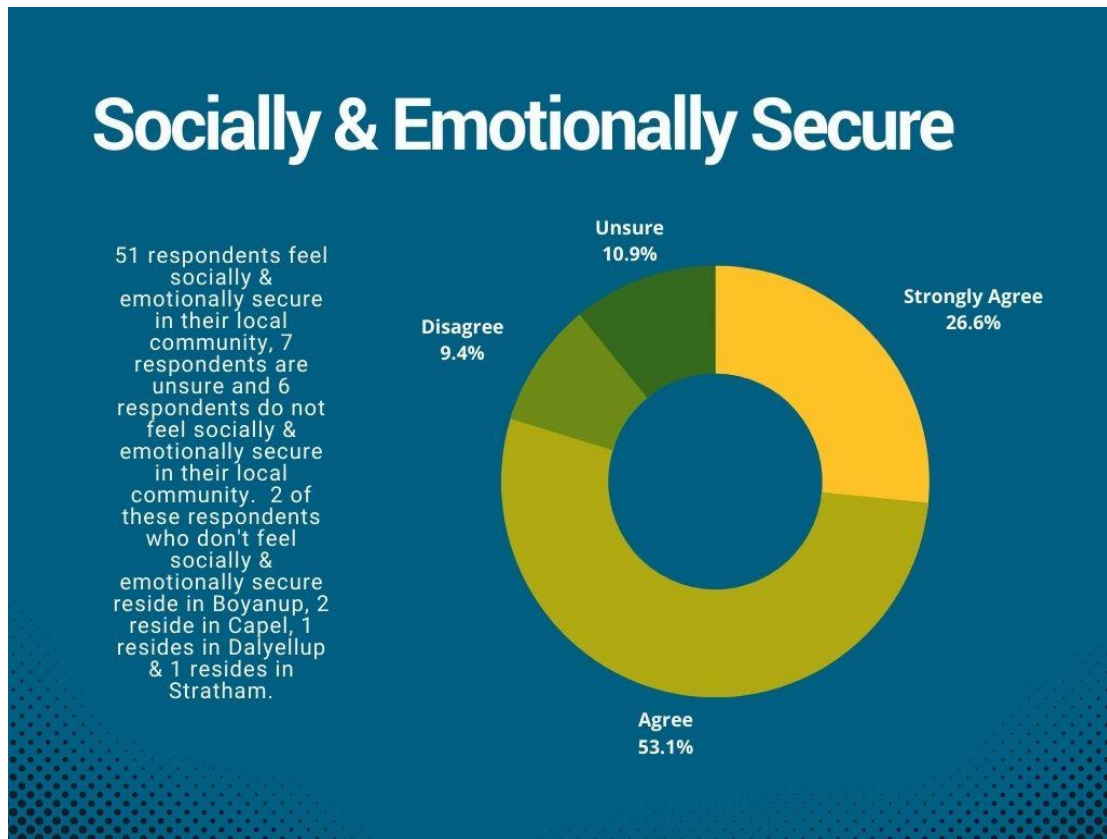


Diagram 23 – Volunteering

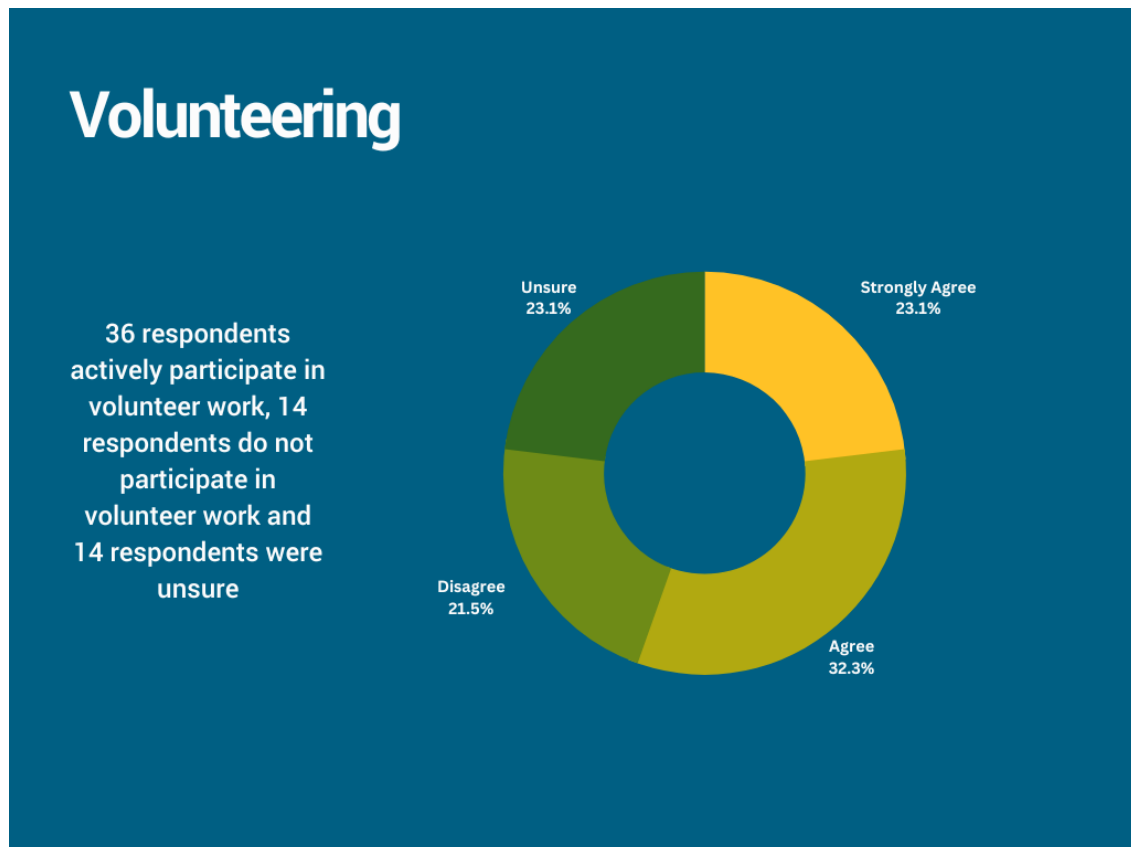


Diagram 24 – Member of a Local Community Group

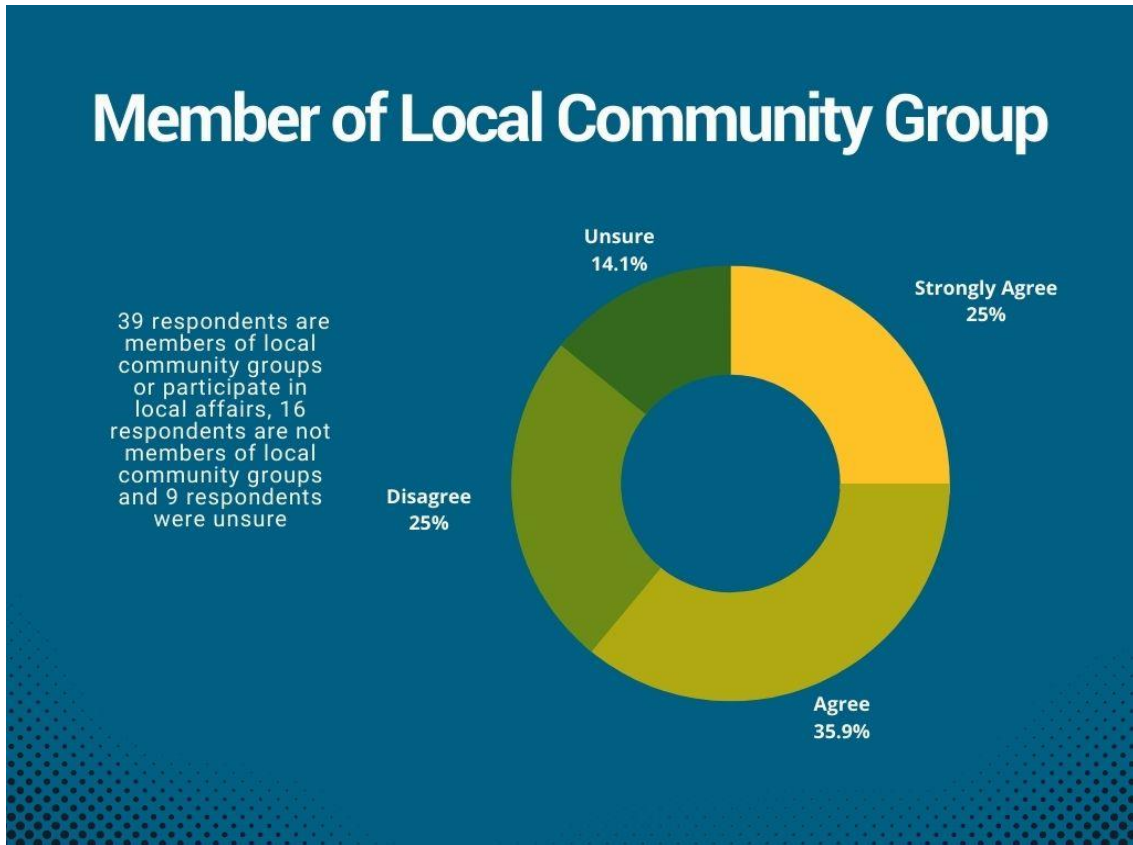


Diagram 25 – Good Community to Grow Old In

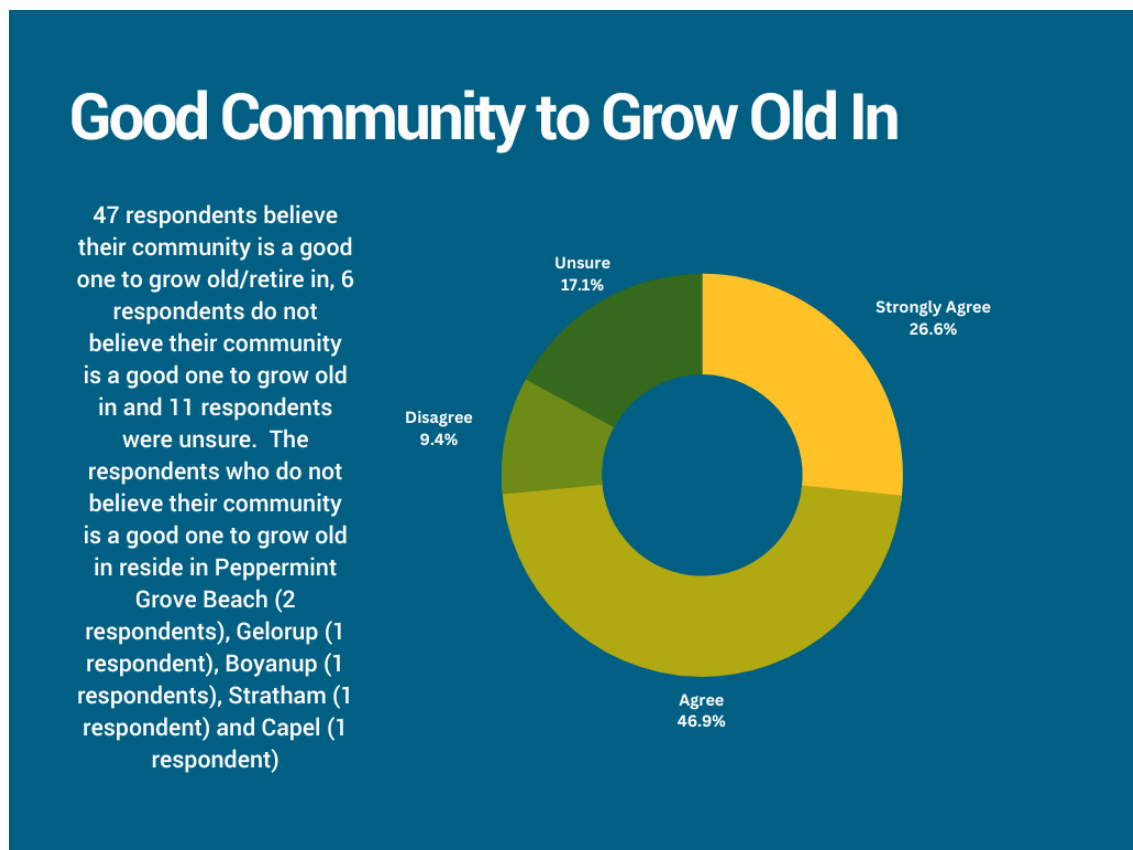


Diagram 26 – Feeling Safe

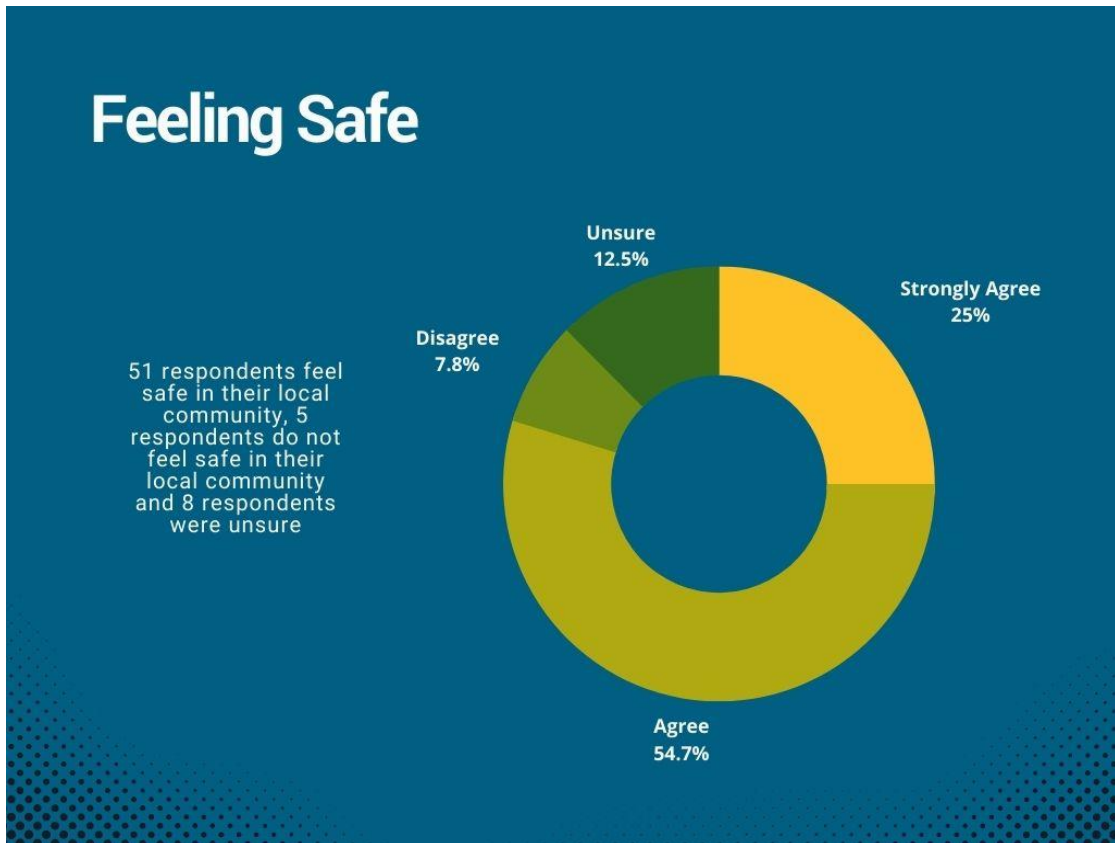


Diagram 27 – Positive Future

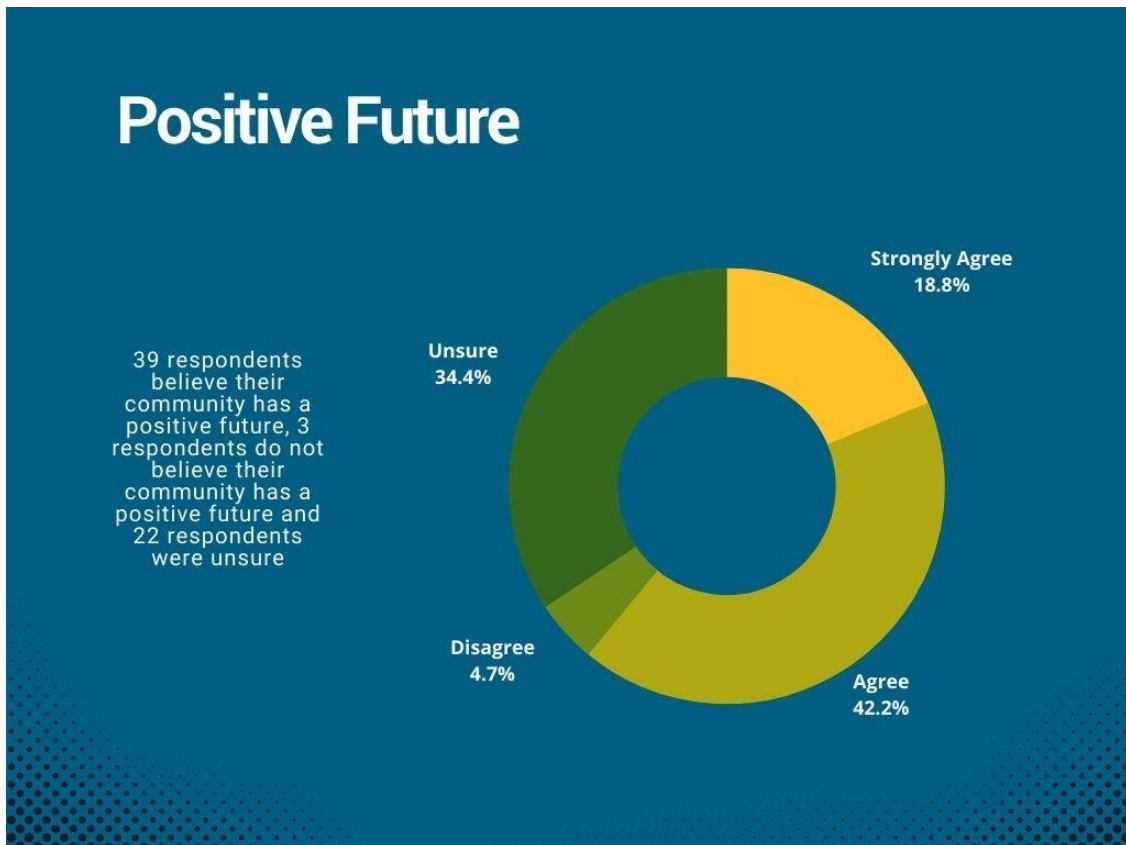


Diagram 28 – Maintaining Independence

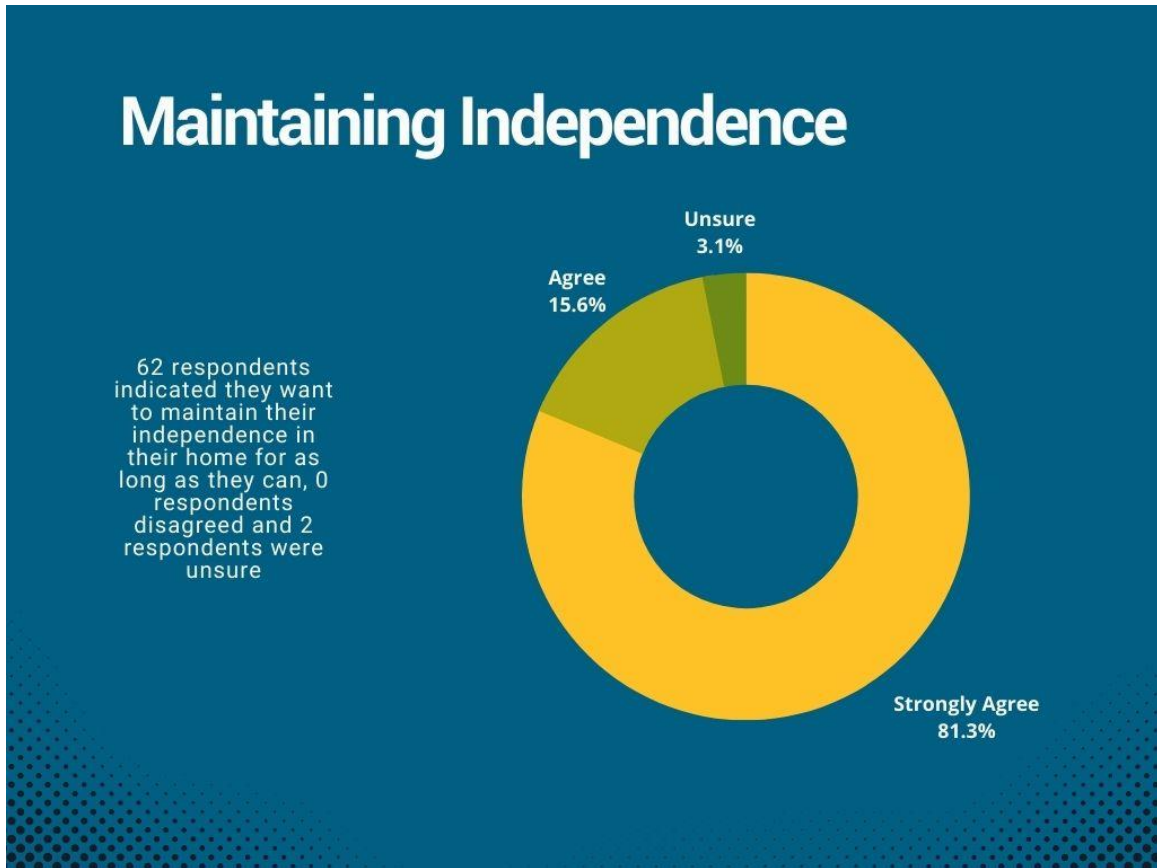
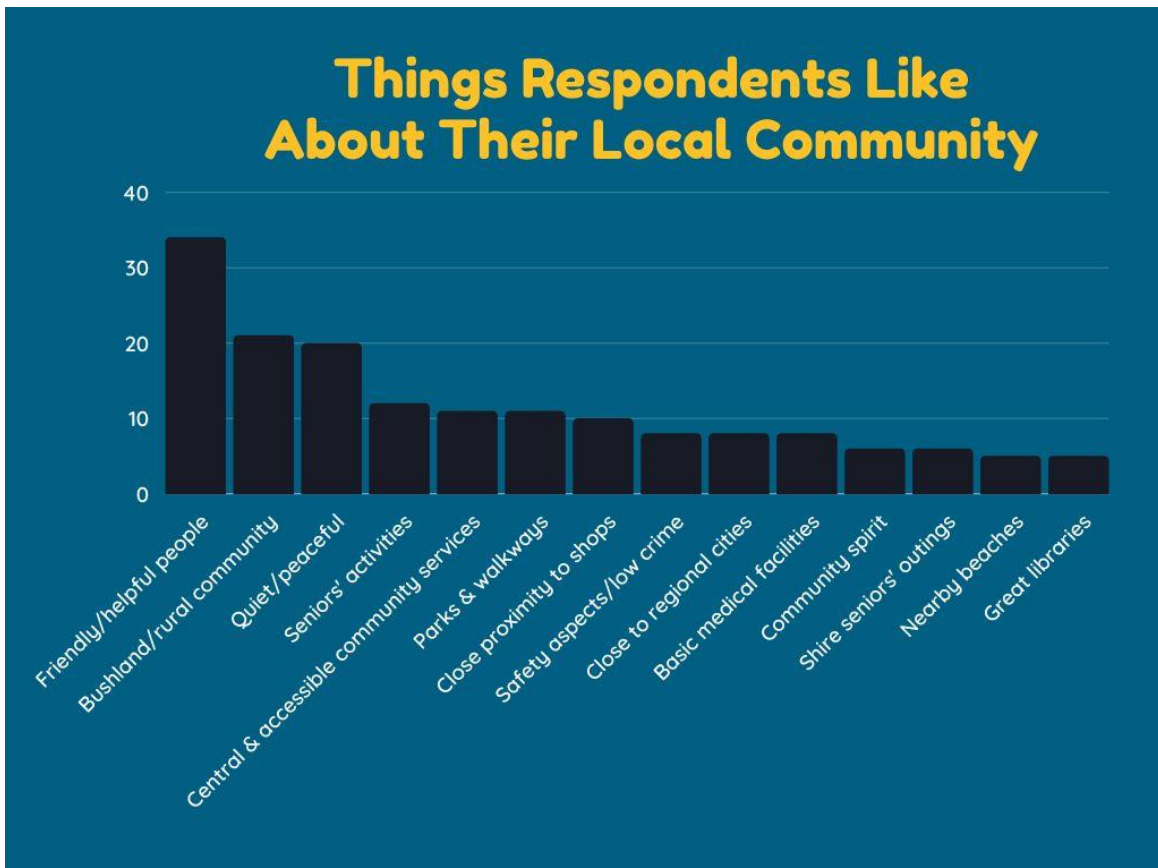
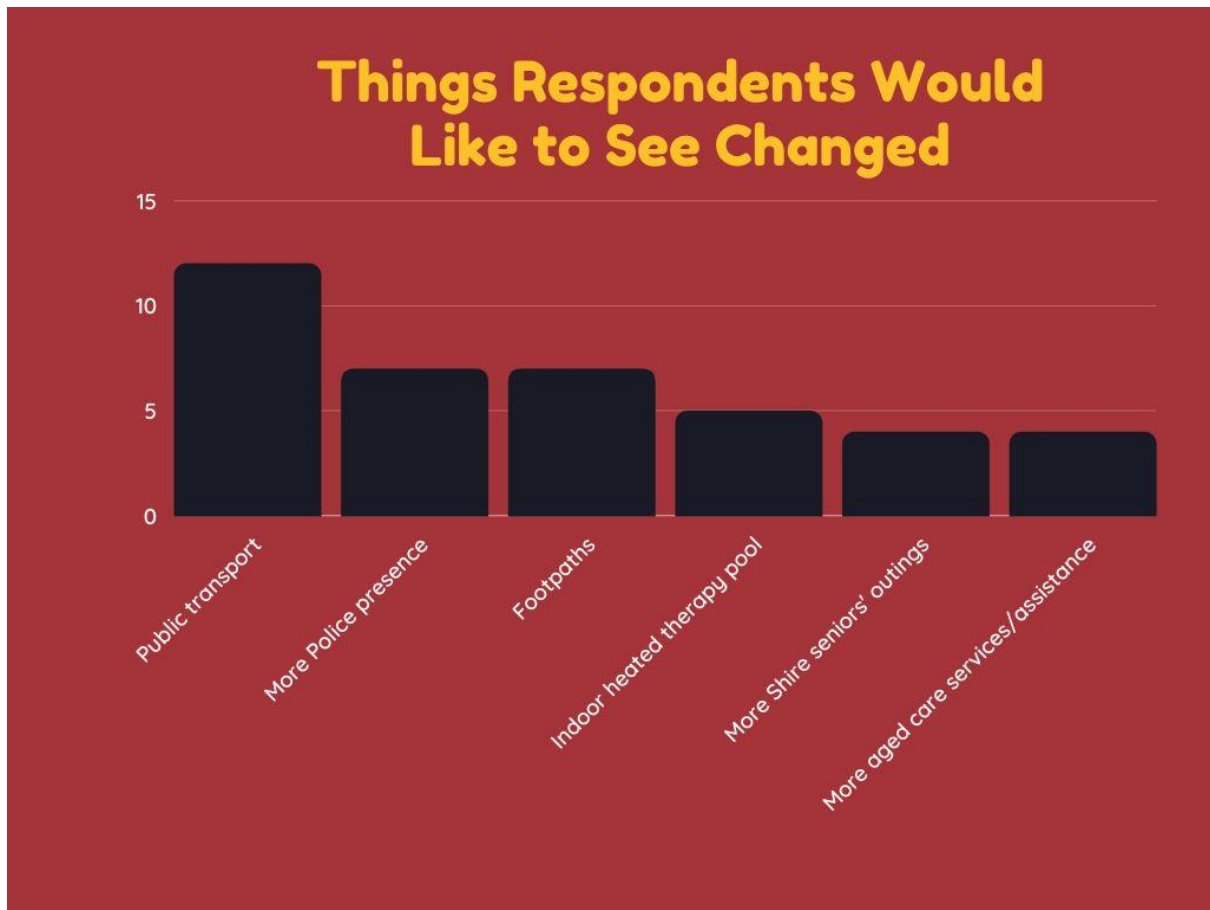


Diagram 29 – Things Respondents Like About Their Local Community



Things that less than five respondents liked about their local community included the nearby hospital, community infrastructure/facilities, clean streets, friendly and caring Shire representatives, sporting facilities, volunteer emergency services and dog friendly areas.

Diagram 30 – Things Respondents Would Like to See Changed



Things that one to four respondents would like to see changed were a speed reduction on Bussell Highway, a wider variety of shops, better access to information regarding services, better maintenance of parks, a Doctor's surgery in Boyanup, a retirement village/nursing home in Capel, safer main street crossings, Bunbury Outer Ring Road, social media trolls undermining community spirit, more street trees in Capel, better communication with Shire (listening to concerns), cat/rabbit/fox control, elimination of vandalism and more walk trails in the bush. Things that only one respondent listed were intergenerational activities, better maintained verges, awareness of aged pedestrians on footpaths, better lighting, cheaper hall hire, Shire administration and council offices in Dalyellup, more youth activities and amenities, bowling green in Dalyellup, toilets in Fettle's Park, bitumen car park in Fettle's Park, reduce traffic on beaches, café/restaurant, postal delivery service, more subsidised activities, supermarket in Boyanup, reduce speed limit on rural roads, more public spaces in Capel, mosquito control, easier Highway crossing from Gelorup to Dalyellup, a park with trees and seats near Dalyellup shops, CCTV in beach carparks, Stay on Your Feet Exercise Program, prepare for climate change and truck by-pass in Boyanup.

Four respondents indicated they are happy just as it is.

Diagram 31- Responsibility for Caring for Seniors

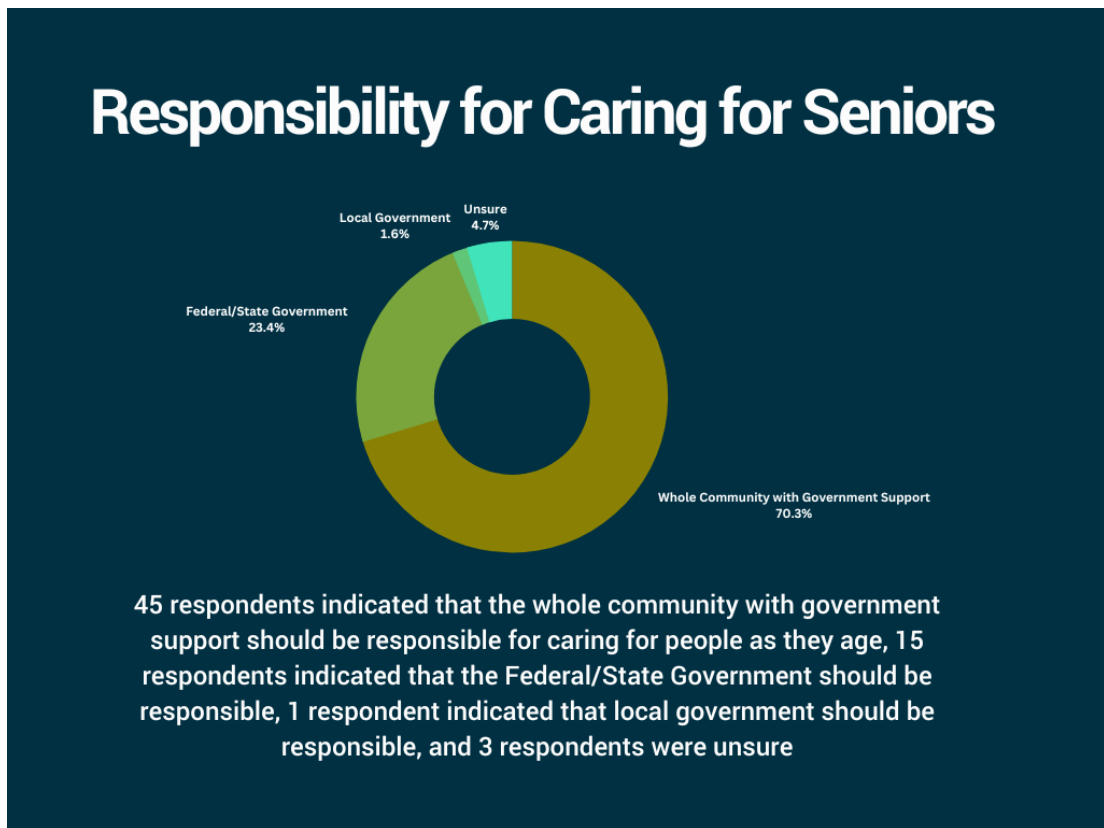


Diagram 32 – Outdoor Spaces

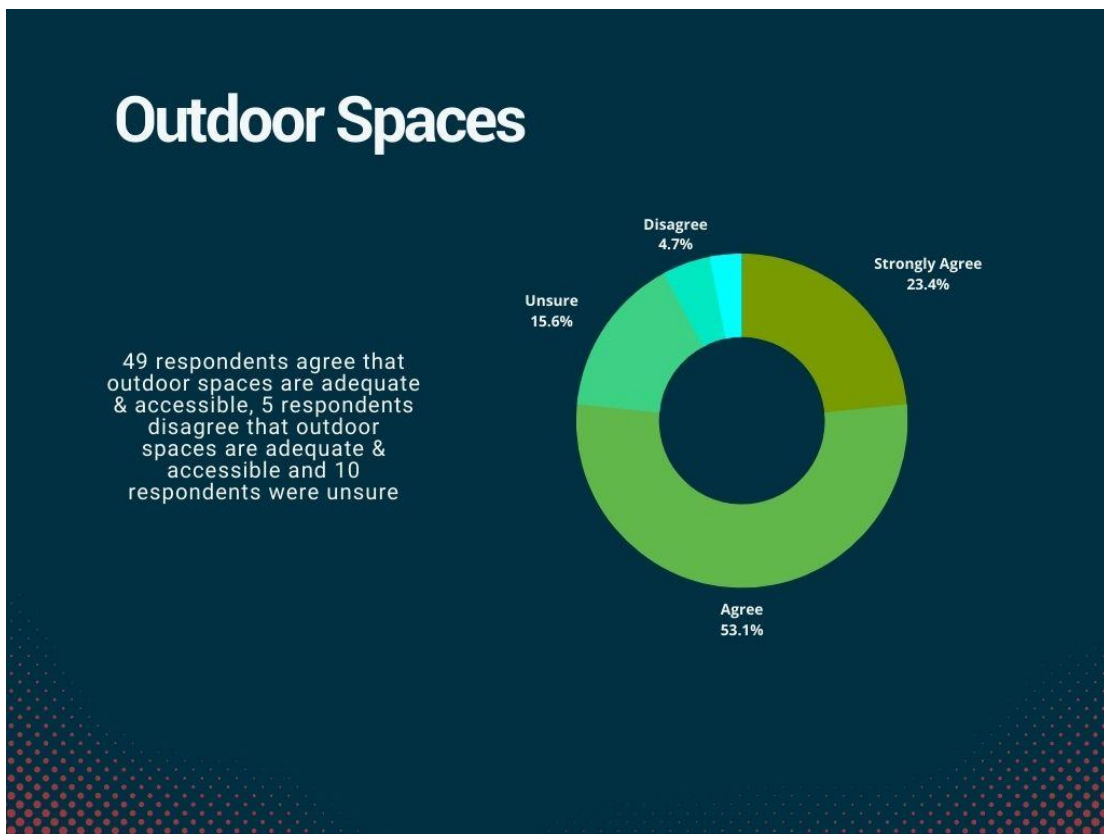


Diagram 33 – Retail & Commercial Services

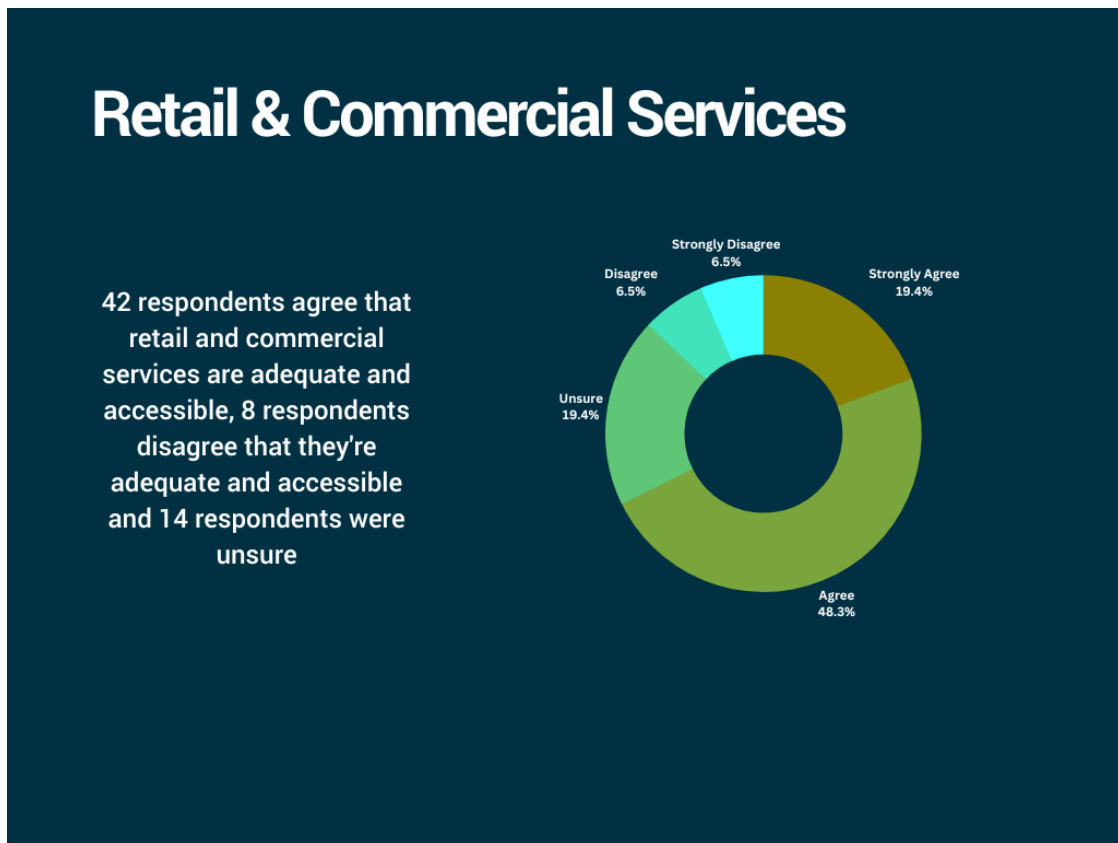


Diagram 34 – Public Transport

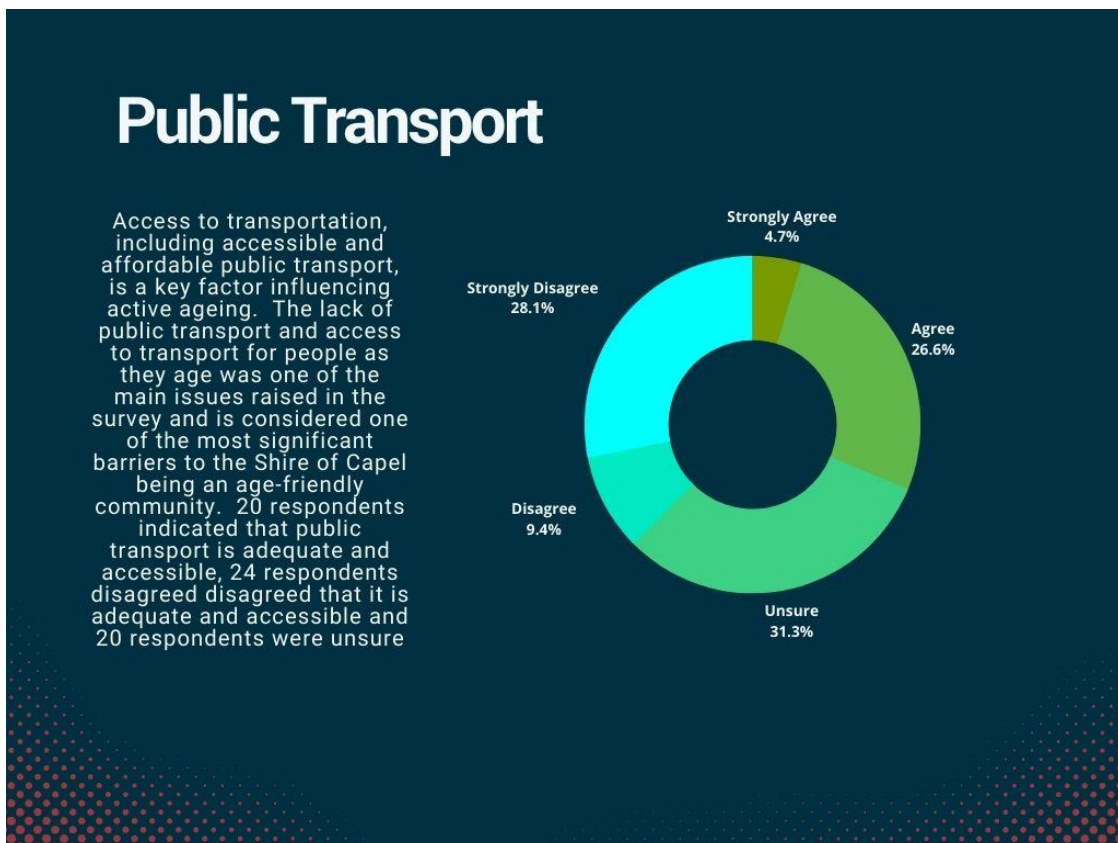


Diagram 35 – Footpaths & Walk Trails

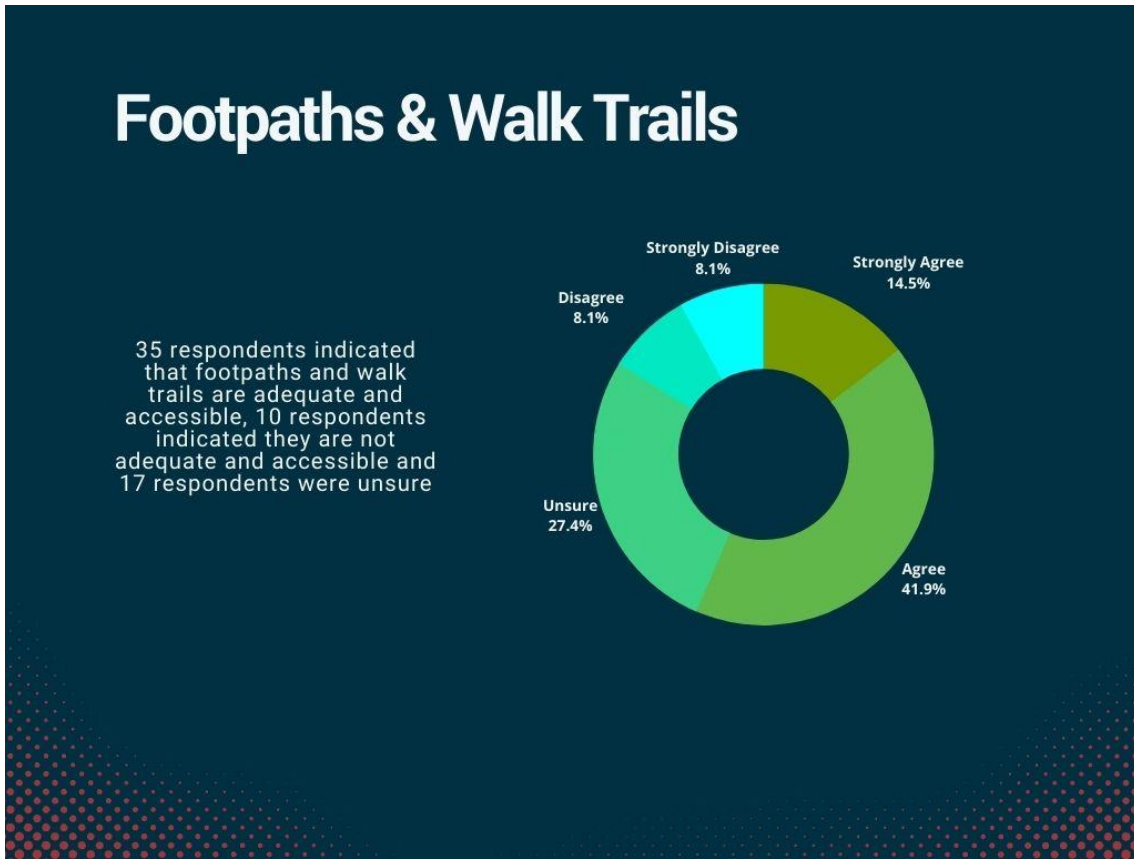


Diagram 36 - Housing

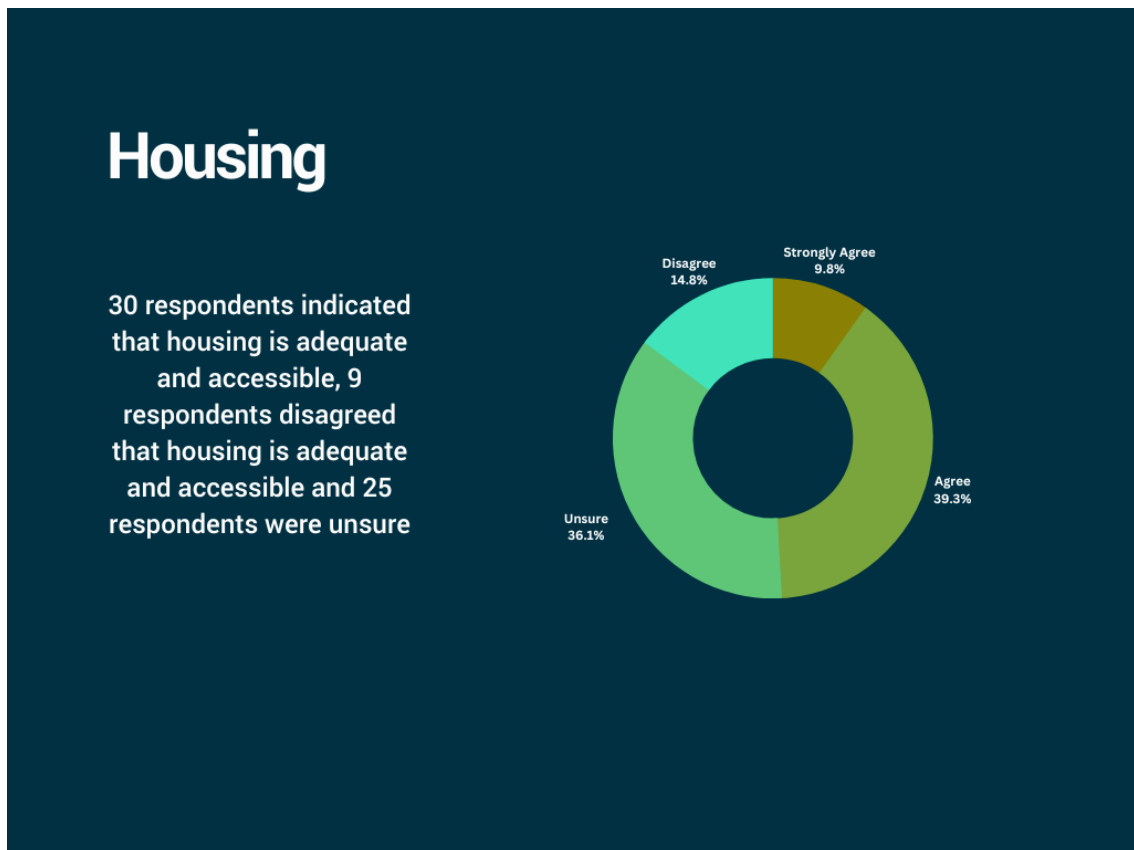


Diagram 41 – Information about Services

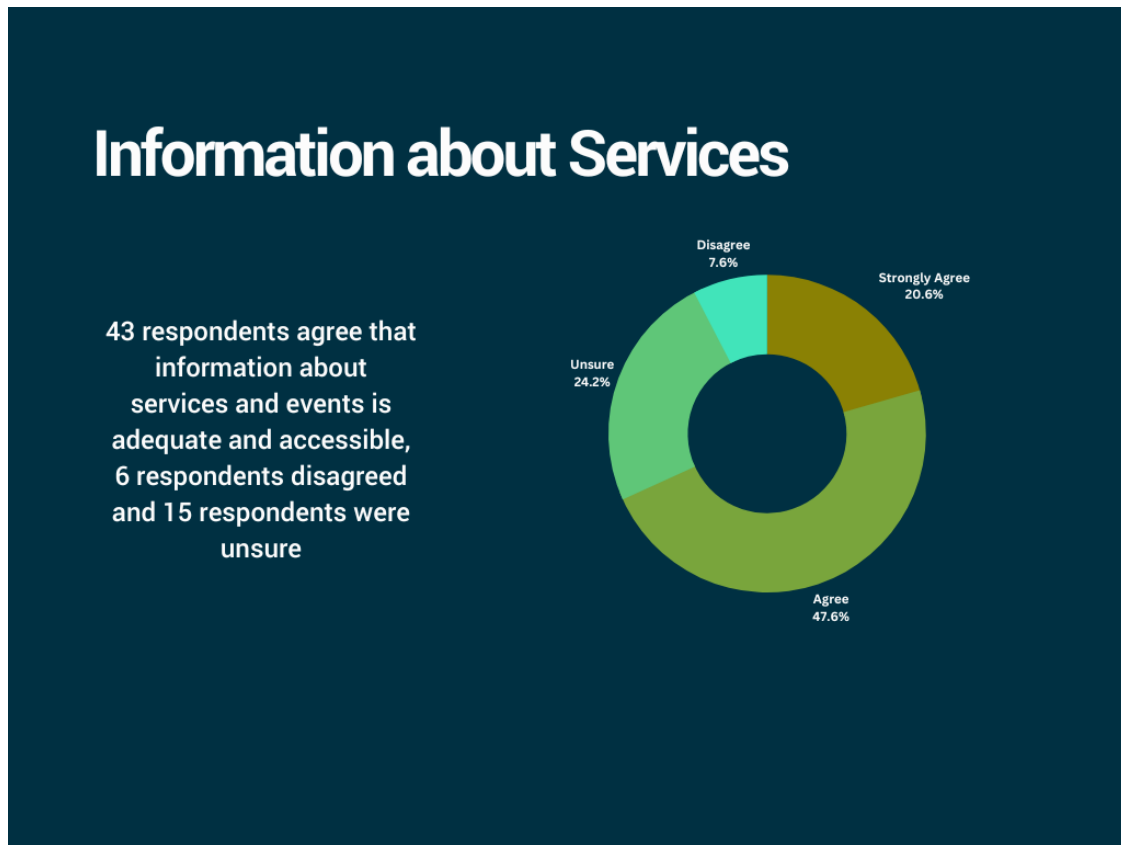


Diagram 42 – Medical & Support Services

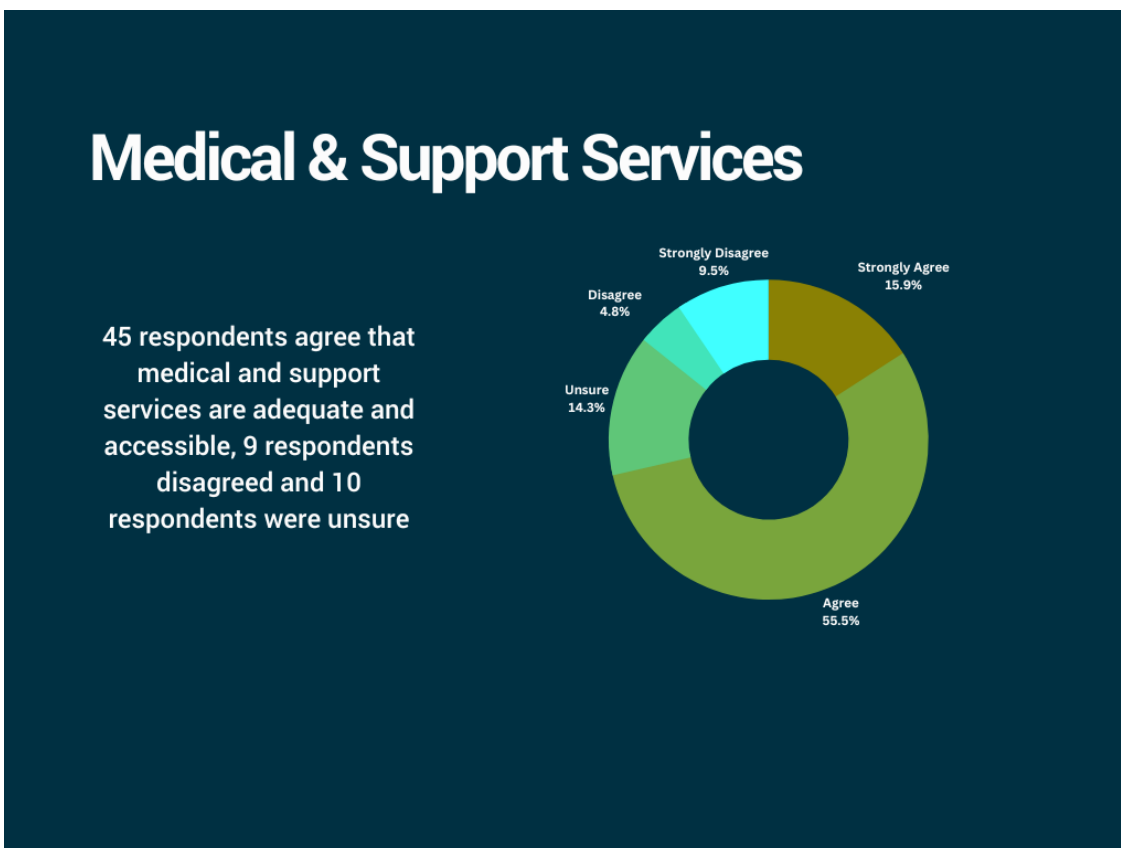


Diagram 43 – Shire Run Outings for Seniors

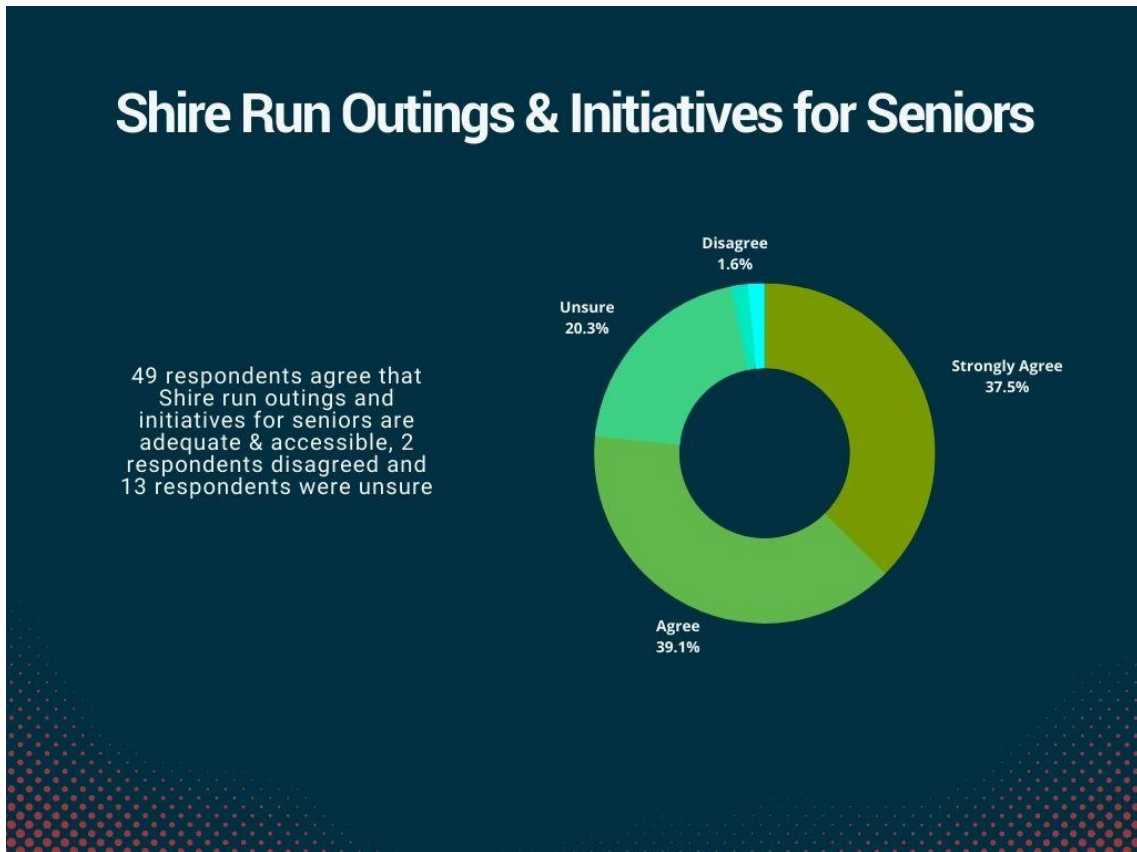
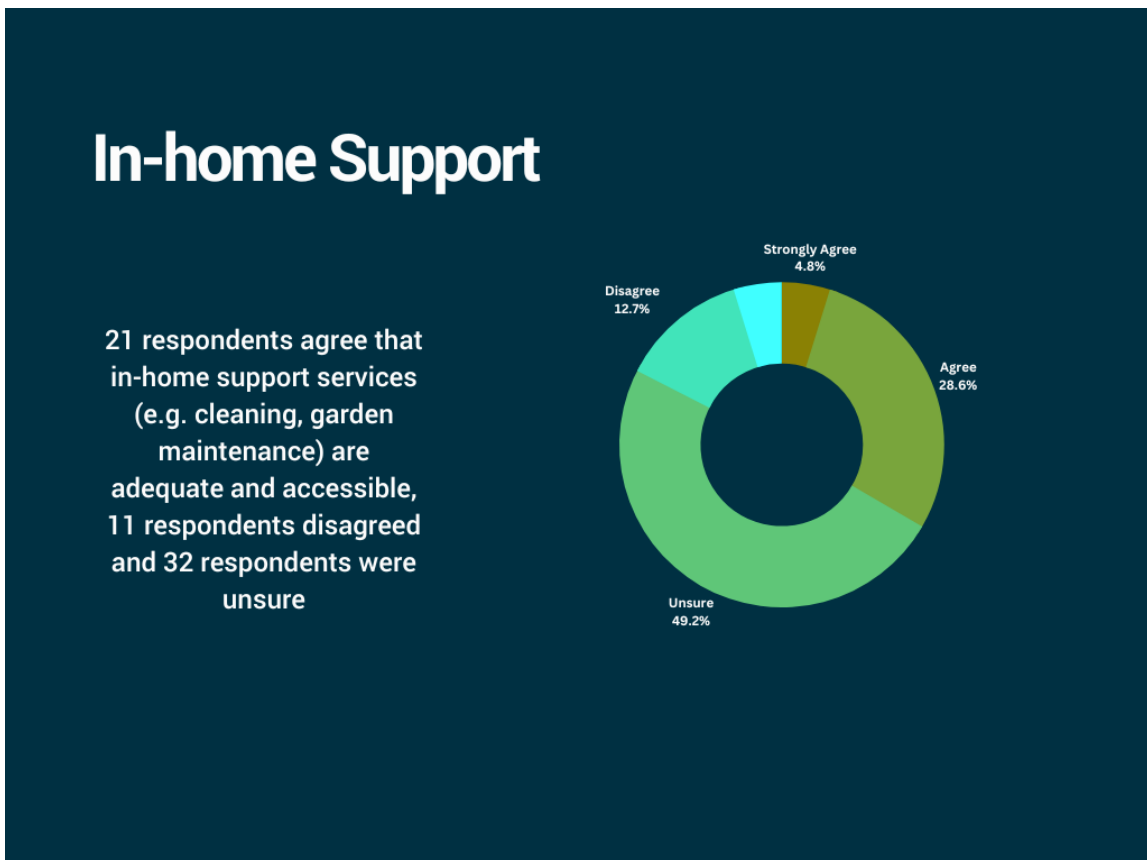


Diagram 44 – In-home Support Services



The consultation with seniors indicated that there were a lot of opportunities for seniors to participate in social activities in their localities. Many of the activities were organised by small informal groups (Dalyellup Over 50s, Capel Mens Shed, Capel RSL, Capel & Districts Garden Club, Capel Senior Citizens, and Community Management Committees).

Diagram 45 – State & Federal Funding

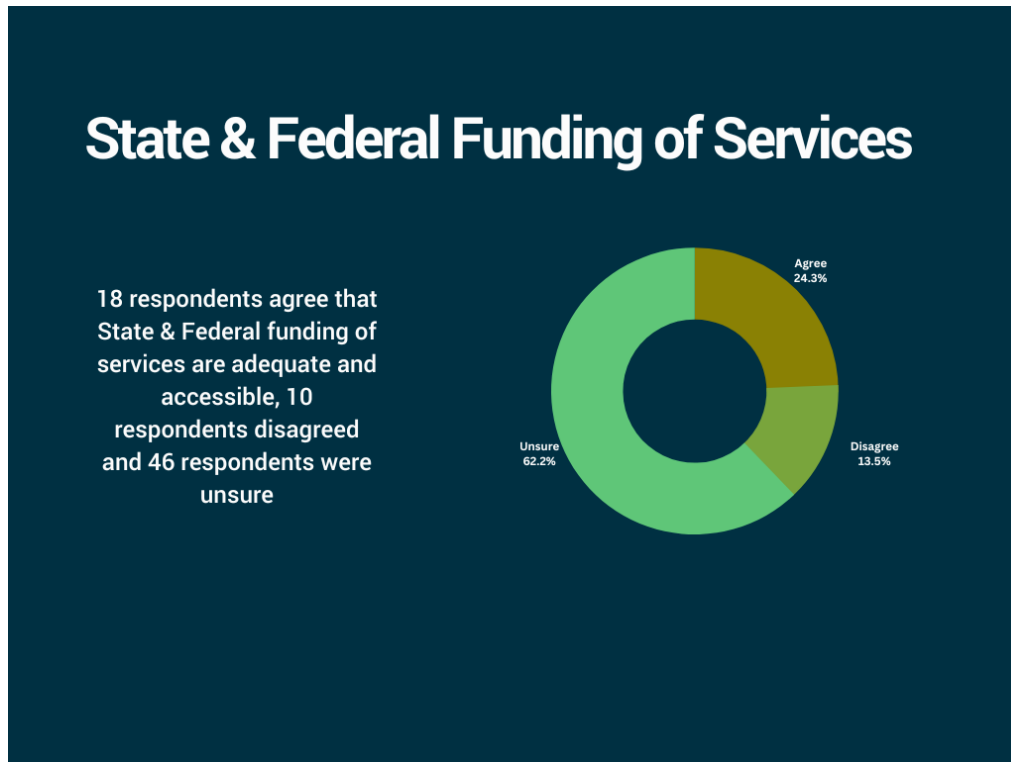


Diagram 46 – Seniors' Link Newsletter

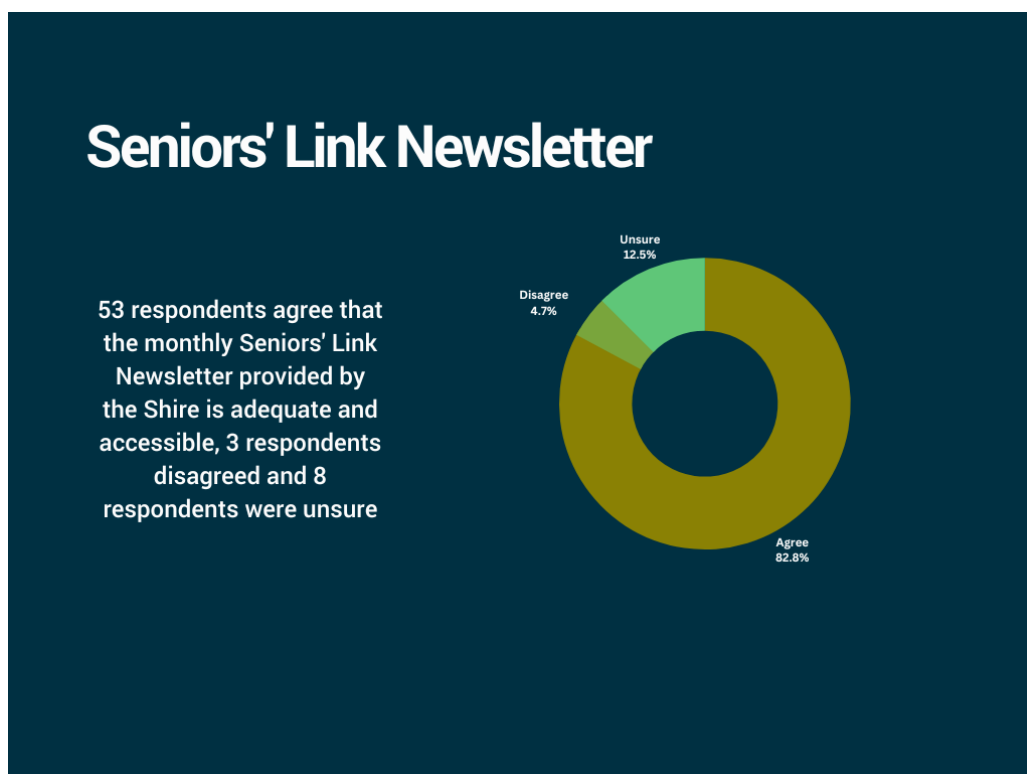


Diagram 47 – Awareness of Support Services

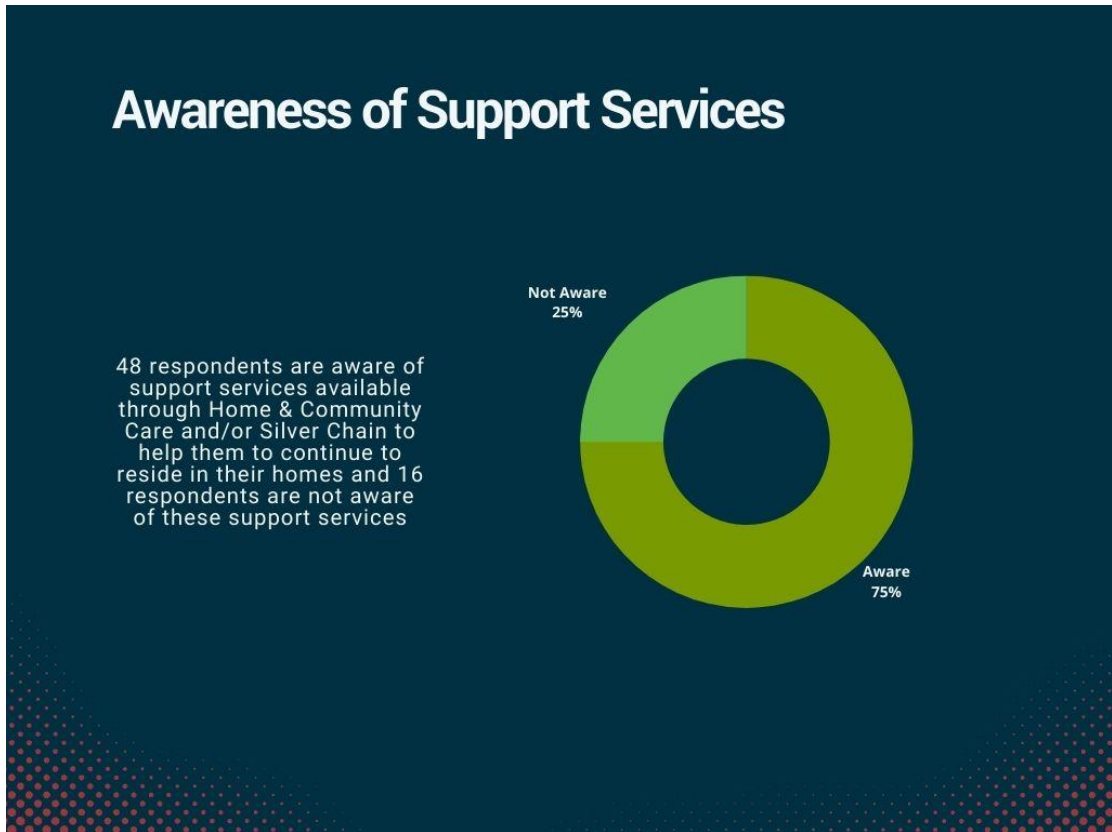
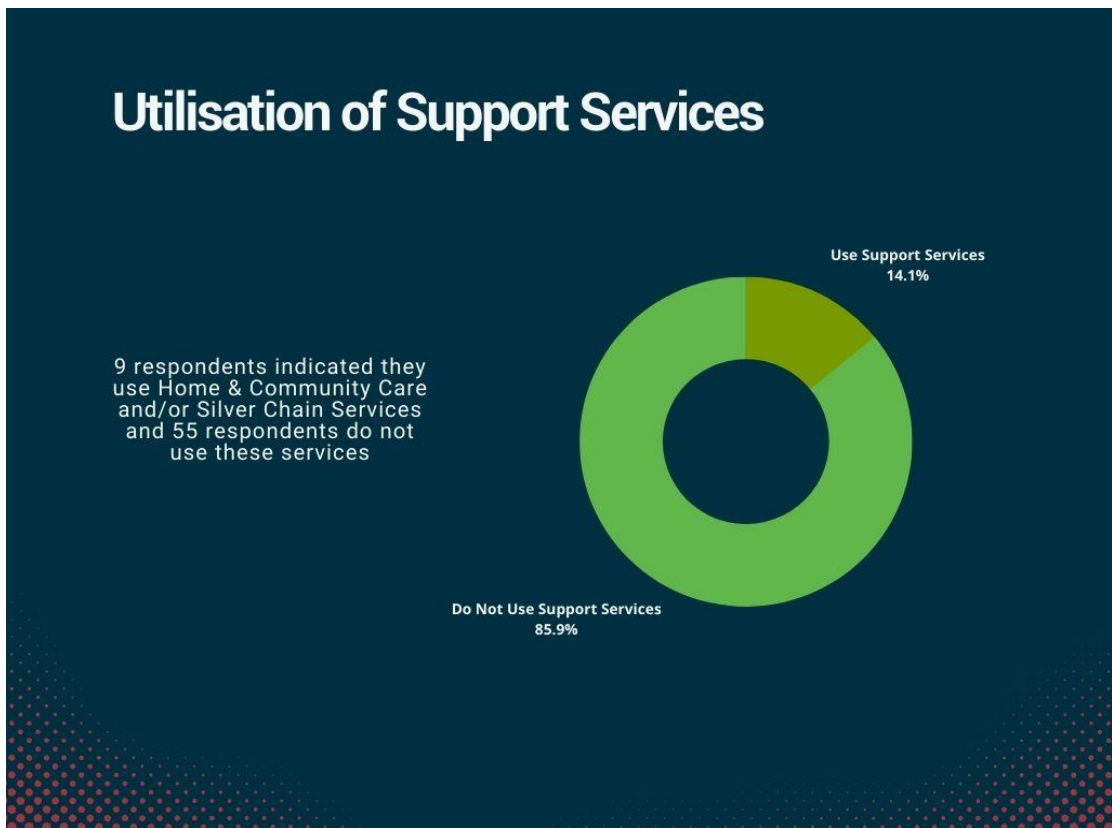


Diagram 48 – Utilisation of Support Services



The final question asked respondents if they want to make any other comments about ageing in their local community. Respondents provided the following comments:

Get rid of
weedy wattles

Very good
to be living in this place -
Capel

I will be
isolated when I can no
longer drive

It would be
great to see the main street
in Boyanup beautified

Bench seats
at Capel Cemetery for the
elderly attending funerals

Community
can offer social activities & a
range of support services

Silver Chain etc
are very difficult to get help
from due to limited resources

Getting our bush
block ready for fire season may
become harder as we age

A recreation
centre would help for exercise
& social interaction

More Shire run
events/activities in
Dalyellup Community Centre

Thank goodness
I have my car or it
would be impossible to live here

A swimming pool
for seniors to swim
& do exercises to keep fit

More attention
to neatness of
verges, parks & footpaths

Subsidised
therapeutic yoga
is needed

Contacting
electricians/handyman
is a big chore

I won't be able
to stay in my home once
I become widowed

Not all seniors
receive this information.
I only found out through my Mum

Too many
larrikins at night
in Capel

Lack of transport
to facilities will be a
catalyst for us to move

Better seating in
Capel town for rest
& contemplation

The noise of hoons
in Capel is
distressing

Assisted aged
housing in Capel so
seniors don't have to leave

No nursing home in Capel.
Will have to leave the town
I've lived in for 64 years

Summary of Survey Findings

SURVEY FINDINGS



Time Lived in Shire

Over 50% of respondents have lived in the Shire for over 15 years and many of them have lived in the Shire their whole life.

Medical & Support Services

19% of respondents indicated they cannot access the following medical or support services: eyes, dental, podiatry, GP, physiotherapy, dermatology, technology support, home maintenance & gardening.



Finding Services

30% of respondents indicated they don't know how to find what services are available to them. Only 25% of respondents are aware of in-home support services and 86% do not utilise in-home support services.

Volunteering

44% of respondents do not participate in volunteering and 39% of respondents are not a member of a community group.



Transport



36% of respondents indicated public transport is not adequate and accessible and 16% of respondents indicated footpaths are not adequate and accessible.

Housing

18% of respondents indicated housing is not adequate or accessible.



Seniors' Link Newsletter

84% of respondents agreed that the Seniors' Link newsletter is adequate and accessible.

Consultation Workshop

A consultation workshop was held at the Capel RSL Hall to further explore the barriers to an age-friendly community and how these barriers can be addressed. Seventeen seniors attended the workshop.

Workshop participants were recruited through the Shire's Seniors' Link newsletter and personal invitations were sent to seniors who indicated in the survey they would like to be involved.

Barriers

The following barriers to the Shire of Capel being an age-friendly community were discussed during the consultation workshop:

- In-home support services
- Public transport
- Footpaths
- Police presence

The Bank of Ideas' Asset Based Community Development Framework was utilised to develop strategies to address these barriers. This Framework is about discovering, mapping, connecting, and celebrating the diverse range of community assets and shifts the mindset from:

- Needs and deficiencies to assets and capacities
- Consumer, customer and client to co-producer, co-owner and citizen

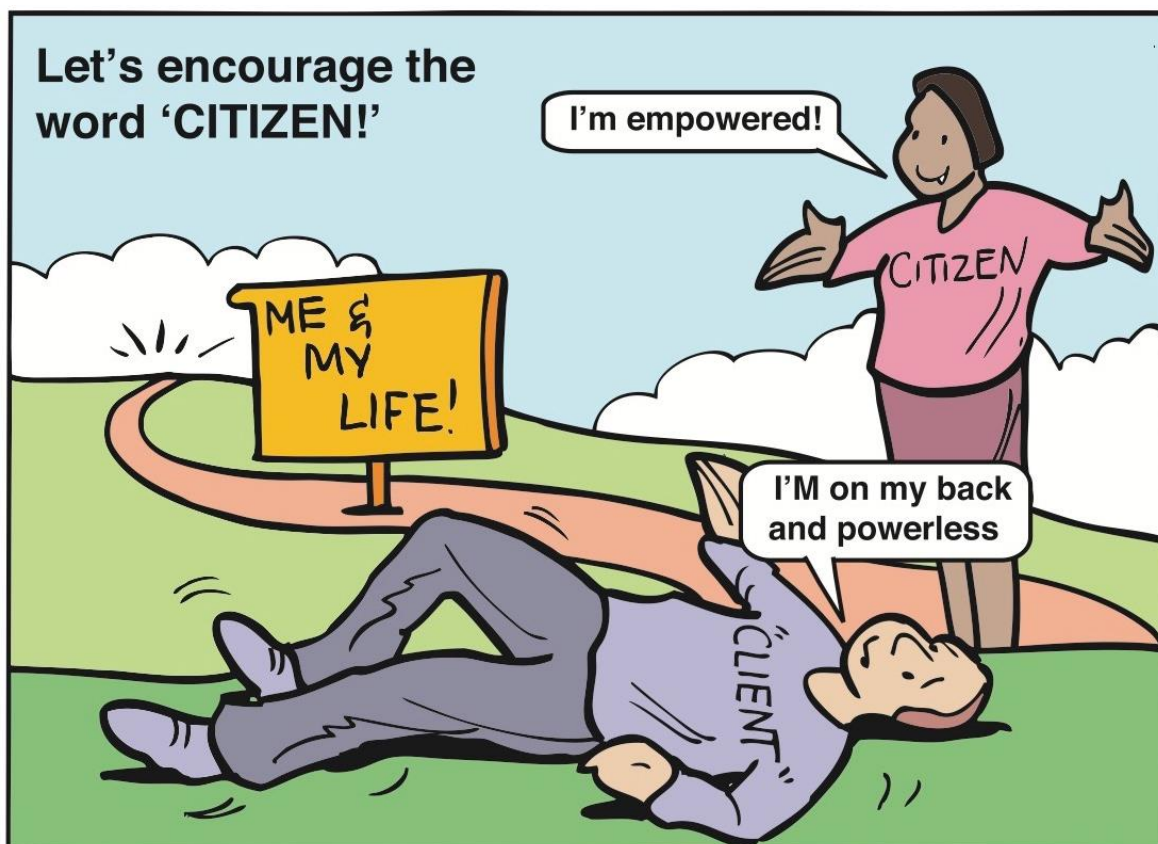


Figure 13 – Empowerment

In-Home Support Services

Health and community support services are vital to maintaining health and independence in the home and community. There are many services that can help seniors maintain a good quality of life as they age.

The following support services are available to assist seniors with help at home and in the community:

Support Services TO ASSIST SENIORS IN THE HOME

- Nursing** (Icon: Stethoscope)
- Cleaning & Laundry** (Icon: Washing machine)
- Podiatry, Physiotherapy & Other Therapies** (Icon: Person at a table)
- Home or Garden Maintenance** (Icon: Tools)
- Meals & Food Preparation** (Icon: Pot)
- Bathing, Hygiene & Grooming** (Icon: Showerhead)

Other Support Services

- Help with impairments or continence
- Changes to your home to aid independence
- Aids to stay independent
- Social outings, groups & visitors
- Day/overnight respite
- Transport

The Australian Government provides subsidised support services to seniors through the Commonwealth Home Support Program (CHSP) or Home Care Packages (HCP).

Commonwealth Home Support Program (CHSP)

The Commonwealth Home Support Program (CHSP) consists of entry-level care. It aims to help those who need a low level of support to keep living independently and is recommended for those who only need one of two support services.

Home Care Packages (HCP)

Home Care Packages (HCP) are the other way seniors can access affordable care services to get some help at home. These packages consist of more complex care needs and are recommended for those who need assistance with various support services.

Eligibility

Eligibility is based on age and support needs. You must be aged:

- 65 years or older (50 years or older for Aboriginal & Torres Strait Islander people) or
- 50 years or older (45 years or older for Aboriginal & Torres Strait Islander people) and on a low income, homeless or at risk of being homeless

In terms of support needs, you may be eligible if you have:

- Noticed a change in what you can do or remember
- Been diagnosed with a medical condition or reduced mobility
- Experienced a change in family care arrangements
- Experienced a recent fall or hospital admission


What you need to pay depends on your services and in some cases, your financial situation.

Service Providers

The following aged care providers deliver support services to seniors residing in the Southwest through the CHSP and HCP:

Bethanie Community Care +

Services meet everyday and clinical needs, such as nursing & therapy services, house cleaning, laundry, respite services, gardening, shopping, transport & home maintenance



Community Home Care – Bunbury +

Provides aged and community care services, including home maintenance, meals and other food services, personal care, transport, shopping delivered to home, general house cleaning & allied health & therapy services



Southwest Community Care – Harvey +

Offer a wide range of services including home maintenance, meals & other food services, personal care, transport & allied health & therapy services




Southern Plus: Southwest Home Care Services +

Services include domestic assistance, personal care, nursing, allied health, respite, transport & social support.



Southwest Rural Respite Services

Services include in-home domestic assistance services for people who are frail aged and/or living with dementia or people who require palliative care



Morrisey Homestead

Offer services including personal care, in-home support, social support & respite care



Silver Chain

Offer allied health, personal care, hospital discharge support, wound care, companionship, home & garden help & home modifications



Workshop participants indicated that the Shire could increase awareness of support services available to seniors by promoting available services in the Seniors' Link newsletter.

Public Transport

Access to transportation, including accessible and affordable public transport, is a key factor influencing active ageing. The lack of suitable public transport and access to transport for people as they age was one of the main barriers to ageing that was identified in the survey. Workshop participants reinforced that it is difficult/impossible for seniors who do not drive to live in the Shire of Capel. The Shire attempted to address this barrier three years ago by obtaining funding to offer a weekly subsidised bus service. The weekly service transported seniors from Capel and Boyanup to medical and shopping centres in Bunbury and back. This initiative was trialled for a six-month period. Only eight seniors utilised this service during the six-month trial, so the initiative did not continue. The Shire sought feedback from seniors to understand why the service was not utilised and many seniors indicated they didn't require the service now because they can still currently drive but are concerned about this barrier when they can no longer drive.

As part of this review of the Age Friendly Communities Strategy, the Shire sent out a short survey to 680 seniors via the Seniors' Link newsletter, asking whether they still have a driver's license? Five seniors responded indicating they do still have a drivers license. One of the seniors indicated: *"My husband and I still currently have our Drivers License but as we are both 84 it is a concern to us that we will have difficulty getting around when the time*

comes for us to stop driving.” The Shire will monitor this barrier by sending out an annual survey to determine how many of our seniors can no longer drive. When numbers of seniors experiencing transport barriers become statistically relevant, the Shire will undertake a feasibility process. This may include incentives or programs to address some of these barriers.



Footpaths

The outside environment, including footpaths, have a major impact on the mobility, independence and quality of life of seniors and this topic was covered in the survey and discussed in the workshop. Whilst 84% of survey respondents indicated that footpaths and walk trails are adequate and accessible, 16% of respondents disagreed and indicated it is difficult to manoeuvre on footpaths that have uneven surfaces (the exact footpaths that are uneven were not specified in the survey). The Shire will address this barrier by continuing to implement Council’s 10 Year Dual Use Pathway Program (2014 – 2024) and responding to customer requests regarding hazards and maintenance to footpaths.

Workshop participants reported concerns with crossing Southwest Highway in Boyanup townsite. Boyanup has a heavy vehicle presence and at times it is extremely difficult and hazardous for seniors to cross the highway. One workshop participant stated: *“Council built a crosswalk on Southwest Highway, but it is useless for seniors and needs a walk light. Traffic lights need to be incorporated for the Southwest Highway, Bridge Street intersection – then four way walk lights would be available for the young and the old.”* The Shire will attempt to address this barrier by liaising with Main Roads and advocating for improved pedestrian safety.

Increased Police Presence

Whilst 80% of survey respondents indicated they feel safe in their local community, 11% of survey respondents stated they would like to see more Police presence in the Shire. The main issues of concern were hooning, theft and vandalism. One senior commented: *“Too many larrikins at night in Capel.”* This was reinforced by another senior: *“The noise of hoons in Capel is distressing.”* The Shire will respond to this concern by promoting the correct procedures for reporting crime and encouraging residents to continue reporting crime to justify the need for increased Police presence. The Shire will also consider the future design and maintenance of roads, including road calming modifications, to minimise hooning.

RECOMMENDATIONS

The following recommendations have been developed to enable the Shire of Capel to be an age-friendly community.

Recommendations

Outdoor Spaces & Buildings

Shire Rangers to continue monitoring footpaths, ensuring no vehicles or building equipment is blocking access

Continue to implement the Shire's 10 Year Dual Use Pathway Program (2014 - 2024)

Continue to implement the Shire's seat installation program in public places where people walk or congregate

Effectively communicate the implementation of the Boyanup Transport Study to the Boyanup community to enable feedback on proposals, including pedestrian crossing needs

Promote the correct procedures for reporting crime and encourage residents to continue reporting crime to justify the need for increased Police presence.

Utilise Crime Prevention Through Environmental Design principles when upgrading or improving public places and investigate the installation of security lighting in hotspot locations

Continue to implement the Shire's seat installation program in public places where people walk or congregate

Recommendations

Transport

Conduct an annual survey with seniors to determine how many seniors can no longer drive. When numbers of seniors experiencing transport barriers become statistically relevant, the Shire will undertake a feasibility study, which may include incentives or programs to address barriers.

Housing

Continue to support, advocate and actively encourage the development of suitable aged housing in all towns, which support aged residents into a choice of lifestyle, independent, serviced or supported accommodation

Ensure the Shire's planning framework provides appropriately located opportunities for aged housing development, through the implementation of Local Planning Scheme and Local Planning Policy provisions.

Implement incentive-based planning provisions that encourage developers to consider aged care accommodation options within Shire townsites.

Recommendations

Social Participation

Continual development and distribution of the monthly Seniors' Link newsletter to regularly promote socialising opportunities, physical activities and services available for seniors, including information on how to access services.

Endeavour to source external funding to increase the number of Shire hosted seniors' outings and activities.

Respect & Social Inclusion

Continue to support local events and activities that encourage participation by all ages.

Communication & Information

Include a seniors' section on the Shire website with links to specific issues that may affect people as they age, including links to relevant Federal & State websites and links to local groups and agencies that provide services for seniors.

Expand the database of contact details for seniors and promote this as an efficient and effective communication network.

Promotion and possible subsidization, through external funding, of computer classes for seniors.

Recommendations

Civic Participation & Employment

Council continues to recognise volunteers and community groups for their efforts and achievements by implementing Policy 8.1 - Community Recognition. This will ensure that community groups and individuals are recognised and thanked for the valuable work they do in our communities.

Community Support & Health Services

Promote support services available for seniors in the Seniors' Link newsletter and Shire website, including information on how to access these services.

Whole of Organisation Approach to Ageing

Ensure there is awareness across the organisation about the Age Friendly Communities Strategy.

Review and evaluate the Age Friendly Communities Strategy every four years.

AGE-FRIENDLY STRATEGIES AND IMPLEMENTATION PLAN

The key part of this report is the strategies and implementation plan which contains several objectives linked to the recommendations above and various actions to achieve those objectives. The strategies and implementation plan includes details of stakeholders (including other agencies, departments, and organisations) who will have a role in implementing the actions and proposed expenses.

The strategies and implementation plan is a working document which will guide the council and its administration in striving to ensure the Shire of Capel is an age-friendly community. The implementation plan will be reviewed annually, monitored, and updated as actions are implemented, or finalised and further actions identified. As a dynamic document, subject to change, it is included in **Appendix 1** for ease of reference and review to ensure it does not compromise the structure of this report.

LIMITATIONS AND CONCLUSION

The small sample of seniors who participated in the survey and consultation workshops may not be representative of all seniors residing in the Shire.

The recommendations of this report, which have been developed through engagement and participation from seniors in the community, should assist the Shire to take positive steps to ensure that all the communities that comprise the district of the Shire of Capel can become age friendly.

APPENDICES

Appendix 1 – Strategies and Implementation Plan 2023

Cost estimates have been applied based on requirements determined at the time of adoption of the Strategy and may change with annual review of circumstances, in response to other community or organisational specifications, and/or in response to the availability of alternative funding sources. This Implementation Plan will be updated annually.

Age Friendly Communities Implementation Plan 2023 • Updated Annually

1. OUTDOOR SPACES & BUILDINGS

STRATEGIES	STAKEHOLDERS	RESPONSIBILITY	EXPENSES
1.1 Improve pathways that have uneven surfaces and kerbing.	Shire, Country Pathways, Funding Bodies	Director Infrastructure & Development	\$70,000 per annum
1.2 Install suitable seating with shade along pathways and public places in accordance with Strategic Plans, Precinct Plans & Facility Improvement Plans.	Shire, Developers	Director Infrastructure & Development	\$10,000 per annum
1.3 Ensure the proposals of the Boyanup Transport Study are well communicated to the Boyanup community to allow feedback.	Shire	Director Infrastructure & Development	Inkind
1.4 Consider the future design of roads to reduce speeding.	Shire, Main Roads WA	Director Infrastructure & Development	Inkind
1.5 Shire Rangers to monitor footpaths, ensuring no vehicles or building equipment is stored on footpaths.	Shire	Coordinator of Rangers	Inkind
1.6 Implement the Shire's 10 Year Dual Use Pathway Program (2014 - 2024).	Shire, Country Pathways, Funding Bodies	Director Infrastructure & Development	Linked to Program of Works
1.7 Implement the Boyanup Townsite Strategy.	Shire	Director Infrastructure & Development	To be determined
1.8 When upgrading or improving public places utilize Crime Prevention Through Environmental Design Principles and investigate the installation of security lighting in hotspot locations.	Shire, Police	Director Infrastructure & Development	Linked to Place Based Building Plans & Outcomes
1.9 Encourage residents to document times, days and locations where hooning is of concern and report this information to the Police.	Shire	Coordinator of Rangers & Communications Coordinator	Inkind

2. TRANSPORT

STRATEGIES	STAKEHOLDERS	RESPONSIBILITY	EXPENSES
<p>2.1 Lobby the Public Transport Authority and other stakeholders to investigate improved public transport services for the Shire, which may include:</p> <ul style="list-style-type: none"> Review of frequency and routes of bus services across the district; and Provision of pull-in bus stops. 	Shire, Public Transport Authority, Transwa, South West Coachlines	Chief Executive Officer	Inkind
<p>2.2 Undertake an annual survey with seniors to determine how many seniors can no longer drive. When numbers of seniors experiencing transport barriers become statistically relevant, the Shire will undertake a feasibility study, which may include incentives or programs to address barriers.</p>	Shire	Community Development Coordinator	Self-funded programs based on need
<p>2.3 Prepare a Bus Shelter Strategy that reviews and establishes the long-term plan for the provision of shelters and provides a program for implementation.</p>	Shire	Director of Infrastructure & Development	To be determined

3. HOUSING

STRATEGIES	STAKEHOLDERS	RESPONSIBILITY	EXPENSES
<p>3.1 Continue to support, advocate and actively encourage the development of suitable aged housing in all towns which support aged residents into a choice of lifestyle, independent, serviced or supported accommodation.</p>	Shire, Developers	Manager Development Services	Inkind
<p>3.2 Ensure the Shire's planning framework provides appropriately located opportunities for aged housing development, through the implementation of Local Planning Scheme and Local Planning Policy provisions.</p>	Shire	Manager Development Services	Inkind
<p>3.3 Implement incentive-based planning provisions that encourage developers to consider aged care accommodation options within Shire townsites.</p>	Shire, Developers	Manager Development Services	Inkind

4. SOCIAL PARTICIPATION

STRATEGIES	STAKEHOLDERS	RESPONSIBILITY	EXPENSES
4.1 Continual development and distribution of the monthly Seniors' Link newsletter to regularly promote socializing opportunities, physical activity and services available for seniors, including information on how to access these services.	Shire, Service Providers, Community Groups	Community Development Coordinator	Inkind
4.2 Encourage interaction between existing community based seniors groups to exchange information, maximise membership and lobby on aged persons issues.	Shire, Community Groups	Community Development Coordinator	Inkind
4.3 Endeavour to source external funding to increase the number of Shire hosted seniors' outings and activities	Shire	Community Development Coordinator	Grant Funded

5. RESPECT AND SOCIAL INCLUSION

STRATEGIES	STAKEHOLDERS	RESPONSIBILITY	EXPENSES
5.1 Continue to support local events and activities throughout the Shire that encourage participation by all ages and families.	Shire, Event Coordinators	Community Development Officer - Events	Inkind
5.2 Work with local schools and playgroups to identify opportunities for seniors to engage with school children and develop intergenerational activities.	Shire, Schools, Playgroups	Community Development Coordinator	Inkind

6. COMMUNICATION & INFORMATION

STRATEGIES	STAKEHOLDERS	RESPONSIBILITY	EXPENSES
6.1 Include a seniors' section on the Shire website with links to specific topics or issues that may affect people as they age, including links to local groups and agencies that provide support services.	Shire, Government Agencies & Service Providers	Community Development Coordinator	Inkind
6.2 Publish the Shire of Capel Community Directory on the Shire's website and regularly update this on an ongoing basis.	Shire, Community Groups	Community Development Coordinator & Communications Coordinator	Inkind
6.3 Expand the Shire's database of contact details for seniors and promote this as an efficient and effective communication network for senior groups.	Shire	Community Development Coordinator	Inkind
6.4 Promotion and possible subsidization, through external funding, of computer classes for seniors.	Shire, Funding Providers	Community Development Coordinator & Library Coordinator	Inkind

7. CIVIC PARTICIPATION & EMPLOYMENT

STRATEGIES	STAKEHOLDERS	RESPONSIBILITY	EXPENSES
7.1 Continue to recognise volunteers and community groups for their efforts and achievements by implementing <i>Policy 8.1 - Community Recognition</i> .	Shire, Volunteers, Funding Bodies	Manager Community Development & Safety	\$13,000 per annum
7.2 Promote volunteering and support the recruitment of volunteers for local community groups.	Shire, Community Groups, Volunteers South West	Manager Community Development & Safety	Inkind

8. COMMUNITY SUPPORT & HEALTH SERVICES

STRATEGIES	STAKEHOLDERS	RESPONSIBILITY	EXPENSES
8.1 Continually promote support services available for seniors in the Seniors' Link newsletter, including information on how to access these services.	Shire, Government Agencies & Service Providers	Community Development Coordinator	Inkind

9. WHOLE OF ORGANISATION APPROACH

STRATEGIES	STAKEHOLDERS	RESPONSIBILITY	EXPENSES
9.1 Promote the Age Friendly Communities Strategy to the community, Councillors and staff.	Shire	Community Development Coordinator	Inkind
9.2 Ensure the Shire continues to provide discounts for seniors' hiring Shire facilities.	Shire	Director Community & Corporate	\$7,000 per annum in subsidies
9.3 Update the Implementation Plan annually and review the Strategy every four years.	Shire	Community Development Coordinator	Inkind

Appendix 2 - Survey Form

AGE-FRIENDLY COMMUNITIES PROJECT SURVEY



The Shire of Capel is reviewing our Age-friendly Communities Strategic Plan to guide us in our decision-making and forward planning. **Age-friendly communities encourage people to maintain an active involvement in life.** The aim is for us all to maximise our quality of life as we age, with the support of our community and its services.

We are seeking your views because you live in this shire and we believe that you should be supported as you age and can live here as long as you choose.

Please place a **tick** (✓) or **cross** (x) in one box for each question or **write in** a response where required.

Q1	Are you?	<input type="checkbox"/> Male	<input type="checkbox"/> Female
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Q2	Are you in Good Health?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
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Q3	What was your age last birthday? Years
-----------	---	-------------

Q4	Do you usually have someone to help you fill out forms or interpret medical advice?	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Q5	Which locality do you live in?
-----------	---------------------------------------	-------

Q6	How long have you lived in the Shire of Capel?Years
-----------	---	------------

Q7	Who lives in your home with you?		
	No one else I live alone	<input type="checkbox"/> Spouse / partner	Other relatives
		<input type="checkbox"/> Non-relatives	Children

Q8	Which of the following best describes your current home / housing?		
	<input type="checkbox"/> Single House or Duplex	<input type="checkbox"/> House on rural property	<input type="checkbox"/> Independent Unit or Flat
	<input type="checkbox"/> Hostel or Nursing Home	<input type="checkbox"/> Unit in Retirement Village	<input type="checkbox"/> Other (Describe)

Q9	How likely are you to move from your current home in the next 5 years?	
	<input type="checkbox"/> Likely to move (Go to Q10)	<input type="checkbox"/> Possibly move (Go to Q10)

<input type="checkbox"/> Unlikely to move (Go to Q12)	<input type="checkbox"/> Don't know (Go to Q12)
--	--

Q10	If it is <u>likely</u> or <u>possible</u> that you will move in the next 5 years, what is the <u>main</u> reason?		
<input type="checkbox"/> Want smaller home / garden	<input type="checkbox"/> Move closer to family / friends	<input type="checkbox"/> Move to housing with some care and support (eg hostel)	
<input type="checkbox"/> Move to lifestyle village	<input type="checkbox"/> Move to location with better facilities and services	<input type="checkbox"/> Other reasons (detail these)	

Q11	If you are likely to move, do you plan to move out of the Shire?	
<input type="checkbox"/> Yes (If Yes, where to?)	<input type="checkbox"/> No	

Q12	Are there any medical or support services that you need that you cannot access?	
<input type="checkbox"/> Yes	<input type="checkbox"/> No	
If you answered "yes", please list these		

Q13	If you answered "yes" to Q12 above, was lack of transport the <u>main</u> reason?	
<input type="checkbox"/> Yes	<input type="checkbox"/> No	

Q14	Do you know how to find out what services are available to you?	
<input type="checkbox"/> Yes	<input type="checkbox"/> No	

Q15	Which of the following best describes your employment status?			
<input type="checkbox"/> Retired	<input type="checkbox"/> Work full-time	<input type="checkbox"/> Work part-time	<input type="checkbox"/> Unemployed (looking for work)	

Q16	Which of the following describes your <u>secondary</u> occupation (if you have one)?	
<input type="checkbox"/> Carer (unpaid)	<input type="checkbox"/> I undertake unpaid volunteer work	

The next group of statements seeks your views on your local community.

(Place a <u>tick</u> (✓) or <u>cross</u> (x) in the relevant box next to each question which most closely reflects your view)		Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
Q17	I feel welcome in my local community					
Q18	My local community appreciates and supports people as they age					
Q19	I feel socially and emotionally secure in my local community (eg with friends & family)					
Q20	I actively participate in volunteer work in my community					

(Place a <u>tick</u> (✓) or <u>cross</u> (x) in the relevant box next to each question which most closely reflects your view)		Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
Q21	I am a member of a local community group or participate in local affairs					
Q22	My local community is a good one to grow older/ retire in					
Q23	I feel safe in my local community (eg from crime)					
Q24	My local community has a positive future					
Q25	I want to maintain my independence in my home for as long as I can					

Q26	Please list <u>three</u> things that you most like about your local community	1. 2. 3.
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Q27	Please list <u>three</u> things that you would like to see changed in your local community to make it a better place to live in as you age.	1. 2. 3.
------------	--	--

Q28	Who should be responsible for caring for people in the local community as they age?	<input type="checkbox"/> Federal / State Government	<input type="checkbox"/> Local Government	<input type="checkbox"/> Private Organisations
		<input type="checkbox"/> Whole of community with government funding / support	<input type="checkbox"/> Other (please explain)	

The next group of questions asks your opinion on possible barriers to successful and healthy ageing in your local community within the Shire of Capel

(Place a <u>tick</u> (✓) or <u>cross</u> (x) in the relevant box next to each question which most closely reflects your view)		Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
The following services <u>are adequate and accessible</u>:						
Q29	Outdoor spaces eg recreation / leisure					
Q30	Retail and commercial services					
Q31	Public transport					
Q32	Footpaths and walk trails					

Q33	Suitable housing					
Q34	Information about services and events					
Q35	Medical and support services for older people					
Q36	Shire run outings and initiatives for seniors					
Q37	In-home support services (eg cleaning, garden maintenance)					
Q38	State and Federal funding of services					
Q39	Monthly Seniors' Link newsletter provided by the Shire					

Q40	Are you aware of support services available through Home and Community Care (HACC) and/or Silver Chain to help you to continue to reside in your home (eg Personal care, respite care, domestic services, and transport)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
-----	---	------------------------------	-----------------------------

Q41	Do you Use HACC and/or Silver Chain services?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
-----	---	------------------------------	-----------------------------

Q42 Do you want to make any other comments about ageing in your local community?

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Q43	Would you like to participate in a focus group/workshop to provide further input into how we can make the Shire of Capel an age friendly community?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
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If you answered 'yes' to Q47, please provide your name and contact number or email address.....

Thank you for taking the time to complete this survey. Your assistance is greatly appreciated.

PLEASE RETURN BY 29 April 2022 TO:

Shire of Capel
 PO Box 369
 CAPEL WA 6271

For further information contact: Donna Sims Telephone 9727 0222