



Peter Brady

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“Positive Ageing in the ACT:
A future plan”



... population projections indicate that over the next decade or so, almost half of Canberra's households will only have one occupant – and that a large number of these people will be seniors...



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Strategists agree that there needs to be a multifaceted holistic approach to developing appropriate responses to social isolation - strategies and actions should be focused at 3 levels:

- policy**
- community**
- individuals**



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policy level

- ❑ **involve seniors in all levels of planning**
- ❑ **enhance communication and cooperation**
- ❑ **foster links between service providers**
- ❑ **provide resources for continuing research**



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community level

- ❑ availability of seniors programs**
- ❑ improve information for seniors' services**
- ❑ improving transport accessibility for older people**
- ❑ encourage intergenerational activities**
- ❑ reduce the stigma of ageing;**
- ❑ establishing low-cost leisure and educational activities**



individual level

- make regular contact with seniors**
- ensure older people feel needed and valued**
- include older friends and neighbours in family gatherings**



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policy initiatives

- ❑ **Canberra Social Plan**
- ❑ **MACA Strategic Plan**
- ❑ **Building for Our Ageing Community Strategy**



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community initiatives

- ❑ **Ageing Agenda - \$1.4 million**
- ❑ **Elder Abuse Prevention**



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individuals initiatives

- ❑ **Goodwin Homes joint venture**
- ❑ **Seniors grants Program**



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Thank You!